



## SCHEDULE OF EVENTS, SATURDAY, 13 MARCH 2010

### US SAILING Sanctioned Safety at Sea Seminar hosted by The Cruising Club of America

0730	Registration Opens	Begin <i>MORNING LIGHT</i> video	
0800-0830	Introductions – CCA Commodore, RBYC Commodore, Seminar Coordinator		
0830-0910	Boat Preparation and Crew Composition & Training		Howard Lapsley
0910-0950	Personal & Boat Safety Equipment (inc Care & Maintenance)		Ron Trossbach
0950- 1005	Break		
1005-1045	Man Overboard/Person in the Water Prevention and Recovery		John Bonds
1045-1125	First Aid Organization, Hypothermia, Seasickness, & SunSafety		Dr. Jeff Wisch
1125-1210	Communications Equipment & Procedures		Steven Thing
1210-1300	Lunch	Finish <i>MORNING LIGHT</i> video	
1300-1350	Heavy Weather Sailing		Rich Wilson
1350-1430	Weather & Gulf Stream		Frank Bohlen
1430-1500	USCG Search & Rescue Organization		Eric Shaw
1500-1515	USCG Helicopter Rescue		Ron Trossbach
1515-1530	Abandon Ship Introduction		Ron Trossbach
1530-1545	Break		
1545-1600	Life Raft Inflation & Abandon Ship Bag Description	Dan O'Connor and Henry Marx	
1600-1645	Damage Control and Repair (inc Fire Precautions & Fighting)		John Bonds
1645-1700	Giving and Receiving Assistance		Sheila McCurdy
1700-1715	Outside FLARE Demonstration	Garry Schneider and Ron Trossbach	
1715- 1800	Meet the Speakers at a Cash Bar Reception in the Exhibit Area		