

# AOSC Courses 2017

| OFFSHORE SAILING COURSES                    |  |   |   |
|---|--|---|---|
| <i>Which SAILING course is right for me</i> |  |   |   |
|   | <b>Competent Crew</b><br><br>Basic Seamanship & Helmsmanship, Navigation and Meteorology | <b>Day Skipper Practical</b><br><br>Basic Pilotage, boat handling, watch organisation | <b>Coastal Skipper Practical</b><br><br>Skippering techniques and passage planning                      |
| <b>Minimum Age</b>                          | None   | 16  | 17  |
| <b>Suggested Pre-Course Experience</b>      | None   | 5 days sea time<br>100 miles<br>4 night hours   | 15 days sea time<br>(2 days as skipper)<br>300 miles<br>8 night hours                                   |
| <b>Assumed Knowledge</b>                    | None   | Navigation to Day Skipper Shorebased Standard and basic sailing ability               | Navigation to Coastal Skipper Shorebased standard and sailing ability to Day Skipper Practical standard |
| <b>Ability After Course</b>                 | Useful crew member   | Skipper a small yacht in familiar waters by day                                       | Skipper a yacht on coastal passages by day and night  |
| <b>Course Duration</b>                      | 5 Days   | 5 Days  | 5 Days  |

## OFFSHORE SAILING COURSES

*Which SAILING course is right for me*

### Competent Crew

The Competent Crew Course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsmanship to the level required to be a useful member of the crew of a cruising yacht.

|  |   |
|--|---|
| <b>Assumed knowledge</b>               | None  |
| <b>Suggested Pre-course Experience</b> | None  |
| <b>Minimum duration</b>                | 5 Days  |
| <b>Minimum age</b>                     | None  |
| <b>Course content</b>                  | Basic Seamanship & Helmsmanship, Navigation and Meteorology |
| <b>Ability after the course</b>        | Useful crew member  |

### Competent Crew Course

*The Competent Crew Course introduces the complete beginner to cruising and teaches personal safety, seamanship and helmsmanship to the level required to be a useful member of the crew of a cruising yacht.*

| <b>Course Number:</b> | <b>Course Dates:</b> | <b>Duration:</b> | <b>Costs:</b> | <b>Remarks:</b> |
|-----------------------|----------------------|------------------|---------------|-----------------|
| CC01/17               | 02 Jul - 07 Jul 17   | 5 days           | £260          |                 |
| CC02/17               | 06 Aug - 11 Aug 17   | 5 days           | £260          |                 |
| CC03/17               | 03 Sep - 08 Sep 17   | 5 days           | £260          |                 |

## OFFSHORE SAILING COURSES

*Which SAILING course is right for me*

### Day Skipper

The Day Skipper Course is conducted on board a cruising yacht (7 to 15m LOA), to teach pilotage, navigation, seamanship and boat handling up to the standard required to skipper a small cruising yacht safely by day in tidal waters with which the student is familiar.

|  |   |  |               |                 |
|--|---|--|---------------|-----------------|
| <b>Assumed knowledge</b>               | Navigation to Day Skipper Shorebased Standard and basic sailing ability |  |               |                 |
| <b>Suggested Pre-course Experience</b> | 5 days sea time, 100 miles, 4 night hours                               |  |               |                 |
| <b>Minimum duration</b>                | 5 Days  |  |               |                 |
| <b>Minimum age</b>                     | 16  |  |               |                 |
| <b>Course content</b>                  | Basic Pilotage, boat handling, watch organisation                       |  |               |                 |
| <b>Ability after the course</b>        | Skipper a small yacht in familiar waters by day                         |  |               |                 |
| <b>Day Skipper Course</b>              |   | <i>The Day Skipper Course is conducted on board a cruising yacht (7 to 15m LOA), to teach pilotage, navigation, seamanship and boat handling up to the standard required to skipper a small cruising yacht safely by day in tidal waters with which the student is familiar.</i> |               |                 |
| <b>Course Number:</b>                  | <b>Course Dates:</b>  | <b>Duration:</b>   | <b>Costs:</b> | <b>Remarks:</b> |
| DS01/17                                | 02 Jul - 07 Jul 17  | 5 days   | £260          |                 |
| DS02/17                                | 06 Aug - 11 Aug 17  | 5 days   | £260          |                 |
| DS03/17                                | 03 Sep - 08 Sep 17  | 5 days   | £260          |                 |

## OFFSHORE SAILING COURSES

*Which SAILING course is right for me*

### Coastal Skipper

The aim of this course is to teach the skills and techniques required to skipper a cruising yacht (7 - 15m LOA), safely on coastal and offshore passages by day and night.

