

Joining instructions for Two Day World Sailing Sea Survival Course

This is a two-day course run at San Francisco Yacht Club in compliance with World Sailing Safety Training 6.02 and 603. The course has quite a bit of hands-on activities including setting off flares, spending up to two hours in the water, fighting a fire using fire extinguishers and cutting rigging. To gain an ISAF certificate, you **MUST** complete the entire course including **in water training** and a **short, written exam**.

SFYC is the only provider of the two-day World Sailing course on the west coast of the US, and we tend to have people travelling from out of state. If for some reason you can't make the course, please contact training@sfyc.org as soon as you know so we can attempt to bring someone in from the waiting list. We are normally booked up months in advance and we only have space for 16 people per in water session and up to 24 for the rest of the course.

The club must have the following signed from you at the beginning of the course:

- [World Sailing Medical Form](#) – Please fill out and hand to instructor at the beginning of the course.
- Waiver document – Agree to and sign in the online registration process.

Familiarize yourself with the topics in [World Sailing Special Regulations 6.02 and 6.03](#)¹. You will be given a copy of US Sailing's Offshore Special Regulations.

Download on a computer or iPad the following documents.

- [World Sailing racing rules of sailing](#)
- [International Regulations for the Prevention of Collision at Sea](#)
- [Helicopter Rescue Pamphlet \(if you own a boat laminate this and have in your nav station\)](#)
- [IAMSAR manual](#)

You also need to be aware of the following and MUST have watched the video on lifesling training and wave training.

- [First Aid at Sea by Justins and Berry](#), or equivalent first aid book
- [US Notice to Mariners](#)
- [Personalizing a lifesling](#) and [Lifesling training video](#)
- [Powerpoint by Jim Antrim regarding waves on shorelines](#)

If you want a very detailed course book to compliment the US sailing pamphlet (not required but a very good book) Purchase the [World Sailing Guide to Offshore Personal Safety](#)

Have knowledge of the following documents which can be downloaded from [here](#) should you wish to.

- Admiralty List of Radio Signals Volume 5 GMDSS
- International Medical Guide for Ships
- International Life-Saving Appliance Code
- Safety of Life at Sea Convention
- Safety Study archives (US and UK both have a great resource of reports to read and learn from real life accidents.)

Things to bring with you to the course:

- Full offshore foul weather gear including jacket, trousers, boots and under garments (that you would typically wear offshore) NO cotton
- Your tether and the personal knife you carry with you when sailing. Any other personal survival equipment you take when sailing offshore.

- Inflatable lifejacket 150N buoyancy. If you are flying in, [please click here](#) for instructions on getting your lifejacket on the plane. If you have one with a HAMMAR unit, please consider borrowing a jacket from a friend as these are expensive to replace.
- Towels to dry off and a spare set of clothes for after the in-water training section
- Pack lunch and drinks (Woodland Market in Tiburon is nearby.)
- Documents in the above list as pdf
- Credit card for use at the club if you are not a member
- Your camera if you wish to record your fun experiences
- Pad of paper and pen for taking notes
- Any out-of-date red handheld flares only and fire extinguishers you might have if you are not flying in for the course.
- Cotton clothing (long trousers) to wear for the fire extinguisher training with closed toe shoes

More Details:

[The San Francisco Yacht Club is in Belvedere, CA.](#) The seminar will be held in the conference room (first glass door on the right side as you're coming into the parking lot. If this changes you will be notified by email prior to the course.

The hands-on parts of the course will also be run either on the club premises at the junior sailing dock.

The course will run from **8:00am – 6:00pm both days** please make sure you arrive in good time. If the course moves along quicker than expected you might be done earlier than 6:00pm but for flight organization don't plan on it.

We will be doing the in the water training at the junior sailing dock. You will likely have gotten a little cold during the training so make sure you bring some toasty cloths for afterwards.

We have expanded beyond the required curriculum of so be ready for lots of practical and for a great learning experience. Please be aware that we might stray from the schedule should we have outside speakers coming into talk. All speakers and instructors are volunteers with their own schedules.

If you are travelling from outside the bay area and need a place to stay, consider the below places which are walking distance from the club.

[The Lodge at Tiburon](#)

[Waters Edge Hotel](#)

Recommended Further Study Materials (all can be purchased on Amazon.com)

- . The Offshore Special Regulations Handbook by Alan Green
- . The Grab Bag Book by F & M Howorth
- . Instant Weather Forecasting by A Watts
- . Heavy Weather Sailing by A Coles and P Bruce
- . Essentials of Sea Survival by F Golden and M Tipton

¹ 6.01 At least 30% but not fewer than two members of a crew, including the skipper shall have undertaken training within the five years before the start of the race in both 6.02 topics for theoretical sessions, and 6.03 topics which include practical, hands-on sessions.

6.02 Training Topics for Theoretical Sessions

6.02.1 care and maintenance of safety equipment

6.02.2 storm sails

6.02.3 damage control and repair

6.02.4 heavy weather - crew routines, boat handling, drogues

6.02.5 man overboard prevention and recovery

6.02.6 giving assistance to other craft

6.02.7 hypothermia

6.02.8 SAR organization and methods

6.02.9 weather forecasting

6.03 Training Topics for Practical, Hands-On Sessions

6.03.1 liferafts and lifejackets

6.03.2 fire precautions and use of fire extinguishers

6.03.3 communications equipment (VHF, GMDSS, satcomms, etc.)

6.03.4 pyrotechnics and EPIRBs