



Sailing School

Accredited Yachting Australia Training Centre

Welcome to Eastcoast Sailing School. Yachting Australia accredited lessons with our friendly instructors will help you become more skilled and confident when you're out on the water.

Our Introduction to Sail, Competent Crew, Racing & Spinnaker, Inshore Skipper and Safety & Sea Survival courses are now available. Please contact us for more information or to book your place on 1300 883 023 or info@eastcoastsailing.com.au

Safety and Sea Survival Course – Full Course

As a result of a lengthy inquest into the 1998 Sydney to Hobart Yacht Race, the New South Wales State Coroner made recommendations to the Cruising Yacht Club of Australia (CYCA), and the then Australian Yachting Federation (now Yachting Australia (YA)). The YA Racing Rules of Sailing for 2005 – 2008 include a number of those recommendations. Currently, 50% of all Category 1 race crew must have undertaken training and received a Certificate of Competence in the Yachting Australia Safety and Sea Survival Course (SSSC), and the course is highly recommended for any crew, racing or pleasure, who sail offshore. The topics covered include:

- ⚙ Care and maintenance of safety equipment
- ⚙ Storm sails, preparation and strategies for rough weather
- ⚙ Using communications equipment (VHF, GMDSS, Satcoms etc)
- ⚙ Man overboard prevention and recovery
- ⚙ Hypothermia and management of illness and injury
- ⚙ Damage control and repairs
- ⚙ Pyrotechnics-flares
- ⚙ Fire precautions and fire fighting
- ⚙ Liferafts, abandoning ship and helicopter rescue
- ⚙ Heavy weather-crew routines, boat handling, drogues
- ⚙ Giving assistance to other craft
- ⚙ Emergency situations and principals of survival
- ⚙ Weather forecasting
- ⚙ Search and rescue systems

Courses run for 2 days over a full weekend and include a 'wet drill' at the Qantas pool, Mascot, to give students some real experience in manoeuvring with PFD's and using life rafts. Course notes are provided and the certificate is valid for 5 years. Cost is \$440 per person, which includes your certificate fee, or \$470 also including lunch each day.





Sailing School

Accredited Yachting Australia Training Centre

Welcome to Eastcoast Sailing School. Yachting Australia accredited lessons with our friendly instructors will help you become more skilled and confident when you're out on the water.

Our Introduction to Sail, Competent Crew, Racing & Spinnaker, Inshore Skipper and Safety & Sea Survival courses are now available. Please contact us for more information or to book your place on 1300 883 023 or info@eastcoastsailing.com.au

Safety and Sea Survival - Update Course

This Update Course is intended for those who have successfully completed the Full Safety and Sea Survival course and who are regular and extensive offshore sailors, but whose certificates are coming up for renewal. Attendees will be expected to bring to the course examples of Standard Operating Procedures (SOPs) used on vessels they have set to sea on, as well as experiences to share with other attendees. The outcomes to be achieved in this course are the same as for the Full Course. To qualify for the Update course you must be able to produce the following:

- ⚙ A validated logbook showing at least 2500 offshore nautical miles* achieved in the previous 5 years, and
- ⚙ A current Safety and Sea Survival Certificate.

Both of these criteria are required to be satisfied for a candidate to be eligible to enrol in the Update Course rather than repeat the Full Course.

* Yachting Australia has designated that these offshore nautical miles can be comprised of (for example):

- ⚙ 5 Category 1 races, or
- ⚙ 8 Category 2 races, or
- ⚙ 2500 offshore nautical miles not racing, or
- ⚙ a combination of the above.

The logbook is required to be validated by the boat owner or skipper. If the nautical miles are gained through Category 1 or Category 2 racing, it is expected that Race Entry Crew Lists will support logbook entries. Course participants are not required to bring Race Entry Crew Lists with them to the Update course, however, random audits will be conducted by YA and during this process the Crew Lists will be expected to support logbook entries.

This course comprises practical sessions for the wet drills and flares components and a workshop covering the theoretical component. The course runs for a total of 8 hours including examination. Course notes will be provided and the certificate is valid for 5 years. Cost of this Update course is \$290, which includes your certificate fee, or \$305 also including lunch.

