



**SPLIT SUMMER SCHOOL STSS2022**

**COURSE: SAILING AND SURVIVAL AT SEA**

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**Main topics:**

- Cold exposure injuries at sea. Other medical problems aboard survival craft. Immersion. Near drowning.
- Food and water for rescued survivors. First Aid for Hazardous Marine Life Injuries. First Aid for Bites and Stings from Land Creatures (Coastal area, Adriatic Sea).
- Personal mental disabilities and how to talk in crisis situations.
- Rope works: knots and splices, rope connections.
- Sailing and seamanship / multi day on board practical activities (sleeping on sailing boats).\*
- Final seminars presentations.

**Programme structure:**

- 5-day course
- Sample data will be provided for practice and for final presentation
- Every student gets lecture notes bound into a booklet, as well as a CD containing a digital version of the booklet, the current version of Y-code

**Important dates:**

Course dates: 26/9/2022 – 30/9/2022  
Deadline for application: 5/7/2022  
Payment due by: 29/7/2022  
Confirmation of the course: 5/8/2022

**Price of the course:** 450 € (tax included)

**Programme plan:**

**Day 1**

- Introduction (0,5)
- Basic principles of sailing (1)
- Cold exposure injuries at sea: Frostnip, Frostbite, Immersion foot (trench foot), Generalized hypothermia

**Programme lecturers:**

Nikola Račić, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

Rosanda Mulić, PhD

due to cold water (1)

- Other medical problems aboard survival craft. Seasickness. Sunburn. Dehydration and malnutrition. Heat exposure. Contamination with oil. (1,5)
- Personal mental disabilities (1)

### Day 2

- Rope works: knots and splices, rope connections (1,5)
- Vessel Deck Equipment (1,5)
- Immersion. Near drowning. (0,5)
- Food and water for rescued survivors. (0,5)
- First Aid for Hazardous Marine Life Injuries. First Aid for Bites and Stings from Land Creatures (Coastal area, Adriatic Sea). (1)

### Day 3

- Sailing and seamanship / multi day on board practical activities (sleeping on sailing boats)\*

### Day 4

- Sailing and seamanship / multi day on board practical activities (sleeping on sailing boats)\*

### Day 5

- How to talk in crisis situations? (1,5)
- Final students seminars presentations (1,5)
- Sailing to Split (2)

University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography  
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