

## ADVANCED SEA SURVIVAL

### Course Prospectus

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

Our Advanced Sea Survival course equips you with the theoretical knowledge (classroom) and practical skills (wet drills) covering a wide range of emergency scenarios at sea.

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**Qualification:** Advanced Sea Survival Certificate – valid for 5 years.

**Aim:** To gain confidence in the knowledge and skills required to achieve the best possible outcomes in emergency situations at sea.

**Timeframe:** 2 days, consisting of approximately 1.5 days in the classroom and half a day at a local swimming pool conducting the wet drills.

**Recognition:** This is accredited by Yachting New Zealand and recognised by World Sailing and Maritime NZ.

**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 competences covered:**

- History, statistics, and legislation
- Accidents and emergencies
- Equipment
- Safety and emergency planning
- Risk management
- Man overboard, life raft and equipment
- Distress signals and responsibilities
- SAR systems and responsibilities
- Fire precautions and fire fighting
- Medical care aboard
- Damage control
- Weather and forecasting
- Heavy weather techniques
- Storm sails

### **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