

# ADVANCED SEA SURVIVAL – REFRESHER

## Course Prospectus

Sea survival training is a mandatory requirement for skippers and 30% of crew heading offshore, or competing in category 1 races.

The Advanced Sea Survival refresher course renews your existing Advanced Sea Survival certificate (which expires after 5 years). This course covers the essential theory, any changes to regulations or industry updates, and practical skills (wet drills) to equip you for a wide range of emergency scenarios at sea.

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- Qualification:** Advanced Sea Survival Certificate – valid for 5 years.
- Aim:** To refresh your knowledge and skills required to achieve the best possible outcomes in emergency situations at sea.
- Timeframe:** 1 day, consisting of classroom work and wet drills at a local swimming pool.
- Recognition:** This is accredited by Yachting New Zealand and recognised by World Sailing and Maritime NZ.
- Price:** \$360.00
- Location:** Various locations – please see our course dates page online or contact us for more information.
- Requirements:** None, but please note that some water confidence is required for the pool drills, which include swimming and working with a real liferaft.
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**Main safety regulation updates covered:**

- Update on the World Sailing Offshore Special Regulations
- Update on the YNZ Safety Regulations
- Maritime New Zealand updates
- Other relevant documentation.
- New safety equipment
- Lessons learned and accidents
- Update to Search and Rescue organisations
- SAR Resources and location
- Meteorological services updates

**Refresh on the following topics:**

- First aid theory
- Mental health
- Seeking higher medical aid
- Fire prevention and fire fighting
- Calling for help/distress
- Abandoning to the liferaft
- PFD's and life jackets
- Sea survival theory

**Practical drills:**

- Swimming 50m without a life jacket fully clothed
- Swimming 50m with life jacket fully clothed
- Swimming 25m towing another person
- Entering the liferaft
- Righting a capsized raft
- Taking action once inside the raft
- Demonstrating entering the water from height
- Demonstrating the HELP position
- Demonstrating the Huddle position
- Demonstrating the Crocodile or Conga line technique