|  |   |                  |   |                 |
|--|---|------------------|---|-----------------|
| <b>Assumed knowledge</b>               | Navigation to Coastal Skipper Shorebased standard and sailing ability to Day Skipper Practical standard |                  |   |                 |
| <b>Suggested Pre-course Experience</b> | 15 days sea time (2 days as skipper), 300 miles, 8 night hours  |                  |   |                 |
| <b>Minimum duration</b>                | 5 Days  |                  |   |                 |
| <b>Minimum age</b>                     | 17  |                  |   |                 |
| <b>Course content</b>                  | Skippering techniques and passage planning  |                  |   |                 |
| <b>Ability after the course</b>        | Skipper a yacht on coastal passages by day and night  |                  |   |                 |
| <b>Coastal Skipper Course</b>          |   |                  | <i>The aim of this course is to teach the skills and techniques required to skipper a cruising yacht (7 - 15m LOA), safely on coastal and offshore passages by day and night.</i> |                 |
| <b>Course Number:</b>                  | <b>Course Dates:</b>  | <b>Duration:</b> | <b>Costs:</b>   | <b>Remarks:</b> |
| CS01/17                                | 10 Jul - 14 Jul 17  | 5 days           | £260  |                 |
| CS02/17                                | On Request  | 5 days           |   |                 |

## SHOREBASED COURSES

*Which course is right for me*

### **RYA First Aid**

*Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, and estuaries or on cross channel passages.*

In a medical emergency a little First Aid knowledge and immediate action can save lives, especially in remote locations. This one-day course is designed to provide a working knowledge of First Aid for people using small craft and to support skippers. It fulfils the requirements for:

Professional skippers of small craft working within 60 miles of a safe haven, including Boat-masters;

The Senior First Aid certificate needed by offshore racers subject to ISAF's regulations on First Aid training (OSR 4.08.4).

The course is recommended by the MCA and HSE.

#### **The subjects specific to boating include:**

the recovery position in a confined space

helicopter rescue

CPR, including the drowning protocol

seasickness and dehydration

cold shock and hypothermia from immersion and/or exposure

medical assistance or advice by VHF

### **RYA FIRST AID**

*Our one-day course covers all the usual first aid subjects, but from a boating perspective. It is aimed at anyone who goes afloat, whether on inland waters, rivers, estuaries or on cross channel passages.*

| <b>Course Number:</b> | <b>Course Dates:</b> | <b>Duration:</b> | <b>Costs:</b> | <b>Remarks:</b> |
|-----------------------|----------------------|------------------|---------------|-----------------|
| FA01/17               | 13 Mar 17            | 1 day            | £40           |                 |
| FA02/17               | 26 Jun 17            | 1 day            | £40           |                 |
| FA03/17               | 24 Jul 17            | 1 day            | £40           |                 |
| FA04/17               | 11 Sep 17            | 1 day            | £40           |                 |

**The cost of the 3 courses (First Aid, Sea Survival and ISAF Safety) when booked together, is £80**

## SHOREBASED COURSES

*Which course is right for me*

### **RYA Sea Survival Course**

*Our one-day course covers all the essential theory about survival techniques and practical experience in the water with liferafts.*

It is a well proved fact that in the event of an emergency at sea, people who have received training are more likely to survive. This course covers preparation for survival, lifejackets, search and rescue and a practical session in a swimming pool with a liferaft. **The cost of both the Sea Survival and ISAF course, when booked together, is £70**

**The subjects include:**

- preparation for sea survival
- lifejackets and liferafts
- principles of survival
- survival craft ailments
- raft management
- search and rescue

### **RYA/MCA SEA SURVIVAL**

*Our one-day course covers all the essential theory about survival techniques and practical experience in the water with liferafts.*

| <b>Course Number:</b> | <b>Course Dates:</b> | <b>Duration:</b> | <b>Costs:</b> | <b>Remarks:</b> |
|-----------------------|----------------------|------------------|---------------|-----------------|
| SS01/17               | 14 Mar 17            | 1 day            | £40           |                 |
| SS02/17               | 27 Jun 17            | 1 day            | £40           |                 |
| SS03/17               | 25 Jul 17            | 1 day            | £40           |                 |
| SS04/17               | 12 Sep 17            | 1 day            | £40           |                 |

**The cost of the 3 courses (First Aid, Sea Survival and ISAF Safety) when booked together, is £80**

## SHOREBASED COURSES

*Which course is right for me*

### ISAF Safety Course

*The one day ISAF Safety course teaches the skipper and crew all the skills needed to deal with an emergency whilst sailing in an offshore environment.*

The ISAF Safety certificate provides the holder with the knowledge of safe sailing techniques and how to minimize risks in order to confidently sail outside the limits of inshore waters. It serves as a valuable consolidation of personal and crew safety procedures.

