Australian Government

Department of Defence

COURSE CODE: 100048

SURVIVAL AT SEA

LEARNING MANAGEMENT PACKAGE

Date of Issue:	13 Oct 2017
Service:	RAAF, Army, Navy
Authority:	Navy - TA-MW - TA Dev
Authority Location:	Military Education and Training Objective File Structure N0446C2071 Survival at Sea (SAS) 100048 qV37468

Table of Contents

Release version

Change Description	ver.	Objective Reference	Date Last Updated
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Status updated from Draft to Trial. Course status updated IAW Develop Approval Minute V3357648 Dated Oct 2017	0.02	Not available	13 Oct 2017
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Preamble

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B. DI(G) OPS 13-4 Release of Classified Defence Information to Other Countries.

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RAN: Commodore Training

Training Force

FHQ-3

HMAS KUTTABUL

POTTS POINT

NSW 2011

RAAF: Air Commander Australia

Headquarters Air Command

RAAF Base Glenbrook

GLENBROOK

NSW 2773

Army: Commander Forces Command

Headquarters Forces Command

Victoria Barracks

PADDINGTON

NSW 2021

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Risk Management

The Defence Enterprise Risk Management (ERM) framework is used to oversee all activities conducted within a Defence environment. This framework is aligned to the Australia and New Zealand risk management standard AS/NZS/ISO 31000:2009. The ERM framework and its supporting risk management process is used to identify, analyse, mitigate and manage all operational, commercial, financial, security, legal, regulatory and other risks. For further details of the ERM framework and standard Defence risk management process, refer to the Defence Enterprise Risk Management website: (http://drnet.defence.gov.au/AssociateSecretary/HRCS/EGB/Risk-management/Pages/default.aspx .

WHS – Defence WHS whilst managed within the ERM framework requires specific additional controls and measures. Consequently, Defence will adopt the Safe Work Australia Code of Practice – 'How to manage Work Health and Safety Risks'. The Management of Safety Risks is detailed in the Vol 2, Part 1, Chapter 2 of the Defence Safety Manual.

Risk management principles and processes are to be applied to all L&D activities undertaken in accordance with Group or Service approved risk management plans, directives and tools.

SECTION 1 Learning Management Information

Course Data Sheet

Course Data Description

Course Code	100048
Course Name	Survival at Sea
Short Name	N0446C2071
Content Classification	UNCLASSIFIED
Course Aim	The aim of this course is to provide survival at sea initial employment training to all new personnel joining the Royal Australian Navy. This training provides the underpinning knowledge, skills and behaviours required to operate safety equipment and apply survival techniques and procedures within the maritime environment
Course Description	The survival at sea course has been developed to provide survival at sea training to all new entry Officers and Sailors. Learning strategies incorporate traditional classroom based lessons, role playing activities and realistic simulations of workplace performance requirements. The survival at sea course consists of the following modules and associated learning outcomes: **1 Follow RAN Emergency Procedures** 1.1 Define the Abandon Ship Process **2. Use RAN Survival Equipment** 2.1 Use the in service emergency use life jacket. 2.2 Use the in service thermal emersion suit 2.3 Wear the in service upper-deck evolutions lifejacket 2.4 Board the in service Inflatable Life Raft (ILR) **3. Define Maritime Survival Priorities** 3.1 Describe PROTECTION survival priority techniques 3.2 Describe LOCATION survival priority techniques 3.3 Describe WATER survival priority techniques 3.4 Describe FOOD survival priority techniques **4. Follow RAN emergency procedures** 4.1 Perform abandonment survival procedures and techniques 4.2 Carry out escape procedures from a simulated capsized vessel
Administration Method	Part of Program Session Administered
Course Type	Initial Employment Training (IET)

Min Students	8
Max Students	25
Primary Delivery Method	Instructor led
Internal/External	Internal
Course Level	Basic
Business Skill Domains	
Cost per Student	
Movement Authority	
Registered Training Org	Navy (0150)

Learning Outcomes

LO	Description	Learning Level
1.1	Define the Abandon Ship Process	4
2.1	Use the In-Service Emergency Use Life Jacket	4
2.2	Use the In-Service Thermal Emersion Suit	4
2.3	Wear the In-Service Upper-Deck Evolutions Lifejacket	4
2.4	Board an In-Service Inflatable Life Raft (ILR)	4
3.1	Describe PROTECTION Survival Priority Techniques	4
3.2	Describe LOCATION Survival Priority Techniques	4
3.3	Describe WATER Survival Priority Techniques	4
3.4	Describe FOOD Survival Priority Techniques	4
4.1	Perform abandonment Survival Procedures and Techniques	4
4.2	Carry out Escape Procedures from a Simulated Capsized Vessel	4

Assessment Plan

Summative Assessments	SA 1 Survival at Sea - Theory Assessment SA 2 Survival at Sea - Flare Firing SA 3 Survival at Sea - Emergency Procedures PRACTICAL SA 4 Small Boat Capsize
Assessment Plan	The assessment plan associated with this course consists of a written theory assessment, designed to measure underpinning knowledge and a series of practical based scenarios, structured toward the application of specific work place performance standards. Assessments are designed to measure the following: **Theory Assessment** 1.1.1 State the three stages of the RAN abandonment process 1.1.2 State why a ship may go to Emergency Stations 2.1.1 State the purpose of in service emergency use lifejackets. 2.1.2 Describe the characteristics of in service emergency use lifejackets. 2.2.1 State the purpose of in service thermal emersion suits. 2.2.2 Describe the characteristics of in service thermal emersion suits 2.3.1 State the purpose of the in service upper-deck evolutions lifejacket 2.3.2 Describe the characteristics of the in service upper-deck evolutions lifejacket

2.4.1 Identify the characteristics and fitted equipment to the in service ILR

2.4.2 Explain the in service ILR launch procedures

2.4.3 Describe the procedure used to right a capsized life raft

3.1.1 List protection life raft survival aids

3.1.2 List techniques to be carried out during the immediate action drills

3.1.3 List subsequent action drills

3.1.4 State measures to combat adverse weather conditions in a life raft

3.1.5 State the physical survival considerations in the maritime environment

3.2.1 List maritime location devices

3.2.2 Describe the characteristics of maritime location devices

3.2.3 Describe activation and deactivation procedures

3.2.3 Explain flare safety precautions

3.3.1 List problems survivors face relating to hydration

3.3.2 List ways water can be lost from the body

3.3.3 State methods of reducing body fluid loss

3.3.4 Describe ways in which water can be produced in maritime environment

3.4.1 Explain when food rations should be consumed

3.4.2 Describe methods of procuring alternate food supplies

3.4.3 Explain dangers of consuming alternate food supplies

4.1.1 List methods of rescue

4.2.1 Identify possible first aid requirements

Practical Assessment

1.1.3 Demonstrate the three step abandonment process

2.1.3 Identify in service emergency use lifejackets stowage's.

2.1.4 Don and doff in service emergency use lifejackets.

2.1.5 Perform sea survival techniques while wearing an in service emergency use lifejacket.

	2.2.3 Identify the in service thermal emersion suit stowage's. 2.2.4 Don and doff in service thermal emersion suits. 2.2.5 Perform sea survival techniques while wearing an in service thermal emersion suit. 2.3.3 Identify the in service upper-deck evolutions lifejacket stowage's 2.3.4 Don and doff the in service upper-deck evolutions lifejacket 2.4.4 Demonstrate the in service ILR boarding procedures 3.1.6 Demonstrate Heat Escape Lessening Posture (HELP) and subsequent survival techniques 3.1.7 Describe the method of treating a hypothermic casualty 4.1.2 Perform the three step abandonment process 4.1.3 Perform immediate action drills 4.1.4 Perform Sea Survival Drills 3.2.4 Fire Day/Night and Rocket Flare 3.2.5 Use a heliograph 4.2.2 Perform escape drills from a simulated vessel 4.2.3 Perform sea survival techniques in a simulated vessel capsize
Assessor Qualifications	Assessor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitation Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM)

Service Prerequisites

Readiness	Yes
Nationality Check	No
Foreign National Detail	
Learner Security Clearance	Baseline
Rank Min	E00
Rank Max	O10
Service(s)	RAAF Army Navy
Service Type(s)	

Qualification Prerequisites

Prerequisite Proficiencies	P001899 - RAN Swimming Test
Prerequisite Competency Units	
Prerequisite Licenses	

Prerequisite Educational Qualification	Nil
Prerequisite Languages	

Prerequisite Courses

Course Code	Ext	Course Title

Targets

		Assessed?
Target Proficiencies	P002378 SURVIVAL AT SEA	Yes
	P117746 ESCAPE FROM A CAPSIZE RHIB	Yes
Target Competencies		
Associated Civilian Qualifications/ Licenses		

Program Course Component

Course Code	Ext	Course Title

Equipment

Equipment	Equipment requirements are contained within Section 3 of this LMP
Comment	

Additional Information

Eligibility	
Related Training	
Additional Information	

Training Authorities

Analyse	TA-MW
Design	TA-MW
Develop	TA-MW
Implement	TA-MW
Panel	TA-ITLM
Evaluate	TA-MW
Session	TA-MW

Evaluation Plan

Workplace Evaluation Plan	All evaluation activities are to be conducted IAW ABR 27 and the SADL.
Learning Review Plan	All learning Review activities are to be conducted IAW ABR 27 and the SADL.

Learning Pathways

To assist with survival at sea continuation training, personnel billeted to sea going vessels are to receive the following briefs:

1. SLSE new joiners brief
2. Briefs outlining changes to SLSE policy and procedures
3. Mandatory drills and demonstrations relating to inflatable life raft and wet winching procedures

Briefing requirements are to be conducted IAW instructions contained within ANP 2703 - *Royal Australian Navy Manual of Shipborne Lifesaving and Survival Equipment.*

Accreditation

Course Accrediting Body	N/A
AVETMISS Information	N/A
Period of Accreditation	N/A

Authorisation to Use

Authorisation to Conduct	TA-MW Survival at Sea Section HMAS Cerberus/HMAS Creswell
Authorisation to use Third Party Materials	Any request for use of this LMP by an agency other than Defence is to be forwarded to the owning Training Authority. Requests from within Defence are to be forwarded to the owning Training Authority, Training Support and Governance (TSG).

IP Holders

Defence IP Holders	Commodore Training Fleet Headquarters - Training Force FHQ-3 HMAS KUTTABUL POTTS POINT NSW 2011
Third Party IP Holders	

Special Instructions

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
Module 1-Follow RAN Emergency Procedures				
LO 1.1 - Define the Abandon Ship Process	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Module 2-Use RAN Survival Equipment				
LO 2.1 - Use the In-Service Emergency Use Life Jacket	0.5	0.08		
LO 2.2 - Use the In-Service Thermal Emersion Suit	0.5	0.08		
LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket	0.15	0.02		
LO 2.4 - Board an In-Service Inflatable Life Raft (ILR)	1	0.15		
Total Duration	**2.15**	**0.33**		
Module 3-Define Maritime Survival Priorities				
LO 3.1 - Describe PROTECTION Survival Priority Techniques	0.4	0.06		
LO 3.2 - Describe LOCATION Survival Priority Techniques	0.4	0.06		
LO 3.3 - Describe WATER Survival Priority Techniques	0.4	0.06		
LO 3.4 - Describe FOOD Survival Priority Techniques	0.4	0.06		
Total Duration	**1.6**	**0.25**		
Module 4-Follow RAN Emergency Procedures				
LO 4.1 - Perform abandonment Survival Procedures and Techniques	0.5	0.08		
LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel	0.5	0.08		
Total Duration	**1**	**0.15**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA2 - Survival at Sea - Flare Firing	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
SA4 - Small Boat Capsize	1	0.15		
Total Duration	**6**	**0.92**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
FA2 - Survival at Sea - In Service Equipment PRACTICAL	1	0.15		
Total Duration	**1.25**	**0.19**		
Other Activities				
Course Administration	0.5	0.08		
Total Duration	**0.5**	**0.08**		
Program				
Total Duration				
Course Total Duration	**12.75**	**1.96**	**12.75**	**1.96**
	EXCLUDING on job		**INCLUDING on job**	

SECTION 2 Curriculum

Objective Document Name	Objective Reference	Objective Group Name

Module 1 - Follow RAN Emergency Procedures

Module Content	LO 1.1 - Define the Abandon Ship Process
Pre-requisite Modules	
Content Classification	UNCLASSIFIED
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer
Description	This module is designed to supply the student with the required underpinning knowledge, in relation to RAN emergency procedures. The curriculum is heavily reliant on specific workplace performance requirements, which set out to provide the knowledge, skills and behaviours required to fulfil RAN maritime emergency training requirements.
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate workplace performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate workplace emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Key Resources	All Training resources can be found in section 3 of this LMP.
WHS Requirements	Participants and instructional staff are to be made aware of WHS and Risk Management issues in all situations and are expected to demonstrate safe working practices at all times. Standard Operating Procedures (SOPs) in local training facilities will highlight specific conditions and standards in which this training is to be conducted. All training activities must conform to relevant Defence WHS instructions and policies.
Additional Comments	

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
Module 1-Follow RAN Emergency Procedures				
LO 1.1 - Define the Abandon Ship Process	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Other Activities				
Total Duration				
Module Total Duration	**4.5**	**0.69**	**4.5**	**0.69**
	EXCLUDING on job		**INCLUDING on job**	

LO 1.1 - Define the Abandon Ship Process

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	1.1.1 State the three stages of the RAN abandonment process 1.1.2 State why a ship may go to Emergency Stations 1.1.3 Demonstrate the three step abandonment process
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	**Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) **Practical Training**

	1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities. **Facilities:** Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are to be conducted utilising in-service survival at sea equipment. Training is only to be conducted at RAN Training Establishments Survival at Sea Sections, HMAS Cerberus or HMAS Creswell **Equipment:** A full list of all required training equipment can be found in Section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.25 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 1.1 - Define the Abandon Ship Process	**0.25**	**0.04**		
Total Duration	**0.25**	**0.04**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**4.5**	**0.69**	**4.5**	**0.69**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

Module 2 - Use RAN Survival Equipment

Module Content	LO 2.1 - Use the In-Service Emergency Use Life Jacket LO 2.2 - Use the In-Service Thermal Emersion Suit LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket LO 2.4 - Board an In-Service Inflatable Life Raft (ILR)
Pre-requisite Modules	
Content Classification	UNCLASSIFIED
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer FA2 - Survival at Sea - In Service Equipment PRACTICAL
Description	This module is designed to supply the student with the required underpinning knowledge, in relation to the use of in-service RAN survival equipment. The curriculum is heavily reliant on specific work-place performance requirements, which set out to provide the knowledge, skills and behaviours required to fulfil RAN maritime emergency training requirements.
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in-service survival at sea equipment, while participating in simulated maritime emergency situations.
Key Resources	A full list of all required training equipment can be found in Section 3 of this LMP.
WHS Requirements	Participants and instructional staff are to be made aware of WHS and Risk Management issues in all situations and are expected to demonstrate safe working practices at all times. Standard Operating Procedures (SOPs) in local training facilities will highlight specific conditions and standards in which this training is to be conducted. All training activities must conform to relevant Defence WHS instructions and policies.
Additional Comments	

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
Module 2-Use RAN Survival Equipment				
LO 2.1 - Use the In-Service Emergency Use Life Jacket	0.5	0.08		
LO 2.2 - Use the In-Service Thermal Emersion Suit	0.5	0.08		
LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket	0.15	0.02		
LO 2.4 - Board an In-Service Inflatable Life Raft (ILR)	1	0.15		
Total Duration	**2.15**	**0.33**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
FA2 - Survival at Sea - In Service Equipment PRACTICAL	1	0.15		
Total Duration	**1.25**	**0.19**		
Other Activities				
Total Duration				
Module Total Duration	**7.4**	**1.14**	**7.4**	**1.14**
	EXCLUDING on job		**INCLUDING on job**	

LO 2.1 - Use the In-Service Emergency Use Life Jacket

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	2.1.1 State the purpose of the in-service emergency use lifejackets. 2.1.2 Describe the characteristics of the in-service emergency use lifejackets. 2.1.3 Identify the in-service emergency use lifejacket stowages. 2.1.4 Don and doff the in-service emergency use lifejacket. 2.1.5 Perform sea survival techniques while wearing an in-service emergency use lifejacket.
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer FA2 - Survival at Sea - In Service Equipment PRACTICAL
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	**Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence)

	• P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) **Practical Training** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities. **Facilities:** Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are to be conducted utilising in-service survival at sea equipment. Training is only to be conducted at RAN Training Establishments Survival at Sea Sections, HMAS Cerberus or HMAS Creswell **Equipment:** A full list of all required training equipment can be found in Section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship

	• Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.5 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 2.1 - Use the In-Service Emergency Use Life Jacket	**0.5**	**0.08**		
Total Duration	**0.5**	**0.08**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
FA2 - Survival at Sea - In Service Equipment PRACTICAL	1	0.15		
Total Duration	**1.25**	**0.19**		
Learning Outcome Total Duration	5.75	0.88	5.75	0.88
	EXCLUDING on job		INCLUDING on job	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 2.2 - Use the In-Service Thermal Emersion Suit

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	2.2.1 State the purpose of the in-service thermal emersion suits. 2.2.2 Describe the characteristics of the in-service thermal emersion suits. 2.2.3 Identify the in-service thermal emersion suit stowages. 2.2.4 Don and doff in-service thermal emersion suits. 2.2.5 Perform sea survival techniques while wearing an in service thermal emersion suit.
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer FA2 - Survival at Sea - In Service Equipment PRACTICAL
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	**Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence)

	• P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) **Practical Training** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities. **Facilities:** Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are to be conducted utilising in-service survival at sea equipment. Training is only to be conducted at RAN Training Establishments Survival at Sea Sections, HMAS Cerberus or HMAS Creswell **Equipment:** A full list of all required training equipment can be found in Section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs).

	• Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.5 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 2.2 - Use the In-Service Thermal Emersion Suit	**0.5**	**0.08**		
Total Duration	**0.5**	**0.08**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
FA2 - Survival at Sea - In Service Equipment PRACTICAL	1	0.15		
Total Duration	**1.25**	**0.19**		
Learning Outcome Total Duration	**5.75**	**0.88**	**5.75**	**0.88**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	2.3.1 State the purpose of the in-service upper-deck evolutions lifejacket 2.3.2 Describe the characteristics of the in-service upper-deck evolutions lifejacket 2.3.3 Identify the in-service upper-deck evolutions lifejacket stowages 2.3.4 Don and doff the in-service upper-deck evolutions lifejacket
Related Assessments	SA1 - Survival at Sea - Theory Assessment FA1 - Survival at Sea - Question and Answer FA2 - Survival at Sea - In Service Equipment PRACTICAL
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	**Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM)

	Practical Training 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities. **Facilities:** Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are to be conducted utilising in-service survival at sea equipment. Training is only to be conducted at RAN Training Establishments Survival at Sea Sections, HMAS Cerberus or HMAS Creswell **Equipment:** A full list of all required training equipment can be found in Section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs).

	• Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.15 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket	**0.15**	**0.02**		
Total Duration	**0.15**	**0.02**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
Total Duration	**1**	**0.15**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
FA2 - Survival at Sea - In Service Equipment PRACTICAL	1	0.15		
Total Duration	**1.25**	**0.19**		
Learning Outcome Total Duration	**2.4**	**0.37**	**2.4**	**0.37**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 2.4 - Board an In-Service Inflatable Life Raft (ILR)

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	2.4.1 Identify the characteristics and fitted equipment to the in service ILR 2.4.2 Explain the in-service ILR launch procedures 2.4.3 Describe the procedure used to right a capsized life raft 2.4.4 Demonstrate the in-service ILR boarding procedures
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	**Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM)

	Practical Training 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities. **Facilities:** Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are to be conducted utilising in-service survival at sea equipment. Training is only to be conducted at RAN Training Establishments Survival at Sea Sections, HMAS Cerberus or HMAS Creswell **Equipment:** A full list of all required training equipment can be found in Section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship

	• Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	1 Period

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 2.4 - Board an In-Service Inflatable Life Raft (ILR)	**1**	**0.15**		
Total Duration	**1**	**0.15**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**5.25**	**0.81**	**5.25**	**0.81**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

Module 3 - Define Maritime Survival Priorities

Module Content	LO 3.1 - Describe PROTECTION Survival Priority Techniques LO 3.2 - Describe LOCATION Survival Priority Techniques LO 3.3 - Describe WATER Survival Priority Techniques LO 3.4 - Describe FOOD Survival Priority Techniques
Pre-requisite Modules	
Content Classification	UNCLASSIFIED
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA2 - Survival at Sea - Flare Firing FA1 - Survival at Sea - Question and Answer
Description	This module is designed to supply the student with the required underpinning knowledge, in relation to RAN maritime survival priorities. The curriculum is heavily reliant on specific work-place performance requirements, which set out to provide the knowledge, skills and behaviours required to fulfil RAN maritime emergency training requirements.
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Key Resources	A full list of all required training equipment can be found in Section 3 of this LMP.
WHS Requirements	Participants and instructional staff are to be made aware of WHS and Risk Management issues in all situations and are expected to demonstrate safe working practices at all times. Standard Operating Procedures (SOPs) in local training facilities will highlight specific conditions and standards in which this training is to be conducted. All training activities must conform to relevant Defence WHS instructions and policies.
Additional Comments	

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
Module 3-Define Maritime Survival Priorities				
LO 3.1 - Describe PROTECTION Survival Priority Techniques	0.4	0.06		
LO 3.2 - Describe LOCATION Survival Priority Techniques	0.4	0.06		
LO 3.3 - Describe WATER Survival Priority Techniques	0.4	0.06		
LO 3.4 - Describe FOOD Survival Priority Techniques	0.4	0.06		
Total Duration	**1.6**	**0.25**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA2 - Survival at Sea - Flare Firing	1	0.15		
Total Duration	**2**	**0.31**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Other Activities				
Total Duration				
Module Total Duration	**3.85**	**0.59**	**3.85**	**0.59**
	EXCLUDING on job		**INCLUDING on job**	

LO 3.1 - Describe PROTECTION Survival Priority Techniques

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	3.1.1 List protection life raft survival aids 3.1.2 List techniques to be carried out during the immediate action drills 3.1.3 List subsequent action drills 3.1.4 State measures to combat adverse weather conditions in a life raft 3.1.5 State the physical survival considerations in the maritime environment 3.1.6 Demonstrate Heat Escape Lessening Posture (HELP) and subsequent survival techniques 3.1.7 Describe the method of treating a hypothermic casualty
Related Assessments	SA1 - Survival at Sea - Theory Assessment FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skill and behaviours required to apply survival priority principles within a maritime emergency situation.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	

On Job Duration	
Off Job Duration	0.4 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 3.1 - Describe PROTECTION Survival Priority Techniques	**0.4**	**0.06**		
Total Duration	**0.4**	**0.06**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
Total Duration	**1**	**0.15**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**1.65**	**0.25**	**1.65**	**0.25**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 3.2 - Describe LOCATION Survival Priority Techniques

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	3.2.1 List maritime location devices 3.2.2 Describe the characteristics of maritime location devices 3.2.3 Describe activation and deactivation procedures 3.2.3 Explain flare safety precautions 3.2.4 Fire Day/Night and Rocket Flare 3.2.5 Use a heliograph
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA2 - Survival at Sea - Flare Firing FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skill and behaviours required to apply survival priority principles within a maritime emergency situation.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.4 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 3.2 - Describe LOCATION Survival Priority Techniques	**0.4**	**0.06**		
Total Duration	**0.4**	**0.06**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA2 - Survival at Sea - Flare Firing	1	0.15		
Total Duration	**2**	**0.31**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**2.65**	**0.41**	**2.65**	**0.41**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 3.3 - Describe WATER Survival Priority Techniques

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	3.3.1 List problems survivors face relating to hydration 3.3.2 List ways water can be lost from the body 3.3.3 State methods of reducing body fluid loss 3.3.4 Describe ways in which water can be produced in maritime environment
Related Assessments	SA1 - Survival at Sea - Theory Assessment FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skill and behaviours required to apply survival priority principles within a maritime emergency situation.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.4 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 3.3 - Describe WATER Survival Priority Techniques	**0.4**	**0.06**		
Total Duration	**0.4**	**0.06**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
Total Duration	**1**	**0.15**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**1.65**	**0.25**	**1.65**	**0.25**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 3.4 - Describe FOOD Survival Priority Techniques

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	3.4.1 Explain when food rations should be consumed 3.4.2 Describe methods of procuring alternate food supplies 3.4.3 Explain dangers of consuming alternate food supplies
Related Assessments	SA1 - Survival at Sea - Theory Assessment FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skill and behaviours required to apply survival priority principles within a maritime emergency situation.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.4 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 3.4 - Describe FOOD Survival Priority Techniques	**0.4**	**0.06**		
Total Duration	**0.4**	**0.06**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
Total Duration	**1**	**0.15**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**1.65**	**0.25**	**1.65**	**0.25**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

Module 4 - Follow RAN Emergency Procedures

Module Content	LO 4.1 - Perform abandonment Survival Procedures and Techniques LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel
Pre-requisite Modules	
Content Classification	UNCLASSIFIED
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL SA4 - Small Boat Capsize FA1 - Survival at Sea - Question and Answer
Description	This module is designed to supply the student with the required underpinning knowledge, in relation to RAN emergency procedures. The curriculum is heavily reliant on specific work-place performance requirements, which set out to provide the knowledge, skills and behaviours required to fulfil RAN maritime emergency training requirements.
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Key Resources	A full list of all required training equipment can be found in Section 3 of this LMP.
WHS Requirements	Participants and instructional staff are to be made aware of WHS and Risk Management issues in all situations and are expected to demonstrate safe working practices at all times. Standard Operating Procedures (SOPs) in local training facilities will highlight specific conditions and standards in which this training is to be conducted. All training activities must conform to relevant Defence WHS instructions and policies.
Additional Comments	

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
Module 4-Follow RAN Emergency Procedures				
LO 4.1 - Perform abandonment Survival Procedures and Techniques	0.5	0.08		
LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel	0.5	0.08		
Total Duration	**1**	**0.15**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
SA4 - Small Boat Capsize	1	0.15		
Total Duration	**5**	**0.77**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Other Activities				
Total Duration				
Module Total Duration	**6.25**	**0.96**	**6.25**	**0.96**
	EXCLUDING on job		**INCLUDING on job**	

LO 4.1 - Perform abandonment Survival Procedures and Techniques

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected work place. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	4.1.1 List methods of rescue 4.1.2 Perform the three step abandonment process 4.1.3 Perform immediate action drills 4.1.4 Perform Sea Survival Drills
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This module covers the necessary knowledge, skills and behaviours required to perform abandonment processes within the maritime environment.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements. Theory lessons are to be conducted in an appropriate sized classroom, fully equipped with all relevant survival at sea training aids. Practical training activities are designed to replicate work-place emergency response performance requirements. Students will be expected to utilise in service survival at sea equipment, while participating in simulated maritime emergency situations.
Resources Required	
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	
On Job Duration	
Off Job Duration	0.5 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 4.1 - Perform abandonment Survival Procedures and Techniques	**0.5**	**0.08**		
Total Duration	**0.5**	**0.08**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
Total Duration	**4**	**0.62**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	4.75	0.73	4.75	0.73
	EXCLUDING on job		INCLUDING on job	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel

Content Classification	UNCLASSIFIED
Performance Conditions	Work place performance conditions are achieved in the training environment through the application of realistic simulations of the students expected workplace. Taught techniques and procedure are able to be employed within all maritime environments.
Performance Standard	Training delivery is structured towards the application of specific work place orientated performance standards. Work place performance standards are achieved in the training environment through the application of realistic simulations of the students expected work place.
Assessment Criteria	4.2.1 Identify possible first aid requirements 4.2.2 Perform escape drills from a simulated vessel 4.2.3 Perform sea survival techniques in a simulated vessel capsize
Related Assessments	SA1 - Survival at Sea - Theory Assessment SA3 - Survival at Sea - Emergency Procedures PRACTICAL SA4 - Small Boat Capsize FA1 - Survival at Sea - Question and Answer
Related VET Competencies (UoC)	
Content Summary	This course learning outcome provides personnel with the appropriate knowledge, skills and behaviours required to safely escape from a capsized vessel.
Training Level	Level 4
Delivery Method	During the conduct of this module, training delivery methods will incorporate traditional theory based, face-to-face instruction and practical based training activities, designed to replicate work-place performance requirements.
Resources Required	• General Purpose Inflatable Boat (GPIB) x 1 • In-service upper deck life jackets - 1 per student • PPE requirements IAW evolution SRA and SOP • Small boat capsize curriculum documentation • BR 67 AUSSUP • Small Boat Capsize Workbook - 1 per student • Appropriate classroom to accommodate class size • Audio visual equipment • Whiteboard DRN connectivityFurther information relating to required resources, can be found in section 3 of this LMP.
References	• ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment • BR 67 Admiralty Manual of Seamanship • Local Standard Operating Procedures, (SOPs). • Relevant approved training activity Safety Risk Assessment (SRA)
Additional Comments	**Assessment Method:**

	Formative assessments will be conducted utilising class discussions and Question and Answer sessions during the delivery of instruction. Summative assessments will be conducted utilising a General Purpose Inflatable Boat (GPIB) to simulate a capsized vessel. Trainees will be holistically assessed on their ability to perform the correct drills during, and after a simulated RHIB capsize. Students are to perform the task IAW the provided assessment check list (ACL) and relevant training SOP's.
On Job Duration	
Off Job Duration	0.5 Periods

Durations

Phase	Off Job		On Job	
	Periods	Days	Periods	Days
LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel	**0.5**	**0.08**		
Total Duration	**0.5**	**0.08**		
Summative Assessments				
SA1 - Survival at Sea - Theory Assessment	1	0.15		
SA3 - Survival at Sea - Emergency Procedures PRACTICAL	3	0.46		
SA4 - Small Boat Capsize	1	0.15		
Total Duration	**5**	**0.77**		
Formative Assessments				
FA1 - Survival at Sea - Question and Answer	0.25	0.04		
Total Duration	**0.25**	**0.04**		
Learning Outcome Total Duration	**5.75**	**0.88**	**5.75**	**0.88**
	EXCLUDING on job		**INCLUDING on job**	

Where this LO is assessed as part of a holistic assessment, the duration is only displayed in the Section 1 Durations table.

Assessments

Formative Assessments

FA 1 - Survival at Sea - Question and Answer

LOs and SLOs assessed	LO 1.1 - Define the Abandon Ship Process LO 2.1 - Use the In-Service Emergency Use Life Jacket LO 2.2 - Use the In-Service Thermal Emersion Suit LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket LO 2.4 - Board an In-Service Inflatable Life Raft (ILR) LO 3.1 - Describe PROTECTION Survival Priority Techniques LO 3.2 - Describe LOCATION Survival Priority Techniques LO 3.3 - Describe WATER Survival Priority Techniques LO 3.4 - Describe FOOD Survival Priority Techniques LO 4.1 - Perform abandonment Survival Procedures and Techniques LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel
Method	Formative assessment methods will include: • Verbal question and answer
Description	Throughout the duration of this course, all students will be formatively assessed on their ability to implement maritime emergency response policy and procedures, and utilise in service survival at sea equipment. Students will be expected to participate in regular question and answer sessions, which will be delivered at the completion of each module.
Assessment Criteria	1.1.1 State the three stages of the RAN abandonment process 1.1.2 State why a ship may go to Emergency Stations 2.1.1 State the purpose of in service emergency use lifejackets. 2.1.2 Describe the characteristics of in service emergency use lifejackets. 2.1.3 Identify in service emergency use lifejackets stowages. 2.2.1 State the purpose of in service thermal emersion suits. 2.2.2 Describe the characteristics of in service thermal emersion suits. 2.2.3 Identify the in service thermal emersion suit stowages. 2.3.1 State the purpose of the in service upper-deck evolutions lifejacket 2.3.2 Describe the characteristics of the in service upper-deck evolutions lifejacket 2.3.3 Identify the in service upper-deck evolutions lifejacket stowages 2.4.1 Identify the characteristics and fitted equipment to the in service ILR 2.4.2 Explain the in service ILR launch procedures 2.4.3 Describe the procedure used to right a capsized life raft 3.1.1 List protection life raft survival aids

	3.1.2 List techniques to be carried out during the immediate action drills 3.1.3 List subsequent action drills 3.1.4 State measures to combat adverse weather conditions in a life raft 3.1.5 State the physical survival considerations in the maritime environment 3.1.7 Describe the method of treating a hypothermic casualty 3.2.1 List maritime location devices 3.2.2 Describe the characteristics of maritime location devices 3.2.3 Describe activation and deactivation procedures 3.2.3 Explain flare safety precautions 3.3.1 List problems survivors face relating to hydration 3.3.2 List ways water can be lost from the body 3.3.3 State methods of reducing body fluid loss 3.3.4 Describe ways in which water can be produced in maritime environment 3.4.1 Explain when food rations should be consumed 3.4.2 Describe methods of procuring alternate food supplies 3.4.3 Explain dangers of consuming alternate food supplies 4.1.1 List methods of rescue 4.2.1 Identify possible first aid requirements
Additional Comments	
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	0.25 Periods

FA 2 - Survival at Sea - In Service Equipment PRACTICAL

LOs and SLOs assessed	LO 2.1 - Use the In-Service Emergency Use Life Jacket LO 2.2 - Use the In-Service Thermal Emersion Suit LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket
Method	Formative assessment methods will include: • Practical demonstration • Verbal question and answer • Work-place simulation

Description	Throughout the duration of this course, all students will be formatively assessed on their ability to implement maritime emergency response policy and procedures, and utilise in service survival at sea equipment. Students will be expected to participate in activities which are structured toward the practical application of skills, designed to simulate work-place performance requirements.
Assessment Criteria	2.1.4 Don and doff in service emergency use lifejackets. 2.2.4 Don and doff in service thermal emersion suits. 2.3.4 Don and doff the in service upper-deck evolutions lifejacket
Additional Comments	
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	1 Period

Summative Assessments

SA 1 - Survival at Sea - Theory Assessment

LOs and SLOs assessed	LO 1.1 - Define the Abandon Ship Process LO 2.1 - Use the In-Service Emergency Use Life Jacket LO 2.2 - Use the In-Service Thermal Emersion Suit LO 2.3 - Wear the In-Service Upper-Deck Evolutions Lifejacket LO 2.4 - Board an In-Service Inflatable Life Raft (ILR) LO 3.1 - Describe PROTECTION Survival Priority Techniques LO 3.2 - Describe LOCATION Survival Priority Techniques LO 3.3 - Describe WATER Survival Priority Techniques LO 3.4 - Describe FOOD Survival Priority Techniques LO 4.1 - Perform abandonment Survival Procedures and Techniques LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel
Method	Written Assessment
Description	
Assessment Criteria	1.1.1 State the three stages of the RAN abandonment process 1.1.2 State why a ship may go to Emergency Stations 2.1.1 State the purpose of in service emergency use lifejackets. 2.1.2 Describe the characteristics of in service emergency use lifejackets. 2.2.1 State the purpose of in service thermal emersion suits. 2.2.2 Describe the characteristics of in service thermal emersion suits 2.3.1 State the purpose of the in service upper-deck evolutions lifejacket 2.3.2 Describe the characteristics of the in service upper-deck evolutions lifejacket 2.4.1 Identify the characteristics and fitted equipment to the in service ILR 2.4.2 Explain the in service ILR launch procedures 2.4.3 Describe the procedure used to right a capsized life raft 3.1.1 List protection life raft survival aids 3.1.2 List techniques to be carried out during the immediate action drills 3.1.3 List subsequent action drills 3.1.4 State measures to combat adverse weather conditions in a life raft 3.1.5 State the physical survival considerations in the maritime environment 3.2.1 List maritime location devices 3.2.2 Describe the characteristics of maritime location devices 3.2.3 Describe activation and deactivation procedures

	3.2.3 Explain flare safety precautions 3.3.1 List problems survivors face relating to hydration 3.3.2 List ways water can be lost from the body 3.3.3 State methods of reducing body fluid loss 3.3.4 Describe ways in which water can be produced in maritime environment 3.4.1 Explain when food rations should be consumed 3.4.2 Describe methods of procuring alternate food supplies 3.4.3 Explain dangers of consuming alternate food supplies 4.1.1 List methods of rescue 4.2.1 Identify possible first aid requirements
Related VET Competencies (UoC)	
Additional Comments	
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	1 Period

SA 2 - Survival at Sea - Flare Firing

LOs and SLOs assessed	LO 3.2 - Describe LOCATION Survival Priority Techniques
Method	Formative assessment methods will include: • Practical demonstration • Verbal question and answer • Work-place simulation
Description	Students will be expected to participate in activities which are structured toward the practical application of skills, designed to simulate work-place performance requirements. During this assessment, all students will be required to expain flare safety precautions, and fire a Day/Night and Rocket Flare.
Assessment Criteria	3.2.3 Explain flare safety precautions 3.2.4 Fire Day/Night and Rocket Flare
Related VET Competencies (UoC)	
Additional Comments	
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	1 Period

SA 3 - Survival at Sea - Emergency Procedures PRACTICAL

LOs and SLOs assessed	LO 1.1 - Define the Abandon Ship Process LO 2.1 - Use the In-Service Emergency Use Life Jacket LO 2.2 - Use the In-Service Thermal Emersion Suit LO 2.4 - Board an In-Service Inflatable Life Raft (ILR) LO 4.1 - Perform abandonment Survival Procedures and Techniques LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel
Method	Formative assessment methods will include: Practical demonstration Verbal question and answer Work-place simulation
Description	Students will be expected to participate in activities which are structured toward the practical application of skills, designed to simulate work-place performance requirements. During this assessment, students will participate in activities incorporating the knowledge, skills and behaviours required to survive a maritime emergency situation.
Assessment Criteria	1.1.3 Demonstrate the three step abandonment process 2.1.4 Don and doff in service emergency use lifejackets. 2.1.5 Perform sea survival techniques while wearing an in service emergency use lifejacket. 2.2.5 Perform sea survival techniques while wearing an in service thermal emersion suit. 2.4.4 Demonstrate the in service ILR boarding procedures 3.1.6 Demonstrate Heat Escape Lessening Posture (HELP) and subsequent survival techniques 4.1.2 Perform the three step abandonment process 4.1.3 Perform immediate action drills 4.1.4 Perform Sea Survival Drills 4.2.2 Perform escape drills from a simulated vessel 4.2.3 Perform sea survival techniques in a simulated vessel capsize
Related VET Competencies (UoC)	
Additional Comments	
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	3 Periods

SA 4 - Small Boat Capsize

LOs and SLOs assessed	LO 4.2 - Carry out Escape Procedures from a Simulated Capsized Vessel
Method	Practical

Description	Trainees will be holistically assessed on their ability to perform the correct drills during, and after a simulated RHIB capsize.
Assessment Criteria	1. Perform escape drills from a simulated capsized vessel 2. Demonstrate sea survival techniques in a simulated vesselcapsize
Related VET Competencies (UoC)	
Additional Comments	**Assessment Location:** Pool / Hanns Inlet (HMAS Cerberus) **Additional Notes:** Assessment is to conducted IAW Small Boat Capsize Training SOP and TA MW approved ACL
Enter/Display Duration As	Periods
On Job Duration	
Off Job Duration	1 Period

SECTION 3 Major Resource Requirements

Human Resource Requirements	**Human Resource Organisation:** Survival at Sea training activities are reliant on the establishment of faculty organisational structures, which outline current manning requirements of Survival Equipment Training Sections for both HMAS Cerberus and HMAS Creswell. For further information relating to section manning requirements, refer to current billeted personnel position numbers for posting localities. **Instructional Staff:** **Theory delivery** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) **Practical Training** 1 x Instructor - Minimum Rank of Leading Seaman, holding the following Proficiencies: • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x Safety number (IC of Evolution Safety) Minimum Rank of Leading Seaman • P001078 - RAN Instructor Course or P123738 RAN Learning Facilitator Course • P021547 - RAN Instructor Evaluation (Licence) • P000733 - Shipborne Lifesaving Survival Equipment Maintainer (SLSEM) 1 x safety swimmer for every five (5) trainees in the water. Safety swimmers must have passed the RAN PFT within 12 months and hold the following Proficiency: • P001899 - RAN Swimming Test 1 x safety boat coxswain for life raft practical training activities 1 x Bowman for safety boat All safety staff are to be briefed on their roles and responsibilities prior to the conduct of any practical training activities.

