

SUB-COMMITTEE ON HUMAN ELEMENT,  
TRAINING AND WATCHKEEPING  
5th session  
Agenda item 3

HTW 5/3/12/Add.1  
13 April 2018  
Original: ENGLISH

## VALIDATED MODEL TRAINING COURSES

### Draft revised model course 1.19 on Proficiency in personal survival techniques

#### Note by the Secretariat

#### SUMMARY

*Executive summary:* This document provides the draft revised model course 1.19 on Proficiency in personal survival techniques

*Strategic direction, if applicable:* 1

*Output:* 1.3

*Action to be taken:* Paragraph 2

*Related document:* HTW 5/3/12

#### General

1 The draft revised model course 1.19 on Proficiency in personal survival techniques referred to in document HTW 5/3/12 is set out in the annex.

#### Action requested of the Sub-Committee

2 The Sub-Committee is invited to consider the draft revised model course 1.19 on Proficiency in personal survival techniques, as set out in the annex, together with the report of the Review Group, as set out in document HTW 5/3/12, and take action, as appropriate.

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**ANNEX**

**DRAFT REVISED MODEL COURSE 1.19 ON  
PROFICIENCY IN PERSONAL SURVIVAL TECHNIQUES**

# **Model Course 1.19**

## **PROFICIENCY IN PERSONAL SURVIVAL TECHNIQUES**

2018 Edition



London, 2018

## **ACKNOWLEDGEMENTS**

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## Foreword

[To be inserted by the Secretariat]

KITACK LIM  
*Secretary-General*

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## Introduction

### ■ Purpose of the model courses

The purpose of the IMO model courses is to assist maritime training institutes and their teaching staff in organizing and introducing new training courses, or in enhancing, updating or supplementing existing training material where the quality and effectiveness of the training courses may thereby be improved.

It is not the intention of the model course programme to present instructors with a rigid "teaching package", which they are expected to "follow blindly". Nor is it the intention to substitute audiovisual or "programmed" material for instructors' presence.

As in all training endeavours, the knowledge, skills, competence and dedication of instructors are the key components in the transfer of knowledge and skills to those undertaking this training course.

Because educational systems and the cultural backgrounds of trainees in maritime subjects vary considerably from country to country, the model course material has been designed to identify the basic entry requirements and trainee target group for each course in universally applicable terms, and to specify clearly the technical content and levels of knowledge and skill necessary to meet the technical intent of IMO conventions and related recommendations.

### ■ Use of the model course

To use the model course effectively, instructors should review the course plan and detailed syllabus, taking into account the information on the entry standards specified in the course framework. The actual level of knowledge and skills and prior technical education of the trainees should be kept in mind during this review, and any areas within the detailed syllabus that may cause difficulties because of differences between the actual trainee entry level and the level assumed by the course developer should be identified. To compensate for such differences, instructors may delete from the course, or reduce the emphasis on, items dealing with knowledge or skills already attained by the trainees. Instructors should also identify any academic knowledge, skills or technical training which the trainees may not have acquired prior to undertaking the course.

By analysing the detailed syllabus and the academic knowledge required to allow training in the technical area, instructors could develop an appropriate pre-entry course or, alternatively, insert the elements of academic knowledge required to support the technical training elements concerned at appropriate points within the technical course.

Adjustment of the course objectives, scope and content may also be necessary if in the national maritime industry the trainees completing the course are to undertake duties which may differ from the objectives specified.

Within the General Outline, the course developers have indicated their assessment of the time that could be allotted to each learning area. However, it must be appreciated that these allocations assume that the trainees have fully met all the entry requirements of the course. Instructors should, therefore, review these assessments and re-allocate, as necessary, the time required to achieve each specific learning objective.

## ■ Lesson plans

Having adjusted the course content to suit the trainee intake and adjustment of the course objectives, instructors should draw up lesson plans based on the detailed syllabus. The detailed syllabus contains specific references to the textbooks or teaching material proposed to be used in the course. An example of a lesson plan is included in the instructors' manual in this model course. Where no adjustment has been found necessary in the learning objectives of the detailed syllabus, the lesson plans may simply consist of the detailed syllabus with keywords or other reminders added to assist instructors in the presentation of the material.

