

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 life raft and the use and correct donning of life jackets.

This one day course includes a two hour practical session with a life raft and life jackets in a swimming pool.

1. Preparation for sea survival

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

2. Lifejackets and life rafts

Lifejacket

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

Safety Harness

- Purpose and use

Life rafts

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

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