

<https://www.ussailing.org/education/adult/safety-at-sea-courses/#online-offerings>

# Safety at Sea Courses

## Why take a US Sailing Safety at Sea Course

1. Ever wonder what you would do if someone fell overboard from your boat?
  2. Do you have a plan to deal with heavy weather if you can't reach a safe harbor?
  3. Interested in selecting the right emergency communications equipment or storm sails, but you're not sure what to buy?
- If so, a US Sailing Certified Safety at Sea Course is for you.

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frameborder="0" allow="autoplay; encrypted-media"  
allowfullscreen></iframe>

## Safety at Sea Course facts:

- Moderated and taught by experienced, lifelong sailors who include some of the top names in sailing and safety.
  - Designed for sailors of all types and levels — cruisers and racers, novices and experts.
  - Appropriate for a wide range of boats — small, big, monohulls, multihulls (and powerboats, too) — that are sailed anywhere — near shore and offshore.
  - Curriculum is certified by US Sailing, with special attention to conditions and challenges of the host organization's sailing area.
  - More than 1,000 sailors attend safety courses around North America every year and many bring their families and crews.
  - The certifications are good for five years from the date of issue.
- US Sailing offers four types of courses:

# **Four course types to prepare you for all at sea conditions**

## **This Course is for**

Inland and Coastal Racers and Cruisers

## **Topics**

Personal Safety Gear, Man Overboard, Emergency Communications, Search and Rescue

## **Course Hosts**

Yacht clubs, sailing clubs, boat shows, community sailing centers, OAs of coastal races.

## **Why you should Attend or Host**

Essential safety information for coastal sailors presented by experts that you can use immediately.

## **Duration**

4 hours

## **Approximate Cost for Attendees**

\$50-\$60

## **This Course is for**

Crew members of offshore races, long distance cruisers, any sailor wanting to improve his/her sailing skills.

## **Topics**

Same as the Coastal Course plus Heavy Weather, Storm Sails, Crew Health, Hypothermia, Jury Rigging and Repair, Fire Precautions, Lending Assistance, Life Rafts, Signals.

### **Course Hosts**

YRAs, OAs of offshore races, maritime academies, large yacht clubs.

### **Why you should Attend or Host**

Give us a day, and we can give you detailed safety skills and information that will improve your confidence and your enjoyment on the water.

### **Approximate Cost for Attendees**

\$125-\$175

## **International Offshore Safety at Sea with Hands-on Training**

### **This Course is for**

Crew members participating in International races or where World Sailing (ISAF) certification is required, long distance cruisers, any sailor wanting to find out how life jackets and life rafts work in a safe environment.

### **Topics**

Same as the Offshore Course plus hands-on sessions on life jackets and life rafts in the water; group activities to test problem solving abilities.

### **Course Hosts**

YRAs, OAs of International races, maritime academies, large yacht clubs.

### **Why you should Attend or Host**

Use the gear, practice the skills, and hear from the experts about safe and successful racing and voyaging. Two days of intensive training for sailors who want to be self-sufficient.

**Duration**

14 hours

**Approximate Cost for Attendees**

\$300-\$400

**Coastal Safety at Sea Course****Who should take this Course**

Inland and Coastal Racers and Cruisers.

**Length of Course**

Five Topics– roughly one hour per unit.

**Cost of the Course**

\$50

**Requirements for Coastal Certification:**

Successfully completing this course with a final Post-Assessment score of 80 or above.

Get Started Now. [Coastal Safety at Sea Online](#)

This online course is designed to provide you with essential safety information that you can use immediately on the water. It is for anyone who sails, boats, cruises or races on both inland and coastal waters. This course satisfies the requirements for Coastal Races being sailed under United States Special Equipment Regulations 4.3.2

# **International Offshore Safety at Sea Online Supplement Course**

## **Who should take this Online Course**

Sailors participating in international races or where a certificate that complies with World Sailing (ISAF) Offshore Personal Survival Guidelines is required, and long distance cruisers. This must be accompanied by participation in a one day Offshore Hands-on Course. See Course Listings [here](#)

This course also meets the Coastal Safety at Sea requirements.

## **Length of Course**

Ten Topics– roughly one hour per unit. The course also includes assessment questions to assure comprehension.

## **Cost to Achieve International Offshore Certificate that complies with World Sailing Personal Survival Guidelines**

1. Online Supplement – \$75 per person.
2. One Day Offshore Hands-On Course fee (Set by and paid to Seminar provider)

## **Requirements for International Offshore Safety at Sea with Hands-on Certificate**

Successfully completing this supplement with a final Post-Assessment score of 80 or above and participation in a one day Offshore Hands-on course.

The online course can be accessed at [www.safetyatseacourse.com](http://www.safetyatseacourse.com).

## **Are you looking for a US Sailing Safety at Sea Course in your area?**

- US Sailing Safety at Sea Courses provide sailors who compete in offshore races in your area with the required level of safety training.

- These courses will improve the safety culture and best practices through proven curriculum and instructed by experienced, life-long sailors.
- Most offshore race organizing authorities require completion of one of these courses for 30% of the crew taking part in the race.
- US Sailing archives all participation records for attendees so sailors have an easily accessible means of documenting their course completion.

Course hosts accept the responsibility of organizing and running these courses. A [US Sailing Safety at Sea Moderator](#) is present at all courses to ensure the consistency and quality of the information. The moderator recruits will work with other safety experts to present the topics.

[Find a Course](#)

## **Here are a few tips on how to get started:**

1. Download the [2018 Organizer Agreement](#) and planning guide.
2. Form a small committee and consider what dates would work for your area and your facility. *Note: It is recommended that you dedicate three to six months of preparation to organize a course.*
3. Review your SAS Course options and make a determination on what type of course you wish to host. Send your signed agreement to US Sailing at [safetyatsea@ussailing.org](mailto:safetyatsea@ussailing.org).
4. Agree on a date and moderator for the course, sign the sanctioning agreement, and you're on your way!
5. [Use the Hosting organizations course Roster Template](#)