



## Programme of RYA One Day Specialist Courses

Whether you are new to sailing or have years of experience, these course will ensure you go to sea more confident and capable of handling unforeseen situations.

The courses complement our full range of RYA practical sailing, motor cruising and powerboating programmes.

All course include notes, lunch and refreshments.

Current dates and prices are available from our website [www.ambitionsailing.com](http://www.ambitionsailing.com)

Alternatively please email us on [enquiries@ambitionsailing.com](mailto:enquiries@ambitionsailing.com) or call us on 01253 853075 or 07977 459671. We will be pleased to hear from you, even if just to answer your questions.

**Please also visit the website for comprehensive details of all our training, holiday and corporate activities.**

## Small Craft Sea Survival



Hamble

### Course & Content

The objective of the course is to give persons who go to sea in small motor or sailing vessels, the basic knowledge and practical experience of personal survival principles and techniques.

The course is highly recommended for all who go to sea regularly. The qualification is also a prerequisite for a Commercial Endorsement at DoT Coastal Skipper / Yachtmaster level.

The course is classroom based and also includes practical wet drills simulating emergency situations using real survival equipment. The course will cover the following topics:

- Preparation for Sea Survival
- Lifejackets and Liferrafts
- Principles of Survival and Associated Ailments
- Search and Rescue
- Practical Wet Drill (pool based)

No previous experience is required.

### Features

1. Conditions permitting, opportunities will be available to practice using distress flares
2. Classroom and pool facilities are co-located for convenience and to maximise tuition time.

## VHF (SRC)



Hamble or Lancashire

### Course & Content

The standard VHF Radio Course now includes GMDSS, Digital Selective Calling (DSC) and initiating a digital alert to other vessels and the coastguard. There are practical sessions on our digital and VHF simulators, 'role playing' emergency and day-to-day radio use exercises. The course provides useful advice when using the radio at sea for routine calling or in the unlikely event of casualty working.

This basic course introduces the skills necessary to:

- Set up and operate VHF Radio equipment
- Operate the VHF Radio using the 'right' language
- Be able to initiate a Distress, Urgency, Safety and Routine message using Digital Selective Calling (DSC)
- Understand how the VHF Radio System integrates with Digital Selective Calling (DSC) under the umbrella of the GMDSS.
- Be aware of other forms of communication within GMDSS , e.g. EPIRBs, SARTs and NAVTEX
- Gain confidence in the use of VHF and DSC techniques in a relaxed environment

### Features

1. Student to Simulator Ratio is no more than 3:1 using both practical computer based and practical VHF simulators
2. Students are encouraged to devise their own role-play scenarios from real life experiences within the group
3. The day is made up of small tasks and exercises that form an overall assessment of a student's competence to operate VHF and DSC equipment.

# First Aid



Hamble or Lancashire

## Courses & Content

This course is designed to provide you with a working knowledge of first aid procedures for injuries or illness that may be experienced when afloat, inland and up to sixty miles offshore. When out of reach of the emergency services, basic injuries can become more serious whether boating, windsurfing or water skiing. This course will prepare you to cope, identify and deal with these situations.

This basic course introduces the skills necessary to:

- Apply CPR techniques in difficult and different environments
- Treat minor injuries with both practical and theoretical knowledge
- Act with confidence to carry out your skills as a 'first aider'

It is also a prerequisite for the RYA / MCA Coastal Skipper / Yachtmaster exam

## Features

1. Your instructor is an RYA Yachtmaster Instructor (Sail) and Advanced Powerboat Instructor brings First Aid into the 'boating world'
2. We use a range of manikins from child to adult for CPR practice
3. With Video, OHP and practical demonstrations we vary our teaching techniques
4. The modular structure allows the theory and practice to be combined into a comprehensive RYA First Aid course

# Diesel Engine



Hamble

## Course & Content

This is a practical based course covering the operation and maintenance of a marine diesel engine. It is suitable for any person regardless of your mechanical knowledge. You will be surprised how straightforward most of the checks and adjustments are. Pick up tips from an expert as you learn on our working diesel engine. Completing this course may prevent you from becoming another RNLI statistic.

This basic course introduces the skills necessary to:

- Understand the basic theory and principles of the Diesel Engine and includes the fuel system, the cooling system, the air system, and the electrical system
- Carry out daily check lists on engines
- Complete basic preventative maintenance
- Trouble shoot, identify and fix basic problems to the engine
- Practice these skills on our working engine during the day

## Features

1. Classroom tuition is supplemented by 'hands on' practical experiences on our working diesel engine.
2. Learn 'how to get yourself home techniques' on dry land before you may have to do it for real in a rolling seaway.
3. No more than six students to one instructor and one diesel engine.
4. The structure of the day allows you to combine the theory and practical elements of the course to give you confidence with the diesel engine.

# Radar



Southampton

## Courses & Content

These modules introduce the Radar and give you the skills and confidence to use Radar to the full extent of its capabilities.

The RYA core module introduces the skills necessary to:

- Understand the basic theory and to set up and operate a Radar set
- Use the Radar facilities for collision avoidance, navigation and pilotage
- Use the data provided to make key boat handling and safety decisions correctly
- Practice these skills on a simulator during the day

An additional one day practical module provides the opportunity to

- Turn theory into practice before the real situations are experienced and decision making becomes vital!
- Gain real time experience using a menu driven display (on a fast motor boat radar) and / or a typical basic radar (on a yacht)
- Gain confidence in the use of radar techniques in a relaxed environment

## Features

1. We restrict tuition to a student to instructor ratio of 4 to 1 to ensure you have our full attention
2. The modular structure allows the theory and practical modules to be combined into a comprehensive radar course