



Metropolitan Police Sailing Club

*Rear Commodore
Training*



Club Contact Details

Clubline: 0208 643 4292
Club Email: MPSC@hotmail.co.uk

RYA RADAR COURSE INSTRUCTIONS & INFORMATION

Thank you for booking your one day RYA RADAR Course with the Metropolitan Police Sailing Club.

Please find your joining instructions and course information below.

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

Instructor

Should you have any further question or enquiries please contact your instructor whose contact details will be emailed to you prior to the start of the course.

Should you wish to contact us before this, please contact the clubline on 0208 643 4292 and we'll be happy to help.

Course Venue and Security Passes

5th Floor Conference Room, New Scotland Yard, Broadway, SW1

0845-1700

Nearest underground station: **St James Park Underground Station** on the Circle & District Line.

Parking: There is no parking available at NSY.

Facilities: There are NO canteen facilities available at weekends. Feel free to bring your own packed lunch or there are sandwich shops etc within a minute's walk of NSY.

Security Passes: On entering the building, you will be required to show your Warrant Card / or MPS Pass.

If you are not a MPS Passholder, please email: alistair.mills@met.police.uk no later than three days prior to the course to get a pass reserved for you.

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.

Kind regards

Alistair Mills

Rear Commodore Training
M.P.S.C.



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