



International Offshore Safety at Sea One Day Hands-On Course at Davis Island Yacht Club

Program Completion confers a 5-year certification to participate in Offshore International Races or where a World Sailing (ISAF) certification is required as well as preparing Long Distance Cruising Sailors, and any other sailor who wishes to be safer on the water and gain hands on practical experience.

Moderators: Captains Cheryl Lowry MD and Brian Pinkston MD

Dates: One Day Course Saturday September 9, 2023 - 7:00 AM to 7:00 PM EST

OR Sunday September 10, 2023 - 7:00 AM to 7:00 PM EST

Cost: \$355/registration (lunch & tech shirt included)

STEP 1 – Take the Prerequisite(s) - (additional to the cost of registration)

Prerequisite for New Attendees: Take the entire US Sailing Online International Safety at Sea Lecture Course Units 1-15 (Divided into two Parts = Part One: Units 1-10 and Part Two: Units 11-15) prior to the early registration deadline of September 1st, 2021. You must achieve a passing score of 80 or above on all online exams. The combined cost of the online units is \$150. Go to <https://www.firsttack.org/courses/safety-at-sea-offshore>

Prerequisite for Returning Attendees (Currently have, or have had an US Sailing ISAF certificate in the last 10 years): Take only the Online Part Two: Units 11 -15. The cost is \$50. Go to: <https://www.firsttack.org/courses/safety-at-sea-offshore-upgrade>

STEP 2 – Register with DAVIS ISLAND YACHT CLUB

Signup site when we have it

Topics/Demonstrations/Activities Include:

1. Giving Assistance to Other Vessels
2. Personal Safety Gear
3. Crew Overboard
4. Safety Communications
5. Search and Rescue
6. Care and Maintenance of Safety Equipment
7. Fire Safety
8. Hypothermia and Drowning
9. Crew Health
10. Marine Weather
11. Heavy Weather
12. Storm Sails
13. Damage Control and Jury Rigging
14. Signals/Flares
15. Life Rafts and Survival