



**FOR IMMEDIATE RELEASE / January 17, 2025**

**The Mariners' to Host US Sailing Sanctioned  
International Safety at Sea Hands-On Training**

NEWPORT NEWS, VA — The annual Captain Henry Marx Memorial Safety at Sea course returns to The Mariners' Museum and Park on Saturday, March 1, 2025. Participants will have the opportunity to earn the International Offshore Certificate that complies with World Sailing guidelines for Personal Safety from US Sailing. This day-long course, co-sponsored by Landfall Navigation, will take place at The Mariners' and Brittingham-Midtown Aquatic Center in Newport News.

The Early Bird registration fee for the hands-on training is \$310 for the general public and \$305 for Museum Members until January 27. **After January 27, 2025, all tickets will cost \$325.** The cost covers lectures, demonstrations, course materials, lunch, a docent tour, transportation to and from the Museum and the Aquatic Center, a copy of *Safety at Sea: A Guide to Safety Under Sail and Personal Survival*, and an International Offshore Safety at Sea (ISAF) with Hands-On Training Certificate from US Sailing (valid for five years).

The hands-on training is from 8 a.m. to 5 p.m. and is taught by experienced lifelong sailors and experts in their fields. Topics include lessons learned from recent incidents, fire prevention and firefighting, emergency signaling (flares), and in-the-water training in individual and group cold water survival techniques, personal safety equipment, life raft inflation, and proper wearing and rearming personal flotation devices.

Designed for crew members of offshore races, long-distance cruisers, commercial mariners, and racing sailors who want to improve their sailing skills, this course will focus on survival offshore in demanding situations and emergencies. Demand for International Offshore hands-on training in person is at an all-time high as many upcoming races now require this advanced training and certification.

The course will be moderated by retired US Navy Captain Mark Lenci. Lenci's Navy career was primarily in attack submarines and he commanded USS *Houston* (SSN 713). He has sailed primarily in New England and the Canadian Maritimes and has cruised in various areas around the world. He holds various professional certifications, including a USCG 100T Masters License and the RYA/MCA Yachtmaster Ocean Certificate of Competence. Lenci has presented at multiple Safety at Sea Courses and is considered one of the best at sharing his leadership and seamanship insights.

The Mariners' Museum International Safety at Sea Hands-On Training is the second part of earning US Sailing's International Offshore certificate. Participants must complete an online course before attending the hands-on training. For details, visit [MarinersMuseum.org/Safety-at-Sea](https://MarinersMuseum.org/Safety-at-Sea).

Space is limited to 45 people. **Registration closes on February 17, 2025.** To register, visit [MarinersMuseum.org/Safety-at-Sea](https://MarinersMuseum.org/Safety-at-Sea). For more information, contact MaryAnn Steinmiller at [msteinmiller@MarinersMuseum.org](mailto:msteinmiller@MarinersMuseum.org). For interview requests or more information about The Mariners' Museum and Park, media should contact Senior Director of Advancement Sabrina Jones at [sjones@MarinersMuseum.org](mailto:sjones@MarinersMuseum.org) or (757) 591-7708.

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The Mariners' Museum and Park connects people to the world's waters because through the water – through our shared maritime heritage – we are connected to one another. The organization is an educational, private 501(c)(3) nonprofit institution accredited by the American Alliance of Museums and preserves and interprets maritime history through an international collection of ship models, figureheads, paintings, and other maritime artifacts. The Mariners' Museum® is home to the USS *Monitor* Center, and is surrounded by the 550-acre Mariners' Park, the largest privately owned and maintained park that is free and open to the public in North America. The Mariners' Museum Library is the largest maritime library in the Western hemisphere. Because of the Museum's world-class collection and its reputation for high-level exhibits and programs, in 1998, the U.S. Congress designated The Mariners' Museum as one of only two maritime museums that comprise America's National Maritime Museum. The Museum galleries are open to the general public with \$1 admission, and the Mariners' team will continue to offer FREE virtual programs for those who prefer to engage online with us or through our social media platforms and blog posts. The Mariners' Park and Noland Trail is open for daily use. For additional information, visit [MarinersMuseum.org](https://MarinersMuseum.org), call (757) 596-2222 or write to The Mariners' Museum, 100 Museum Drive, Newport News, VA 23606.

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