



Water Survival/HUET (METS)

Course Outline

Prerequisites: This course shall have no formal pre-requisite. Learners that are not able to swim will be given special attention and instruction as necessary.

Course Length: 6-8 hours – Course length shall vary depending on the number of learners. Total course time includes breaks and meals.

Class Size: The maximum number of learners that may be trained and tested per instructor shall be sixteen (16) in the classroom session and sixteen (16) in the practical session, per pool.

Course Objective

- Provide learners with an understanding of general helicopter & boat travel safety.
- Learners will gain the necessary skills and knowledge to assist them with survival in an offshore environment should an unfortunate event occur.
- Learners will be able to demonstrate these necessary skills during practical examination and demonstrate knowledge during written examination

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Demonstrations
- Practical Simulations

Successful Course Completion

- Requires a minimum score of 75% or better.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Learners will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 hour

Course Outline

Helicopter Transportation

- Pre-flight
- Approaching
- Boarding



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Boat Travel / Personnel Transfer

- Vessel Operation
- Personnel Basket Operations
- Swing Rope Operations

Platform Orientation / Emergency Drills

- Platform Orientation
- Station Bill
- Emergency Drills

Platform Abandonment / T.E.M.P.S.C (Totally Enclosed Motor Propelled Survival Craft)

- Platform abandonment
- T.E.M.P.S.C
 - Discuss different types
 - Methods of release
 - Tools / survival equipment / supplies

Life Raft Operations

- Location / storage
- Operation / deployment
- Entering / righting raft
- Tools / survival equipment / supplies
- Immediate actions upon boarding

Personal Floatation Device (PFD)

- Discuss different types
- Location / storage
- PFD donning
- Entering water from height

Cold Water Physiology

- Discuss Hypothermia
- Cold water entry
- Survival time
- Cold water survival skills / technique
- Personal safety equipment

Location Aids

- Visual
- Audio

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Course Outline

- **Electronic**
 - GMDSS (Global Maritime Distress and Safety System)
 - VHF Radio
 - SART (Search And Rescue Radar Transponder)
 - EPIRB (Emergency Positioning Indicating Radio Beacon)
 - ELT (Emergency Location Transmitter)
 - ADELT (Automatically Deployable Emergency Location Transmitter)
 - PLB (Personal Locator Beacon)

Helicopter Transportation

- Pre-flight/boarding operations
- Onboard safety equipment
- Aviation PFD
- Compressed Air Emergency Breathing System - Awareness
- Aviation harness
 - Discuss different types
 - Proper position
- Helicopter Flootation
 - Apical flotation
 - Life raft deployment
 - Life raft location

HUET (Helicopter Underwater Egress Training)

- 3 stages of ditching
 - Controlled
 - Semi-controlled
 - Uncontrolled
- Review Ditching Statistics
- Brace Positions/Strike Envelope
 - 2 point
 - 4 point
- Preparing for Ditching
 - Ditching challenges
 - Tools to increase survival
 - Land ditching
- METS simulation orientation
- Physical Locate Position
- Land Ditching
- Underwater Disorientation
- Underwater Escape Procedures
- Aircraft Model Exits



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- Recovery & Preparation for Rescue

Practical Session (conducted in a swimming pool)

Practical shall verify the following:

- Properly Don Type I PFD
- Platform Abandonment/Water Entry
- Demonstrate the HELP & Group HUDDLE positions
- Demonstrate the Survival Circle and demonstrate use of Chain formation as a group swim technique
- Assist injured swimmer
- Don Type I PFD in the water
- Demonstrate how to use clothing to make a PFD / 5 minute survival float
- Demonstrate underwater egress techniques associated with Helicopter Underwater Egress Trainer system

Training Center Provided Material

- PFDs
- Coveralls
- Helmets
- Water Shoes

Learner Requirements

- Swimwear
- Towel
- Nose Clips or Ear Plugs
- Must possess good physical health as the practical training is physical demanding.

Reference Material/Documents

API RP T1, T4, T7

Washington State Parks and Recreation Commission Boating Programs

International Association Safety & Survival Training

UNITED STATES SEARCH AND RESCUE TASK FORCE

SEPCO HSE 0039 REVISION 1

OPITO – HUET Stress Due to Exits Report (Nov 2006)