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PO Box 308  
Brockenhurst  
SO42 7XR

Thank you for booking your RYA Sea Survival Course with the Metropolitan Police Sailing Club.

Please contact us ASAP should you be travelling down by train as there will be a necessity to travel between the pool and the classrooms during the day.

Below are your joining instructions and course information.

Should you have any further question or enquiries please contact your instructor or the Club line.

### **Venue**

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The class will start promptly at 0900 so please plan your journey beforehand and contact your instructor if you're running late.

Please meet at:

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

The practical element will take place at:

*Hamble Sports College, Satchell Lane, Hamble, Southampton, SO31 4NE*

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



## ***Directions***

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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***

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Parking is free in the both the marina and Hamble Sports College car parks.

At Mercury, walk along the front of the marina complex then left along a gravel road which brings you to various commercial units.

## ***Course & Content***

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This comprehensive one-day course will give you the essential practical skills and theoretical knowledge to react effectively to an emergency abandonment with or without a liferaft.

The course introduces you to:

- Liferaft types and emergency packs
- Lifejackets, Flares and Emergency Beacons
- Hypothermia and Survival First Aid



On the practical side you will practice in both groups and individually:

- Group entry into, and abandonment from a liferaft
- Righting a capsized raft
- Survival techniques without a liferaft
- Rescue techniques

Part of the course will involve exercises in the swimming pool, which is located nearby.

Together with your swimming costume you should bring some outer clothing to wear in the pool such as a sweatshirt/rugby shirt and tracksuit bottoms.

If you have sailing waterproofs you should bring them, as it is an important part of the course to simulate the type of clothing you are likely to be wearing in the event of your having to abandon ship.

Life jackets are supplied although if you have one of your own it is also a good opportunity to test it in use during the exercises.

Please check the pockets of all pool clothing to ensure that no tissues or other items that may clog the filters are taken into the pool.

There are NO changing lockers available, but there are both male and female changing rooms and your kit can be bought into the pool area.

You should also bring some warm clothing, as the course will involve the practical demonstration of distress flares at a nearby open space

I do hope you enjoy your course and if you have any queries then please do not hesitate to contact the MPSC Clubline or your instructor.

Yours sincerely

Alistair Mills  
Rear Commodore Training



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