The certificate confirms crew eligibility under the ISAF Special Regulations, Section 6.01, when participating in Cat 0, 1 and some Cat 2 offshore races (including the Rolex Fastnet Race). The one day course is run in conjunction with the Sea Survival Course; both of which are required to obtain the ISAF Safety Certificate. Holders of an in-date Sea Survival Certificate need only attend the ISAF Safety Course however they need to be aware that once the Sea Survival Course becomes 5 yrs old, the Safety Certificate is no longer valid. **The cost of both the Sea Survival and ISAF course, when booked together, is £70.**

#### The subjects include:

*Heavy Weather Sailing Techniques*

*Weather Forecasting*

*Search Patterns*

*How to rig and set Storm Sails*

*Damage Limitation*

*Fire Fighting*

### ISAF SAFETY

*The one day ISAF Safety course teaches the skipper and crew all the skills needed to deal with an emergency whilst sailing in an offshore environment.*

| Course Number: | Course Dates: | Duration: | Costs: | Remarks: |
|----------------|---------------|-----------|--------|----------|
| IS01/17        | 15 Mar 17     | 1 day     | £40    |          |
| IS02/17        | 28 Jun 17     | 1 day     | £40    |          |
| IS03/17        | 26 Jul 17     | 1 day     | £40    |          |

**The cost of the 3 courses (First Aid, Sea Survival and ISAF Safety) when booked together is £80**

## Cruising Instructor Courses

| CRUISING INSTRUCTOR COURSE  |   |  |        |                                      |  |   |
|---|---|--|--------|--------------------------------------|--|---|
| <i>Which course is right for me</i>   |   |  |        |                                      |  |   |
| <p><b>Cruising Instructor Course</b></p> <p><i>The RYA Cruising Instructors Course is a 5 day course run by the AOSC, using one of the Regt'l/Corps yachts. The cost is £30 payable to the ASA. Candidates for the course must be a Commercially Endorsed Yachtmaster Offshore and both an ASA and an RYA member.</i></p> <p>The course will be held at Gosport and will instruct and assess candidates on their suitability to be RYA Cruising Instructors and be able to instruct on and qualify RYA Competent Crew and Day Skipper Courses. Candidates must have a high standard of personal seamanship both theory and practical and will be expected to teach all aspects of the Competent Crew and Day Skipper syllabus as given in the RYA Book G158 (Syllabus and Logbook).</p> <p><b>The subjects include:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><i>How People Learns</i></p> <p><i>Coaching/Instructing</i></p> <p><i>Skills Models</i></p> </td> <td style="width: 50%; vertical-align: top;"> <p><i>How to run a Comp Crew/Day Skipper Course</i></p> <p><i>Briefing and Debriefing</i></p> </td> </tr> </table> |   |  |        |                                      | <p><i>How People Learns</i></p> <p><i>Coaching/Instructing</i></p> <p><i>Skills Models</i></p> | <p><i>How to run a Comp Crew/Day Skipper Course</i></p> <p><i>Briefing and Debriefing</i></p> |
| <p><i>How People Learns</i></p> <p><i>Coaching/Instructing</i></p> <p><i>Skills Models</i></p>  | <p><i>How to run a Comp Crew/Day Skipper Course</i></p> <p><i>Briefing and Debriefing</i></p> |  |        |                                      |  |   |
| <b>Cruising Instructor Course</b>   |   | <i>The Cruising Instructor Course teaches everything involved with teaching offshore sailing up to the level of Day Skipper. It will involve long days both in the classroom and on the water.</i> |        |                                      |  |   |
| Course Number:  | Course Dates:   | Duration:  | Costs: | Remarks:                             |  |   |
| CI01/17   | 22 May - 27 May 16  | 5 day  | £40    | Pse contact ASA Chief Instr Offshore |  |   |
| CI02/17   | TBC   | 5 day  | £40    |                                      |  |   |

On successful completion of the course, candidates will be asked to provide a "Return of Service" to the ASA by committing themselves to 3 one-week courses, to deliver Competent Crew/ Day Skipper training on behalf of the AOSC. This can be carried out over a one, two or three year period.



## **Yachtmaster Prep**

The AOSC offers advice and practical tuition in preparation of Yachtmaster Exams. Further information can be obtained from the ASA Chief Instructor Offshore.

## **Own Boat Tuition**

The AOSC can assist any ASA member with improving their sailing skills on their own yacht. Further information can be obtained from the ASA Chief Instructor Offshore.

## **Contact and Bookings**

Bookings can either be made through Lisa at the ASCB or through the AOSC. Please contact the ASA Chief Instructor Offshore, Phil Brown for more information.

