

# PHOENIX

## OUTDOOR CENTRE



### RYA FIRST AID COURSE – 8 HOURS

**SATURDAY 18<sup>TH</sup> MAY 2013**  
**9.30AM TO 6.00PM**  
**PHOENIX OUTDOOR CENTRE**

We are running an RYA First Aid course (8 hours) on Saturday 18<sup>th</sup> May 2013 at the Phoenix Outdoor Centre. The course is being run by an RYA First Aid instructor and we are limiting the course to 8 students. Participants will be issued with a current edition of the St. Johns / St Andrews / Red Cross First Aid Manual. We will provide tea / coffee and biscuits, please bring your own packed lunch.

The course is recognised as suitable for RYA Instructors and BCU / UKCC Coaches (not suitable for L3 upwards, 4\* & 5\* Leaders working in remote areas).

By the end of the course, you should be able to:

Perform CPR to current protocols, and understand the differential for drowning.

Understand the importance of the recovery position and the need to modify it for a small space.

Apply direct pressure to a wound to control bleeding.

Understand the term shock, recognise and treat it, with particular reference to internal and external bleeding.

Understand the treatment for cold shock and hypothermia following immersion and/or exposure.

Recognise the signs of a reduced level of response, with particular reference to serious head injuries.

Also be aware of the general treatment for:

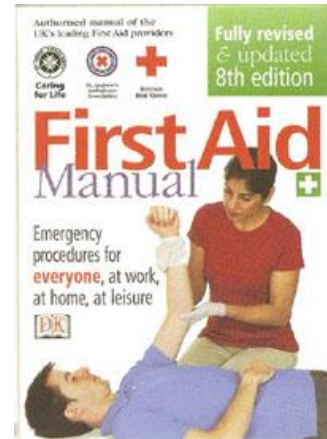
a) breathing difficulties b) anaphylaxis c) chest pain d) hyperthermia  
e) seasickness f) fractures g) diabetic emergency h) seizures i) burns  
Choose suitable first aid equipment for their boat.

Understand how to get medical advice or assistance by radio.

Understand how to prepare for the evacuation of a casualty by helicopter.

To book a place, go to <http://www.phoenixcanooclub.co.uk/book-courses/> and click on the [RYA First Aid Course](#) button to be taken to our secure WebCollect booking and payment system.

Cost £60 / £50 PCC & WHSA members / £25 PCC Coaches. All costs include free First Aid Manual and Certificate.



## RYA First Aid Course Syllabus. (Revised 2011)

The course is designed to provide a working knowledge of first aid for all those who go afloat, on inland waters or up to 60 miles offshore. The syllabus is based on the recommendations of the HSE and the MCA.

The certificate is valid for 3 years and fulfils the requirements for:

- The MCA Code of Practice for skippers of small commercial vessels up to category 2, including boatmasters
- A first aid certificate for offshore racers subject to ISAF regulations on first aid training (OSR: 6.05i )
- All RYA practical instructors

The course may only be run by an RYA Recognised Training Centre. (RTC)

RTC's are required to ensure:

Only an RYA First Aid instructor teaches the course.

All candidates are issued with the current edition of the St. Johns/St Andrews/Red Cross First Aid Manual.

The duration of the course is 8 hours, with a maximum of 12 students.

Resuscitation manikins (1:4 is recommended) and bandages are provided for practical sessions.

A category C kit and pocket mask are available, if that part of the syllabus is to be covered. (Required by skippers of MCA coded boats ONLY.)

A record is kept of all courses run and certificates issued for at least 3 years.

### COURSE OBJECTIVES:

By the end of the course the student should be able to:

Perform CPR to current protocols, and understand the differential for drowning.

Understand the importance of the recovery position and the need to modify it for a small space.

Apply direct pressure to a wound to control bleeding.

Understand the term shock, recognise and treat it, with particular reference to internal and external bleeding.

Understand the treatment for cold shock and hypothermia following immersion and/or exposure.

Recognise the signs of a reduced level of response, with particular reference to serious head injuries.

Also be aware of the general treatment for:

a) breathing difficulties c) chest pain e) seasickness g) diabetic emergency

b) anaphylaxis d) hyperthermia f) fractures h) seizures i) burns

Choose suitable first aid equipment for their boat.

Understand how to get medical advice or assistance by radio.

Understand how to prepare for the evacuation of a casualty by helicopter.

Skippers of MCA Coded Vessels only: Be aware of the content and use of Category C Medical Stores, including the pocket mask. RYA FIRST AID COURSE.

### SYLLABUS.

#### Session 1

Assessment, immediate actions and the priorities within first aid.

Unconsciousness and the recovery position

CPR, including an awareness of AEDs \*

Drowning

Breathing difficulties

#### Session 2

Failure of the circulation: shock

Blood loss and the control of bleeding

Recognition of internal bleeding

Angina and heart attack.

Session 3

Levels of response and the AVPU scale.

Head injury: concussion and compression.

Immersion hypothermia and cold shock

Burns, including sunburn.

Exposure hypothermia/hyperthermia

Seasickness and dehydration

Diabetic emergency.

Seizures

Session 4

Fractures, including spinal injuries

First aid kits

Advice or assistance by radio

Medivac.....the evacuation of a casualty by helicopter.

Session 5

For the skippers of MCA coded boats:

The contents and use of the category C first aid kit, including the pocket mask.

Or

Subject of special interest to the group:

Weils disease, blue/green algae, child CPR, marine stings, fish hooks, etc

\* indicates an update