

MAINSTAY SAILING
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Bob Sagar
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Re: Sea Survival Course

February 2, 2026

Course dates 16 & 17 May

We will do Sea Survival theory on Saturday with the practical part on Sunday
Also as part of the course we will do maritime first aid for free..

On the second day we can also invite the youngsters for a flare demonstration

Overview for SSSC

The SSS course involves classroom presentations & learning activities, and practical exercises in the use of liferafts, inflatable lifejackets & distress flares. Of 16 hrs duration the course is usually delivered over 2 full days and is facilitated by Safety & Sea Survival Instructors at approved training centres. The maximum teaching ratio for this course is 20 students to 1 SSS Instructor (in the classroom) with a reduced ratio of 10:1 for pool sessions. Practical exercises are usually conducted in heated public swimming pools, but may be conducted in clean and enclosed salt-water pools and Marinas providing the water is clean, the temperature is at least 15oC, and all associated risks have been managed.

Objectives are:

Provide all persons intending to go to sea, in sailing or motor yachts, whether cruising or racing, with skills and essential knowledge that will maximise their chances of survival in water or liferafts following a man overboard situation or vessel abandonment; and familiarise sailors with the latest personal and vessel safety equipment, its purpose, deployment, and most effective use; and present and discuss prevention and coping strategies for incidents and emergencies at sea

The SSS course certificate is valid for 5 years. For sailors whose certificates have expired, a refresher (or update) course of 8 hours tuition time may be attended. The refresher course is designed for active offshore racing sailors and anyone who does not sail regularly should seriously consider attending a full 2 day Safety & Sea Survival course. An update course also provides a valuable refresher to cruising sailors.

Cost is \$675 per person, if someone only wants to do first aid (HLTAID011) it is \$155 per person.

Warm regards,

Ron van Schaik

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