



RYA First Aid Course (syllabus revised 2006)

This course is designed to provide a working knowledge of first aid for all those who go afloat, on inland waters or up to 60 miles offshore. The syllabus is based on the recommendations of the Health and Safety Executive and the Maritime and Coastguard Agency. The certificate fulfils the requirements of the MCA Code of Practice for the skippers of small commercial vessels up to category 2 and for all RYA practical instructors.

The course may only be run by an RYA Recognised Teaching Centre (RTC).

RTCs are required to ensure:

- Only an RYA First Aid instructor teaches the course.
- All candidates have the current edition of the Red Cross/St. John's First Aid Manual.
- The duration of the course is 8 hours, with a maximum of 12 students.
- Resuscitation manikins (1:4 is recommended) and bandages are provided for practical sessions.
- A category C first aid kit and pocket mask should be available, if that part of the syllabus is to be covered. (Required by skippers of MCA coded boats ONLY.)
- A record is kept of all courses run and certificates issued for at least 3 years.

The certificate is valid for 3 years.

COURSE OBJECTIVES:

By the end of the course the student should be able to:

- Perform CPR to current protocols, and understand the differential for drowning.
- Understand the importance of the recovery position and the need to modify it for a small space.
- Apply direct pressure to a wound to control bleeding.
- Understand the term shock, recognise and treat it, with particular reference to internal and external bleeding.
- Understand the treatment for cold shock and hypothermia following immersion and/or exposure.
- Recognise the signs of a reduced level of response, with particular reference to serious head injuries.

Also be aware of the general treatment for:

- a) breathing difficulties c) chest pain e) seasickness g) diabetic emergency
b) anaphylaxis d) hyperthermia f) fractures h) seizures i) burns

Choose suitable first aid equipment for their 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:

Be aware of the content and use of a category C first aid kit, including the pocket mask.

RYA FIRST AID COURSE SYLLABUS

Session 1

Assessment, immediate actions and the priorities within first aid.
Unconsciousness and the recovery position
CPR
Drowning
Breathing difficulties

Session 2

Failure of the circulation: shock
Blood loss and the control of bleeding
Recognition of internal bleeding
Angina and heart attack.

Session 3

Levels of response and the AVPU scale.
Head injury: concussion and compression.
Immersion hypothermia and cold shock
Burns, including sunburn.
Exposure hypothermia/hyperthermia
Seasickness and dehydration
Diabetic emergency.
Seizures

Session 4

Fractures, including spinal injuries
First aid kits
Advice or assistance by radio
Medivac.....the evacuation of a casualty by helicopter.

Session 5

For the skippers of MCA coded boats:
The contents and use of the category C first aid kit, including the pocket mask.

Or

Subject of special interest to the group:
Weils disease, blue/green algae, child CPR, marine stings, fish hooks etc