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## Survival at Sea

Notice to Shipowners, Ship Managers, Masters, Officers and Seamen of the Merchant Navy, Skippers and Crews of Fishing Vessels and Operators of Pleasure Craft and Small Vessels

*This Notice supersedes Notice No. M.1139*

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1. Courses of training in Basic Sea Survival techniques in line with Resolution 19 adopted by the conference on Training and Certification of Seafarers 1978, have been established at a number of centres around the United Kingdom. A list of approved centres conducting Basic Sea Survival courses is given in Annex 2. In most cases the training is completed in one day and the course fees are modest.

2. Owners and Managers should ensure that arrangements are made for every person intending to serve as a member of the crew of a merchant ship or other sea-going vessel in any capacity, to undergo basic sea survival training by attending one of these courses. They should also arrange for serving seafarers who have not yet attended a course to do so at an early date.

3. The purpose of the Basic Sea Survival course is to instil a fundamental knowledge of the steps which should be taken in any emergency situation which

requires the abandonment of a ship. The Basic Sea Survival Course syllabus is contained in Annex 1.

4. Certificates of attendance are issued to all those who satisfactorily complete the course. A Basic Sea Survival course attendance certificate is a prerequisite for the subsequent issue of a Certificate of Proficiency in Survival Craft.

5. Masters and Skippers should ensure that crews wear immersion suits/lifejackets/warm clothing and suitable head covering during abandon ship musters and drills and whenever the possibility of having to abandon ship exists.

6. Merchant Shipping Notice M.1367 dealing with Fishermen's Safety Training also includes basic sea survival. A list of training centres approved by the Sea Fish Industry Authority is contained in that M Notice, in addition to being included in Annex 2 to this Notice.

Marine Safety Agency  
Spring Place  
105 Commercial Road  
Southampton SO15 1EG  
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**BASIC SEA SURVIVAL COURSE SYLLABUS**

The course consists of 3 parts:

**1. CLASSROOM SESSION:**

Classroom sessions to include instructions on principles and procedures of Personal Survival. Every prospective seafarer and fisherman should be instructed in the following:

- (a) types of emergencies which may occur, such as collisions, fire, foundering and manoverboard;
- (b) types of life saving appliances normally carried on ships: boats, liferafts, lifebuoys, lifejackets;
- (c) the need to adhere to the principles of survival and safe practices;
- (d) awareness of accident prevention; value of training and drills;
- (e) the need to be ready for any emergency and to be constantly aware of:
  - (i) the information in the muster-list,
  - (ii) his or her specific duties in any emergency,
  - (iii) his or her own survival craft station,
  - (iv) the signals calling all crew to their survival craft or fire stations,
  - (v) location of his or her own and spare lifejackets, immersion suits and TPAs (Thermal Protective Aids),
  - (vi) location of fire alarm controls,
  - (vii) means of escape,
  - (viii) consequences of panic;
- (f) actions to be taken when called to survival craft stations, including:
  - (i) putting on suitable clothing,
  - (ii) donning a lifejacket, immersion suit, TPA,
  - (iii) collecting additional protection such as blankets, time permitting;
- (g) actions to be taken when required to abandon ship, such as:
  - (i) how to board survival craft through MES (Marine Evacuation System),
  - (ii) how to board survival craft from ship and water,
  - (iii) how to enter the water from a height and reduce the risk of injury particularly when wearing a lifejacket;
- (h) actions to be taken when in the water, such as:
  - (i) how to survive in circumstances of fire or oil on the water, cold conditions and shark infested waters,
  - (ii) how to right a capsized survival craft;
- (j) actions to be taken when aboard a survival craft, such as:
  - (i) getting the survival craft quickly clear of the ship,
  - (ii) protection against cold or extreme heat,
  - (iii) using a drogue or sea anchor,
  - (iv) keeping a good look-out,
  - (v) recovering and caring for survivors,
  - (vi) facilitating detection by others,
  - (vii) checking equipment available for use in the survival craft and using it correctly,
  - (viii) remaining, so far as possible, in the vicinity;
- (k) main dangers to survivors and the general principles of survival, including:
  - (i) precautions to be taken in cold climates,



- (ii) precautions to be taken in tropical climates,
  - (iii) exposure to sun, wind, rain and sea,
  - (iv) importance of wearing suitable clothing,
  - (v) protective measures in survival craft,
  - (vi) effects of immersion in water and of hypothermia,
  - (vii) importance of preserving body fluids,
  - (viii) protection against sea-sickness,
  - (ix) proper use of fresh water and food,
  - (x) effects of drinking sea-water,
  - (xi) means available for facilitating detection by others,
  - (xii) importance of maintaining morale;
- (l) suitable instructional films showing abandoning ship (including use of MES, if available), rescuing survivors, use of pyrotechnics and means of communication.

