



VISC Training Programme



Sea Survival & Safety Training Course

The sea survival & safety training course is designed for anyone taking part in water sports, big boat offshore cruising and regattas or any small craft users. The importance of having the knowledge to survive if you end up in an emergency at sea is crucial. Next training date TBC

Why do you need it?

It is a well proven fact that people with appropriate training are more likely to survive an accident or incident on the water. This course covers life rafts and the equipment they contain, along with the survival techniques that form the central part of the sea survival. You will be taught about how to launch a life raft, what the initial and subsequent actions in a raft are and receive some sound advice on longer term survival. Other topics covered include the design of lifejackets, hypothermia and Search and Rescue techniques.

The sea survival & safety training course includes practical session in a pool and students are encouraged to bring along their own wet weather gear and lifejacket, however this will be provided if needed. The reason you must wear the real kit, is in order to experience first-hand the problems of entering and assisting the entrance of others, into an inflated and uncooperative liferaft whilst fully kitted out.

This is a real hands-on course that is taught by an experienced instructor. This qualification is an essential part of the safety course and is also required for those seeking commercial endorsements on a Coastal Skipper or Yachtmaster Certificate or Competence qualification. No previous experience is required for this course.

Equipment required

- automatic lift vest and replacements (provided on request)
- for the practical part of the training, you need the following items:
 - clean rubber boots and wet weather gear
 - a towel for the practical exercises in the swimming pool

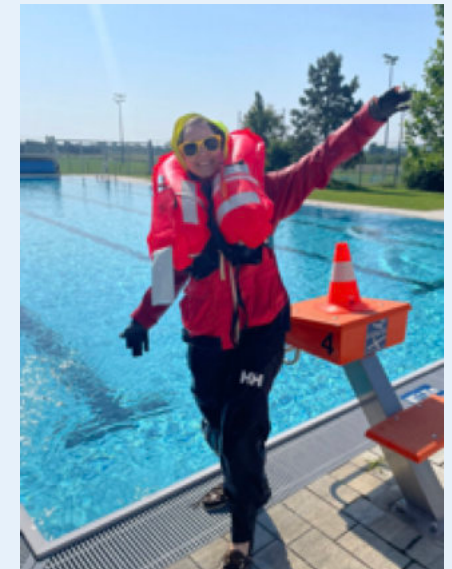
Example of the two-day training program

Saturday

1. Greeting and Welcome
2. Safety equipment
3. Storm tactic
4. Weather and sea condition
5. Rescuing
6. MOB
7. Behaviour in an emergency at sea
8. Life raft, life vest
9. Practical training in the swimming pool

Sunday

1. Fire extinguishing theory and praxis
2. Pyrotechnic theory
3. Pyrotechnic praxis
4. GMDSS
5. Behaviour in extreme situations



For more information, please contact:
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