



SPLIT SUMMER SCHOOL STSS2020

**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 – 30 September 2022  
Deadline for application: 05 July 2022 (with 20% down payment)  
Payment due by: 29 July 2022  
Confirmation of the course: 05 August 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 due to cold water (1)
- Other medical problems aboard survival craft.

**Programme lecturers:**

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

Rosanda Mulić, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

Seasickness. Sunburn. Dehydration and malnutrition.  
Heat exposure. Contamination with oil. (1,5)

Andrea Russo, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

- 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)

Capt. Marijan Zujčić, Master Mariner, lecturer  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

Rosanda Mulić, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

### Day 3

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

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

Luka Pezelj, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

### Day 4

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

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

Luka Pezelj, PhD  
University of Split, Faculty of Maritime Studies  
Croatian Scientific Bibliography

### Day 5

- How to talk in crisis situations? (1,5)

- Final students seminars presentations (1,5)

- Sailing to Split (2)

Andrea Russo, PhD  
University of Split, Faculty of Maritime Studies  
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