

# RYA ISAF Offshore Safety Course

## Course Outline

This RYA ISAF Offshore Safety Course provides training for recreational and racing skippers and crews who may encounter rough weather and problems at sea. It is a one-day course to guide skippers and crews in safety precautions and procedures aboard yachts operating in open waters. The course fulfils the requirements of Section 6.01 of the ISAF Special Regulations for Category 0, 1 and some Category 2 offshore races. These regulations require a percentage of the crew to have taken personal survival training. It is also a very useful course for non-racing skippers and crews who plan to undertake longer passages and hence will be more exposed to the possibility of severe weather or emergency situations.

To obtain the full ISAF certification students need to complete this course and also the one-day Sea Survival Course. We also recommend that you attend a one-day First Aid Course and that this is refreshed at least every 3 years.

## Format Options

One Day Course (0900 – 1700)

## Previous Knowledge/Experience

None.

## Achievement

RYA ISAF Course Certificate. Understand risks in offshore/heavy weather sailing and how to manage safety.

## Syllabus

- Safety Attitudes and Ethos
- Safety Responsibilities and Briefings
- Care and Maintenance of Safety Equipment
- Fire Safety
- Man Overboard Prevention and Recovery
- Assistance to Other Craft
- Heavy Weather Operations
- Rigging and Storm Sails
- Damage Control and Repair
- Search and Rescue Organisation and Procedures
- Distress signals and Pyrotechnics
- Abandonment
- Weather Forecasts