

APPENDIX H – Medical Training

Model Training Course for an “OSR Compliant First Aid Course”

Part 1 – Introduction

1 General

Below is the framework for a Member National Authority to establish a minimum First Aid training course suitable for offshore racing.

2 Target

The target of this course is to provide the *person in charge* of an offshore racing boat with crewmember(s) that is/are capable of managing injuries and illnesses on board, as well as managing major incidents on board. Furthermore, to advise the *person in charge* when a request for outside assistance is required, as well as to advise when to retire from the race and proceed to nearest harbour.

3 Use of the model course.

Instructors should have a knowledge of the unique situation of offshore sailing in terms of delivering medical care. It is suggested that instructors be suitably trained and ideally a medical doctor, paramedics or nurse.

For an MNA wanting to establish a course without the specialist knowledge to correctly train and administer instructors it is suggested that they approach a suitable training partner. Training partners should be accredited under the International Convention on Standards of Training, Certification and Watchkeeping (STCW) or land based first aid training providers having personnel with suitable sailing experience and crucially an understanding of the liability issues. Should a Member National Authority require advice please contact the World Sailing Secretariat – Technical and Offshore Department.

4 Evaluation. The final activity of the day should be an examination, which should be used together with instructors’ continuous assessments to provide an overall evaluation.

5 Implementation Detailed requirements are given below. Thorough preparation is the key to successful implementation of the course.

Part 2 – Syllabus

The course is planned for at least a full day and includes the following sessions.

Session 1 Introduction

- 1.0 Marine medical environment and characteristics
- 1.1 Literature

Session 2 First aid kits for the Special Regulations races categories

- 2.0 Cat 4 contents (recommendations)
- 2.1 Cat 2-3 contents (recommendations)
- 2.2 Cat 1-0 (if relevant)

Session 3 Tele medical communications

- 3.0 Support options (Medical advice services through official bodies)
- 3.1 Radio/Mobile phone options for support
- 3.2 Licences/certificates for VHF/HF radio communications

Session 4 First Aid – The basics

- 4.0 Basic anatomy/physiology
- 4.1 L-ABCDE (Scene safety, Airway and cervical spine control, Breathing, Circulation and bleeding, Disability, Expose and protect from the environment)
- 4.2 Stopping of serious external bleeding

Session 5 Offshore accidents and actions onboard

- 5.0 Typical accidents onboard (wounds, cuts, sprained wrist, dislocations, burns, head injury, etc.)
- 5.1 General illnesses, fatigue, etc
- 5.2 Actions and treatment (pain management, immobilising a joint, avoidance of infection, suturing, etc.)
- 5.3 Helicopter evacuation
- 5.4 Transfer of casualty to rescue vessel

Session 6 Special offshore medical conditions

- 6.0 Seasickness
- 6.1 Hypothermia (Person recovered from sea)
- 6.2 Dehydration

Session 7 Cardiac and respiratory arrest

- 7.0 Cardiopulmonary resuscitation (CPR)

Session 8 Systematic Accident management

- 8.0 Damage and causality evaluation
- 8.1 Decisions and actions – when to call for outside assistance, when to retire and proceed to nearest harbour
- 8.2 Observation and treatment of patients

Session 9 Psychology Treatment

- 9.0 Human reactions in distress
- 9.1 Treatment of psychological breakdowns

- 9.2 Crisis group management
- 9.3 Debriefing procedures

Session 10 Practical training

- 10.0 CPR
- 10.1 Patient observations and treatment
- 10.2 Radio medical training
- 10.3 Decision making – When to call for assistance, when to retire?

Literature

The following books for further study are not endorsed by World Sailing but merely are books suitable for background reading:

- Medical Emergency Afloat
- First Aid at Sea (Douglas Justin and Colin Berry, Adlard Coles Nautical, London) ISBN 9781408105993
- First Aid Afloat (Dr Robert Haworth) ISBN 9780906754887
- Skipper's Medical Emergency Handbook (Author Dr Spike Briggs, Dr Campbell Mackenzie) ISBN 9780713689372
- Doctor on Board: A Guide to Dealing with Medical Emergencies (Author Jurgen Hauert) ISBN 9781408112724
- Ship Captain's Medical Guide ISBN 978-0115534614
- International Medical Guide for Ships, World Health Organization, Geneva

General First Aid

- First Aid Manual 9th Edition (Author St John's Ambulance Brigade) ISBN 9781405335379

Non-English Publications

- Pan Pan Medico A Bordo (<http://www.panpan.it/>)
- Le Guide de la medecine a distance, by Docteur J Y Chauve, published by Distance Assistance BP33 F-La Baule, cedex, France. An English translation is being planned.