Physical Resource Requirements	**Major Systems:** Suitable facilities which replicate realistic work-place environments and systems of work. Such facilities should include the following: • Wharf area able to be utilised to conduct emergency water entries. • In-shore marine environments to facilitate survival at sea practical life raft activities. If suitable marine environments can not be utilised, appropriate pool facilities may be utilised. • Classroom facilities providing a suitable learning environment, capable of accommodating maximum student numbers as articulated within section 1 of this LMP. • Suitable area to conduct 'dry' drills, capable of accommodating maximum student numbers as articulated within section 1 of this LMP. **Supplies:** • Demonstration copy of a ships ‘watch and station bill’ • Fully equipped Survival at Sea classroom - HMAS Cerberus/HMAS Creswell • Audio visual equipment, capable of running and projecting PowerPoint applications • One version controlled Survival at Sea study guide for each trainee • In-service Personnel Abandonment Life Jacket (PAL) - 1 per trainee (operational) • In-service Personnel Abandonment Suit (PAS) - 1 per trainee (operational) • Pattern 50N lifejacket - Instructional demonstration only (operational) • Lifejacket lockers • In-Service Upper Deck Evolution Lifejacket - Instructional demonstration only (operational) • Personal Locator Beacon and attachments - Instructional demonstration • Personal Locator Beacon attachment cuff - Instructional demonstration • Drill (In-service abondonment) container • Drill Inflatable Life Raft (ILR) complete • Drill (ILR) container • Display of survival pack and contents (complete IAW current policy) • (ILR) and associated fixtures and fittings that secure the raft to a vessel, for launching demonstration purposes. • Fully operational ILR, fitted with all equipment IAW current policy • Handheld in-service Day and Night flares - Sufficient quantities to facilitate practical firing training requirements. • Handheld in-service Rocket flares. • In-service Emergency Position Indicating Radio Beacon (EPIRB). • Heliograph

	• Solar still • Water ration packs • Survival biscuits • Fishing kits • Rescue by helicopter visual presentation and equipment currently used: • Helicopter retrieval strop • MK4 Double lift harness • Billy Pugh rescue net • Helicopter winching hook and winching device. **Support:** • ANP 2703 RAN Manual of Shipborne Lifesaving and Survival Equipment. • Local Standing Operating Procedures (SOP's), and risk assessment documentation. • Survival at Sea SRA • Demonstration copy of a ships 'watch and station bill'.
Major Defence Unit Support Requirements	HMAS Cerberus Survival at Sea Section HMAS Creswell Survival at Sea Section
Financial	
Other Requirements	

Objective Document Name	Objective Reference	Objective Group Name

SECTION 4 Learning and Assessment Materials

Objective Document Name	Objective Reference	Objective Group Name
TA MW Survival at Sea Assessment No 1 INSTRUCTOR 19 Aug 2016	V1490638	Assessment Materials
TA MW Survival at Sea Assessment No 1 STUDENT 19 Aug 2016	V2959001	Assessment Materials
TA MW Survival at Sea Practical ACL 13 Feb 2017	V3101476	Assessment Materials
TA MW Survival at Sea Practical Flare Firing 27 Feb 2017	V3115061	Assessment Materials
TA MW Survival at Sea LMG 100048 13 Feb 2017	V2799849	Facilitator Materials
TA MW Survival at Sea PPT No 1 Introduction Emerency Procedures 13 Feb 2017	V2799870	Facilitator Materials
TA MW Survival at Sea PPT No 2 Equipment 13 Feb 2017	V2799883	Facilitator Materials
TA MW Survival at Sea PPT No 3 Survival Priorities 13 Feb 2017	V2799928	Facilitator Materials
TA MW Survival at Sea PPT No 4 SLDMB 13 Feb 2017	V2467699	Facilitator Materials
TA MW Survival at Sea PPT Safety Brief 13 Feb 2017	V3101285	Facilitator Materials
TA MW Survival at Sea Recruit Booklet 2012 13 Feb 2017	V2799849	Learner Materials
TA MW Survival at Sea Recruit Booklet Cover 13 Feb 2017	V3101295	Learner Materials

SECTION 5 Supporting Materials

Objective Document Name	Objective Reference	Objective Group Name
TA MW Minute Develop Approval Survival at Sea 10 Oct 2017	V3357648	Approval Documentation

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UNCONTROLLED WHEN PRINTED

SURVIVAL AT SEA
(NEW ENTRY)
(100048)

LESSON MANAGEMENT GUIDE

1. This course is approved and issued for all Training Authority - Maritime Warfare instructional staff.

2. All changes must be authorised by the OIC Training Support Governance (TSG) or designated representative and will be effective upon promulgation. Suggested improvements are to be forwarded to the Training Development Manager.

Title	SURVIVAL AT SEA (NEW ENTRY)
Author (Owner)	TSG (TA-MW)
Approver	OIC TSG
Version Number	100048 LMG V0.2 Oct-23
Date of Approval (for last modification)	Feb 2012
Summary of Last Modification	Introduction of new equipment
Modified by:	182995
Next review due:	Biennial
Coverage:	TSG (HMAS WATSON) Boatswain Faculty (HMAS CERBERUS)

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 1: Use a Pattern 50N Life Jacket.			
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
Intro 15 mins	Introduction	1. Introduce yourself to the course members. 2. State the objectives and inform trainees of their need to know. 3. Inform trainees of the local operational and administrative requirements. 4. Inform trainees that this module is a hands on lesson and will consist of both practical demonstrations and trainee applications. 5. Inform trainees that the learning outcomes for this course will be assessed on completion of each learning outcome and throughout the time on course. A summative assessment for learning outcomes is practically based and will be conducted IAW the Assessment Plan and associated Assessment Checklists (ACL). 6. Inform trainees of the references that will be used as the standard for this module.	PowerPoint Show 101428-1.ppt

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**
Module Time: **15 Hours**

LEARNING OUTCOME 1:	**Use a Pattern 50N Life Jacket.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
1.1	State the purpose of the Pattern 50N in RAN.	1. Explain to the trainees that there are two common life jackets currently used in RAN, they are: a. Pattern 50N, For Emergency Use Only b. Special Duties Life Jacket (SDLJ), for general duties above decks. **NOTE** The Pattern50N life jacket is used in emergency situations only. They should not be used for general duties to ensure that in the event of an emergency all members of the ships company will be assured to locate a life jacket.	
1.2	Identify Pattern 50N stowages.	1. Explain that the stowage's facilities for Pattern 50N jackets will vary; however the locations of the stowage's will be accessible to all. 2. State that Pattern 50N jackest are located, in mess decks, workspaces, exit routes and on the upper deck. The lockers will be suitably labelled, **"INFLATABLE LIFEJACKETS FOR EMERGENCY USE ONLY".** 3. The locker stowage's are fitted with integrity seals to indicate to the maintainer that they have not been tampered with and are in A1 condition. If the seal has been broken the condition of the jackets can not be assured and the maintainer should be informed as soon as possible. 4. The locker stowage's are fitted with integrity seals to indicate to the maintainer that they have not been tampered with and are in A1 condition. If the seal has been broken the condition of the jackets can not be assured and the maintainer	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**
Module Time: **15 Hours**

LEARNING OUTCOME 1:	**Use a Pattern 50N Life Jacket.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		should be informed as soon as possible. 5. Explain the tag system is used on occasions that vessels is brought to emergency stations as an EXERCISE ONLY, to indicate that you have collected a jacket. If you are in doubt that an exercise is in progress, do not hesitate to collect a Pattern 50N from its stowage. 6. The Navy has an allowance of life jackets on the basis of 100% of ships company PLUS 10% spare.	
1.3	Demonstrate the correct method of wearing the Pattern 50N life jacket.	1. Demonstrate the correct method of Donning the Pattern 50N on the waist. 2. Demonstrate the primary and secondary methods of inflating the pattern 50N, highlighting that the jacket is divided in two chambers, which allows the secondary oral inflation method to occur. 3. Explain that CO2 primary inflation method is to be attempted first.	
1.4	Identify the characteristics and fitted attachments of the Pattern 50N life jacket.	1. Identify the Safety Aids attached to the Pattern 50N: a. Lifeline and Toggle, b. Light and Salt Water Activated Battery, c. Colour and Retro Reflective Tape, d. Whistle, e. Lifting Strop, and f. Face Shield.	

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**
Module Time: **15 Hours**

LEARNING OUTCOME 1:	**Use a Pattern 50N Life Jacket.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		2.	
1.5	Demonstrate the correct method of entering the water wearing the Pattern 50N life jacket	1. Demonstrate the six-step method of correctly entering the water wearing the Pattern 50N. 2. Direct trainees to don the ILJ. Correct and adjust as required 3. Ask and answer questions as required to ensure trainee comprehension.	
1.6	Demonstrate the method of moving around the water wearing the Pattern 50N.	1. Explain the methods and techniques of moving around the water wearing the Pattern 50N lifejacket. 2. Ask and answer questions as required to ensure trainee comprehension. 3. Direct trainees to move around the water as directed. 4. Ask and answer questions as required to ensure trainee comprehension.	
1.7	Describe the method of deflating the Patern50N	1. Demonstrate the method of deflating the Pattern 50N. 2. Ask and answer questions as required to ensure trainee comprehension. 3. Direct trainees to deflate the ILJ as shown. 4. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 2:	**Use a Special Duties Life Jacket.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
2.1	State the purpose of the SDLJ used in the RAN.	1. Discuss with the trainees that the SDLJ is used for hazardous/general duties on the upper deck or boat work. 2. Explain that the SDLJ is very similar to the Pattern 50N once inflated, however, when packed is a compact vest design. 3. Ask and answer questions as required to ensure trainee comprehension.	
2.2	Identify the stowages for the SDLJ.	1. SDLJs are stowed in various positions in vessels i.e., in the main passageway or sometimes in the SE workshop; you should familiarise yourself with their position on joining. 2. Ask and answer questions as required to ensure trainee comprehension.	
2.3	Demonstrate the correct method of wearing the jacket	1. Demonstrate the technique of wearing the SDLJ, and state the common checks carried out prior to use. **Note:** SDLJ are not to be worn when in aircraft or between decks because of the automatic inflation qualities when immersed in water. 2. Ask and answer questions as required to ensure trainee comprehension.	
2.4	Demonstrate the two methods of inflating the SDLJ	1. Demonstrate the automatic inflation system to the trainees and subsequent secondary toggle method. 2. Demonstrate to the trainees the technique for deflating the jacket. 3. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 2:	**Use a Special Duties Life Jacket.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
2.5	Identify the items fitted to the SDLJ.	1. Indicate the survival aids fitted to the jacket, giving an explanation of each one. 2. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 3:		**Operate a Personal Locator Beacon**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
3.1	Demonstrate the correct method of activating and using the PLB.	1 Explain and demonstrate the following process on the activation and operation of the Personal Locator Beacon: • Peel away buoyancy pouch if fitted • Flip up the red pull handle, Pull the antenna cover off • Hold the end of the antenna. Unwrap the antenna until it stands vertical, noting potential eye injury • Press the ON button • Fit PLB to inflated SDLJ via the PLB Attachment Cuff 2 Explain that transmission of the first emergency alert message takes place 50 seconds after initial activation.	Training PLB ABR 1977 Special Duties Life Jacket PLB Attachment Cuff
3.2	Demonstrate the deactivation of the PLB	1. Explain and demonstrate the following process to turn off the SafeLink SOLO: • press and hold the TEST button for several seconds until the indicator light stops flashing.	Training PLB ABR 1977

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 3:		**Operate a Personal Locator Beacon**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
3.3	State the two actions to be taken due to inadvertent activation resulting in a false alert	1 Explain the two actions to be taken in the event of an inadvertent activation: • Switch off the PLB and notify the appropriate rescue services or authorities at the earliest possible time. • Contact the rescue services, coastguard, or police by radio or telephone to advise them of the false alert. • In Australia contact AusSAR Tel 1800 406 406	Training PLB ABR 1977

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 4:	**Don a Thermal Protective Suit.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
4.1	State the purpose of the (TPS).	1. Explain to the trainees that the (TPS) could be the difference between 'life and death' if you have to abandon ship. It will act as an insulator and is designed to keep the wearer dry, and therefore warm. 2. The (TPS) is Orange in colour and has reflective strips attached. 3. Ask and answer questions as required to ensure trainee comprehension	
4.2	Identify the stowage for the TPS.	1. . Identify the containers that house the (TPS) and explain that major vessels will have containers that hold 100 suits. Minor vessels may have different stowages. 2. State that TPSs will be issued on the order from command, according to the weather conditions in the location of the abandonment. 3. Explain that the person I/C at the emergency station will send sufficient personnel (about 20) to collect TPSs as required from their stowage's. 4. State that expelling most of the air from the suit is very important, as it will hamper your movement through the water. 5. Ask and answer questions as required to ensure trainee comprehension	
4.3	Demonstrate the correct method of donning and	1. Using one of the trainees, demonstrate the (ten) steps of donning the TPS using the buddy method. Explain that one person is to be fully dressed before starting another; this is to reduce the risk of both members from	

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 4:	**Don a Thermal Protective Suit.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
	wearing the TPS.	getting wet. 2. Highlight the importance of not damaging the suit when dressing, as this will render it useless. 3. Select an appropriate area, direct the trainees to pair up and dress each other step by step under direction. 4. Direct the participants to perform star jumps and warm up in their TPSs. 5. Ask and answer questions as required to ensure trainee comprehension	
4.4	Inspect for dressing faults.	1. Conduct faultfinding techniques to ensure that trainees are dressed correctly. 2. Ask and answer questions as required to ensure trainee comprehension	
4.5	Demonstrate the procedural steps for doffing the TPS	1. Demonstrate to the trainees the correct procedure for removing the TPS. 2. Demonstrate the repacking procedures for the TPS. 3. Ask and answer questions as required to ensure trainee comprehension	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 5:	**Operate Inflatable Life Raft (ILR) fitted to RAN vessels.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
5.1	List the external features of the SOLAS ILR.	1. Inform the trainees that on completion of this section, individuals will be able to explain and demonstrate procedures and techniques used to launch, board, right a RAN SOLAS (ILR). 2. Inform trainees that they will also to work together as a team in demonstrating survival techniques taught. 3. Show trainees a SOLAS (ILR) mounted on a vessel 4. Ask and answer questions as required to ensure trainee comprehension. 5. Discuss the characteristics and external fittings attached, also the associated mounting arrangements as follows: **a. Ship Fittings:** i. ILR cradle stowage, ii. ILR retaining gripes. **b. Hydrostatic release stowage arrangements as follows:** i. Bowsing down line, ii. Pinter line, iii. Release tag, iv. Securing shackle,	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 5:		**Operate Inflatable Life Raft (ILR) fitted to RAN vessels.**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		v. Hydrostatic release unit, vi. Weak link (red), viii. Securing line and viii. Quick release fitting.	
5.2	Describe the procedures to launch a SOLAS ILR.	1. Using the demonstration ILR and visual aids, explain the manual launching procedure sequence that would be carried out on the order to abandon ship. 2. Explain to the trainees that there is a possibility that their ILR may not be manually released when the ship sinks, therefore the automatic launch will occur. State this process step by step. 3. Ask and answer questions as required to ensure trainee comprehension.	
5.3	Describe the procedure used to right a capsized SOLAS ILR	1. Using visual aids and case scenarios explain and demonstrate to the participants the techniques and procedures in righting a capsized ILR as follows: a. Turn the liferaft into the wind. b. Climb onto the inverted life raft placing feet on the CO2 cylinder. c. Grasp righting strap, pull and lean back don't jerk. 2. Once raft is passed vertical, jump clear. 3. Ask and answer questions as required to ensure trainee comprehension.	

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LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 5:		**Operate Inflatable Life Raft (ILR) fitted to RAN vessels.**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		4. Demonstrate the drills listed using a dry inflated model of the ILR. 5. Ask and answer questions as required to ensure trainee comprehension.	
5.4	Launch a SOLAS ILR		
5.5	Board the SOLAS (ILR).Unassisted	1. Explain to the trainees that it can be essential for their survival to board a liferaft, either assisted or unassisted in the event of an emergency. Demonstrate the two methods for a survivor to enter the water. 2. Describe and demonstrate the four methods used to assist a survivor enter a liferaft from the water. 3. Ask and answer questions as required to ensure trainee comprehension. 4. Demonstrate the four techniques of entering a liferaft unassisted; use the demonstration ILR where possible. 5. Ask and answer questions as required to ensure trainee comprehension.	
5.6	Right a capsized SOLAS ILR		

