

## Entry standards

For admission to the course, seafarers must be certified by a doctor to be in good health. They must also have completed the four basic courses covering the familiarization and basic safety training and instruction in accordance with Regulation VI/1 of STCW 1995.

<b>Course Outline</b>	<b>Approximate Time (Hours)</b>
<b>Knowledge, understanding and proficiency</b>	<b>Lectures, demonstrations and practical exercises</b>
<b>1 Introduction and safety</b> 1.1 Introduction 1.2 Safety guidance	0.5
<b>2 General</b> 2.1 Emergency situations 2.2 Training, drills and operational readiness 2.3 Actions to be taken when called to survival craft stations	1.5
<b>3 Abandon ship</b> 3.1 Actions to be taken when required to abandon ship 3.2 Actions to be taken when in the water	0.5
<b>4 Survival craft and rescue boats</b> 4.1 Lifeboats 4.2 Liferafts 4.3 Rescue boats	0.75
<b>5 Launching arrangements</b> 5.1 Boat davits 5.2 Liferaft davits 5.3 Rescue boat davits 5.4 Free-fall 5.5 Float-free arrangements 5.6 Marine evacuation systems	1.25
<b>6 Evacuation and recovery of survival craft and rescue boats</b> 6.1 Launching 6.2 Clearing the ship's side 6.3 Marshalling liferafts and rescuing survivors from the sea 6.4 Recovery of survival craft and rescue boats 6.5 Launching survival craft and rescue boats in rough sea 6.6 Recovery of rescue boats in rough sea	1.25
<b>7 Actions to take when clear of the ship</b>	0.25
<b>8 Lifeboat engine and accessories</b> 8.1 Starting the engine	1.5

8.2 Cooling systems	
8.3 Battery charging	
8.4 Fire extinguisher	
8.5 Water spray system	
8.6 Self-contained air support system	
<b>9 Rescue boat outboard engine</b>	1.0
<b>10 Handling survival craft and rescue boats in rough weather</b>	0.75
10.1 Boats	
10.2 Liferafts Beaching	
<b>11 Actions to take when aboard a survival craft</b>	1.5
11.1 Initial actions	
11.2 Routines for survival	
11.3 Use of equipment	
11.4 Apportionment of food and water	
11.5 Action to take to maximize detectability and location of	
11.6 survival craft	
<b>12 Methods of helicopter rescue</b>	1.25
12.1 Communicating with the helicopter	
12.2 Evacuation from ship and survival craft	
12.3 Helicopter pick-up	
<b>13 Hypothermia</b>	1.0
<b>14 Radio equipment</b>	1.5
14.1 Two-way VHF radiotelephone apparatus	
14.2 Emergency position-indicating radio beacons (EPIRBs)	
14.3 Search and rescue transponder beacons (SARTs)	
14.4 Distress signals, signaling equipment and pyrotechnics	
<b>15 First aid</b>	2.0
15.1 Resuscitation techniques	
15.2 Use of first-aid kit	
<b>16 Drills in launching and recovering boats</b>	3.0
<b>17 Drills in launching liferafts</b>	3.0
17.1 Davit-launched liferafts	
17.2 Throw-overboard liferafts	
17.3 Boarding a liferaft from the water	
17.4 Righting an inverted liferaft	
<b>18 Drills in launching and recovering rescue boats</b>	3.0
<b>19 Practical exercises and evaluation</b>	6.0
<b>TOTAL</b>	31.5