



CAL MARITIME

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FOR IMMEDIATE RELEASE

CALIFORNIA MARITIME ACADEMY HOSTS “SAFETY AT SEA” SEMINAR

(Vallejo, CA – February 8, 2006)...The California Maritime Academy (Cal Maritime), a campus of The California State University, will play host to the US SAILING Safety at Sea Seminar on Saturday, February 18th. The certified program is often required for offshore sailing participants and recommended for anyone interested in sailing safety on the open water. US SAILING, developed by *Cruising World* magazine, is sponsored by West Marine, Zodiac North America, and Oregon Scientific.

Susan “Charlie” Arms, Cal Maritime’s Director of Sailing, said the daylong seminar will include presentations on seamanship, heavy-weather tactics and boat preparation. There will also be demonstrations of safety equipment and its usage, crew overboard recovery techniques, and a life raft safety program in the school’s swimming pool. A certificate of completion will be issued at the conclusion of the day’s program.

Among the experienced presenters and speakers for this year’s seminar are Dr. *Kent Benedict*, an emergency physician and USCG Licensed Master. From 1980 to 2002 he was the Chief Medical Officer for the California Maritime training ship, *GOLDEN BEAR*. He holds the appointment of Clinical Associate Professor of Medicine at Stanford. He has taught Emergency-Medicine-at-Sea courses for years, written articles for *Latitude 38* and authored the medical chapters in the standard US Maritime texts the *American Merchant Seaman’s Manual* and the *Merchant Marine Officers’ Handbook*. Dr. Benedict is currently one of the authors rewriting the World Health Organization’s *International Medical Guide for Ships*.

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Bruce Brown is a member of the Long Beach Yacht Club and Transpac Yacht Club. He is currently President of the United States Marine Safety Association, an instructor at Orange Coast College's School of Sailing and Seamanship for the USCG 100-Ton License course, a certified trainer from AMSEA, a lecturer at shows and training events and a published author on safety issues.

Chuck Hawley has sailed approximately 40,000 miles on vessels ranging from ultralight "sleds" to single-handed sailboats to the maxi-catamaran PlayStation. He is a nationally known speaker on marine safety, and has participated in Safety at Sea Seminars for the last ten years. He has done extensive research into crew overboard recovery, life raft design, anchor design, and storm tactics, and has moderated seminars prior to the Newport-Bermuda, Transpac, and West Marine Pacific Cup Races. He also serves on the US Sailing Safety at Sea Committee and the American Boat and Yacht Council Technical Board.

Mark Rudiger is one of the premier ocean racing navigators, capturing a first place in the 97/98 Whitbread and a 2nd place in the last Volvo Ocean Race Round the World. Mark has an invaluable knowledge base in safety equipment and standards from the multiple perspectives of navigator, helmsman and skipper.

Additional information on the seminar can be obtained from “Charlie” Arms at (707) 654-1247 or carms@sum.edu

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