

Prerequisites: This course has no formal prerequisite.

Course Length: 12 hours – Course length shall vary depending on the number of delegates.

Class Size: There is a maximum classroom capacity of 20 students. If more than the maximum allowable number of students is registered, a second instructor and classroom of adequate size will be utilized. Practical exercises will be conducted at a student to instructor ratio of no more than 6:1.

Course Objectives: On meeting the minimum standard of competence in Personal Survival Techniques, the trainee will be able to survive at sea in the event of ship abandonment.

The trainee will be able to:

- Don a lifejacket
- Don and use an immersion suit.
- Safely jump from a height into the water
- Right an inverted life raft while wearing a lifejacket.
- Swim while wearing a lifejacket.
- Keep afloat without a lifejacket.
- Board a survival craft from ship and water while wearing a lifejacket.
- Take initial actions on boarding survival craft to enhance chance of survival.
- Stream a drogue or sea-anchor
- Operate survival craft equipment.
- Operate location devices, including radio equipment.

Course Design

- Power Point® / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion:

- All lab assignments, homework assignments, exercises, and tests must be completed and returned to the instructor for credit.
- Requires a minimum score of 70% or better on all examinations.
 - Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
 - Delegates 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: 10-15 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)

Course Outline

Subject Area	Lecture	Practical
Training and Preparation	.30	-
1. Station Bill	.30	-
2. Drills and Crew training	.30	-
3. Priorities of Survival	.45	-
4. Phases of an Emergency	.40	-
5. Controlled and Uncontrolled Emergencies	.50	-
6. Abandonment Options	.40	-
7. Drown-proofing	.30	.75
8. Exposure Fatality Causal Factors	.30	-
9. Environmental Factors of Survival	.5	.25
10. Rescue	.40	-
11. Preservation of Micro-environment (Clothing and PFD's)	.30	.75
12. TEMPSC	.30	.
13. TEMPSC Vital Actions	.30	-
14. TEMPSC Characteristics	.30	-
15. Marine Life Rafts	.50	.75
16. Launching Procedures of Marine Life Raft	.30	.50
17. Marine Raft Characteristics	.50	.25
18. Water Entry	.15	.25
19. Location Aids	.20	.5
Written Examination	1.0	
Total Hours:	8.0	4.0

Practical Session

Where applicable, practical training may require the use of common personal protective equipment and/or specialized equipment as necessary.

The practical shall verify that the candidate can successfully demonstrate following:

- Safe and proper sequence for inspection, operation, activation, and deployment for various equipment within 3 minutes.
- Donning a lifesaving device in 1 minute, properly fitted, positioned, and secured.
- Donning an immersion suit in 1 minute, properly fitted, positioned, and secured.
- Jumping into the water using the proper techniques while wearing a life jacket.
- Jumping into the water using the proper techniques while wearing an immersion suit.
- Righting an inverted inflatable life raft while wearing either a lifejacket or an immersion suit using proper techniques within 10 minutes
- Swimming at least 20 feet while in the water wearing a lifejacket.
- Keeping afloat in water for at least 1 minute (without either a lifejacket or an immersion suit).
- Safely boarding the life raft from the vessel (while wearing either a lifejacket or an immersion suit).

- Safely boarding the life raft unassisted from the water (while wearing either a lifejacket or an immersion suit).
- Locate instructions and properly deploy a sea anchor
- Simulated activation of a smoke canister, red parachute flare, and red handheld flare using the proper method
- Operation of the various controls for a portable VHF radio to properly communicate with approaching rescuers
- Activation of an EPIRB in less than 1 minute, while bringing the EPIRB to the survival craft.
- How to rig, activate, and hold/mount the SART equipment at the highest point possible in the craft.

Training Center Provided Material

- Course Material & Equipment
- PPE

Delegate Requirements

- Must possess good physical health as the practical training is physically demanding.

Reference Material/Documents

- Model Course 1.19 *Proficiency in Survival Techniques 2000 Edition* (IMO)
- *Guide for Cold Water Survival* MSC.1/Circ. 1185/ Rev. 1/30Nov2012
- The International Convention for the Safety of Life at Sea, 1974 (SOLAS 1974), as amended.
- “*Survival at Sea*”. Wright, C.H. and Davies, Brian Glasgow: Brown, Son, & Ferguson, LTD 2003