

# PISC TRAINING – PROVISIONAL PROGRAMME FROM JANUARY 2018 TO DECEMBER 2018

Course title	Main topics	Duration	Proposed Dates	Prior experience required	Number of students and resources	Student names TBC	Rescue boat crew	Instructor/ helpers
First Aid  Fee: <b>€65 members, €70 non members</b> <b>(Complete)</b>	Assess an incident & prioritise actions. Topics include: CPR, action for choking, bleeding, shock, minor injury, snake bite. It also covers secondary drowning, hypothermia and hyperthermia.	1 day	3 <sup>rd</sup> April in the Clubhouse	Background knowledge	Tod Horton Dave Fraser John Tremain Chas Kimber Brian Layng Ken Stewart		Not Applicable	Course provider: A&S Divers Coordinator – Barbara Jones
Safety Boat Coxswain Course (SCC)  Fee: <b>TBA</b> <b>(Complete)</b>	Skills for drivers of safety boats plus racing and training activities. Learn close quarters handling, high speed manoeuvres, MOB recovery, capsized dinghy recovery. Herringbone tow, lee shore rescues, missing crew search technique.	2 days	17 <sup>th</sup> – 18 <sup>th</sup> April	<b>Pre-requisite: HSSVOL Full licence and have completed the Coxswain course.</b>	Max 3 students per course. <b>Students to carry HSSVOL licence at all times.</b>  (One dinghy with experienced helm/crew for full inversion recovery). (Phil Mutton & Peter Wade)	Ken Stewart, Terry Baverstock	Course students	John Tremain  Terry Mitchell – land based safety
Powerboat Crew course (PCC)  Fee: <b>€20</b> <b>(Complete)</b>	Boat prep, launch and recovery, dropping and raising course marker buoys, MOB recovery, towing, transferring between RIB and dinghy, anchoring.	Two 1 day courses to run in conjunction with a SCC on same dates	18 <sup>th</sup> April	None	Two students per course	Marilyn Wilkinson  Steve Laverick	Course students	Jim Ridgway
TLC Youth Sail Training for age 14+ Fee: <b>€80</b> <b>(Complete)</b>	Due to limited period between course start and end of term this course will cover Level 1 and part Level 2 only	Thursdays 1300 to 1600 term time only	19 <sup>th</sup> April – 14 <sup>th</sup> June	No prior sailing experience but must present proof of ability to swim 50 metres.	4 using Pico's TLC to provide a teacher. PISC Welfare Officers: Chris, Sharon, Rosemary	Melissa Flude Matthew Kuzmin George Michaelides Bryony Hogben Alexander Steele	Pete, Tony Jim, Scottie.  Crew: Jon, Lawrence,	SI: Chas Co-ord: David  Instructors: Chris, John

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CYSAF Instructor <b>(Completed)</b>	For selected persons only. Successful completion results in award of CYSAF Instructor certificate.	3 days	Nov 17 competed Apr. Completed Oct	Must be CYSAF Assistant Instructor. Valid HSSVOL unless 70+	<b>Students to carry sailing knife and whistle at all times.</b> To be completed on an individual opportunity basis	Brian Layng - completed Lesley Anderson		Phil  Moderator: Chas
CYSAF Assistant Instructor  <b>No fee – Training during normal sailing</b>	<i>CYSAF land drills, lye-to/heave-to, irons, MOB, PUM, full and partial capsize recovery, follow my leader, 360 around stationary boat with one tack/gybe, rudderless and sailing without centreboard. Correct use of the 5 Fundamentals.</i>	<i>Continuous</i>	<i>As agreed with student</i>	<i>Experienced sailor able to sail competently and safely in Force 4. Ideally training to be in minimum wind speed of 11 knots.</i>	<i>Candidates' prior experience will be taken into consideration. Candidate suitability will be continually assessed over time. Sailing knife to be carried by each student. Must possess a Coaching Handbook (€25)</i>		<i>As required</i>	<i>Phil &amp; Chas</i>
CySaF Adult 'Learn to Sail' Levels 1 to 3. <b>Fee: TBA</b> <i>(includes CySaF Logbook)</i>	<i>All the basics required to enable students by the end of the course to sail confidently without an instructor (wetsuit for capsize drill)</i> <u><i>Fee will be abated for students in possession of CySaF Logbook.</i></u>	4 days	TBA	No prior sailing experience but must be able to swim 50 metres	A minimum of 4 students is required before course can proceed.	Gary Rix, Dawid Drozd Ralph Bohne	Course students	TBA
CYSAF Dinghy Crew <b>Fee: TBA</b> <i>(includes CySaF Personal Logbook)</i>	<i>Learn the basic requirements of being a crew on a double-handed boat.</i> <i>Help rig, launch and recover a dinghy. Tasks involved with a capsize recovery, what actions to take in a MOB situation, using the jib to best effect, 5 Fundamentals</i>	2 days	TBA	No prior experience required. Must be able to swim 50 metres. An additional qualification for holders of CYSAF Learn to Sail certificates.	Max 6 students. Club boats with centre mainsheet control only:	Harry Palmer, David Hart	Course students	TBA
Powerboat Helm Course (PHC)	<i>Covers launching and recovering a boat from a road trailer, everyday boat handling &amp; safety equipment.</i>	1 day	TBA	<b>Pre-requisite: HSSVOL Learner's or Full licence</b>	Max 6 students. <b>Students to carry HSSVOL licence at all times.</b>		Course students	

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CYSAF Senior Instructor  <span style="background-color: #90EE90;">(Complete)</span>	For selected persons only. Successful completion results in award of the CYSAF Senior Instructor certificate.	3 days.	9 - 11 October 2018  Clubhouse and AG	Must be a CYSAF Dinghy Instructor. Must be in possession of a valid First Aid cert, CCRC and HSSVOL (unless 70+)	Paul Hutton-Ashkenny, John Lay. <span style="color: red;">Students to carry sailing knife and whistle at all times.</span> Course concentrates on managing a training centre and the activities it provides. Pre-course study booklet will be issued to accepted candidates.		Course students	Phil  Moderator: Chas

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