## **2. DEMONSTRATION SESSION:**

Practical session in a demonstration hall (where an inflated liferaft and all associated gear and equipment will be on display) should consist of the following:

- (a) use of inflatable lifejacket;
- (b) use of immersion suit and TPA;
- (c) use of helicopter strop;
- (d) use of distress signals—EPIRB, SART, radar reflector, rocket parachute flares, hand flares, buoyant smoke signals (pyrotechnics need not be fired; empty shells or dummies may be used to explain the use);
- (e) operation of survival craft equipment including basic operation of portable radio equipment.

## **3. WET DRILL**

Every prospective seafarer and fisherman should participate in the practical instruction including the “wet drill” which should include the following:

- (a) wearing a lifejacket;
- (b) launching and inflating a liferaft;
- (c) righting a capsized liferaft;
- (d) recovery techniques in manoverboard situations;
- (e) entering the water from a height (not less than 1.5m);
- (f) swimming while wearing a lifejacket;
- (g) keeping afloat without a lifejacket;
- (h) boarding liferafts from ship and water while wearing a lifejacket;
- (i) assisting others to board survival craft;
- (j) streaming a drogue or sea-anchor.

### *Note*

Participation in the wet drill and, specifically, entering the water from a height will not be obligatory for persons who produce medical certificates to the effect that they ought not to take part. The course attendance certificates issued to such persons will be endorsed accordingly. Such persons may be required to obtain a certificate of medical fitness before being allowed to serve at sea.

It is recommended that during the classroom session the Instructors should draw the participants’ attention to the use of the “Code of Safe Working Practices for Merchant Seamen” (carried on board every UK flag ship) for more information about safe practices and accident prevention.



## LIST OF DOT APPROVED CENTRES CONDUCTING BASIC SEA SURVIVAL COURSES

ABERDEEN	<p>Aberdeen College Gallowgate Aberdeen AB9 1DN</p> <p>Off-Shore Survival Centre Robert Gordon's Institute of Technology 253 King Street Aberdeen AB9 2TQ</p>
BELFAST	<p>The University of Ulster (School of Maritime Studies) Shore Road Jordanstown Newtonabbey Co Antrim BT37 0QB</p> <p>Northern Ireland Fishermen's Group Training Association The Harbour (off Princess Anne Road) Portavogie Newtownards Co Down BT22 1EA</p>
DOVER	<p>P &amp; O European Ferries Channel View Road Dover Kent CT17 9TJ</p> <p>Hoverspeed Ltd International Hoverport Dover Kent CT17 9TG</p>
EDINBURGH	<p>Jewel and Esk Valley College 24 Milton Road East Edinburgh EH15 2PP</p>
FRASERBURGH	<p>Banff and Buchan College of Further Education Argyll Road Fraserburgh Aberdeenshire AB4 5RF</p>
FLEETWOOD	<p>Fleetwood Nautical College Broadwater Fleetwood Lancs FY7 8JZ</p>
GLASGOW	<p>Glasgow College of Nautical Studies 21 Thistle Street Glasgow G5 9XB</p>
GRIMSBY	<p>Maritime Rescue Services Flour Square Union Dock Grimsby DN31 3LN</p>
GUERNSEY	<p>Condor Ltd Commodore House Bulwer Avenue Guernsey Channel Islands</p>





GWYNEDD	Indefatigable School Plas Llanfair Llanfairpwll Gwynedd LL61 6NT
JERSEY	Jersey Council for Safety and Health at Work Ravenscroft La Route de Noirmont St Brelade Jersey JE3 8AJ
KILKEEL	Kilkeel Technical College Greencastle Street Kilkeel Co Down Northern Ireland
HULL	Humberside Offshore Training Association Malmo Road Sutton Fields Industrial Estate Hull HU8 0YF
LIVERPOOL	John Moore's University Department of Maritime Studies Byrom Street Liverpool L3 3AF Shipsafe International Suite 203, Crosby House Church Street Bootle Merseyside L20 1AF
LOWESTOFT	Lowestoft College Department of Maritime Studies St Peters Street Lowestoft Suffolk NR32 2NB
MORETON IN MARSH	Fire Service College Moreton in Marsh Gloucestershire GL56 0RH
NORTH SHIELDS	North Tyneside Sea Fisheries Training Centre 12 Cliffords Fort North Shields Tyne and Wear NE30 1JE
ORKNEY	Stromness Academy Nautical Department Victoria Street Stromness Orkney KW16 3BS
PLYMOUTH	Plymouth Sailing School Queen Anne's Battery Plymouth Devon PL4 0LP
PORTSMOUTH	HMS Phoenix NBCD School Whale Island Portsmouth PO2 8ER
SHETLAND ISLANDS	North Atlantic Fisheries College Port Arthur Scalloway Shetland ZE1 0UN