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
6.1	List the survival priorities in correct order.	1. Inform trainees that on completion of this section, participants will have an understanding of survival priority PROTECTION in a marine survival environment. 2. Explain that PROTECTION is the most important part of survival. It has many facets they include physical and psychological elements that will be affect the chances of survival. 3. Ask and answer questions as required to ensure trainee comprehension.	
6.2	List protection survival aids contained in the life raft survival pack	1. Display the protection survival aids that can be found in the liferaft survival packs; a. Sponges b. Playing cards c. Leak stoppers d. Paddles e. Rescue sheet (space blanket) f. Hand pump g. Medical pack h. Sea anchor (drogue)	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		i. Deflation key j. Survival handbook k. Knife l. Raft repair kit m. Hand pump bellows 2. Ask and answer questions as required to ensure trainee comprehension.	
6.3	List and demonstrate the techniques to be carried out during the immediate action drills.	1. List and demonstrate the actions to be carried out in immediate action drills when abandonment is ordered: a. Cut the painter liner. b. Get away from the sinking ship. c. Look and rescue survivors. d. Stream the drogue. e. Check raft for leaks and f. Close entrances as required. 2. Ask and answer questions as required to ensure trainee comprehension.	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
6.4	State the subsequent action drills.	1. State the subsequent action drills to be taken: a. Tend to survivors. b. Dry the floor of the raft. c. Inflate the floor of the raft if cold climate. d. Adjust entrances to suit conditions. e. Open survival pack and deploy EPIRB. f. Set up solar still. g. Set up a watch system and post lookout routines, no longer than twenty minutes. h. Tend to sick/injured. 2. Ask and answer questions as required to ensure trainee comprehension.	
6.5	State the measures to be taken to combat adverse weather conditions in a life raft.	1. Explain to the participants the methods of combating hot and cold conditions while in the Raft, as follows: a. Close or open entrances; b. Inflate or deflate the floor; c. Dry floor in cool conditions or wet the canopy with sponges in hot	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		weather. d. Don or TPS if cold. e. Dampen clothing. f. Stay out of direct sunlight. 2. Ask and answer questions as required to ensure trainee comprehension.	
6.6	State the physical aspects of survival in a marine environment and the actions to be taken.	1. State some of the physical injuries and subsequent actions taken in the marine environment. a. Dehydration- Drink your whole water ration and stay in the shade. b. Sunburn- Sunscreen in survival pack. c. Sea creatures- Stay out of the water. d. Broken bones- Use paddles as splints. e. Sea sickness- Take tablets, even if you do not get sick. f. Hypothermia- Treat cold people IAW standard treatment. g. Hyperthermia- Treat hot people IAW standard treatment. 2. Ask and answer questions as required to ensure trainee comprehension. 3. Explain the definition and state the symptoms of Hypothermia to the	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		participants: a. Hypothermia-"is the lowering of the body's core temperature". Explain to the trainees what inner-core temperature is. b. Symptoms of Hypothermia are as follows: i. Cold to touch- Check by touching the groin and armpits. ii. Looking cold- (blueness) lips hands, feet extremities. iii. Shivering uncontrollably. iv. Loss of memory, i.e. basic arithmetic. v Confused/Disorientated. 4. Explain to the participants the term 'Short Term Immersion is used when a survivor is in the water for less than 30 Min. Techniques have been developed to increase the chances of survival this is known as the HELP method. 5. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
6.7	Describe Heat Escape Lessening Posture, (HELP) and the subsequent techniques.	1. Describe and demonstrate the four '**H**eat **E**scape **L**essening **P**osture' (**HELP**) positions, these techniques are said to improve the chances of survival by up to 70%. The following techniques apply: a. Draw knees up to the chest. b. Interlock fingers and place over the knees, to avoid slipping. c. A pool of warm water will now form around the groin and the inner core. 2. In the event of inclement sea state conditions, a modified HELP should be applied for stability. This has a 60% survival rating and should a single survivor technique as follows; a. From the HELP position, straighten legs, cross at the ankles. b. Plunge hands between legs in the groin area. 3. When three of four survivors find each other they can 'huddle.' This will increase the target area for rescue purposes also to increase warmth and help morale within the group. 'HUDDLE'; a. Survivors force themselves 'on top' of their lifejacket to achieve the standing position, vertical in the water.	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		b. Gripping hands and pulls each other close together. c. The arm of the survivor grips onto the shoulder of the adjacent survivor underneath the collar of the jacket. ‘GROUP HUDDLE’ 4. Explain to the trainees that in the event that four or more survivors arrive a ‘Group Huddle’ can be formed as followed: a. Survivors form a ring, legs facing each other. b. Knees are drawn up so a pool of warmer water is formed around the groin. c. Place arms over adjacent survivors shoulders under the collar of their jacket. d. Group should draw the huddle in to close, maintaining a circle and close the gaps to avoid warm water loss. e. Injured survivors can be placed in the middle to be watched and kept warm. f. Communication is a very important aspect of the huddle; basic responses and commands to each other are helpful.	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		5. Ask and answer questions as required to ensure trainee comprehension.	
6.8	Describe and demonstrate the injured person tow.	1. Describe and demonstrate the technique for towing an injured person through the water. 2. If the injured person is conscious, instruct them to adopt the HELP position. 3. Describe the meaning of 'Post Immersion' and identify the systems. 4. When a survivor has been removed from the water they are vulnerable to post immersion sickness. This could occur for up to 72 Hours after entering the raft. Symptoms may include: a. Inflation in the lungs b. Acute swelling of the lungs c. Lack of oxygen d. Lung infection e. Pneumonia f. Secondary drowning g. Death.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		5. The use of face shields in the water may help to minimise these symptoms. 6. Ask and answer questions as required to ensure trainee comprehension.	
6.9	Describe and demonstrate the method of treating a Hypothermic casualty.	1. Stipulate the importance of treating Hypothermia casualties while in a raft. 2. The following are rewarming techniques that should be adopted: a. Remove from the source of the cold- *(cold water and wind).* b. Stop wind and drafts- *(close down the entrances of the raft).* c. Remove wet clothing. d. Wrap the victim in a space blanket across the thighs of three survivors, and warm casualty gradually. e. Check vital signs- *(pulse, breathing and consciousness).* f. Ensure casualty is not rubbed dry and the lifejacket is refitted over the space blanket. 3. Ask and answer questions as required to ensure trainee comprehension. 4. State some of the other physical injuries that may occur in a marine environment are: a. Immersion foot	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:	**Describe the survival priority PROTECTION application needed for a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		b. Skin ulcerations c. Sea sickness d. Broken bones e. Sunburn f. Various stings from sea creatures g. Frostnip and frostbite 5. Ask and answer questions as required to ensure trainee comprehension. 6. Explain to the trainees that as well as physical injuries there is also some psychological factors that can come into play in survival situations, they are: a. Boredom b. Fear c. Panic d. Loneliness e. Pain f. Fatigue 7. These affects can be overcome by the need for the will to survive.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 6:		**Describe the survival priority PROTECTION application needed for a marine environment.**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		8. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 7:	**Operate survival LOCATION devices used in a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
7.1	List location aids Packed in survival packs.	1. Explain to the trainees that on completion of this section participants will be able to explain and demonstrate the application of LOCATION devise in the marine environment. 2. Display the survival items found in the liferaft and survival pack as follows; a. Matches. b. Cyalume sticks. c. Lithium batteries- for lighting in the raft. d. EPIRB. e. Radar rocket flares. f. Day/night handheld flares. g. Torch. h. Whistle. i. Sea blitz. 3. With the use of visual aids demonstrate the deployment and activation of the 406 MHz EPIRB, and its position on the raft. 4. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 7:	**Operate survival LOCATION devices used in a marine environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
7.2	Describe the role of EPIRB in aiding rescue in the marine environment.	1. Explain to the participants that as well as being fitted with the 406 EPIRB there is also the 121.5 MHz EPIRB, which will be found inside the raft not in the survival pack. State the different characteristics between the two. 2. Ask and answer questions as required to ensure trainee comprehension.	
7.3	Safely activate Day / Night and Rocket flares.	1. Explain to the trainees that there two main types of flares in the RAN, however there are three basic safety rules that cover all flare firings; a. Read the instructions, printed on the side of the flare Always fire downwind, b. Safety of personnel and equipment, check in the line of fire, 2. State the characteristics of the radar rocket flare used in the RAN, Discuss safety requirements; a. Do not fire when aircraft are in the vicinity b. Ensure that falling flare does not fall on the raft. 3. Ask and answer questions as required to ensure trainee comprehension. 4. State the characteristics of the Day/Night flare; 5. Point out to participants that each end of the flare can be used for rescue. One	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 7:		**Operate survival LOCATION devices used in a marine environment.**	
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		end is for day use (smoke), the other for night (flame). 6. Direct the students to gather in the flare firing demonstration area. 7. Ask and answer questions as required to ensure trainee comprehension. 8. Conduct safety brief and demonstrate the technique for discharging the flares. 9. Direct each trainee in turn to discharge the flares provided, under supervision. 10. Ask and answer questions as required to ensure trainee comprehension.	
7.4	Use a Heliograph.	1. Demonstrate the method of using a Heliograph as another form of signalling and explain the characteristics. 2. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 8:	**Describe the application of the survival priority WATER in a marine survival environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
8.1	Describe the problems survivors face with regards to water.	1. Explain to the trainees that water is essential for life! In a survival situation the necessity to conserve and ration water is amplified. 2. Explain the problems facing survivors with water are; a. Conservation of water in the body, b. Rationing of fair and adequate amounts of water, c. Procurement of water, making water. 3. Ask and answer questions as required to ensure trainee comprehension.	
8.2	List ways water can be lost from the body.	1. Explain to participants that the average body holds approximately 45 litres of water. The loss of 15 litres of water will result in death. Some of the ways that the body can loos water are; a. Vomiting-Take sickness tablets. b. Profuse perspiration-Remove excess clothing cool down raft. c. Bleeding-Apply first aid. d. Diarrhoea. 2. Advise the trainees against the consumption of the following liquid: a. Alcohol- acts as a diuretic, rids the body of fluid.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 8:	**Describe the application of the survival priority WATER in a marine survival environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		b. Sea water- will send the survivor crazy. c. Urine- it is the bodies' waste product. 3. Ask and answer questions as required to ensure trainee comprehension.	
8.3	State methods of reducing body fluid loss.	1. State the methods of reducing fluid loss in the body as follows; a. Discourage smoking b. Rid the body of solid waste as soon as possible c. Issue 500 ML of water per person after 24 hrs, per day. d. Issue at sunrise, mid-day and sunset- routine meal times will help time pass. 2. Conserve body fluid, not your water ration. Ensure that every one consumes their 500mL of water each day. 3. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 8:	**Describe the application of the survival priority WATER in a marine survival environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
8.4	Describe ways in which water can be produced in a marine survival situation.	1. Describe the ways that water can be procured in a marine survival environment as follows: a. Collect rainwater in the raft canopy, clothing can also be used. b. Condensation- can be collected inside the raft using sponges. c. Solar still- explain the operation of the still (evaporation). The still will work in cloudy condition and also at night. 2. Ask and answer questions as required to ensure trainee comprehension.	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 9:	**Describe the survival priority FOOD in a marine survival environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
9.1	State the size of the survival ration and when it should be eaten.	1. Explain to the trainees that food is the last survival priority and therefore the least important. 2. State the need to only consume the survival biscuits in the early stages of abandonment, to a. Provide a quick source of energy to the survivor. b. Require little water for digestion c. Produce little waste. 3. Inform the participants that food rations must be given out at the same time each day. **NOTE:** The survival pack contains enough food rations for three days. 4. Ask and answer questions as required to ensure trainee comprehension. 5. Explain that each ratio contains 100gm in (two 50gm bars) which can be eaten as the survivor wishes.	
9.2	State the reason for not consuming foods other than contained in the survival pack	1. Explain food other than in the survival pack can be eaten however extra rations of water would have to be obtained first. 2. State the fact that the body will need more water to digest other types of food that may be procured.	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 9:	**Describe the survival priority FOOD in a marine survival environment.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
9.3	List other foods and the methods of procuring them in a marine survival environment.	1. Discuss food procurement in a marine survival situation. Some food sources in a survival environment are: a. Seaweed: - Good source of nutrients, ensure that edibility test is carried out to avoid poisoning. b. Fish: - Are excellent eating, and must be eaten raw. Check for signs of inedible fish, some signs are; i. Slimy gills ii. Flabby flesh or skin iii. Strong smell iv. Parrot, tusk or humanoid teeth v. Flesh remains dented when pressed. c. Turtles: - Good source of nutrients. Must be killed before bringing in to the raft. Blood can be drunk; this can provide valuable hydration. Eggs can be eaten too. d. Seabirds: - Must be bled before consuming. Do not drink blood, as it is toxic. 2. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
10.1	State why a ship may go to emergency stations.	1. List some of the reasons and give historical accounts that naval vessel would be required to assume a state of emergency. Include the following common occurrences: a. Fire, b. Flood, c. Collision, d. Grounding, e. Helo crash on deck, and f. For exercise. 2. Ask and answer questions as required to ensure trainee comprehension.	Using Visual Aids and actual equipment at all times where possible).
10.2	State the limiting factors that will affect and hamper survival.	1. State the limiting factors which will hamper our survival not limited to the following: a. Drowning, b. Exposure to the elements, c. Lack of nourishment (primarily water), and Psychological factors. Ask and answer questions as required to ensure trainee comprehension.	Watch and Station Bill

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
10.3	State the procedures for the three stages of the abandonment process in the RAN.	1. With the aid of the Watch and Station Bill, show trainees where information is located regarding: a. Emergency Stations; b. Leaving Ship Stations; and c. Abandon Ship.(drills) 2. Discuss the three stages of the abandonment process, where possible give 'visual' demonstrations or scenario exercises to demonstrate the actions to be taken on hearing the following pipes: a. **"Hands To Emergency Stations"** i. Prepare for abandonment, ii. Move away from danger, iii. Account for personnel by name, and iv. Collect life jacket and Thermal Protective Suit (TPS) as directed. b. **"Hands To Leaving Ship Stations"** i. Don lifejacket and TPS;	

UNCLASSIFIED

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		ii. Names are to be checked against life raft checklist; iii. Designated life raft launches –stand by to launch rafts. iv. I/C send runner report to command. c. **"<u>All Hands Abandon Ship</u>"** i. All hands are to stop what you are doing and get off the ship; ii. Life rafts are to be launched as directed; iii. Board life rafts dry if possible using scramble nets, fire hoses, ropes or, perform safety jump into the water. Ask and answer questions as required to ensure trainee comprehension.	
10.4	Correctly abandon ship and board an ILR.	1. Inform trainees that for the final part of SAS training, all trainees will spend time at sea in an ILR. 2. Direct trainees to the wharf area and explain the scenario that they will undertake. 3. Direct trainees to 'Hands to Emergency Stations" 3. Direct trainees to 'Hand to Leaving Ship Stations" 4. Direct trainees to prepare the ILR for launch.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		5. Direct trainees to don ILJ and TPS as previously carried out. 6. Direct trainees to 'Abandon Ship'	
10.5	Carry out 'Survival Drills'	1. Board the ILR 2. Carry out drills as directed.	
10.6	State the three possible methods of rescue in a marine environment	1. Discuss with the trainees the methods and techniques of rescue from a marine environment. 2. Explain that some of the events that would invoke a search and rescue, would be; a. The receipt of an EBIRB signal b. Transmission of a radio signal (mayday) c. Sighting of flares d. Sighting of wreckage e. Overdue shipping f. Failure to observe radio schedules g. The receipt of a PLB signal. 3. Explain to the participants, that normally the search will start in the last known	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		position of the ship. With current EPIRB and PLB technology today, authorities will know the location within 3 hours. 4. Discuss some of the methods of rescue; a. **Wash ashore -** If you are washed ashore the priority survival techniques still work. However Protection, Location, Water and Food will change. b. **Rescue by ship** - A RHIB (rigid hull inflatable boat) can rescue you. Or come alongside and use a scramble net. c. **Rescue by helicopter** - Rescue by helicopter is most likely. <u>Rescue Via Helicopter</u> 5. State the safety precautions to be observed when being recovered by Helicopter. a. **Let the appliance earth** – Static electricity will build up to 40,000 volts and if grounding occurs through a human, it could result in death. Ensure that grounding occurs by hitting the water with the paddle. b. **Let appliance come to you**: - Do not reach for the appliance or enter the water unless directed. The pilot will manoeuvre the aircraft to affect the recovery.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 10	**Abandon ship-IAW RAN procedures.**		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
		c. **Let the aircrew do all the work**: - When you are recovered, do not attempt to enter the aircraft yourself. Do not fight the winch person in the aircraft, as they are under direction from the pilot. 6. Explain to the trainees that there are four methods of Helicopter rescue: a. **Single lift:** - Demonstrate to the class with the use of the Helicopter Retrieval Strop, the donning method and the winching signals. b. **Double lift**: - Via MK 4 Double lift harness and Helicopter Retrieval Strop,. c. **Rescue Net lift**: - Via Billy Pugh rescue net. Discuss the origins of the net. Demonstrate that the net will hold two people. d. **Stretcher lift:** - Via Paraguard or Carruthers litter. 7. Discuss with the trainees the dangers of D-ring reversal and Dynamic rollout. 8. Ask and answer questions as required to ensure trainee comprehension.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 11	Escape from Capsized RHIB		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**
11.1	State the four steps to escape from a capsized RHIB	1. Deflate 2. Locate 3. Orientate 4. Escape	
11.2	Successfully Escape from Capsized RHIB.	1. Direct trainees to the wharf area and explain the scenario that they will undertake. 2. Direct trainees that on completion of their H.E.L.P and Huddle positions, They are to back scull in groups of four to the floating wharf compound adjacent to the Capsized RHIB 3. Under direction of the I/C they are to deflate their Lifejackets and remove as much air as they can from their TPS's 4. Once ready they are, as a group duck under as instructed and move into position under the RHIB into the air pocket. They are then to inflate their lifejackets manually. 5. Once this has been achieved, as a group they then deflate their lifejackets and using the method taught duck under the RHIB and emerge on the other side and immediately re-inflate their lifejackets.	

LESSON MANAGEMENT GUIDE

Course: **Survival at Sea (New Entry)** Module Title: **Survival at Sea**

Module Time: **15 Hours**

LEARNING OUTCOME 11	Escape from Capsized RHIB		
LO/ Time	**Assessment Criteria**	**Instructional Activity**	**Training Aids**

SURVIVAL AT SEA

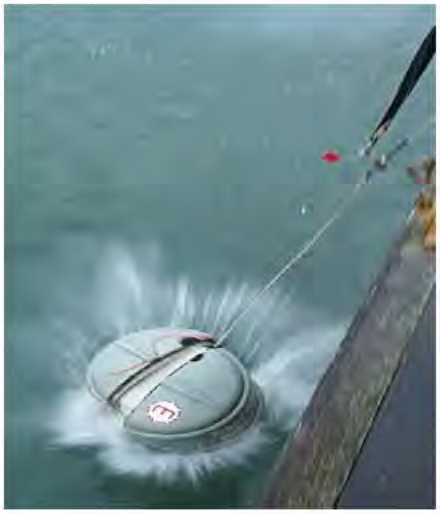
Abandonment Process

Emergency Stations - First Stage:

- Bring crew to a higher state of readiness
- Remove personnel from danger
- Account for personnel
- Organise damage control parties

Leaving Ship Stations - Second Stage:

- Issue lifejackets and TPS
- Muster at or near designated life rafts
- Don Life Jackets and Thermal Protective Suits
- Account for life raft occupants
- Prepare life raft for launching.



Abandon Ship - Final Stage:

- Launch life rafts
- Position raft near scrambling net, jumping ladders etc. (if possible) and inflate raft.
- Board life rafts, dry if possible, or perform a R.A.N. safety jump into the water.

All crew positions for Emergency and Leaving Ship Stations will be promulgated on the Watch and Station Bill.

RAN vessels may go to **Emergency Stations** for the following reasons; Fire, Flood, Collision, Grounding, Crash on Deck, Toxic Hazard, Training

Limiting Factors that will affect and hamper survival are;

- Drowning
- Exposure to the Elements
- Lack of Nourishment-(Particularly Water)
- Psychological Factors

Version 1.1 – April 2012 - SETS Staff

PATT50N LIFEJACKET

Primary Use -: **Emergency Use Only**
(Used in Helicopters and for swimmer of the watch as well)

Modes of Inflation -: **Two:** Manual and Oral Inflation tube. Dual Chambers in case one is damaged.

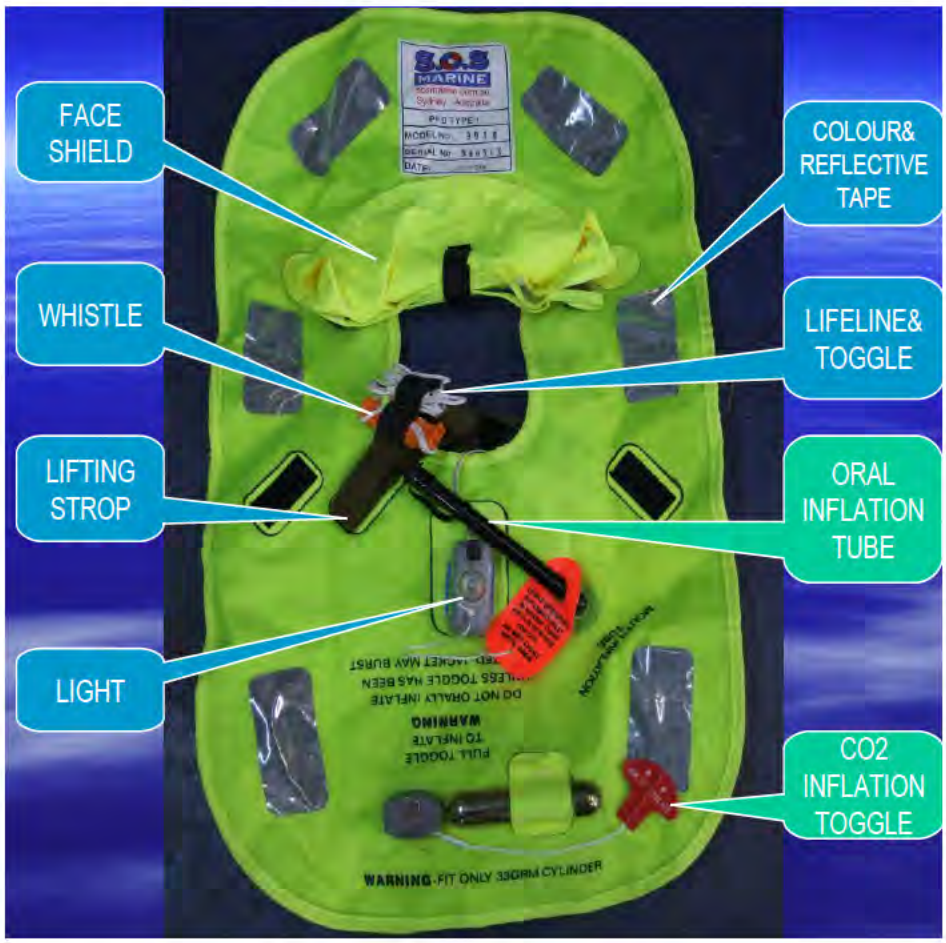
Location-: Passageways, near Messdecks and Escape Routes to the Upperdecks

Inflation System

- Co2 Inflation System: This is the initial system used to inflate the Pattern 50N lifejacket. Should this fail then the oral inflation valve is to be used.
- Oral Inflation: Used as an alternative means to inflate the lifejacket. Also designed for releasing of excess pressure in the buoyancy chamber, this is done by inverting the inflation tube cap and inserting the deflation key.

