# OTLEY SAILING CLUB

# Shore Based: First Aid

We are pleased that you will be attending the above session at our **RYA accredited** training centre and we very much look forwards to meeting you. As an **RYA accredited training centre** our courses are recognised worldwide and we pride ourselves on the quality of the tuition you will receive.

This pack contains information on your session and some common questions and answers, however should you need more information please do not hesitate to contact your lead contact as detailed below.

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| **Training Course** | First Aid Course Saturday, 27th February 2016 |
| **Time** | The course takes at least 8 hours teaching time and therefore will run from 09:00 to 17:30. |
| **Lead Contact** | Sally Moore |
| **Contact Details** | sally@stirling-house.co.uk  |
| **Fee** | The cost of the course is £30.00 for Otley Sailing Club members. The costs include certification and insurance.Hot and cold drinks will be provided. You will need to bring a packed lunch (if you want to heat food then a microwave is available). |
| **Other** | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQvcTKrUiTNkhXTHIYTTgYr1agvLCxcAqXJ0DzsYaChnUSNy1O9UAWe will also supply a copy of the First Aid Manual (10th edition) published by DK [ISBN 978-1-4093-4200-7]. You **must** hold a copy of the current book in order to complete the course. Please **do not** wear lipstick of any other type of lip covering / balm as we will be practicing mouth-to-mouth resuscitation on a manikin.It is important that you read and bring this letter and pack with you on the day as it will save us considerable time undertaking introductions. |

# Course Content

* Perform Cardiopulmonary Resuscitation [CPR] to current protocols, and understand the differential for drowning
* Understand the importance of the recovery position
* Apply direct pressure to a wound to control bleeding
* Understand the term shock, recognise and treat it
* Understand the treatment for cold shock/hypothermia following immersion/exposure
* Recognise the signs of a reduced level of response
* Dealing with serious head injuries
* Choose suitable first aid equipment for your 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: awareness of Category C Medical Stores
* Also be aware of the general treatment for:

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| * Breathing difficulties
* chest pain
* Seasickness
 | * Diabetic emergency
* Anaphylaxis
* Hyperthermia
 | * Fractures
* Seizures
* Burns
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