SOUTHAMPTON

Southampton Institute of Higher Education  
Newtown Road  
Warsash  
Hants SO3 6HL

Quest Marine Services  
4-6 High Street  
Eastleigh  
Hants SO5 5LA

SOUTH SHIELDS

South Tyneside College  
St Georges Avenue  
South Shields  
Tyne and Wear NE34 6ET

CAPE TOWN  
(South Africa)

Cape Technikon  
PO Box 652  
Cape Town 8000  
Republic of South Africa



**LIST OF TRAINING ASSOCIATIONS APPROVED BY THE SEA FISH INDUSTRY AUTHORITY FOR  
THE CONDUCT OF THE BASIC SEA SURVIVAL COURSE AS PART OF FISHERMEN'S SAFETY  
TRAINING**

1. North West Sea Fish Industry Training Association  
9 Trunnah Gardens  
Thornton Cleveleys  
Blackpool FY5 4BT  
Tel: 0253 823065
2. Western Sea Fish Industry Training Association  
61 Seymour Avenue  
Lipson  
Plymouth  
Devon PL4 8RD  
Tel: 0752 263701
3. Southern Fish Industry Training Association  
41 Jonathan Road  
Fareham  
Hants PO15 5JT  
Tel: 0329 311371
4. Eastern Sea Fish Industry Training Association  
"Oakwood"  
19 South Wootton Lane  
Kings Lynn  
Norfolk PE30 3BS  
Tel: 0553 670436
5. Hull Fishing Industry Training Association  
c/o Boyd Line Ltd  
Albert Dock  
Hull HU1 2DH  
Tel: 0482 24024
6. North East England Sea Fish Industry Group Training Association  
"Mandalay"  
Lindisfarne Road  
Amble  
Northumberland NE65 0AH  
Tel: 0665 710562
7. Shetland Fisheries Training Association  
Port Arthur  
Scalloway  
Shetland  
ZE1 0UN  
Tel: 0595 88714
8. NE Fishermen's Joint Group Training Association  
2 Port Henry Pier  
New Fish Market  
Peterhead AB4 6ZY  
Tel: 0779 78751
9. Western Isles Sea Fisheries Training Association  
Craigard  
New Valley  
Isle of Lewis PA86 0DH  
Tel: 0851 702385
10. Fish Industry Training Association  
Balcraggie  
Glenelg by Kyle  
South Wester Ross IV40 8JH  
Tel: 059 982 240
11. Northern Ireland Sea Fish Industry Group Training Association  
The Harbour (off Princess Anne Road)  
Portavogie  
Newtownards BT22 1EA  
Tel: 02477 71556



**LIST OF RYA OR DOT APPROVED CENTRES FOR BASIC SEA SURVIVAL TRAINING SUITABLE  
ONLY FOR PLEASURE CRAFT, YACHTS, PILOT BOATS AND OTHER SMALL VESSELS**

1. East Anglian Sea School Tel: 0473 684884  
Studio One  
Fox's Marina  
The Strand  
Ipswich IP2 8NJ
2. Victory Sailing Tel: 0705 379626  
16 Orkney Road  
Portsmouth  
Hants PO6 3OE
3. Solent School of Yachting Tel: 0489 583066  
The Quay  
Warsash  
Southampton SO3 9FR
4. Southern Sailing School Tel: 0489 575511  
305 Swanwick Lane  
Lower Swanwick  
Southampton SO3 7DB
5. Cornish Cruising Tel: 0326 318309  
Old Chapel Yard  
Church Street  
Falmouth TR11 3EF
6. Plymouth Sailing School Tel: 0752 667170  
Queen Anne's Battery Marine  
Coxside  
Plymouth PL4 0LP
7. Barry Sailing School Tel: 0446 734836  
16 Friars Road  
Barry Island  
South Glamorgan CF62 8TR
8. Peter Jennings Tel: 0654 76788  
3 Cliffside  
Aberdovey  
Gwynedd LL35 0LR
9. Plas Menai National Watersports Centre Tel: 0248 670964  
Llanfairisgaer  
Caernarfon  
Gwynedd LL55 1UE
10. Aim Safety (mobile) Tel: 0202 885252  
Stone Lane Industrial Estate  
Wimborne  
Dorset BH21 1HD
11. Lowestoft College Tel: 0502 583521  
St Peter's Street  
Lowestoft  
Suffolk NR32 2NB
12. BCB Edif Ponent  
Local 20  
Buzon 58  
Puerto Portals  
Calvia  
Mallorca  
Spain