



The Sailing Foundation

For the advancement of sailing in the Pacific Northwest

SAFETY AT SEA SEMINAR

February 25 & 26, 2012



The Sailing Foundation will host a US Sailing sanctioned two-day seminar on safe boating practices and safety equipment at the YMCA in Seattle. The seminar, designed and conducted by nationally recognized sailors, will provide novice and experienced boaters with information and skills for boat preparations, handling heavy weather, recommended safety equipment, emergencies at sea, and preparing for sailing off-shore. The program is open to cruising and racing skippers, crew & family, recreational power boaters, and commercial fishermen.

Saturday's Lecture Topics

Storm Sails, Damage Control & Repair, Heavy Weather Routines, Man Overboard Prevention & Recovery, Hypothermia, SAR Organization, and Life Rafts & EPIRBS

Sunday's Topics (Optional Day)

Hands-on Training with In-the-Pool Demonstrations, First Aid, Firefighting Aboard, Weather Resources, HF/SSB/Sat.

NOTE: This two day US Sailing certified program is designed to meet the requirements for offshore racers in US & Canadian events

Monday (Optional Day)

Hands-on Lifesling Training with On-the-Water Training

Added Bonus—Saturday Night, TSF will host a lecture by two world renown sailors on the 2013 America's Cup.

For more information & registration, visit The Sailing Foundation website www.thesailingfoundation.org or call 425-869-2727