



# ADVANCED SEA SURVIVAL

A comprehensive theoretical and practical course required by crew competing in offshore (category 1) races



**Aim:** To gain detailed knowledge and practical competence in sea survival techniques and equipment.

**Duration:** 16 Hours (Two Days).

**Qualification:** Advanced Sea Survival (Recognised by Yachting NZ & World Sailing).

**Prerequisites:** Coastal yachting experience recommended. Water confidence required for wet drill.

## Modules

- General
- History, Statistics and Legislation
- Accidents & Emergencies
- Equipment
- Safety & Emergency Planning
- Risk Assessment
- Man Overboard, Life Rafts and Equipment
- Distress Signals & Responsibilities
- Fire Precautions & Fire Fighting
- Medical Care Aboard
- Damage Control
- Weather & Forecasting
- Heavy Weather Techniques
- Storm Sails

**Wet drill includes:** Life raft, life jacket and swimming in clothes.



## Advanced Sea Survival Classroom Course

Learn from an experienced tutor in a classroom environment.