



Malta Sailing Academy in collaboration with RMYC and the Malta Sailing Federation will once again be delivering Online Evening Classes followed by a 4hr practical this October 2022 in preparation for the Rolex Middle Sea Race.

This course was developed following the report into the 1998 Sydney Hobart Race, where tragically 6 lives were lost. The aim is to provide the essential practical skills and theoretical knowledge to react effectively when facing rough weather, emergency problems and abandonment at sea. In addition to yacht skippers and crews who have to meet the requirements of the World Sailing Offshore Special Regulations Appendix G, the course is excellent for all seafarers.

For the Middle Sea Race **at least 30%** of the crew including the Person in Charge must have completed training to Section 6 of the World Sailing Offshore Special Regulations. Appendix G to the regulations provides a model training course. In the Two-Handed class both crewmembers must have received training.

This is a highly informative course, during which participants will be shown how to open a life raft (in a controlled environment), letting off of pyrotechnics and fire extinguishers amongst other things.

In addition, at least one member of the crew shall hold a current Senior First Aid Certificate or equivalent (in accordance with OSR 6.05.2) and should be familiar with the management of medical emergencies that may occur at sea including Hypothermia, and radio communications operations for obtaining medical advice by radio. For any interested participants, the RYA First Aid course will also be held at Malta Sailing Academy.

COURSE SCHEDULE

Online Theory Course on Google Meet	
Tue 27 Sep - Thu 29 Sep	18:00hrs - 21:00hrs (local time) Grp 1
Or	
Tue 04 Oct - Thu 06 Oct	18:00hrs - 21:00hrs (local time) Grp 2
Practical at Manoel Island Marina and Pool	
Tue 18 October	10:30hrs - 14:30hrs (local time) for Grp 1
Thu 20 October	10:30hrs - 14:30hrs (local time) for Grp 2

World Sailing Sea Survival €270

(Refresher €170)

For bookings or information kindly contact Malta Sailing Academy on +356 79500502 / +356 79432526 or send them an email on info@maltasailingacademy.com.

