



## Royal Yachting Association (RYA) First Aid

**Qualification:** Certified by the RYA

**Duration:** 1 day / 8 hours (09.00 - 18.00)

**Certificate:** 3 years

Designed to provide a working knowledge of First Aid for skippers of small craft working within 60 miles of a safe haven. The syllabus is based on recommendations of the Health and Safety Executive (HSE) and the Department of Transport. It fulfills the requirements of the Department of Transport Code of Practice for small Commercial Vessels in category 2, 3 or 4.

**Core content:** Assessment and immediate action, recovery position, CPR (adult, child and drowning), heart attack & angina, choking, bleeding & shock, fractures, head & spinal injuries, cold shock and immersion hypothermia, seasickness and dehydration, other medical emergencies, radio medical advice, helicopter rescue, CAT C drugs etc.

**Assessment:** Continual assessment by trainer observation. Candidates must attend the full 8 hours to qualify.

**Certificate:** Issued by the RYA and valid for 3 years.

**Elements First Aid** is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is approved to deliver the RYA First Aid course and is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about being on the water, the outdoor environment and about fun, practical, relevant first aid training.

**This course can only be run through an RYA Recognised Teaching Centre (RTC). Please contact me if you are an RYA Recognised Teaching Centre and would like to offer the RYA First Aid course.**