

## Joining instructions for Two Day ISAF Sea Survival Course

This is a two day course run at San Francisco Yacht Club to be in compliance with ISAF Safety Training 6.02 and 603. The course has quite a bit of hands on activities including setting off flares, spending up to two hours in the water, fighting a fire using fire extinguishers and cutting rigging. In order to gain an ISAF certificate you **MUST** complete the entire course including **in water training** and a **short written exam**.

SFYC is the only provider of the two day ISAF course on the west coast of the US and we tend to have people travelling from out of state. If for some reason you can't make the course please contact [amperrin@racingyachtmanagement.com](mailto:amperrin@racingyachtmanagement.com) or [training@sfyc.org](mailto:training@sfyc.org) as soon as you know so we can attempt to bring someone in from the waiting list. We are normally booked up months in advance and we only have space for 16 people per in water session and up to 24 for the rest of the course.

The club must have the following signed from you at the beginning of the course. Please hand it to the instructor on arrival your first day.

- [ISAF Medical Form](#)
- [Waiver document](#)

Familiarize yourself with the topics in [ISAF Special Regulations 6.02 and 6.03](#)<sup>1</sup>. You will be given at the course a copy of US sailing's ISAF Offshore Special Regulations.

Download on a computer or IPAD the following documents.

- ISAF [racing rules of sailing](#)
- [International Regulations for the Prevention of Collision at Sea](#)
- [Helicopter Rescue Pamphlet](#) (if you own a boat laminate this and have in your nav station)
- [IAMSAR manual](#)

Also you need to be aware of the following and MSUT have watched the video on lifesling training and wave training.

- First Aid at Sea by Justins and Berry, published Adlard Coles or equivalent first aid book
- US Notice to Mariners download the most recent one [here](#)
- Personalising a [lifesling](#) and [Lifesling training](#) video
- Powerpoint by Jim Antrim regarding waves on shorelines <http://www.antrimdesign.com/waves-and-lee-shores.html>

If you want a very detailed course book to compliment the US sailing pamphlet (not required but a very good book) [Purchase the ISAF Guide to Offshore Personal Safety](#)

Have **knowledge** of the following documents which can be downloaded from [here](#) should you wish to.

- Admiralty List of Radio Signals Volume 5 GMDSS
- International Medical Guide for Ships
- International Life-Saving Appliance Code
- [Safety of Life at Sea Convention](#)
- [Safety Study archives](#) (US and [UK](#) both have a great resource of reports to read and learn from really life accidents.)

### Things to bring with you to the course

- Full offshore foul weather gear including jacket, trousers, boots and under garments (that you would typically wear offshore) NO cotton
- Your tether and the personal knife you carry with you when sailing. Also any other personal survival equipment you take when sailing offshore.

- Inflatable lifejacket 150N buoyancy. If you are flying in [please click here](#) for instructions on getting your lifejacket on the plane. If you have one with a HAMMAR unit please consider borrowing a jacket from a friend as these are expensive to replace.
- Towels to dry off and a spare set of clothes for after the in water training section
- Lunch and drinks (depending on how the schedule works out we might have a working lunch. You can purchase lunch from Woodlands market in Tiburon in the morning and bring packed lunch with you. **We don't have time for people to go and purchase lunches**)
- Documents in the above list as pdf
- Credit card for use at the club if you are not a member
- Your camera if you wish to record your fun experiences
- Pad of paper and pen for taking notes
- Any out of date red handheld flares only and fire extinguishers you might have if you are not flying in for the course.
- Cotton clothing (long trousers) to wear for the fire extinguisher training with closed toe shoes

### **More Details...**

San Francisco Yacht Club is in Belvedere, CA go to <http://www.sfyc.org/> for directions to the club the seminar will be held in the Eldridge room (upstairs in the regatta center to the right when you come in the parking lot). If this changes you will be notified by email prior to the course.

The hands on parts of the course will also be run either on the club premises at the junior sailing dock.

The course will run from **8:00am – 6:00pm both days** please make sure you arrive in good time. If the course moves along quicker than expected you might be done earlier than 6:00pm but for flight organization don't plan on it.

We will be doing the in the water training at the junior sailing dock. You will likely have gotten a little cold during the training so make sure you bring some toasty cloths for after the training which will be between on the second day of your course.

We have expanded beyond the required curriculum of so be ready for lots of practical and for a great learning experience. Please be aware that we might stray from the schedule should we need to as we have outside speakers/practical people coming into talk to us and we have to fit around their needs as they are like myself are volunteers and are taking time off work to come and instruct.

If you are travelling from outside the bay area and need a place to stay consider the below places which are walking distance from the club

[The Lodge at Tiburon](#)

[Waters Edge Hotel](#)

### **Recommended Further Study Materials (all can be purchased on Amazon.com)**

. [The Offshore Special Regulations Handbook by Alan Green ISBN-10: 0713669772](#)

. The Grab Bag Book by F & M Howorth ISBN-10: 0939837536

- . Instant Weather Forecasting by A Watts ISBN-10: 1574092774
- . Heavy Weather Sailing by A Coles and P Bruce ISBN-10: 0071592903
- . Essentials of Sea Survival by F Golden and M Tipton ISBN-10: 0736002154

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**6.01 At least 30% but not fewer than two members of a crew, including the skipper shall have undertaken training within the five years before the start of the race in both 6.02 topics for theoretical sessions, and 6.03 topics which include practical, hands-on sessions.**

**6.02 Training Topics for Theoretical Sessions**

- 6.02.1 care and maintenance of safety equipment
- 6.02.2 storm sails
- 6.02.3 damage control and repair
- 6.02.4 heavy weather - crew routines, boat handling, drogues
- 6.02.5 man overboard prevention and recovery
- 6.02.6 giving assistance to other craft
- 6.02.7 hypothermia
- 6.02.8 SAR organisation and methods
- 6.02.9 weather forecasting

**6.03 Training Topics for Practical, Hands-On Sessions**

- 6.03.1 liferafts and lifejackets
- 6.03.2 fire precautions and use of fire extinguishers
- 6.03.3 communications equipment (VHF, GMDSS, satcomms,etc.)
- 6.03.4 pyrotechnics and EPIRBs