

Example Safety boat course programme

Day 1 sessions		Day 2 sessions	
Timings	Activity	Timings	Activity
9:00am	<p>Introduction - administration, medical docs</p> <p>Safety boat & crew preparation Launch Level 2 skills refresher incl. MOB/CAS Towing - alongside, astern forward/backward Herringbone tow Dinghy - Single hander capsized recovery Single hander inversion recovery Double hander capsized recovery Double hander Inversion recovery Entrapments</p> <p>Theory - High performance recovery Trapeze wires Crew communications PWCs Kitesurfers Larger craft</p>	9am	<p>Skills refresher, kit up safety bts & crew Man Overboard - methods of recovery Catamaran - Capsized recovery Inversion recovery Windsurf - Single & multiple board rescue</p> <p>Use of VHF/1st Aid/Crew Comms</p> <p>Kayaks/Canoes - Approach Inversion recovery -kayak Paddler recovery Stowage Towing occupied/empty Emptying water from craft</p> <p>Refuelling issues Correct pack up, fault reporting procedures Byelaws & regulations Positioning within the fleet Search patterns</p>
5pm	Home	5pm	Feedback & logbooks
<p>PRACTICAL SESSIONS</p> <p>THEORY SESSIONS (USE VIDEOS WHERE POSSIBLE)</p> <p>PRACTICAL WHERE POSSIBLE OTHERWISE THEORY/VIDEO</p>		<p>www.instructortoolkit.co.uk</p>	

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