

## SEA SURVIVAL COURSE SYLLABUS

It is a well proven fact that in the event of an emergency at sea, people who have received training are more likely to survive. This course covers preparation for survival, lifejackets, search and rescue and a practical session in a swimming pool with a liferaft.

### 1. Preparation for sea survival

- Survival difficulties
- Survival requirements
- Equipment available
- Actions prior to abandonment

### 2. Lifejackets and liferafts

- Lifejacket design and construction, correct donning procedure, purpose and use of lifejackets
- Safety harnesses - purpose and use
- Liferafts - stowage and containment on board, types, design and construction, launching, abandoning the vessel and boarding liferaft, righting a capsized liferaft, equipment & initial actions to be taken in a liferaft

### 3. Principles of survival

- Methods to increase chances of survival
- Signs, symptoms and treatment of hypothermia
- Symptoms, method of treatment for sunburn, heat exhaustion and heatstroke
- Survival routines to aid location
- Correct use of pyrotechnics and other location aids
- Water rationing – procedures Dehydration and preventative measures
- Food rationing Sources of food

### 4. Survival craft ailments

### 5. Raft management

### 6. Search and rescue

- Rescue by helicopter or vessel
- Role of HM Coastguard
- UK and International SAR Organisation
- Other services

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