

Submission: **SR09-10**

Offshore Special Regulations – 6.05 & New Appendix N

First Aid Training

A submission from by the Sten Edholm Special Regulations Sub-committee

Proposal:

SECTION 6 – TRAINING

6.05 Medical Training

<u>6.05.1</u>	<u>At least one member of the crew shall have a valid STCW 95 A-VI/4-2 (Proficiency In Medical Care) certificate</u>	<u>MoMu0</u>
<u>6.05.2</u>	<u>At least two members of the crew shall have a first aid certificate completed within the last five years meeting any of the following requirements:</u> <ul style="list-style-type: none">i) <u>STCW 95 First Aid Training complying to A-VI/1-3 – Elementary First Aid or higher STCW level</u>ii) <u>A certificate listed on the ISAF website www.sailing.org/specialregs of additional MNA recognised courses following the minimum guidance of Appendix N.</u>	<u>MoMu0,1,2</u>
<u>6.05.3</u>	<u>At least one member of the crew shall be familiar with First Aid procedures, hypothermia, drowning, cardio-pulmonary resuscitation and relevant communications systems (see OSR 6.02.7 and 6.03.4). It is strongly recommended that a course is done inline with Appendix N.</u>	<u>MoMu3,4</u>

and

6.02 Training Topics for Theoretical Sessions

<u>6.02.7</u>	<u>hypothermia and drowning</u>	<u>MoMu0,1,2</u>
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APPENDIX N
MEDICAL TRAINING

Model Training Course for an “OSR Compliant First Aid Course”

Part 1 – Introduction

1 General

Below is the framework for an MNA to establish a minimum First Aid training course suitable for offshore racing.

2 Target

The target of this course is to provide the Person in Charge of an offshore racing yacht with a crew member that is capable of taking care of common injuries and illnesses on board, as well as to take charge of the immediate medical actions at a major incident on board. Furthermore to advise the Person in Charge when a request for outside assistance is needed, as well as to advise when to retire from the race and proceed to nearest harbour.

3 Use of the model course.

Instructors should have a knowledge of the unique situation of offshore sailing in terms of delivering medical care. It is suggested that instructors be suitably trained and ideally a medical doctor, paramedics or nurse.

For an MNA wanting to establish a course without the specialist knowledge to correctly train and administer instructors it is suggested that they approach a suitable training partner. Training partners could be STCW 95 training centres or land based first aid training providers who have personnel with suitable sailing experience but crucially an understanding of the liability issues. Should an MNA require advise please contact the ISAF Secretariat – Technical Department.

4 Evaluation. The final activities of the day should be an examination, which should be used together with instructors’ continuous assessments to provide an overall evaluation. The pass mark is to be taken as 70% in each of the marked/evaluated units.

5 Implementation Detailed requirements are given below. Thorough preparation is the key to successful implementation of the course.

6 Literature

The following books further study and are not endorsed by ISAF but merely are books suitable for background reading:

Medical Emergency Afloat

- First Aid at Sea (Douglas Justin and Colin Berry, Adlard Coles Nautical, London) ISBN ISBN 9781408105993
- First Aid Afloat (Dr Robert Haworth) ISBN 9780906754887
- Skipper's Medical Emergency Handbook (Author Dr Spike Briggs, Dr Campbell Mackenzie) ISBN 9780713689372
- Doctor on Board: A Guide To Dealing With Medical Emergencies (Author Jurgen Hauert) ISBN 9781408112724
- MCA Ship Captain Medic book is now available free at http://www.mcga.gov.uk/c4mca/mcga07-home/workingatsea/mcga-medicalcertandadvice/mcga-dqs_st_shs_ships_capt_medical_guide.htm
- International Medical Guide for Ships, World Health Organisation, Geneva

General First Aid

- First Aid Manual 9th Edition (Author St John's Ambulance Brigade) ISBN 9781405335379

Non English Publications

- Pan Pan Medico A Bordo (<http://www.panpan.it/>)
- Le Guide de la medecine a distance, by Docteur J Y Chauve, published by Distance Assistance BP33 F-La Baule, cedex, France. An English translation is being planned.

Part 2 - Syllabus

The course is planned for 8 hours and includes following sessions:

Session 1 Introduction

1.0 Marine medical environment and characteristics

1.1 Literature

Session 2 First aid kits for the Special Regulations races categories

2.0 Cat 4 contents (recommendations)

2.1 Cat 2-3 contents (recommendations)

2.2 Cat 1-0 (if relevant)

Session 3 Tele medical communications

3.0 Support options (Medical advice services through official bodies)

3.1 Radio/Mobile phone options for support

3.2 Licences/certificates for VHF/HF radio communications

Session 4 First Aid – The basics

4.0 Basic anatomy/physiology

4.1 L-ABCDE (Scene safety, Airway and cervical spine control, Breathing, Circulation and bleeding, Disability, Expose and protect from the environment)

4.2 Stopping of serious external bleeding

Session 5 Offshore accidents and actions onboard

5.0 Typical accidents onboard (wounds, cuts, sprained wrist etc)

5.1 General illnesses, fatigue etc

5.2 Actions and treatment

5.3 Helicopter evacuation

5.4 Transfer of casualty to rescue vessel

Session 6 Special offshore medical conditions

6.0 Seasickness

6.1 Hypothermia (Person recovered from sea)

6.2 Dehydration

6.3 Brain concussion

6.4 Keeping the blood sugar level up (what to eat and drink)

Session 7 Cardiac and respiratory arrest

7.0 Cardiopulmonary resuscitation (CPR)

7.1 Artificial respiration

7.2 Use of Defibrillator

Session 8 Systematic Accident management

8.0 Damage and causality evaluation

8.1 Decisions and actions – when to call for outside assistance, when to retire and proceed to nearest harbour

8.2 Observation and treatment of patients

Session 9 Psychology Treatment

9.0 Human reactions in distress

9.1 Treatment of psychological breakdowns

9.2 Crisis group management

9.3 Debriefing procedures

Session 10 Practical training

10.0 CPR

10.1 Patient observations and treatment

10.2 Radio medical training

10.3 Decision making – When to call for assistance, when to retire?

Session 11 Examination

11.0 A questionnaire of 25 questions, requirement >70 % correct

Current Position:

6.05	Medical Training	MoMu0
6.05.1	At least two members of the crew shall be able to apply simple strapping and plaster casts, undertake skin suturing, insert intravenous cannulae and give intravenous fluids, give both intramuscular and intravenous injections and apply a temporary dental filling	MoMu0
6.05.2	At least two members of the crew	MoMu1
	At least one member of the crew	MoMu2
	shall hold a current Senior First Aid Certificate or equivalent 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.	
	Each of these crew members shall also have undertaken the training required by OSP 6.01.	
6.05.3	At least one member of the crew shall be familiar with First Aid procedures, hypothermia and relevant communications systems (see OSP 6.02.7, 6.03.3, 6.03.4)	**

Reason

According to ISAF Secretariat, questions about the “Senior First Aid Certificate” is the most frequently asked enquiry regarding the Offshore Special Regulations and also one that is impossible for them to answer satisfactorily.

The conclusion is that the use of the term “senior” in the term “senior first aid course” is vague and has different meaning to different people as seen by various correspondences on this matter.

The proposal above is as per the current OSR in effect but removing the term “senior first aid” and to introduce a proposed model first aid course in a similar way to that of the sea survival course in Appendix G.

In addition the following amendments are changes to the current position:

- 1) Increase the required medical competency of one crew member to recognise the remoteness from external medical help for Category 0 races
- 2) Going back to the pre 2008 requirement for two members of crew to have medical knowledge in Category 2 races