## ■ Presentation

The presentation of concepts and methodologies must be repeated in various ways, until instructors are satisfied that the trainee has attained each specific learning objective. The syllabus is laid out in learning objective format and each objective specifies the performance required of the trainees to achieve the learning outcome.

## ■ Implementation

For the course to be effective, considerable attention must be paid to the availability and use of:

- properly qualified instructors;
- relevant support staff;
- teaching and other spaces;
- appropriate equipment and teaching aids;
- videos and multi-media presentations;
- textbooks, appropriate technical papers, etc.; and
- other relevant reference material.

Thorough preparation is the key to effective and successful implementation of the course. IMO has produced a booklet entitled *Guidance on the implementation of IMO model courses*, which deals with this aspect in greater detail.

## ■ Training and the STCW Convention

The standards of competence that have to be met by seafarers are defined in part A of the STCW Code. This IMO model course has been revised and updated to address the competences and the training that is required to achieve the standards for the Knowledge, Understanding and Proficiency (KUPs) set out in table A-VI/1-1 of the STCW Code.

**Part A** provides the framework for the course with its aims and objectives and notes on the suggested teaching facilities and equipment. A list of useful teaching aids, IMO references and textbooks is also included.

**Part B** provides an outline of lectures, demonstrations and exercises for the course. A suggested timetable is included, but from the teaching and learning point of view, it is more important that the trainee achieves the minimum standard of competence defined in the STCW Code than that a strict timetable is followed. Depending on their experience and ability, some trainees will naturally take longer to become proficient in some topics than in others. Also included in this section are guidance notes and additional explanations.

A separate IMO model course addresses Assessment of Competence. This course explains the use of various methods for demonstrating competence and criteria for evaluating competence as tabulated in the STCW Code.

**Part C** gives the Detailed Outline. This is based on the theoretical and practical knowledge specified in the STCW Code. It is written as a series of learning objectives, in other words what the trainee is expected to be able to do as a result of the teaching and training. Each of the objectives is expanded to define a required performance of knowledge, understanding and proficiency. IMO references, textbook references and suggested teaching aids are included to assist instructors in designing lessons.

The new training requirements for these competences are addressed in the appropriate parts of the detailed teaching syllabus.

**Part D** gives guidance notes and additional explanations to instructors on the topics and learning outcomes listed in Part C. For the various topics, this part presents subject matter details, activities and recommended presentation and assessment techniques.

**Part E** presents a generic guide for effective evaluation/assessment of trainees. Parts C and D of this model course address the generic subject matter of Part E in greater detail.

## ■ Validation

The guidance contained in this document has been validated by the Sub-Committee on Human Element, Training and Watchkeeping for use by Administrations and training providers in developing relevant training programmes for the effective implementation of uniform minimum standards for training and certification of seafarers. Validation in this context means that the Sub-Committee has found no grounds to object to the contents of this model course, but has not granted its approval to the document, as the Sub-Committee does not consider any model course to be an official interpretation of IMO Instruments.

## **Part A: Course Framework**

### **■ Aim**

The aim of this model course is to meet the mandatory minimum standards of competence for seafarers for safety familiarization, basic training and instruction in personal survival techniques in accordance with section A-VI/1, and as set out in table A-VI/1-1 of the STCW Code.

Seafarers employed as part of a ship's complement, or engaged in any capacity on board ships on the business of those ships, with designated safety or pollution-prevention duties in the operation of the ship shall, before being assigned to any shipboard duties, receive appropriate approved basic training or instruction in personal survival techniques as set out in table A-VI/1-1 of the STCW Code.

### **■ Objective**

The objective is to provide trainees with guidance and information to gain knowledge, understanding and proficiency (KUP) required to achieve the objectives of the learning outcomes to demonstrate their competence in personal survival techniques in accordance with section A-VI/1, and as set out in table A-VI/1-1 of the STCW Code.

The course syllabus covers the KUPs in table A-VI/1-1 of the STCW Code, and trainees successfully completing this course will gain knowledge and skills to be able to survive at sea in the event of ship abandonment.

Trainees should be able to demonstrate the ability to:

- don a lifejacket;
- don and use an immersion suit;
- safely jump from a height into the water;
- right an inverted liferaft while wearing a lifejacket;
- swim while wearing a lifejacket;
- keep afloat without a lifejacket;
- board a survival craft from the 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; and
- operate location devices, including radio equipment.

