



## 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



## Water Survival/HUET (METS) Course Outline



### 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

- 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)
  - ADELTA (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



## Water Survival/HUET (METS) Course Outline



- 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)