

Duration: 1 Day

Previous Experience Required: None

Course Overview: Abandoning Ship. Use of liferafts and survival craft and associated safety and distress equipment. Survival techniques both in the liferaft and the water. Search and Rescue operations

Cost: £110

This one day course is designed to form one part of the STCW Basic Safety Training Week. Approval is MCA to STCW 95, A-V1/1-1.

This course is designed to teach you what to do in the unlikely event that you have to abandon ship. In the classroom you will learn about preparation for sea survival, muster stations and alarms, lifejackets, flares, types of liferaft and their contents as well as how to use all of the survival equipment available. There will be a two hour practical session in the pool which will involve real practical experience of launching and boarding a liferaft both from the pool side and the water, the initial and subsequent actions once in the raft and what equipment they contain and how to use it.

Back in the classroom you will learn more about the principles of both short and long term survival. Time will also be spent learning about liferaft management and how to cope with conditions such as hypothermia, heat and cold related ailments, shock and drowning. Finally the course will look at Search and Rescue techniques and the process of being rescued.

Teaching methods: Mixture of theory and practical sessions including videos and group discussions

Assessment methods: Students are assessed by a mixture of questioning and practical demonstration of aspects taught to ensure underpinning of knowledge

Itinerary: 0900 until approximately 1700

What's Included: All course materials including Sea Survival practical course notes SSPCN to take away, life jackets and wet weather gear. Morning and afternoon tea

Support Courses: [MCA STCW Elementary First Aid](#)

Course Dates and Online Booking

Telephone Bookings or Enquiries 023 8045 2668

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