In view of the above objective, Bloom's revised taxonomy was used in the model course with respect to the required performance of trainees.

### **■ Entry standards**

This course is principally intended as basic training for seafarers employed or engaged in any capacity on board a ship as part of the ship's complement with designated safety duties in operation of the ship. All trainees must meet the requirements of STCW regulation I/9 and section A-I/9.2 of the STCW Code on medical standards.

## ■ Course certificate or document

On successful completion of the course and demonstration of competence, a document may be issued certifying that the holder has met the standard of competence specified in table A-VI/1-1 of the STCW Code. This would facilitate the issuance by the Administration of a Certificate of Proficiency on completion of all the components of Basic Safety Training.

## ■ Course intake limitations

The maximum number of trainees attending each session will depend on the availability of adequate numbers of instructors, equipment and facilities available to conduct the training. The course intake is limited by the number of trainees who can receive adequate individual attention from instructors. The maximum trainee - instructor ratio may be up to 24 to 1 for classroom lectures and 8 to 1 for practical sessions. The number should not, at any time, exceed that which will allow sufficient opportunity for each trainee to have adequate practical instruction and the proper use of relevant equipment.

## ■ Staff requirements

Instructors should be appropriately qualified in accordance with the provisions of section A-I/6 of the STCW Code for the type and level of training or assessment involved.

## ■ Training facilities and equipment

Suitable teaching spaces equipped with the relevant facilities should be provided to facilitate the effective delivery of training, which could be through lectures, group exercises and discussions, as appropriate. Where the use of multi-media and simulation, is intended, it should be ensured that the appropriate multi-media equipment and simulators are made available.

The practical lessons would require access to a source of water such as a swimming pool, a lake or the sea. The following items of equipment would be required, as a minimum:

- lifejackets, immersion suits, thermal protective aids, anti-exposure suits sufficient for the course intake;
- 2 lifebuoys;
- 1 rigid liferaft;
- 2 inflatable liferafts for wet drills be of suitable size for the class;
- 1 davit-launched inflatable liferaft with launching davit;
- 1 survival craft (lifeboat) to simulate boarding the craft from water and ship;
- 1 SART/AIS SART operating on 9 GHz frequency;
- Complete set of liferaft equipment;
- Complete set of survival craft (lifeboat) equipment;
- 1 emergency position-indicating radio beacon (EPIRB) operating on 406 MHz;
- 3 portable 2-way VHF approved for use in survival craft; and
- safety/first-aid equipment comprising:
  - High-speed rescue boat<sup>1</sup>
  - Powerful searchlights<sup>2</sup>
  - Light-reflecting badges<sup>2</sup>

<sup>1</sup> Included if drills are to take place in the sea.

<sup>2</sup> Included if night drills are to be performed.

- Stretcher
- First aid kit
- Resuscitation kit with oxygen/ suction unit

Taking into account developments in nautical technology and practices at sea, and the need for rescue training, the following equipment is recommended:

- 1 helicopter rescue equipment
- 1 rescue net for man overboard
- 8 personal survival kits
- 1 group survival kit

#### ■ Teaching aids (A)

- A1 Instructor Manual (Part D of the course)
- A2 SOLAS training manual
- A3 Muster list
- A4 Illustrated table of life-saving signals

**Note:** Multi-media training aids such as videos, CD-ROMs and Computer Based Training (CBT) may be used as deemed fit by instructors when presenting this course.

#### ■ Bibliography (B)

- B1 Sea Survival Handbook: The Complete Guide to Survival at Sea. June 23, 2009, by Keith Colwell, ISBN978-1-60239-695-1
- B2 Essentials of Sea Survival. Frank Golden, MD, PHD, ISBN-13 978-0-7360-0215-8
- B3 Survive the Savage Sea / Dougal Robertson, ISBN0-924486-73-2

