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**World-Class Safety Training for All Sailors during Annual Safety at Sea-at-Sea Seminar  
at the United States Naval Academy**

In the aftermath of the deadly 1979 Fastnet Race, a safety program for Midshipmen conceived at the United States Naval Academy soon developed into a nationwide initiative as the safety training standard for offshore sailboat racers. US Sailing sanctioned, Safety-at-Sea seminar attendance is even required for a percentage of crew participating in certain ocean racing events. Attendees learn best practices and strategies for safe seamanship—for offshore racers and cruising sailors alike. The 43rd annual Safety-at-Sea Seminar in Annapolis will be over the weekend of March 29-30, hosted in several locations throughout the U.S. Naval Academy.

In addition to lectures and training, the program is highlighted by demonstrations on Saturday, including a helicopter Search and Rescue (SAR) Rescue Swimmer demonstration by the United States Coast Guard (weather permitting), pyrotechnic flare demonstrations, life raft deployment, and man-over-board rescue techniques performed by Midshipman from Navy Sailing training vessels.

The courses and certificates within the seminar include:

- An **Offshore Sailing Safety at Sea** certificate, valid for 5 years, obtained by attending Saturday (March 29) classes and demonstrations only. The course runs from 8-5:30, includes a box lunch and the cost is \$185.
- A 2-day **International Offshore Safety at Sea** certificate is earned by attending March 29 and additional hands-on training March 30. Sunday activities include water safety in the pool including how to board a life raft hypothermia and how to use safety equipment; fire safety; communications and damage control. The cost of the 2-day course with a certificate is \$435 and includes lunches.
- Those who have received a US Sailing Offshore Sailing Safety at Sea certificate within the past year can take the **Hands-on Only** portion of the International Offshore Safety certificate by attending Sunday, March 30. Cost is \$300, including lunch.
- The **Safety for Cruising** course Includes all lectures and demonstrations on Saturday, and much of the same hands-on training taught by experts on Sunday during the certificate courses. This course is designed for cruisers and can include a US Sailing Offshore certificate. \$320 per person, including lunches.

The seminar begins in Mahan Hall and is hosted by the Marine Trades Association of Maryland and Navy Sailing. For registration and information, visit [mtam.org/safety-at-sea](http://mtam.org/safety-at-sea). Or, call 410-269-0741.

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