



2020 Rolex Middle Sea Race Sea Survival Courses

Crews intending on taking part in the Rolex Middle Sea Race are reminded that as per Item 2.9 in the Notice of Race : *The Person in Charge of each participating boat shall ensure that there is adequate knowledge and experience among his crew to take part in a Category 2 offshore race. The Person in Charge and at least half the members of the crew shall have previously taken part in an offshore race of extended duration. At least 30%, but not less than two members of the crew including the Person in Charge shall have undergone training in survival at sea as required by OSR 6.01. Any training course covering the topics included in the WS Approved Offshore Personal Survival Training Course given by suitably qualified and experienced instructors will be considered as satisfying this requirement. As required by OSR 6.05 at least one crewmember should be familiar with the management of medical emergencies that may occur at sea and hold a qualification in First Aid or be a practicing medical practitioner. The minimum number of persons on a boat shall be two in the double handed class. 2.10 Boats must have a current and valid Rating*

RYA First Aid

Date: 12/10/20

Duration: 09:00 - 17:30

Cost: EUR 170

Validity: 3 years.

World Sailing Sea Survival

Date: 13/10/20 **or** 14/10/20 **or** 15/10/20 **or** 16/10/20

Duration: 07:45 - 18:30

Cost: EUR 270

Validity: 5 years

Bookings for these courses are to be made directly to the Malta Sailing Academy via email on info@maltasailingacademy.com and copying in the Royal Malta Yacht Club via email – info@rmyc.org