#### ■ IMO references (R)

- R1 The International Convention on Standards of Training, Certification and Watch keeping for Seafarers, 1978, as amended
- R2 International Convention for the Safety of Life at Sea, 1974, as amended
- R3 IAMSAR Manual - Volume III
- R4 Guide for Cold Water Survival (MSC.1/-Circ.1185-Rev.1)
- R5 IMO Life-Saving Appliances Code (LSA Code)
- R6 Symbols Related to Life-saving Appliances and Arrangements, as amended (IMO Resolution A. 760(18))
- R7 IMO Standard Marine Communication Phrases (SMCP)
- R8 Pocket Guide to Recovery Techniques (MSC.1-Circ.1182-Rev.1)
- R9 The International Convention on Standards of Training, Certification and Watchkeeping for Fishing Vessel Personnel (STCW-F), 1995, as amended
- R10 Measures to Prevent Accidents with Lifeboats (MSC.1/Circ.1206/Rev.1)
- R11 International Code for Ships Operating in Polar Waters (Polar Code)
- R12 Code of Safety for Fishermen and IMO Fishing Vessels

#### ■ Textbooks (T)

- T1 Brown's Guide to Survival at Sea, Item Attributes, Published date: July 2015, ISBN978-1-84927-053-3
- T2 Survival at Sea: The Lifeboat and Life raft, C. H. Wright, Brian Davies: Brown, Son & Ferguson Ltd; 5th revised edition (2000.8)

T3 Marine Combat Water Survival United States Marine Corps, Borgo Press (2004.2),  
and PCN: 144 000069 00

### ■ Safety routines

Safety precautions during drills are a major component of this course, and affect the course structure. Trainees must be protected from danger at all times whilst the course is in progress. Training providers should take into account the training spaces, equipment and facilities available, and develop a Safety Instruction Manual to ensure the safety of trainees at all times. During the course, especially during practical drills, trainees must strictly adhere to the safety rules laid down by the training provider.

Instructors and assisting staff must strictly supervise the trainees' adherence to safety guidelines. First-aid supplies, including a resuscitation kit, must be close at hand, and if drills are to take place in the sea, a rescue boat must be in attendance, at all times. When training is conducted in waters infested with dangerous marine organisms, safe precautionary measures should be taken to guard instructors and trainees against possible attacks and injury.

Night drills must not be performed unless all trainees and instructors have been provided with lifejackets having retro-reflective material as specified in paragraph 1.2.2.7 of the LSA Code. The practice area must be adequately illuminated by search lights.

## **Part B: General Outline**

### ■ **Lectures**

As far as possible, lectures should be presented within a familiar context and should make use of practical examples. They should be well illustrated with diagrams, pictures and videos where appropriate, and must be related to those skills that will be necessary for the performance of duties on board ships.

An effective manner of presentation would be to develop techniques to transfer information and then reinforcing the information. For example, share with the trainees briefly what you are about to present to them; then cover the topic in detail; and, finally, summarize what you have shared with them. The use of audio-visual aids, handouts and notes will all contribute to the effectiveness of the learning process.

### ■ **Course Timetable**

Teaching staff should note that the suggested hours for lectures, demonstrations and practical work, and length of time allocated to each objective within the sequence is for indicative purposes only. These factors may be adapted by lecturers to suit individual groups of trainees depending on their experience, ability, equipment and the number of instructors available for teaching.

Development of a detailed timetable depends on the level of skills of the trainees entering the course and the amount of revision work of basic principles that may be required.

Instructors must develop their own timetable depending on:

- the level of skills of trainees;
- the numbers to be trained; and
- the number of instructors,

and normal practices at the training establishment.

Preparation and planning constitute an important factor which makes a major contribution to the effective presentation of any course of instruction.

### ■ **Course Outline**

The tables below lists the competences and the Knowledge, Understanding and Proficiency (KUPs) for this course in the sequence that they are listed in table A-VI/1-1 of the STCW Code, together with a suggested total hours required for lectures and practical exercises. Teaching staff should note that the suggested timings are for indicative purposes only, and session timing should be adapted to suit individual groups of trainees depending on their experience, ability, equipment and staff available for training.