Survival Aids

- Lifeline and Toggle: Used to secure survivors together or to a floating object.
- Light and Battery: Provides a small light to indicate survivor's position at night. Life of battery is approximately eight (8) hours.
- Colour and Retro Reflective Tape: Lifejackets are brightly coloured and fitted with retro reflective tape so they can be seen during the day or night.
- Whistle: The high piercing note of the whistle is more easily heard and uses less energy than yelling.
- Lifting Strop: When a survivor is to be lifted from the water, the lifting strop provides a lifting point that will not injure the wearer or damage the preserver as the strain is transferred to the belt. Not to be used for Helicopter winching.
- Face Shield: Protects the survivor from secondary drowning. It is rolled across the face and secured with two Velcro tapes on the front of the jacket.



The correct way to manoeuvre in the water whilst wearing a life jacket is to:

BACK SCULL -

KNEES UP TO CHEST, ROTATING ARMS BACKWARDS SIMULTANEOUSLY IN A CIRCULAR MOTION.

SPECIAL DUTIES LIFEJACKET

NOT TO BE WORN BELOW DECKS OR IN AIRCRAFT DUE TO AUTOMATIC INFLATION

Primary Use -: Upper Deck Evolutions (RAS, Boat work)

Modes Of Inflation -**Three**: Automatic, Manual and Oral Inflation tube. Dual Chambers.

BEFORE DONNING -Read Instructions and Check **RED** Integrity Ties & Toggle

PERSONAL LOCATOR BEACON (PLB)

Features:

- 406MHz and 121.5MHz, 24 hours Transmit mode
- 5 year battery life
- 50 channel GPS
- Waterproof to 10m
- SOS flashing light

ACTIVATING THE PLB

Only ever activate in situations of grave or imminent danger.

1. Peel away buoyancy pouch if fitted

NOTE: Never completely remove the integral buoyancy pouch.

NOTE: The PLB is not designed to float in an upright position or transmit a distress alert when floating in water.

2. Lift up the red pull handle, pull the antenna cover off

IMPORTANT
The antenna cover is an anti-tamper seal, once broken it cannot be refitted.

3. Hold the end of the antenna. Unwrap the antenna until it stands vertical

CAUTION
Spring action antenna deployment; tilt the PLB away from your face before deploying the antenna.

4. Press the ON button

Transmission of the first emergency alert message takes place 50 seconds after initial activation. In the event of an accidental or false activation this delay allows time for the user to turn off the PLB before the first alert is transmitted.

DE-ACTIVATION OF THE PLB

To turn off the PLB, press and hold the TEST button for several seconds until the indicator light stops flashing. It is recommended the antenna is re-wound under the plastic peg. If possible, the yellow antenna cover should be pushed back in place and temporarily taped over, to avoid accidental pressing of the ON button.

ACCIDENTAL ACTIVATION OF PLB

If the PLB has been accidentally activated, or if the rescue has been affected before arrival of the rescue services, then:

a) Switch off the PLB by pressing and holding the 'TEST' button for several seconds until the indicator light stops flashing; and
b) Notify the Australian Maritime Safety Authority (AMSA) and HQJOC.

THERMAL PROTECTIVE SUIT

- Designed to be worn by personnel when abandoning ship
- Acts as an insulator and is designed to keep the wearer dry, and therefore warm.

LOCATION: Co-located in lockers with PATT50N lifejackets
In containers located on the upperdecks

TPS AND PATT50n DONNING PROCEDURE

1 Collect Pattern 50N and TPS.

2 Place TPS on Pattern 50N waist belt using loops provided. Place both to the rear of the body in the emergency position.

3 Bring lifejacket to the ready position in front of the body, open pouch, unroll lifejacket and don whilst making way to your life raft muster point.

4 Undo waist belt and remove TPS from belt. Open TPS pouch, remove TPS and place TPS pouch into TPS suit. Start donning suit through the neck opening, sea conditions may require you to be seated during dressing.

5 Secure the Pattern50n waist-belt loosely, then remove the life jacket from over the head. Place TPS hood on head and tighten neck draw cord.

6 Replace Pattern50n over head. Waist-belt should be loose.

7 Insert thumbs into opposite wrist seals, then crouch down.

8 Buddy will then take position behind and using both hands, run hands from ankles, up legs and body then down arms to force air out of the TPS via open wrist seals. Then tie up leg ties using a shoelace knot.

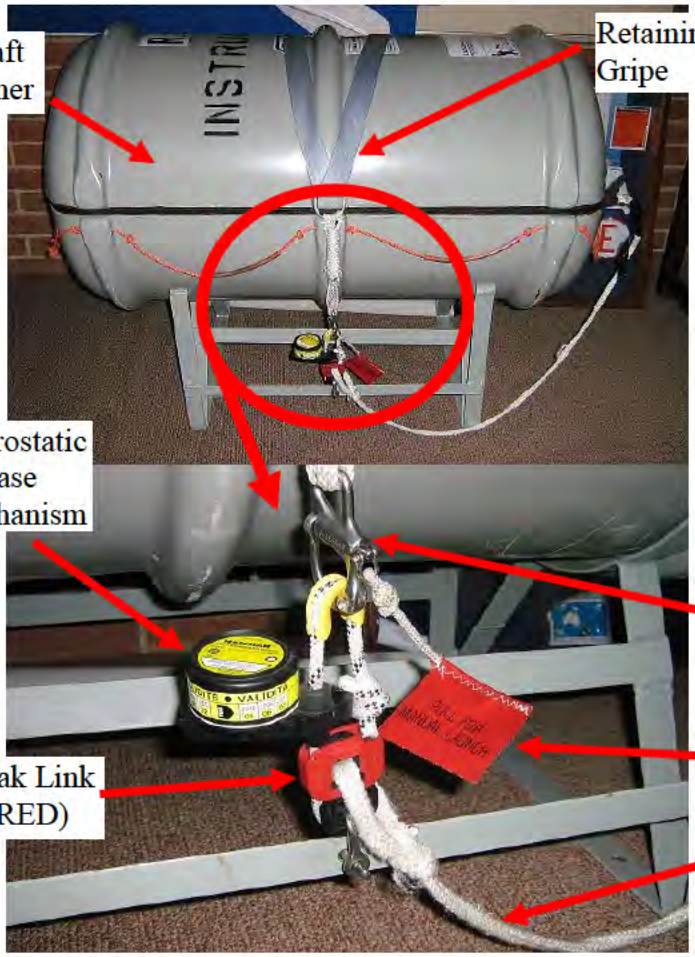
9 Check each other's dress, tighten waist belt and remove face shield from Velcro strips.

Entering the Water Wearing a Patt50n

RAN SAFETY JUMP

1. Check the water below.
2. Grasp inflation toggle with right hand.
3. Pistol grip under nose above mouth.
4. Legs together, knees slightly bent.
5. Look at horizon.
6. Step off.
7. Once your feet strike the water pull your inflation toggle to inflate your lifejacket.

RAN SOLAS LIFE RAFTS



MANUAL LAUNCH PROCEDURE

1. Check painter line and water below.
2. Activate quick release fitting.
3. Clear retaining gripe.
4. Roll life raft into the water.
5. Position life raft using painter line.
6. Pull painter line until life raft inflates.

AUTOMATIC LAUNCH

Activated by the "Hydrostatic Release Mechanism". When immersed in a water depth between 1.5m to 4 metres, the mechanism releases the Retaining gripe and the life raft floats to the service. Once life raft Painter line is fully paid out, the life raft will inflate, this will in turn separate the "weak link" on the mechanism allowing the life raft to float free.

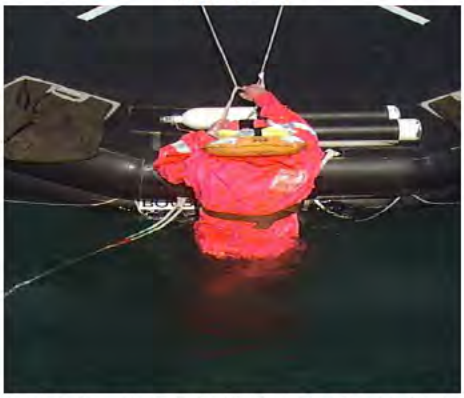
RIGHTING A CAPSIZED LIFE RAFT

KNOW THESE FOUR STEPS!

STEP 1

TURN LIFE RAFT INTO THE WIND

STEP 2



CLIMB ONTO INVERTED RAFT STANDING ON THE C02 CYLINDER

STEP 3

GRASP RIGHTING STRAP PULL AND LEAN BACK

STEP 4

ONCE THE RAFT IS **PAST VERTICAL, JUMP CLEAR**

Version 1.1 – April 2012 - SETS Staff

SURVIVAL PACK KEY COMPONENTS

Location Aids:

EPIRB, Heliograph, Day / Night Flares, Radar Rocket Flares, Strobe Light, Torch, Cyalume Sticks, Whistle, Matches.

Water Procurement:

Reverse Osmosis Pump, Solar Still, Water bags and Measuring Beakers large and small, to collect rain water and ration water out.

Other Survival Aids:

Paddles, Sea Anchor (Drogue), Barrier Cream, Medical Kit, Sponges, Can Opener, Life Line and Quoit (Rescue Survivors), Fishing Kit.

Life Raft Repair:

Repair Kit, Leak Stoppers, Valves & Plugs, Bellows Pump, and Deflation Keys.

PROT

LOCATION- The largest target possible to enable location and rescue.

WATER- Conservation of water both in and out of the body. The procurement of water.

FOOD- Conservation of food and energy. The procurement of food.

NOTE:

These priorities are your survival foundation. If you do not follow them you will not last long.

IMMEDIATE ACTION DRILL

- FREE LIFE RAFT BY CUTTING THE PAINTER LINE.
- GET AWAY FROM THE SINKING SHIP.
- LOOK FOR AND RESCUE SURVIVORS.
- STREAM THE DROGUE/SEA ANCHOR.
- CLOSE ENTRANCES IN COLD CLIMATES.
- CHECK FOR LEAKS.

SUBSEQUENT ACTION DRILL

- KEEP THE LIFE RAFT DRY WITH BAILER AND SPONGES, WRING OUT WET CLOTHING.
- TREAT INJURED.
- ISSUE SEA SICKNESS TABLETS.
- ORGANISE DUTIES- LOOKOUTS, WATER, FOOD, CASUALTIES etc.
- INITIATE EMERGENCY LOCATION AIDS- USE FLARES ONLY WHEN SEARCH CRAFT CAN BE SEEN.
- AVOID EXPOSURE, DO NOT SWIM, AND CONSERVE ENERGY.

SHORT TERM IMMERSION

The following positions will assist you to retain body warmth when in the water and hopefully prevent or delay HYPOTHERMIA which is THE LOWERING OF THE BODY'S INNER, CORE TEMPERATURE

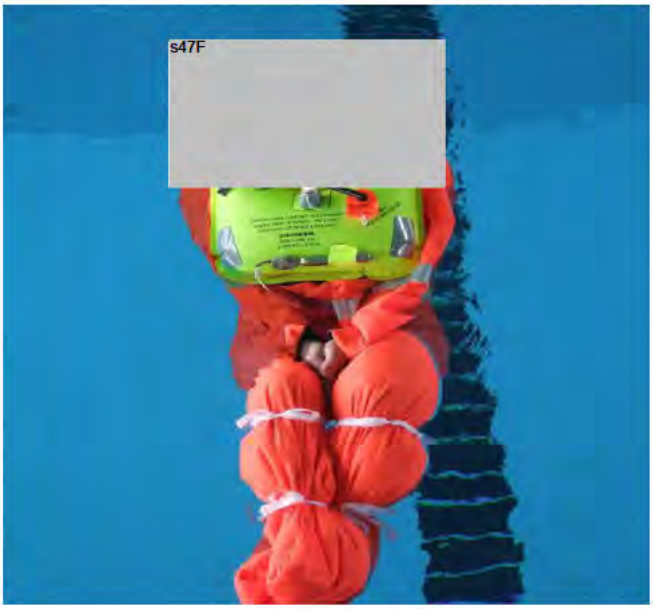
HEAT. ESCAPE. LESSONING. POSTURE.

HELP POSITION – Keep movement to a minimum, draw your knees up to your chest, keep knees together, lock hands around the front of your knees and relax.

ADVANTAGE - : RETAIN MORE WARMTH WITHIN THE BODY
DISADVANTAGE -: NOT VERY STABLE (BUOYANT)

MODIFIED HELP POSITION – Straighten your legs and cross them at the ankles, pull arms in along the sides of your chest and place your hands down into your groin.

ADVANTAGE -: MORE STABLE (BUOYANT)
DISADVANTAGE -: LESS WARMTH RETAINED IN THE BODY

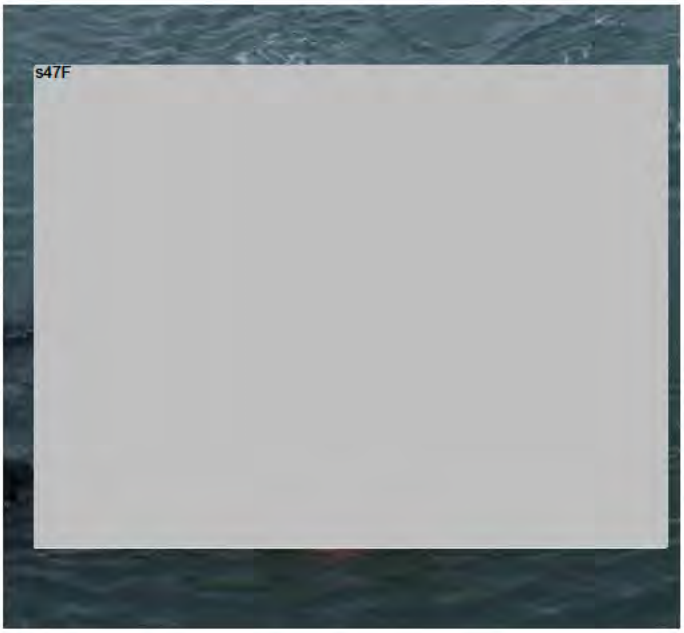


HUDDLE – **(GROUPS OF THREE OR FOUR)** Move together, position yourself over the top of your lifejacket, lock your arms over the top of the shoulders of the survivors beside you, lock your legs together straight down and relax.

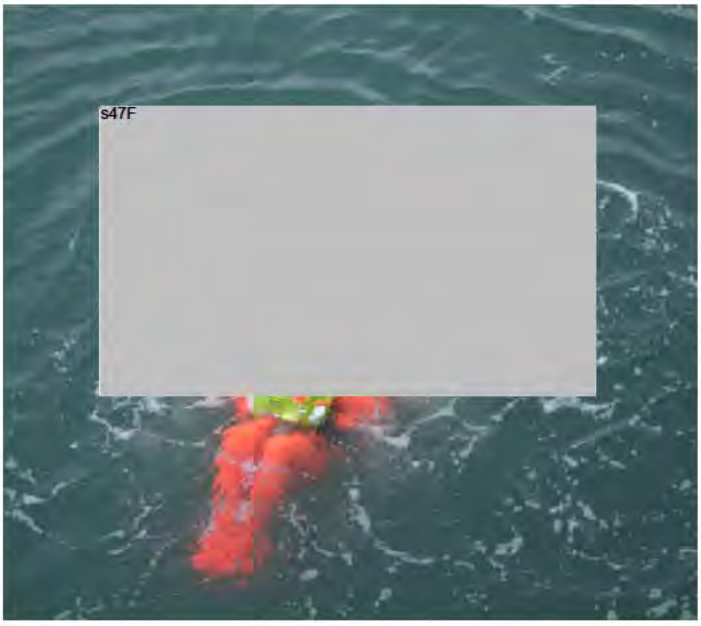
ADVANTAGES -: MORE STABILITY, RETAIN MORE WARMTH, MORALE.

GROUP HUDDLE – Lock arms over each other's shoulders to form a large circle, draw your knees up to your chest.

ADVANTAGES-: 360 DEGREE VIEWS OF SURROUNDINGS, MORALE, LARGER VISUAL TARGET, RETAIN MORE WARMTH AND CAN PLACE CASUALTIES IN THE CENTRE.



INJURED PERSON TOW – Person towing back sculls as taught, however, legs are kept straight, with feet tucked under armpits of injured person.
If possible injured person locks arms over feet of person towing and pulls knees to chest to reduce drag



LOCATION AIDS

EPIRB, Heliograph, Day / Night Flares, Radar Rocket Flares, Strobe Light, Torch, Cyalume Sticks, Whistle, Matches.

FLARE SAFETY RULES

- **READ THE INSTRUCTIONS (ON THE FLARE)**
- **ALWAYS FIRE FLARES DOWNWIND**
- **SAFETY OF PERSONEL AND EQUIPMENT**

NOTE -: LOOKOUTS ARE TO CONFIRM SIGHTING BEFORE LAUNCHING

WATER

Water and Food are not to be issued to Life Raft occupants until 24 hours AFTER boarding the Life Raft, (The only exceptions being for the treatment of casualties).

Key points for water

Conservation of water within the body.

1. Rationing of water provided.
2. The procurement of water to supplement the rations.

Conservation of water in the body

- Vomiting, take seasickness pills
- Keep as cool as possible
- Bleeding Bleeding will lead to serious fluid loss. Stop bleeding immediately IAW First Aid practices.
- Diarrhoea Extra water rationing may be required as large amounts of water may be lost.
- **DO NOT DRINK ALCOHOL, SEA WATER OR URINE** as these will only speed up the dehydration process. Smoking should be discouraged because it dries out the mouth and throat, however it should not be restricted as it may be bad for morale.
- Rid yourself of body wastes as soon as possible.
- Water provided in the life raft survival packs is supplied on a ratio of 500ml per person per day for three days. Supplied in 50ml sachets.
- Rationing should take place three times a day, do not horde your ration

Water Procurement:

Reverse Osmosis Pump, Solar Still, Water bags and Measuring Beakers large and small, to collect rain water and ration water out.

FOOD

SURVIVAL BISCUITS

REMEMBER:

THE AVERAGE PERSON CAN SURVIVE BETWEEN 25 AND 35 DAYS WITHOUT FOOD.

- 1 x 500g packet of rations is provided for each person
- Food is your last survival priority as it is not essential over a short period of time
- The biscuits can be broken down by the body using minimal water,
- The biscuits produce little if any waste product, and
- Provide quick energy to the survivor.

NOTE: If any food other than the rations provided is eaten there is a requirement for more water to be drunk so the food can be digested, otherwise dehydration will occur much quicker.

METHODS OF RESCUE

- WASH ASHORE
- RESCUE BY SHIP / BOAT
- RESCUE BY HELICOPTER

HELICOPTER WINCHING

TYPES

SINGLE LIFT – 1 X HELICOPTER RETRIEVAL STRAP

DOUBLE LIFT – 1 X DOUBLE LIFT HARNESS & 1 X HELICOPTER RETRIEVAL STRAP

RESCUE NET - 1 X BILLY PUGH RESCUE NET (UP TO TWO PERSONNEL LIFT)

STRETCHER LIFT – 1 X RESCUE STRETCHER

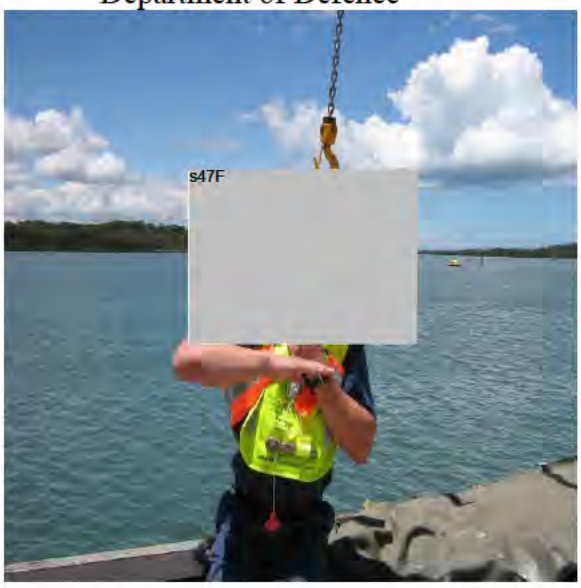
HELICOPTER WINCHING SIGNALS

READY TO LIFT –

ONE ARM EXTENDED, PALM HORIZONTAL, THUMB EXTENDED

CLEAR OF ALL OBSTRUCTIONS

– BOTH ARMS EXTENDED, PALMS HORIZONTAL, THUMBS EXTENDED - INFORMING AIRCREWMAN THAT YOU ARE CLEAR, NOT CAUGHT ON ANYTHING



LOWER AWAY –

ONE ARM EXTENDED HORIZONTALLY, IN AN EXAGGERATED WAVING MOTION

IF UNHAPPY WITH THE LIFT FOR ANY REASON, USE THIS SIGNAL TO LET THE AIRCREWMAN KNOW TO LOWER YOU BACK INTO THE WATER OR RAFT. ONCE YOU ARE READY THE PROCESS RECOMMENCES FROM THE START

RHIB Rollover Key Points

Terminology

RHIB – Rigid Hulled Inflatable Boat
Collar – The collar is the inflated chamber that surrounds the RHIB

RHIB Capsize Escape Procedure

STEP 1: DEFLATE
Deflate your life jacket by reversing the deflation key on your oral inflation tube and squeezing the life jacket with your arm at the same time.

