



IDESS Maritime Centre (Subic) Inc.

Offshore Personal Survival

Description:

This course is designed to satisfy the requirements of the International Sailing Federation Special Regulation 6.01 and Appendix G.

The course consists of a blend of classroom based theoretical training and waterborne practical exercises.

Course Outline:

- Introduction
- Care and maintenance of safety and other equipment
- Storm sails
- Heavy Weather – crew routines, boat handling, drogues
- Man overboard prevention and recovery
- Giving assistance to other craft
- Hypothermia
- SAR organization and methods
- Weather forecasting
- Liferafts and Lifejackets *
- Fire precautions and firefighting *
- Communications equipment (VHF, GMDSS, satcoms) *
- Pyrotechnics and EPIRBS *

* indicates that practical exercises are included **Entry Standards:**

This course is open yachtsmen or any person who may be involved in crewing small craft.

Minimum number of participants is three (3) and the maximum is twelve (12).

Entry Standards:

This course is open to both prospective and serving offshore workers.

Trainees shall be medically fit for physical training.

Minimum number of participants is four (4) and maximum is sixteen (16).

Certification:

A certificate of successful completion shall be issued to those participants who successfully complete the course and meet the assessment criteria.

Duration:

1 Day