### Course Outline

| Course Outline                                                                                                                                                                                                                                                              | Approximate (hours) |                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|--------------------|
|                                                                                                                                                                                                                                                                             | Lectures            | Practical activity |
| <b>1 Safety guidance and Introduction to survival at sea</b>                                                                                                                                                                                                                | 0.75                |                    |
| 1.1 Safety guidance<br>1.2 Principles of survival at sea<br>1.3 Types of life-saving appliances normally carried on ships<br>1.4 Introduction of SOLAS training manual<br>1.5 Safety symbols related to survival                                                            |                     |                    |
| <b>2 Emergency situations and mustering</b>                                                                                                                                                                                                                                 | 0.75                |                    |
| 2.1 Types of emergencies<br>2.2 Muster list and emergency signals<br>2.3 Value of crew training and drill                                                                                                                                                                   |                     |                    |
| <b>3 Evacuation</b>                                                                                                                                                                                                                                                         | 0.75                |                    |
| 3.1 Abandoning ship – last resort<br>3.2 Abandoning ship – complications<br>3.3 Personal preparation for abandoning ship<br>3.4 Need to prevent panic<br>3.5 Crew duties to passengers<br>3.6 Crew duties – launching survival craft<br>3.7 Master's orders to abandon ship |                     |                    |
| <b>4 Personal Life-saving appliances</b>                                                                                                                                                                                                                                    | 0.75                | 2.25               |
| 4.1 Lifebuoys<br>4.2 Lifejackets<br>4.3 Immersion suits/anti-exposure suit<br>4.4 Thermal protective aids<br>4.5 Personal survival kits and group survival kits                                                                                                             |                     |                    |
| <b>5 Survival craft and rescue boats</b>                                                                                                                                                                                                                                    | 0.75                | 1.50               |
| 5.1 Lifeboats<br>5.2 Liferafts<br>5.3 Rescue boats                                                                                                                                                                                                                          |                     |                    |
| <b>6 Ship abandonment and survival</b>                                                                                                                                                                                                                                      | 0.75                | 3.0                |
| 6.1 Actions to be taken when required to abandon ship<br>6.2 Actions to be taken when in the water<br>6.3 Actions to be taken when aboard a survival craft                                                                                                                  |                     |                    |
| <b>7 Emergency radio equipment</b>                                                                                                                                                                                                                                          | 0.75                | 0.75               |
| 7.1 Two-way VHF<br>7.2 Emergency position-indicating radio beacons (EPIRBs)<br>7.3 Search and rescue transponders (SART/AIS-SART)                                                                                                                                           |                     |                    |

|                                                                                                                                                                                                                                                            |          |          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
| <b>8 Survivor's action when being rescued</b>                                                                                                                                                                                                              | 0.75     | 0.75     |
| 8.1 Communicating with the rescue ship and helicopter<br>8.2 Survivor's preparation before being rescued<br>8.3 Actions to be taken by the survivor when being rescued by ship<br>8.4 Actions to be taken by the survivor when being rescued by helicopter |          |          |
| <b>9 Integrated exercises</b>                                                                                                                                                                                                                              |          | 0.75     |
| <b>TOTAL</b>                                                                                                                                                                                                                                               | <b>6</b> | <b>9</b> |

**Note:** Care should be exercised when indicating the total duration for the model course and each subject or learning objective in the model course. Administrations, when approving a detailed timetable should take into account the trainees' knowledge and skill levels, the class size and the resources available to each training provider to effectively conduct the course.

## Part C: Detailed Outline

### ■ Introduction

Part C correlates the knowledge, understanding and proficiencies defined in the STCW Code, with the specific learning outcomes that the trainees must achieve. Each specific outcome is presented as a topic or sub-topic as a Learning Objective reflecting the knowledge, understanding and proficiency (KUP) in table A-VI/1-1.

### ■ Learning objectives

The detailed teaching syllabus has been developed in learning objective format where the objective describes what trainees must perform to demonstrate that knowledge and skill has been transferred, and the desired competence has also been achieved.

### ■ References and teaching aids

The material listed in the course framework has been used to structure the detailed teaching syllabus; in particular, Teaching aids (indicated by A) and IMO references (indicated by R), they may provide valuable information to instructors.

In order to assist instructors, references are shown against the learning objectives to denote IMO references and publications, textbooks, additional technical material and teaching aids, which they may wish to use when preparing course material are denoted as follows:

Teaching aids (indicated by A);  
Bibliography (indicated by B);  
IMO references (indicated by R); and  
Text books (indicated by T),  
and will provide valuable information to instructors.

