

## **RYA First Aid Course**

### **RYA First Aid Course Overview**

The RYA First Aid Course meets the requirements for all water based instructors to hold a relevant first aid qualification that includes drowning and effects of the heat and cold. Good Skills Training is a recognised centre with the Royal Yachting Association (RYA) to deliver this course. We deliver this course at our partners classrooms in Suffolk and in-house across the UK. This 1 day course is suitable for anyone who is interested in water sports who wish to be able to assist in an emergency.

Our aim at Good Skills Training is that all delegates should enjoy their RYA First Aid Course and that by the end of their course all learners should be safe, prompt, effective and confident first aiders on the water.

### **RYA First Aid Course Syllabus**

- × What is First Aid
- × Responsibilities of the First Aider
- × Primary Assessment
- × Secondary Assessment
- × CPR
- × Seizures and Epilepsy
- × Choking
- × Asthma, Hyperventilation, Drowning and Cold Water Shock
- × Shock and Bleeding
- × Anaphylactic Shock
- × Heart Attacks and Angina
- × Bone, Joint and Muscle Injuries
- × Head Injuries
- × Burns and Scalds
- × Poisoning
- × Effects of the Heat and Cold
- × Stroke and Diabetes
- × Sea Sickness and Dehydration
- × 1 Hour on specialist areas (**to be booked prior to the course**), either;
  - *Cat C drugs for MCA coded boats and helicopter rescue or*
  - *Weils disease, blue green algae, child CPR or other required subjects.*

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## **RYA First Aid Course Duration**

7 Guided Learning Hours.

Usually run over 1 Day, 10:00 - 18:00

## **RYA First Aid Course Prerequisite**

There are no formal prerequisites for this course.

Please inform us of any learning or physical special needs that any learners may have prior to the course, so that we can cater for these.

## **RYA First Aid Course Assessment Process**

This course is continually assessed by our trainer.

## **RYA First Aid Course Renewal Process**

Every 3 years learners will be required to undertake an RYA First Aid Course to renew their qualification.

## **Other Courses of Interest**

- ✗ HSE Emergency First Aid at Work Course
- ✗ HABC Level 2 Health and Safety Course
- ✗ Fire Marshall Course

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