



# Safety for Cruising Couples

A safety-at-sea **hands-on** program for cruising couples and short-handed cruisers  
Sail & power, coastal and local waters  
Based on the acclaimed “Suddenly Alone” seminars

The goal of the one-day training seminar is to build the confidence of the “less” experienced crew/partner in the event the “more” experienced person is occupied with a repair, becomes incapacitated, or falls overboard.

**Sunday June 2, 2024 0830 – 1700 hours**  
**Stamford Yacht Club**  
**Stamford, CT**

**Presented by**  
**New York Yacht Club    Stamford Yacht Club    The Cruising Club of America**  
**The North American Station of the Royal Scandinavian Yacht Clubs**

A team of highly experienced instructors will cover:

**Morning Session - classroom discussion:**

Safety equipment  
Medical protocols  
Basics of navigation  
Man overboard recovery  
Fundamentals of VHF radio

**Afternoon Session - on the water and on the beach, hands-on training:**

Navigation practices in action  
Engine instruction  
Man overboard with Life Sling demonstration  
Fire extinguishing

Tuition: \$155 per couple or \$85 per single person  
Includes: Lunch and “Safety for Cruising Couples” workbook  
Registration deadline: May 17, 2024

**For further information or to enroll, contact: Hiro Nakajima, David Tunick, or Dick York**

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Early registration encouraged. The last four seminars were sold out.