



## **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).

#### **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