



Metropolitan Police Sailing Club

*Rear Commodore
Training*



Clubline: 0208 643 4292

Email: - mpsc@hotmail.co.uk

**Alistair Mills
c/o Islington Police Station
Tolpuddle Street
London, N1 OYY**

Or Via Internal Despatch

Thank you for booking your RYA First Aid course with the Metropolitan Police Sailing Club.

Below are your joining instructions and course information. Should you have any further questions or enquiries please contact your instructor.

Your Instructor contact details will be emailed directly to you prior to the course.

Should you have any questions or queries prior to the course, please call the club line on 0208 643 4292.

Venue & Times

The class will start promptly at **0900** so please plan your journey beforehand.

Please meet at:

MPSC Broadway Base, Mercury Yacht Harbour, Satchell Lane, Hamble, Hampshire, SO31 4HQ

This is a full day so expect to finish somewhere between **5pm and 6pm** subject to class participation.

Directions

From London travel down the M3 to M27. Take the M27 east towards Portsmouth. Come off at Junction 8, following the signpost to Hamble le Rice; turn right at the bottom of the slip and the second exit at the next roundabout.

Follow the road over two mini roundabouts. At the third, after taking the first exit take the first turning left into Satchell Lane. Follow Satchell lane for about a mile and Mercury Yacht Harbour is sign posted on the left adjacent to a caravan park.

Alternatively, you can use the A3 from London and take the M27 west towards Southampton.

The Broadway Base is the slipway and blue portacabin complex immediately on your right.

Parking

Parking is free in the marina car park. Walk along the front of the marina complex then left along a gravel road which brings you to various commercial units.

Facilities

Teas, coffees, biscuits etc. will be available on site.

There are marina restaurant facilities available daily or limited sandwiches etc. from the chandlery but feel free to bring your own packed lunch.

Course and Content

The One Day RYA First Aid course is specially designed to cover the medical problems that may be encountered at sea.

The course itself covers minor ailments, including headaches, sunburn and small lesions through to immediate response to serious medical emergencies that water users may encounter.

There is emphasis on resuscitation techniques and the “primary care” of an overboard victim.

Procedures for obtaining outside medical assistance and the helicopter rescue services are covered.

Features of Course

Course objectives, by the end of the course all candidates should be able to:

- Perform CPR to current protocols
- Understand the differential for drowning
- Recovery position for confined spaces
- Direct pressure on a wound to control bleeding
- Recognise Shock and treat it with special reference to internal and external bleeding
- Manage cold shock and hypothermia in immersion and/or exposure
- Recognise head injuries and levels of response and be aware of breathing difficulties.
- Chest pain, seasickness, diabetic emergencies, anaphylaxis, hypothermia, fractures, seizures and burns.

Course Format

The course is run on a continuous assessment basis.

Pre-requisites

Students are expected to be sufficiently fit to undertake basic resuscitation exercises i.e. Kneeling/leaning over casualty.

Good Luck and enjoy the course.

Please ring your instructor if you are likely to be late.

Kind regards

Alistair Mills

Rear Commodore Training
M.P.S.C.



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