

Safety Officer Training Course

June 1st & 2nd, 2013

This Safety Officer Training Program was developed to enhance the experience of competitors at regattas.

This course has evolved from a system of practices developed at CORK and has proven to work efficiently and effectively. References to CORK throughout this course are for examples only.

The course will be co-sponsored by Ontario Sailing, CORK / Sail Kingston and Kingston Yacht Club. It will be conducted over two days and result in certification.

The Certificate will be recognized and provided by Ontario Sailing.

Successful completion of the theoretical training on Saturday and the Sunday, on- water practical session, will provide the participants with two of the three steps toward a Safety Officer Certificate.

Volunteering as a Safety Officer at a pre-approved regatta, will complete the process which will result in a Safety Officer Certificate.

Participants must register through the Ontario Sailing Website and pay the participant fee of \$ 30.00 + HST.

Register at

<https://www.ontariosailing.ca/application/index.php?action=osarc.vie w&osarc form id=238>

by May 29th, 2013

The in-class theory session will be conducted at Kingston Yacht Club Saturday June 1st, 2013 beginning at 9:00. Lunch menu will be available at KYC.

The on-water practical skills session will be conducted at CORK / Portsmouth Olympic Harbour on Sunday June 2nd, 2013. PFD and foul weather gear will be necessary.

All participants must have a valid PCOC card!



Course Outline

1. Background and Purpose
2. Acronyms
3. Regattas and Structure
4. CORK Model
5. Safety Boats
6. Equipment
7. Racing
 - Boats
 - Sailing Courses
 - Signals and Sequences
 - Race Officials
8. Radio Protocols
9. Ratio Safety Boats / Fleet
10. Coaches and Spectators
11. First Aid Tips
12. Rescue Techniques
13. Qualifications
14. Proposed Certification Process
15. References and Links
16. On-water
 - Heaving line
 - Driving / Manoeuvring
 - Docking
 - Towing
 - Mast Walk
 - Other Rescue Techniques
17. Evaluation – on-going throughout program
18. Summary and Feedback

Participants should be prepared to do some preparatory work prior to arriving at the course. Material will be sent via email.