STEP 2: LOCATE
Locate the closest Collar side to you. Be mindful that if the capsize occurs along side a ship there will only be one side from which you can escape from.

STEP 3: ORIENTATE
Orientate yourself so that you face inboard towards the centre of the RHIB. Ensure one hand is on the collar that you have just located. This movement will position you correctly for the next step.

STEP 4: ESCAPE

Take a breath. Push up against the collar with both hands, submerging yourself on your back and pull yourself backwards and out on the other side.

NOTES

REVISION

1. State the 3 stages of the Abandonment Process and the steps within each stage

STAGE 1: _____

A.

B.

C.

D.

STAGE 2: _____

A.

B.

C.

D.

E.

STAGE 3: _____

A.

B.

C.

2. On what document are Emergency and Leaving Ship stations detailed?

3. State reasons why a ship might go to Emergency Stations.

4. What are the four Limiting Factors that will affect and hamper survival?

5. What life jacket is used for emergencies? State the modes of inflation.

6. What life jacket is used for upperdeck evolutions? State the modes of inflation.

7. Where would Patt 50n life jacket lockers be located onboard?

8. What three things do you check before donning a Special Duties Life Jacket?

9. Why do Patt 50n and Special Duties Life Jackets have dual chambers?

10. Where should you NOT wear a Special Duties Life Jacket and why?

11. Explain how to deflate a life jacket.

12. List the survival aids fitted to the Patt 50n life jacket and their purpose.

13. State the two possible locations where Thermal Protective Suits may be stowed?

/

14. List, in order, the seven steps to entering the water wearing a Pattern 50N life jacket. (RAN Safety Jump)

A.

B.

C.

D.

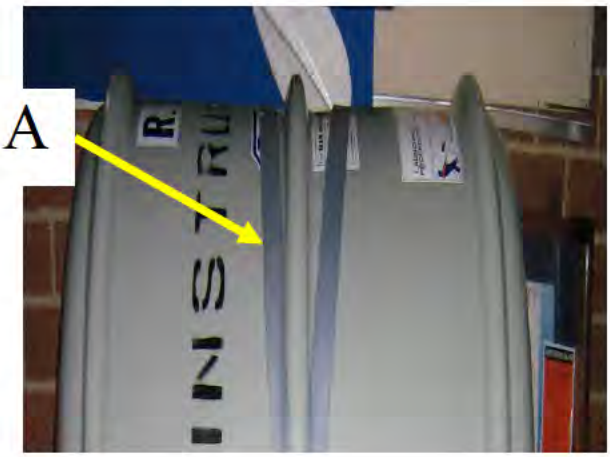
E.

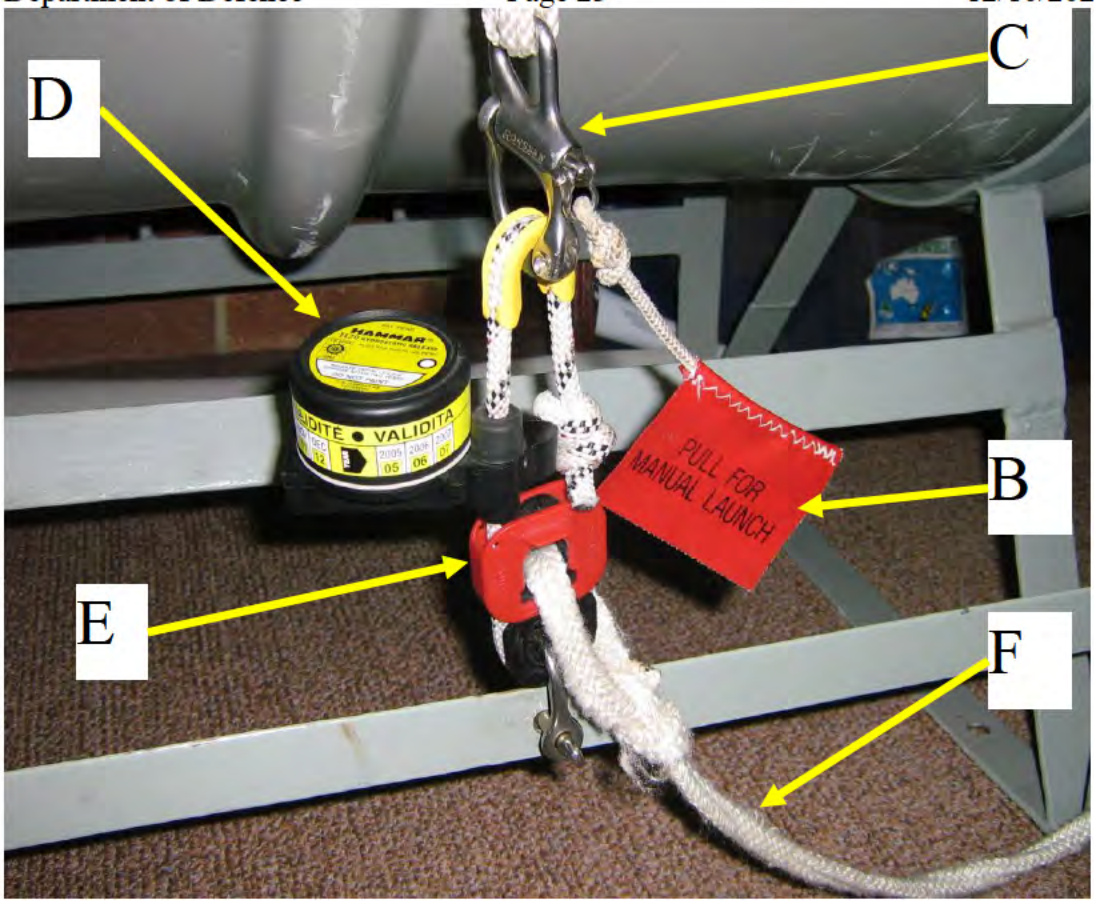
F.

G.

15. Explain the correct method of swimming whilst wearing a Pattern 50N life jacket and thermal protective suit.

16. Identify fittings indicated in pictures below.





A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

17. What are the six steps, in order, involved in manually launching an RAN life raft?

A.

B.

C.

D.

E.

F.

18. State the four steps, in order, involved in righting a capsized life raft.

A.

B.

C.

D.

19. List the Survival Priorities in order.

20. State what drill is to be carried out once everyone is inside the life raft. List all tasks involved in this drill.

21. List the Subsequent Action Drill.

22. State the three safety rules when firing flares.

23. List eight location aids supplied in the life raft survival packs.

24. State three ways you could acquire additional water to supplement that supplied in the life raft.

25. What survival aid supplied in the life raft would you use to rescue survivors in the water?

26. How long after entering a life raft should food and water be issued, and what is the only exception to this rule?

27. List the four positions you can adopt to aid heat retention whilst immersed in the water.

28. Define the term HYPOTHERMIA.

29. What are the three ways you could be rescued in a marine environment?

30. State the four Helicopter Winching techniques.

31. State, in order, the four steps to escape from a capsized RHIB.

32. What are the four steps to activate a Personal Locator Beacon (PLB)?

33. How do you turn off a Personal Locator Beacon (PLB)?

34. In the event of accidental activation of a Personal Locator Beacon (PLB), what should be done?

Survival at Sea New Entry (100048)

Theory Examination No 1

Title	Survival at Sea New Entry Examination No 1
Author (Owner)	Boatswain Faculty (SE Section)
Approver	TA-MW(S)
Version number	V3 Feb-13 V1490643
Date of last approval	Feb 13
Summary of last modifications	Update and insert Version Control
Next review date	Biennial
Coverage	Boatswain Faculty (HMAS CERBERUS)

SURVIVAL AT SEA

NEW ENTRY

1. **DO NOT** open this assessment booklet until told to do so.
2. **PRINT** your answers legibly in **BLOCK CAPITALS** on the **ANSWER SHEET** provided.
3. Write the letter or word that is **CORRECT** in the space provided.
3. **ATTEMPT** all questions.
4. One mark is allocated to each answer shown in the assessment booklet unless otherwise stated.
5. Each question means exactly what it says. Do not look for hidden meanings or exceptions.
6. If you have any questions, or if you have finished the assessment, raise your hand and wait quietly for the examiner to come to you.

Time Allocation: 50 Minutes

PART A – Safety: /25 PASS MARK 80% (20/25)

PART B – General knowledge: /40 PASS MARK 70% (28/40)

Combined Pass Mark 75% (48/65)

Candidate details

Name: ……

Rank: ……..

PMKeyS number: …….

PART A – Safety

1. If the Life raft inflates upside down or is inverted by inclement weather, state the four steps involved in righting the raft.

   a. _____

   b. _____

   c. _____

   d. _____

(4 Marks)

2. The Immediate Action Drill is to be executed by survivors on entry to the Life Raft. List all six tasks.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

(6 Marks)

3. Explain the correct method of swimming whilst wearing a Pattern 50N life jacket and thermal protection suit.

_____

_____

_____

(1 Mark)

4. List in order the seven steps to entering the water wearing a Pattern 50N life jacket.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

   g. _____

(7 Marks)

5. What is the purpose of the face shield fitted to the Pattern 50N lifejacket?

_____

_____

_____

(1 Mark)

6. What action do you take if the Pattern 50N lifejacket does not inflate when the inflation toggle is pulled?

_____

_____

_____

(1 Mark)

7. What is the primary use of the Pattern 50N Lifejacket onboard HMA Ships?

_____

_____

(1 Mark)

8. A Pattern 50N lifejacket has two inflatable buoyancy chambers to prevent drowning if the outer chamber is damaged.

TRUE / FALSE

(1 Mark)

9. State the 3 safety precautions to be taken when firing flares.

a. _____

b. _____

c. _____

(3 Marks)

PART B- General Knowledge

1. In the picture located on the last page of this exam, the letter C indicates what?

   a. Quick release fitting

   b. Hydro release fitting

   c. Ronstan release fitting

   d. Liferaft weak link

(1 Mark)

2. In the picture located on the last page of this exam, the letter A indicates what?

   a. Bowsing gripe

   b. Liferaft lowering gripe

   c. Retaining gripe

   d. Liferaft holding gripe

(1 Mark)

3. The preferred method of boarding a life raft is?

   a. Dry, utilising nets, ladders or ropes.

   b. As quickly as possible.

   c. The safety jump method into the water.

   d. None of the above.

(1 Mark)

4. In the picture located on the last page of this exam, the letter D indicates what?

   a. Pressure release mechanism

   b. Quick release mechanism

   c. Hydroquick release mechanism

   d. Hydrostatic release mechanism

(1 Mark)

5. Emergency and Leaving Ship Stations are detailed on what document?

   a. Duty Watchbill

   b. Watch and Station Bill

   c. Daily Orders

   d. Ships Standing Orders

(1 Mark)

6. Where are Pattern 50n lifejacket lockers found?

   a. Adjacent to each life raft.

   b. Personal kit lockers.

   c. Main passageways next to exits and messdecks.

   d. In all offices and workspaces.

(1 Mark)

7. Which of the following positions is the Modified H.E.L.P?

   a. Keep movement to a minimum, Draw your knees up to your chest, keep knees together, lock hands around the front of your knees and relax.

   b. Lock arms over each other's shoulders to form a large circle, draw your knees up to your chest.

   c. Move together, Position yourself over the top of your life jacket, lock your arms over the top of the shoulders of the survivors beside you, lock your legs together and relax.

   d. Straighten your legs and cross them at the ankles, pull arms in along the sides of your chest and place your hands down into your groin.

(1 Mark)

8. Define the word Hypothermia.

_____

_____

_____

(1 Mark)

9. What are the six steps involved in launching an RAN Life raft?

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

(6 Marks)

10. What is the lifeline and quoit used for in a RAN life raft?

_____

_____

_____

(1 Mark)

11. What lifejacket is to be worn when conducting upper deck evolutions?

_____

(1 Mark)

12. Explain why it is not recommended to wear a SDLJ below decks or in a helicopter.

_____

(1 Mark)

13. List four of the five duties to be carried out whilst at Leaving Ship Stations?

a. _____

b. _____

c. _____

d. _____

(4 Marks)

14. Name five survival aids fitted to the Pattern 50N lifejacket and their uses.

a. _____

b. _____

c. _____

d. _____

e. _____

(10 Marks)

15. List in order the four steps to escape from a capsized RHIB.

a. _____

b. _____

c. _____

d. _____

(4 Marks)

16. How long after entering a life raft should food and water be issued, and what is the only exception to this rule?

    a. _____

    b. _____

(2 Marks)

17. State the three possible means of rescue from a marine environment.

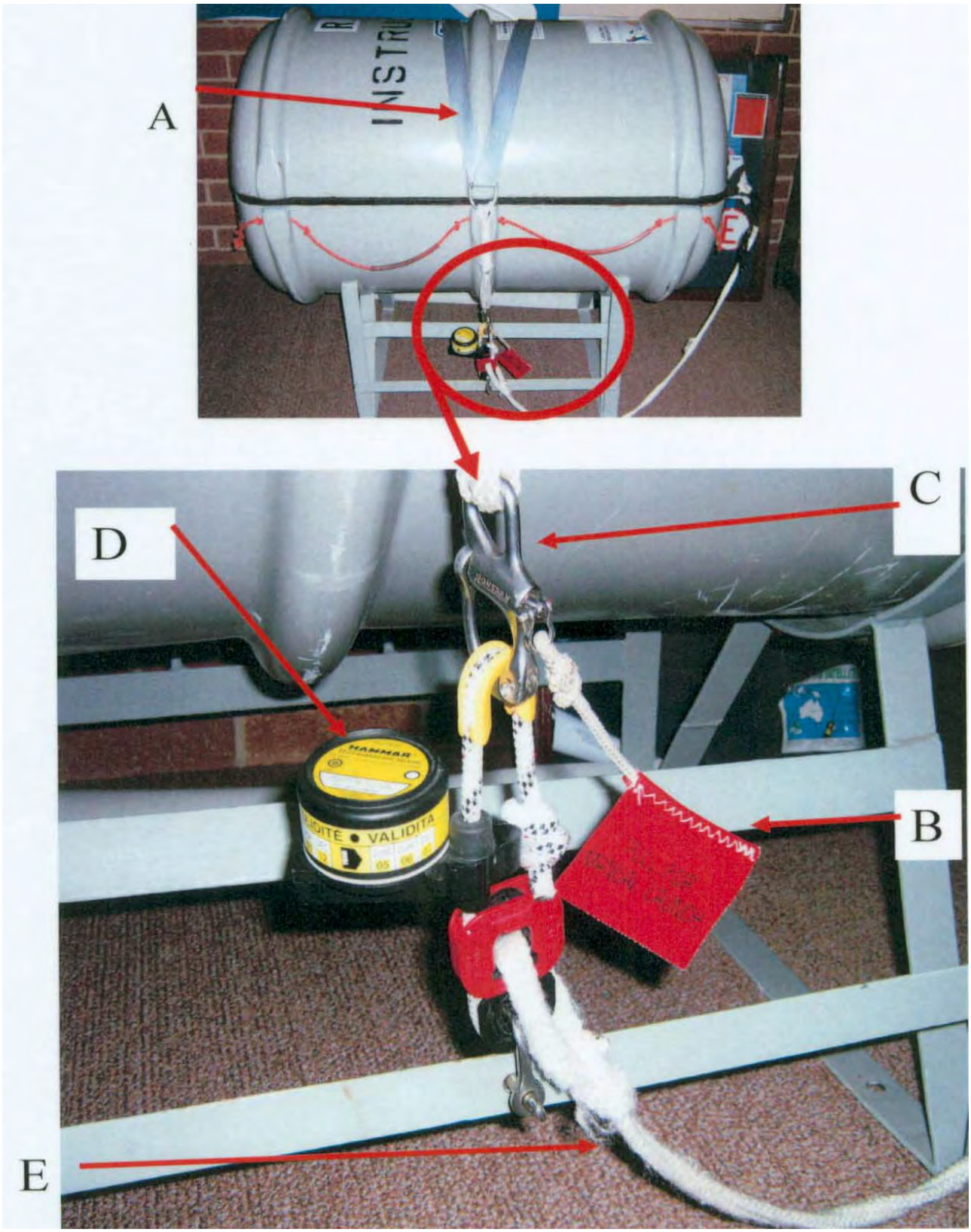
    a. _____

    b. _____

    c. _____

(3 Marks)

Survival at Sea New Entry Exam No. 1



Survival at Sea New Entry
(100048)

Theory Examination No 2

Title	Survival at Sea New Entry Examination No 2
Author (Owner)	Boatswain Faculty (SE Section)
Approver	TA-MW(S)
Version number	V4 Feb-13 V1490641
Date of last approval	Feb 13
Summary of last modifications	Update and insert Version Control
Next review date	Biennial
Coverage	Boatswain Faculty (HMAS CERBERUS)

SURVIVAL AT SEA

NEW ENTRY

1. **DO NOT** open this assessment booklet until told to do so.
2. **PRINT** your answers legibly in **BLOCK CAPITALS** on the **ANSWER SHEET** provided.
3. Write the letter or word that is **CORRECT** in the space provided.
3. **ATTEMPT** all questions.
4. One mark is allocated to each answer shown in the assessment booklet unless otherwise stated.
5. Each question means exactly what it says. Do not look for hidden meanings or exceptions.
6. If you have any questions, or if you have finished the assessment, raise your hand and wait quietly for the examiner to come to you.

Time Allocation: 50 Minutes

PART A – Safety: /25 PASS MARK 80% (20/25)

PART B – General knowledge: /40 PASS MARK 70% (28/40)

Combined Pass Mark 75% (48/65)

Candidate details

Name: ……

Rank: …….

PMKeyS number: …….

PART A – Safety

1. List in order the seven steps to entering the water wearing a Pattern 50N lifejacket.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

   g. _____

   (7 Marks)

2. The Immediate Action Drill is to be executed by survivors on entry to the Liferaft. List all six tasks.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

   (6 Marks)

3. What is the primary use of the Pattern 50N Lifejacket onboard HMA Ships?

   _____

   _____

   (1 Mark)

4. If the Life Raft inflates upside down or is inverted by inclement weather, state the four steps, in order, involved in righting the raft.

   a. _____

   b. _____

   c. _____

   d. _____

(4 Marks)

5. What is the purpose of the face shield fitted to the Pattern 50N lifejacket?

   _____

(1 Mark)

6. What action do you take if the Pattern 50N lifejacket does not inflate when the inflation toggle is pulled?

   _____

   _____

(1 Mark)

7. State the safety precautions to be taken when firing flares.

   a. _____

   b. _____

   c. _____

(3 Marks)

8. Explain the correct method of swimming whilst wearing a Pattern 50N lifejacket and thermal protection suit.

   _____

   _____

(1 Mark)

9. A Pattern 50N lifejacket has two inflatable buoyancy chambers to prevent drowning if the outer chamber is damaged.

   TRUE / FALSE

(1 Mark)

PART B- General Knowledge

1. On the diagram provided, the letter C indicates what?

   a. Quick release fitting
   b. Hydro release fitting
   c. Ronstan release fitting
   d. Liferaft weak link

(1 Mark)

2. On the diagram provided, the letter A indicates what?

   a. Bowsing gripe
   b. Liferaft lowering gripe
   c. Retaining gripe
   d. Liferaft holding gripe

(1 Mark)

3. What is the lifeline and quoit used for in a RAN liferaft?

   _____

(1 Mark)

4. On the diagram provided, the letter D indicates what?

   a. Pressure release mechanism
   b. Quick release mechanism
   c. Hydoquick release mechanism
   d. Hydrostatic release mechanism

(1 Mark)

5. Emergency and Leaving Ship Stations are detailed on what document?

   a. Duty Watch bill
   b. Watch and Station Bill
   c. Daily Orders
   d. Ships Standing Orders

(1 Mark)

6. Explain why it is not recommended to wear a SDLJ below decks or in a helicopter.

_____

_____

(1 Mark)

7. Which of the following positions is the Modified H.E.L.P?

   a. Keep movement to a minimum, Draw your knees up to your chest, Keep knees together, Lock hands around the front of your knees and relax.

   b. Lock arms over each other's shoulders to form a large circle, Draw your knees up to your chest.

   c. Move together, Position yourself over the top of your lifejacket, Lock your arms over the top of the shoulders of the survivors beside you, Lock your legs together and relax.

   d. Straighten your legs and cross them at the ankles, pull arms in along the sides of your chest and place your hands down into your groin.

