

RYA Basic Sea Survival **Course Syllabus**

The aim of the course is to give an understanding of how to use the safety equipment carried on small boats, including a practical session in launching and boarding a liferaft.

Course Duration

The duration is one day including a two hour practical session with a liferaft in the water.

1. Preparation for sea survival

- Survival difficulties
- Survival requirements
- Equipment available
- Actions prior to abandonment

2. Lifejackets and liferafts

Lifejacket

- Design and construction
- Correct donning procedure
- Purpose and use of lifejackets

Safety Harness

- Purpose and use

Liferafts

- Stowage and containment on board
- Types, design and construction
- Launching
- Abandoning the vessel and boarding liferaft
- Righting a capsized liferaft
- Liferaft equipment
- Initial actions to be taken in a liferaft

3. Principles of survival

- Methods to increase chances of survival
- Signs, symptoms and treatment of hypothermia
- Symptoms, method of treatment for sunburn, heat exhaustion and heatstroke
- Survival routines to aid location
- Correct use of pyrotechnics and other location aids
- Water rationing – procedures
- Dehydration and preventative measures
- Food rationing
- Sources of food

4. Survival craft ailments

5. Raft management

6. Search and rescue

- Rescue by helicopter or vessel
- Role of HM Coastguard
- UK and International SAR Organisation
- Other services