The abbreviations used are:

|      |            |
|------|------------|
| Ch.  | Chapter    |
| Pa.  | Paragraph  |
| Pt.  | part       |
| Reg. | Regulation |
| Tab. | Table      |
| App. | Appendix   |
| Sec. | Section    |

The following are examples of the use of references:

R2-Reg. III/32 refers to Chapter III Reg. 32 of the SOLAS Convention; and  
T1-Ch. 10 refers to Chapter 10 of Brown's Guide to Survival at Sea.

**Note:** Throughout the course, instructors should clearly define, and emphasize, the application of safe working practices, taking into account references to applicable international and national requirements and regulations, as appropriate. It is expected that the national institutions implementing the training course will insert references, where appropriate, to national requirements and regulations, as necessary.

| Knowledge, understanding and proficiency                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | IMO Reference     | Textbooks, Bibliography | Detailed Teaching Syllabus Reference |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------------------------|--------------------------------------|
| <b>Competence: Survival at sea in the event of ship abandonment</b><br><b>Knowledge, understanding and proficiency</b><br>Types of emergency situations which may occur, such as collision, fire and foundering.<br>Types of life-saving appliances normally carried on ships.<br>Equipment in survival craft.<br>Location of personal life-saving appliances.<br><br>Principles concerning survival, including:<br>.1 value of training and drills<br>.2 personal protective clothing and equipment<br>.3 need to be ready for any emergency<br>.4 actions to be taken when called to survival craft stations<br>.5 actions to be taken when required to abandon ship<br>.6 actions to be taken when in the water<br>.7 actions to be taken when aboard a survival craft<br>.8 main dangers to survivors<br><b>Demonstration of competence:</b><br>1 Don a lifejacket<br>2 Don and use an immersion suit<br>3 Operate survival craft equipment<br>4 Safely jump from a height into the water<br>5 Swim while wearing a lifejacket<br>6 Board a survival craft from ship and while wearing a lifejacket<br>7 Right an inverted liferaft while wearing a lifejacket<br>8 Keep afloat without a lifejacket<br>9 Take initial actions on boarding survival craft to enhance chance of survival<br>10 Stream a drogue or sea-anchor<br>11 Operate location devices, including radio equipment | R1-Sec.<br>A-VI/1 |                         |                                      |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |                         | 4.2                                  |
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| Knowledge, Understanding and Proficiency                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | IMO Reference       | Textbooks, Bibliography | Teaching Aid |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-------------------------|--------------|
| <b>1. Safety guidance and Introduction to survival at sea (0.75 hour)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     |                         |              |
| <b>1.1 Safety guidance</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     |                         |              |
| .1 States the safety rules laid down by the chief instructor which must be obeyed during the course (especially during practical drills)                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                     |                         |              |
| <b>1.2 Principles of survival at sea</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | R1-                 | T1-Ch.3                 | A1           |
| .1 states the principles of survival at sea as:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Tab. A-VI/1-1       | B2-Ch.2                 |              |
| <ul style="list-style-type: none"> <li>- value of training and drills</li> <li>- that the effectiveness of the life-saving equipment depends on the expertise of the crew</li> <li>- need to be prepared for any emergency</li> <li>- knowledge of actions to be taken <ul style="list-style-type: none"> <li>- when called to survival craft stations</li> <li>- when required to abandon ship</li> <li>- when in the water</li> <li>- when aboard a survival craft</li> </ul> </li> <li>- knowledge of the main dangers to survivors</li> <li>- the importance of the will to survive</li> </ul> |                     |                         |              |
| <b>1.3 Types of the main life-saving appliances normally carried on ships</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | R1-                 | T1-Ch.4                 | A1           |
| .1 lists the main life-saving appliances normally carried on ships.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Tab. A-VI/1-1<br>R5 | T2-Pt.2                 |              |
| <ul style="list-style-type: none"> <li>- lifebuoys</li> <li>- lifejackets</li> <li>- survival craft</li> <li>- rescue boat</li> <li>- immersion suit/anti-exposure suit (AES)</li> <li>- thermal protective aids</li> <li>- emergency radio equipment</li> </ul>                                                                                                                                                                                                                                                                                                                                   |                     |                         |              |
| <b>1.4 Introduction of SOLAS training manual</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | R2-                 | T1-Ch.2                 | A1,A3        |
| .1 states the location of SOLAS training Manual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Ch.3 Reg.35         |                         |              |
| .2 states that the SOLAS Training Manual provides training specific to the ship                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                         |              |