(1 Mark)

8. Define the word Hypothermia.

_____

_____

(1 Mark)

9. What are the six steps, in order, involved in launching an RAN Life Raft?

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

(6 Marks)

10. The preferred method of boarding a life raft is?

    a. Dry, utilising nets, ladders or ropes.
    b. As quickly as possible.
    c. The safety jump method into the water.
    d. None of the above.

(1 Mark)

11. What lifejacket is to be worn when conducting upper deck evolutions?

_____

(1 Mark)

12. Where are Pattern 50n lifejacket lockers found?

    A. Adjacent to each life raft.
    B. Personal kit lockers.
    C. Main passageways next to exits and messdecks.
    D. In all offices and workspaces.

(1 Mark)

13. What are the five duties to be carried out whilst at Leaving Ship Stations?

    a. _____
    b. _____
    c. _____
    d. _____
    e. _____

(5 Marks)

14. State the four Survival Priorities in order.

    a. _____
    b. _____
    c. _____
    d. _____

(4 Marks)

15. List in order the four steps to escape from a capsized RHIB.

a. _____

b. _____

c. _____

d. _____

(4 Marks)

16. Name five survival aids fitted to the Pattern 50N lifejacket and their uses.

a. _____

b. _____

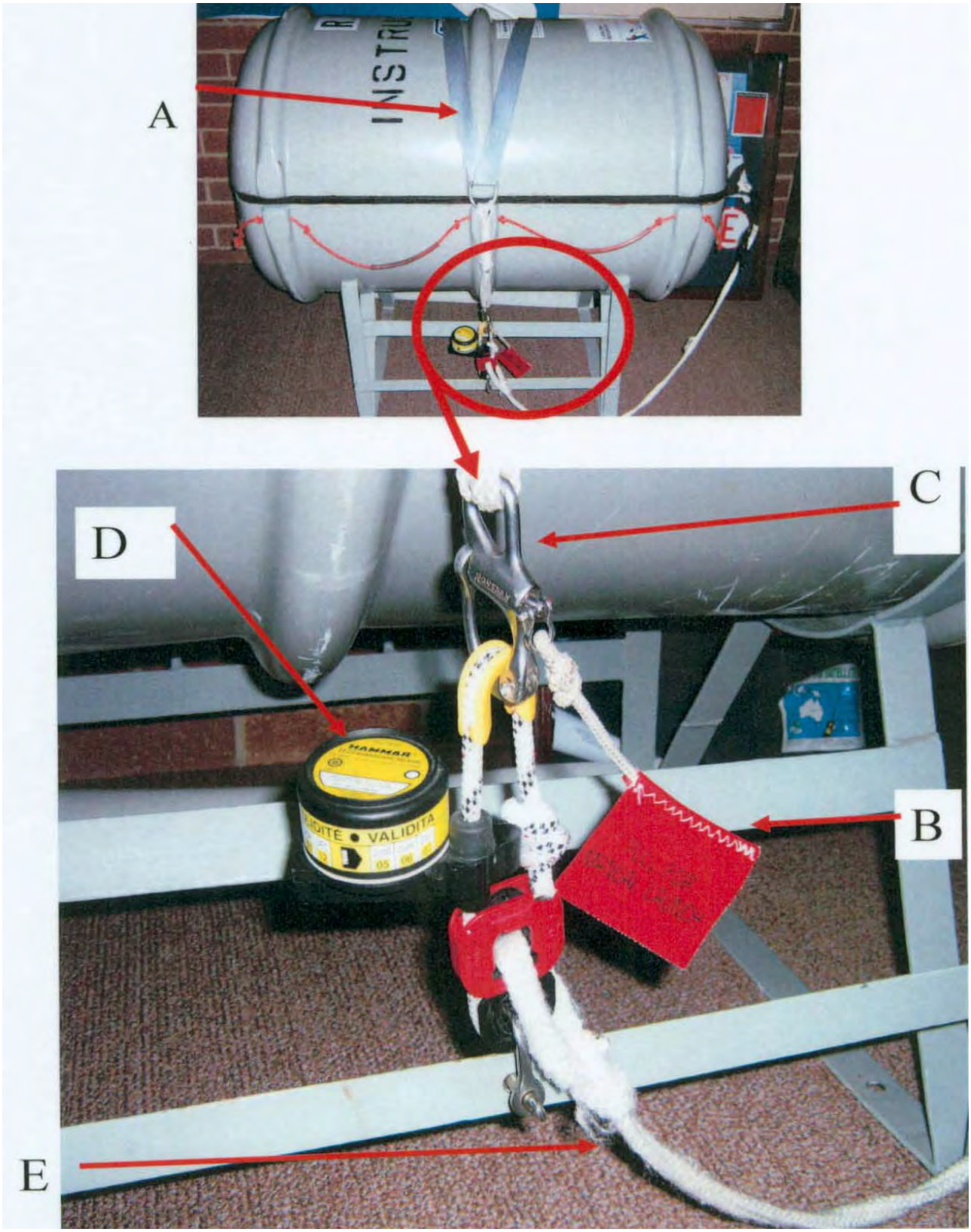
c. _____

d. _____

e. _____

(10 Marks)

Survival At Sea New Exam No. 2



Survival at Sea New Entry
(100048)

Theory Examination No 3

Title	Survival at Sea New Entry Examination No 3
Author (Owner)	Boatswain Faculty (SE Section)
Approver	TA-MW(S)
Version number	V4 Feb-13 V1490639
Date of last approval	Feb 13
Summary of last modifications	Update and insert Version Control
Next review date	Biennial
Coverage	Boatswain Faculty (HMAS CERBERUS)

SURVIVAL AT SEA

NEW ENTRY

1. **DO NOT** open this assessment booklet until told to do so.
2. **PRINT** your answers legibly in **BLOCK CAPITALS** on the **ANSWER SHEET** provided.
3. Write the letter or word that is **CORRECT** in the space provided.
3. **ATTEMPT** all questions.
4. One mark is allocated to each answer shown in the assessment booklet unless otherwise stated.
5. Each question means exactly what it says. Do not look for hidden meanings or exceptions.
6. If you have any questions, or if you have finished the assessment, raise your hand and wait quietly for the examiner to come to you.

Time Allocation: 50 Minutes

PART A – Safety: /25 PASS MARK 80% (20/25)

PART B – General knowledge: /40 PASS MARK 70% (28/40)

Combined Pass Mark 75% (48/65)

Candidate details

Name: ……

Rank: ……..

PMKeyS number: …….

PART A – Safety

1. Explain the correct method of swimming whilst wearing a Pattern 50N lifejacket and thermal protection suit.

_____

_____

_____

(1 Mark)

2. If the life raft inflates upside down or is inverted by inclement weather, state, in order, the four steps involved in righting the raft.

   a. _____

   b. _____

   c. _____

   d. _____

(4 Marks)

3. What action do you take if the Pattern 50N lifejacket does not inflate when the inflation toggle is pulled?

_____

_____

(1 Mark)

4. State the safety precautions to be taken when firing flares.

   a. _____

   b. _____

   c. _____

(3 Marks)

5. What is the primary use of the Pattern 50N Lifejacket onboard HMA Ships?

_____

(1 Mark)

6. The Immediate Action Drill is to be executed by survivors on entry to the Life Raft. List all six tasks.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

(6 Marks)

7. What is the purpose of the face shield fitted to the Pattern 50N lifejacket?

   _____

   _____

(1 Mark)

8. A Pattern 50N lifejacket has two inflatable buoyancy chambers to prevent drowning if the outer chamber is damaged.

   TRUE / FALSE

(1 Mark)

9. List in order the seven steps to entering the water wearing a Pattern 50N life jacket.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

   g. _____

(7 Marks)

PART B GENERAL KNOWLEDGE

1. How would you obtain water to supplement water provided in the Life raft survival pack?

_____

_____

(1 Mark)

2. Name the four heat escape lessening posture positions that can be adopted as either a sole survivor or a group.

   a. _____

   b. _____

   c. _____

   d. _____

(4 Marks)

3. List five location aids provided in the life raft survival pack.

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

(5 Marks)

4. Define the word Hypothermia.

_____

_____

(1 Mark)

5. List, in order, the six steps involved in launching an RAN Life raft?

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

   f. _____

(6 Marks)

6. The preferred method of boarding a life raft is?

   a. Dry, utilising nets, ladders or ropes.
   b. As quickly as possible.
   c. The safety jump method into the water.
   d. None of the above.

(1 Mark)

7. What lifejacket is to be worn when conducting upper deck evolutions?

   _____

(1 Mark)

8. The most suitable life jacket to wear when travelling in a RAN helicopter is a Special Duties life jacket

TRUE / FALSE

(1 Mark)

9. List in order the four steps to escape from a capsized RHIB.

   a. _____

   b. _____

   c. _____

   d. _____

(4 Marks)

10. What is the lifeline and quoit used for in a RAN life raft?

_____

(1 Mark)

11. In the picture located on the last page of this exam, the letter D indicates what?

a. Pressure release mechanism
b. Quick release mechanism
c. Hydroquick release mechanism
d. Hydrostatic release mechanism

(1 Mark)

12. State in order the three stages of the Abandonment Process.

a. _____
b. _____
c. _____

(3 Marks)

13. How long after entering a life raft should food and water be issued, and what is the only exception to this rule?

a. _____
b. _____

(2 Marks)

14. List the life raft subsequent action drill

a. _____
b. _____
c. _____
d. _____
e. _____
f. _____

(6 Marks)

15. In the picture located on the last page of this exam, the letter C indicates what?

    a. Quick release fitting
    b. Hydro release fitting
    c. Ronstan release fitting
    d. Life raft weak link

(1 Mark)

16. In the picture located on the last page of this exam, the letter A indicates what?

    a. Bowsing gripe
    b. Life raft lowering gripe
    c. Retaining gripe
    d. Life raft holding gripe

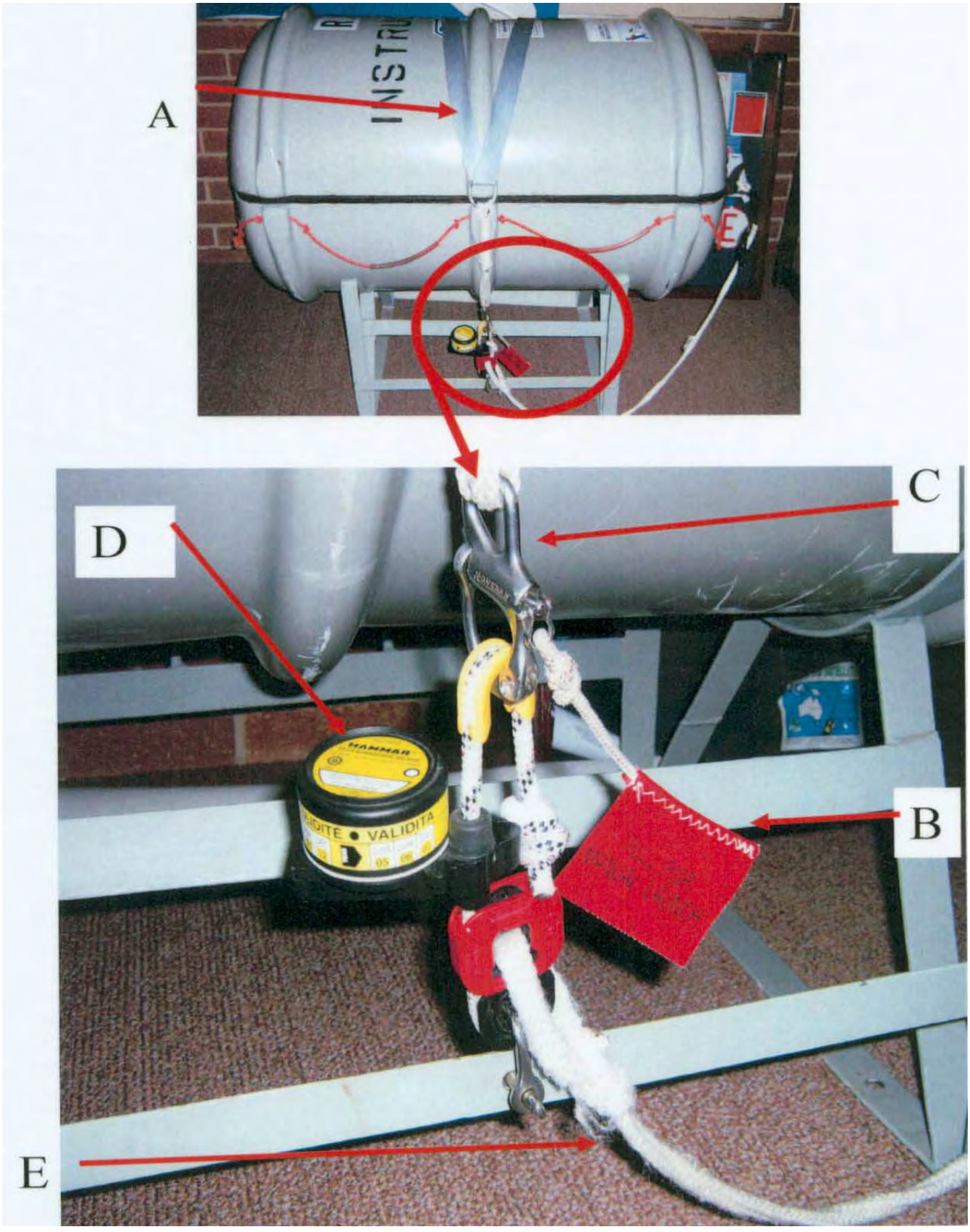
(1 Mark)

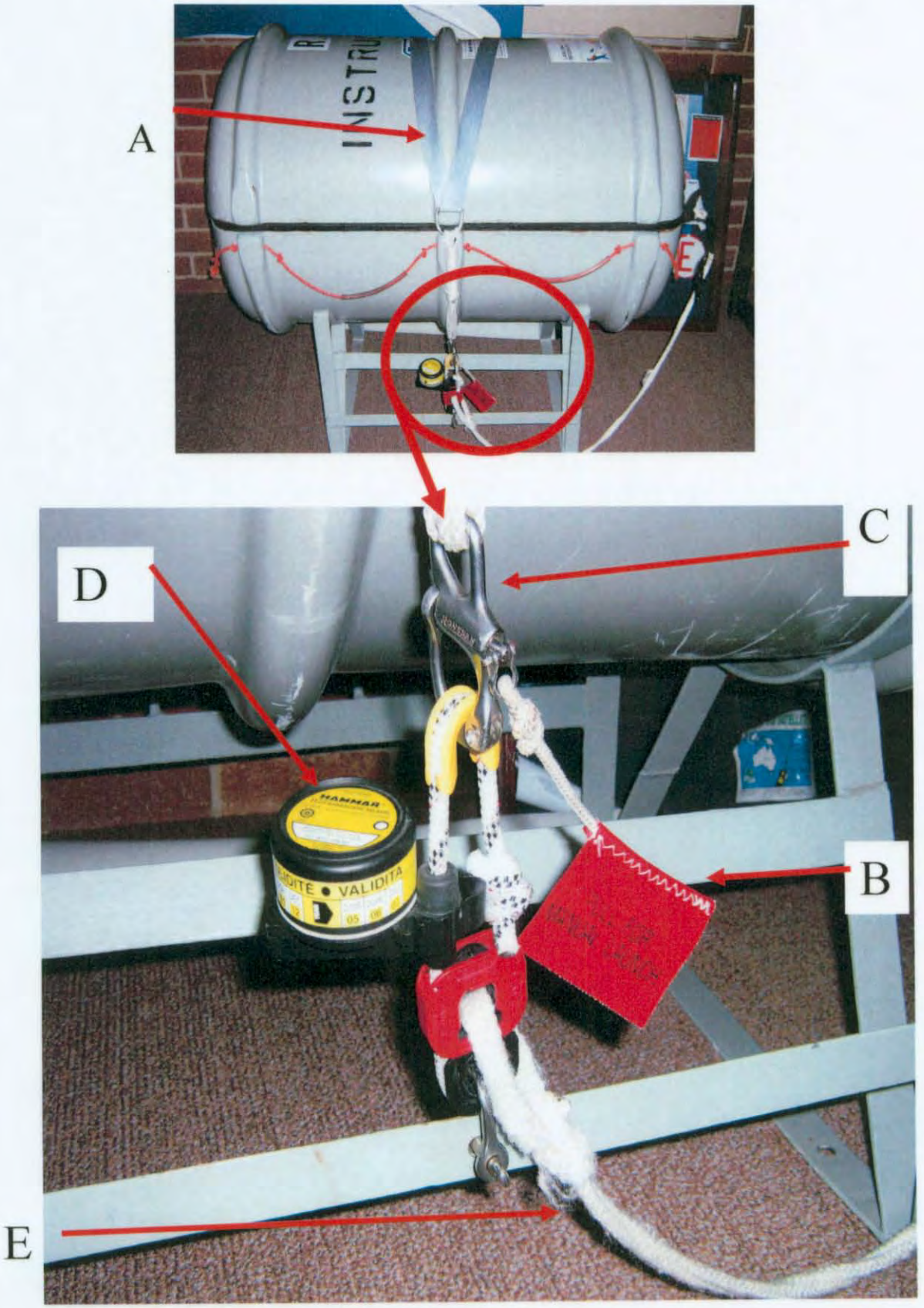
17. Emergency and Leaving Ship Stations are detailed on what document?

    a. Duty Watchbill
    b. Watch and Station Bill
    c. Daily Orders
    d. Ships Standing Orders

(1 Mark)

Survival At Sea New Exam No. 3




A
C
D
B
E

SURVIVAL AT SEA
(NEW ENTRY)
(100048)

ASSESSMENT PLAN

1. All changes must be authorised by Training Authority – Maritime Warfare (TA-MW) or designated representative and will be effective upon promulgation. Suggested improvements are to be forwarded to the OIC Training Support Governance (OIC TSG)

Title	SURVIVAL AT SEA (NEW ENTRY) ASSESSMENT PLAN
Author (Owner)	TA-MW(S)
Approver	TA-MW (TSG)
Version Number	V3 Oct-23 V1429437
Date of Approval (for last modification)	10 Feb 13
Summary of Last Modification	Adding Version Control
Modified by:	Position 183003
Next review due:	Biennial
Coverage:	TSG (HMAS WATSON) and Boatswain Faculty (HMAS CERBERUS)

ASSESSMENT PLAN

1. Assessment Plan

Course Name: Survival at Sea (New Entry)

2. Theory and Practical Assessment Requirements

Assessment Requirements;

- Trainees are to successfully complete the Assessment Instruments section.
- Student's ability to demonstrate WHS will be holistically assessed throughout the course.

3. Assessment Strategy

Strategy: The module consists of eleven Learning Outcomes:

- Learning Outcome 1: Correctly use a Patt 50 N Life Jacket.
- Learning Outcome 2: Correctly use a Special Duties Life Jacket.
- Learning Outcome 3: Operate a Personal Locator Beacon.
- Learning Outcome 4: Don a Thermal Protective Suit.
- Learning Outcome 5: Operate ILR fitted to RAN vessels.
- Learning Outcome 6: Describe the Survival Priority 'protection' application needed for a marine environment.
- Learning Outcome 7: Operate survival Location devices used in the marine environment.
- Learning Outcome 8: Describe the application of the survival priority 'water' in a marine survival environment
- Learning Outcome 9: Describe the survival Priority 'food' in a marine survival environment
- Learning Outcome 10: Abandon ship IAW RAN procedures.
- Learning Outcome 11: Escape from capsized RHIB (Rigid Hull Inflatable Boat).

4. Classroom Assessment: This assesses the underpinning knowledge and skill from all Learning Outcomes. (LO) and Assessment Criteria (AC)

5. Practical Assessment: This assesses the underpinning knowledge and skills from the following Learning Outcomes (LO) and Assessment Criteria (AC):

- **Learning Outcome 10:** Follow abandon ship procedures in RAN vessels.

- **Learning Outcome 11:** Escape from capsized RHIB.

References: The assessment was derived using ABR 1977

Assessor responsibilities:

- The assessor is to utilise existing current theory assessments, incorporating all LO's.

- Develop an Answer that identifies key knowledge, skills and behavioural elements of the LOs and ACs

- Develop scoring instructions.

- Explain the assessment procedures, time limitations trainee responsibilities and scoring instruction.

- Conduct assessment.

- Document assessment results.

- Provide assessment debrief to trainees as a group and on an individual basis where required.

Trainee responsibilities: The trainee is to successfully complete the Theory and Practical Assessments.

- Undertake the assessments IAW the assessment procedures.

- Trainees are to demonstrate a working knowledge of WHS.

- Apply knowledge gained during the course.

- Display the required skills and behaviours.

- Provide feedback to assessor where applicable.

- Participate in assessment debrief.

Assessment Conditions: Trainees are to be provided with access to all relevant publications, documentation, equipment and materials. The assessment is to be conducted in a simulated maritime environment at the training facility.
Pass mark for combined Theory Examinations is 75%

Assessment Instruments

- SAS Exam No 1
- SAS Exam No 2
- SAS Exam No 3
- SAS Assessment Check List

SURVIVAL AT SEA (SAS) NEW ENTRY

(100048)

ASSESSMENT CHECKLIST

1. All changes must be authorised by the Training Authority – Maritime Warfare (TA-MW) or designated representative via change proposal request and will be effective upon promulgation. Suggested improvements or amendments are to be forwarded to the OIC Training Support Governance (OIC TSG).

Title	SAS NEW ENTRY
Author (Owner)	TA-MW (S)
Approver	TA-MW (TSG)
Version Number	V3 Feb-13 V1656937
Date of Approval (for last modification)	Feb 13
Summary of Last Modification	Updated checklist
Modified by:	Position 183003
Next review due:	Biennial
Coverage:	TSG (HMAS WATSON) and Boatswain Faculty (HMAS CERBERUS)

SURVIVAL AT SEA (NEW ENTRY)

ASSESSMENT INSTRUCTIONS

Assessment Instructions

1. Invigilators are to explain all safety requirements to trainees and ensure they understand all safety requirements prior to commencing the assessment.

2. If a possibility of a safety breach occurs, the invigilator is to cease the assessment immediately and ensure the safety of trainees and staff prior to recommencing the assessment, ensuring that the Senior Instructor is made aware of the occurrence.

3. Trainees are to be assessed against the Assessment Check List indicating with a tick that the trainee satisfactorily achieved the outcome or not.

4. Trainees are required to achieve a minimum of 10 satisfactory results to constitute a pass.

SAS Practical Assessments Check List

Students Name: _____ PMkeys No: _____

Class: _____ Date: _____

INDIVIDUAL ASSESSMENT TASKS	Satisfactory	Unsatisfactory
Did the trainee demonstrate the correct 6 steps of the Immediate Action Drill?		
Did the trainees demonstrate the 4 Survival Priorities?		
Did the trainees correctly demonstrate the procedure for the Huddle?		
Did the trainee correctly demonstrate the procedure for the Group Huddle?		
Did the trainee demonstrate the correct procedure for dressing in a TPS?		
Did the trainee demonstrate the correct procedure for donning a Pattern 50n life jacket?		
Did the trainee apply the correct procedure for entering the water wile wearing a Pattern 50N.		
Did the trainee demonstrate the correct procedure for assuming the H.E.L.P position?		
Did the trainee demonstrate the correct procedure for assuming the Modified H.E.L.P position		
During the wet phase did the trainee apply the correct method for Back Sculling?		
Did the trainee apply the correct method for the Injured Person Tow while in the water?		
Did the trainee achieve an Unassisted Boarding of the life raft within 5 min?		
Did the trainee demonstrate a working knowledge of their WHS responsibilities?		

Remarks :

Result: PASS / FAIL

Assessors Name: _____

Rank: _____

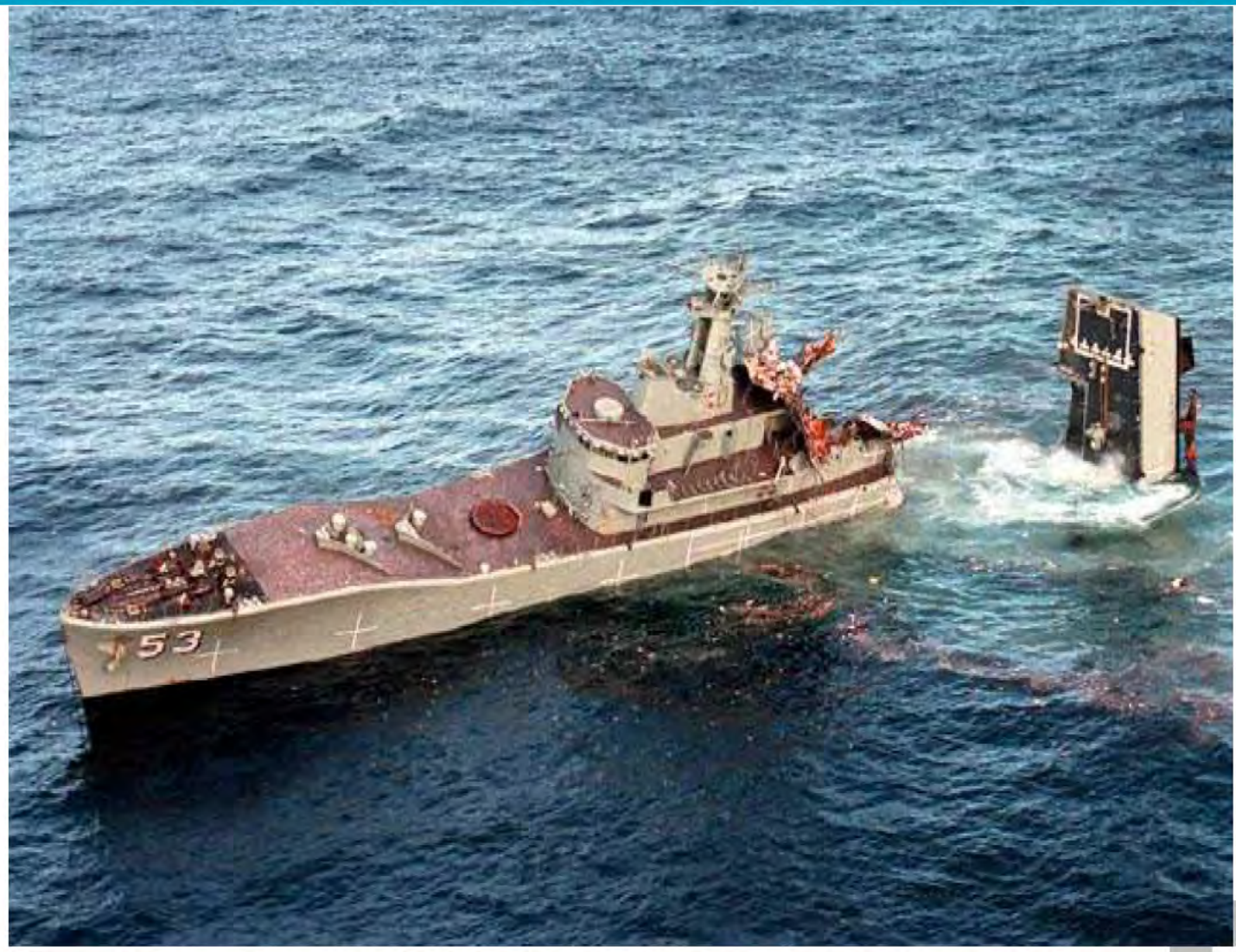
Date: _____

Signature: _____

Survival At Sea

New Entry Sailors

Boatswain Faculty
HMAS CERBERUS


53

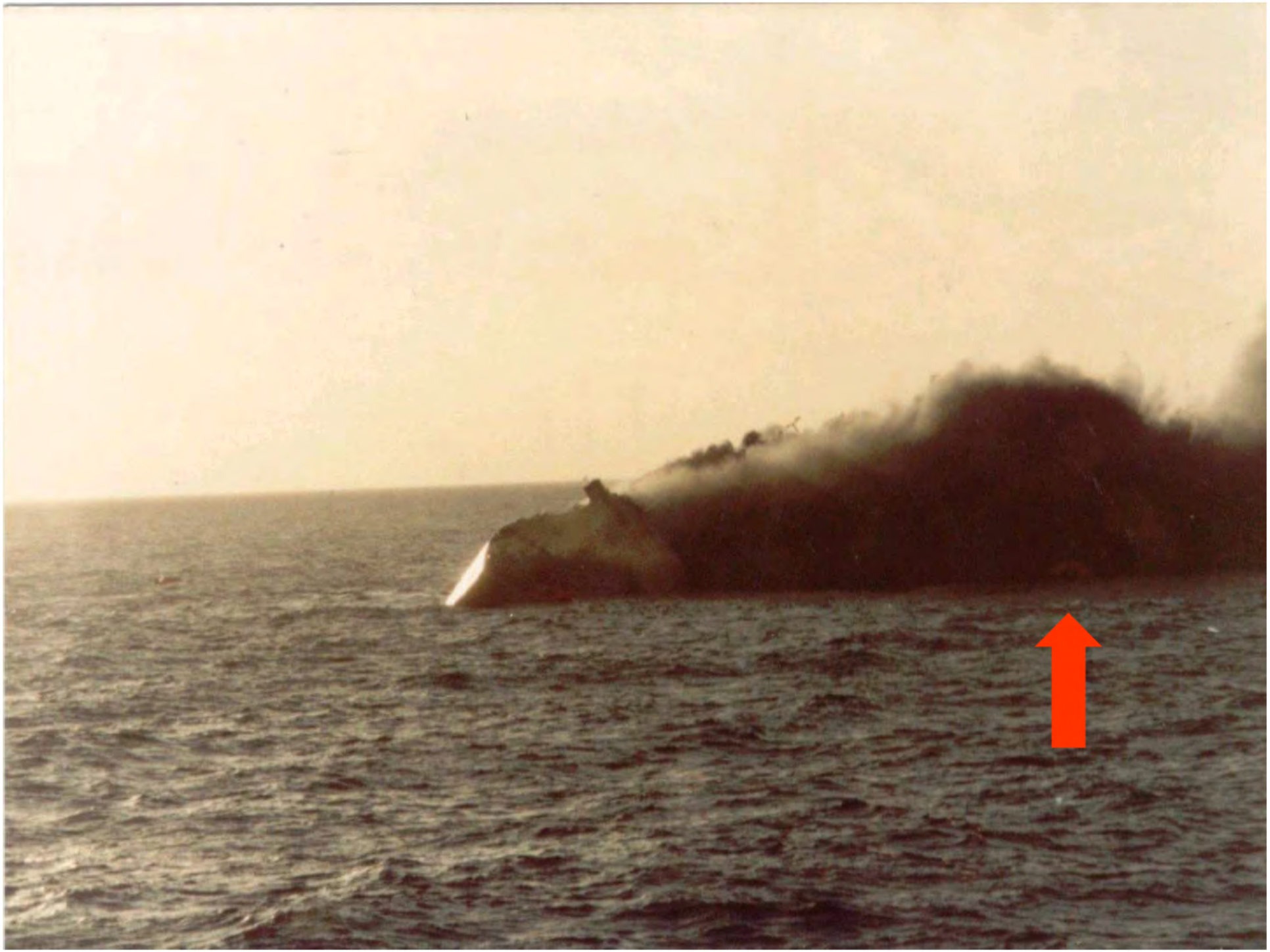
HMAS Torrens

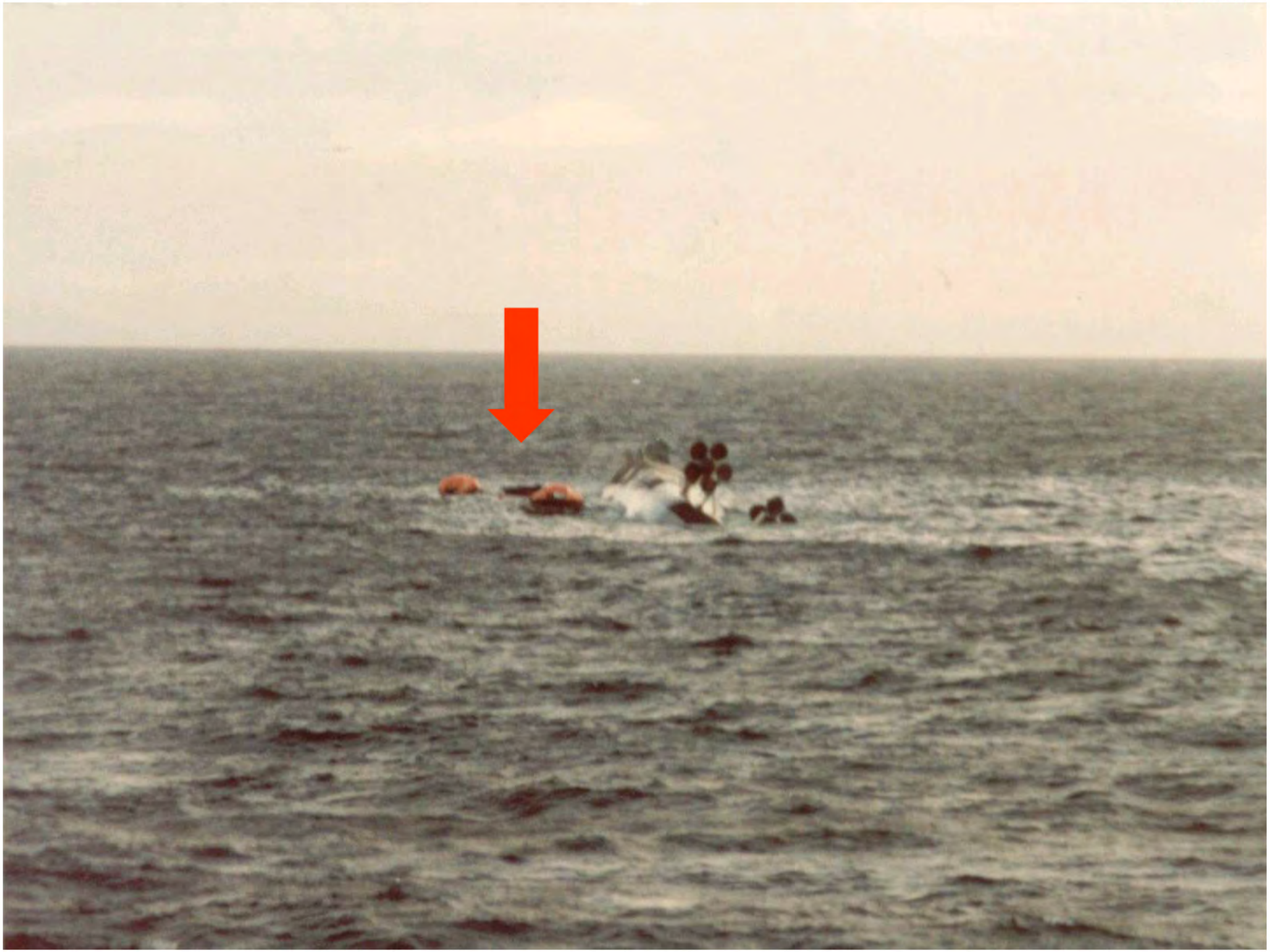
- **Firing Trials 15 Jun 99**
- **HMAS Torrens 25 May**
- **Crew 210-280**
- **Hit By Mk 48 Torpedo**
- **Sank.**
  - 23 Seconds Aft Section
  - 1 Minute 30 Seconds Forward Section

Falklands War 1982

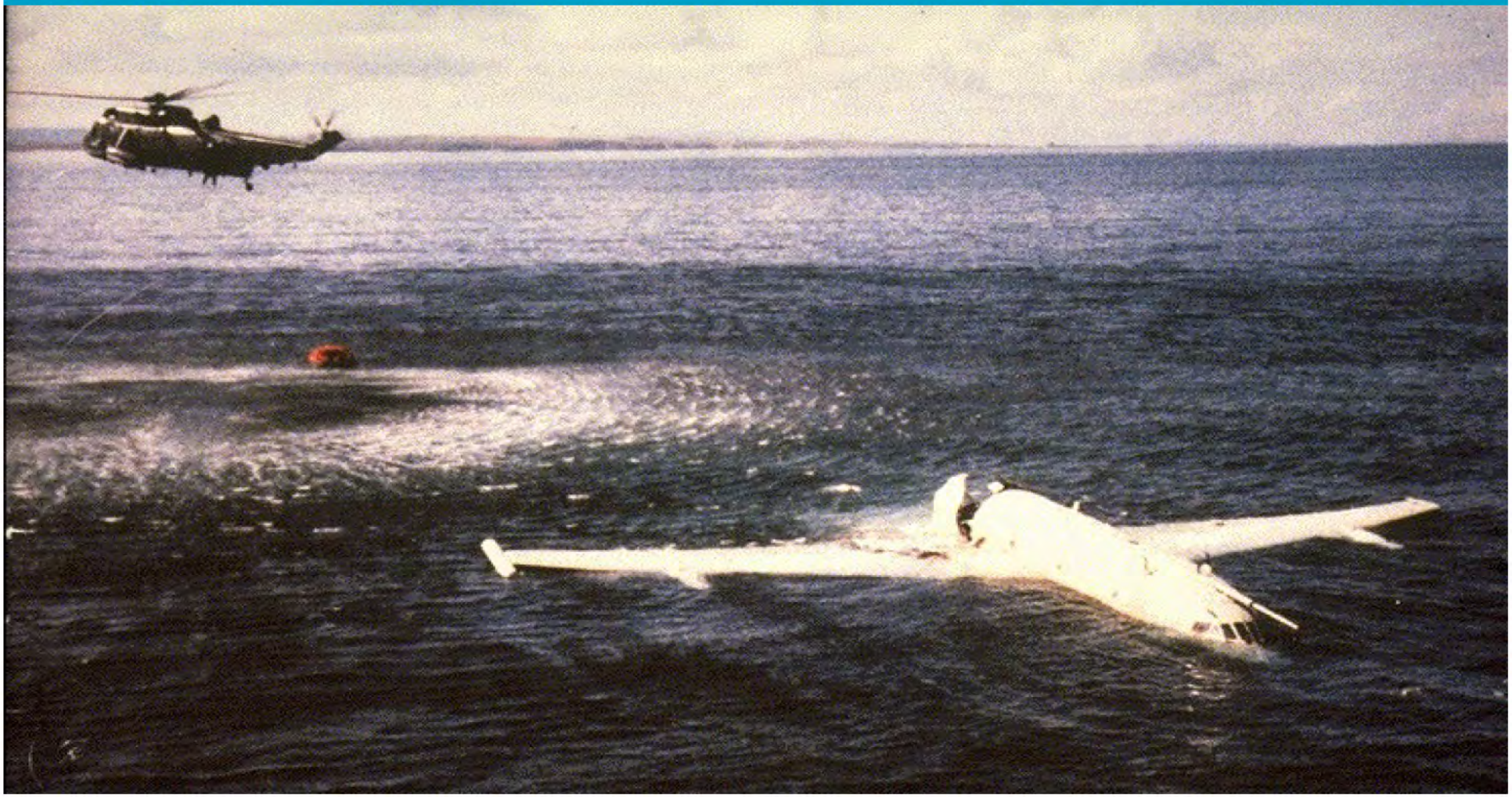
- HMS Coventry 25 May
- Crew 312
- Hit By 1000lb Bomb
- Order to abandon Ship: Not Given
- Capsize 15 Minutes, Sank 30 Minutes.
- 19 Killed
- 2 Officers
- 1 Cooks
- 5 Electricians & Engineers
- 11 Comms & CSO

HMS Coventry:

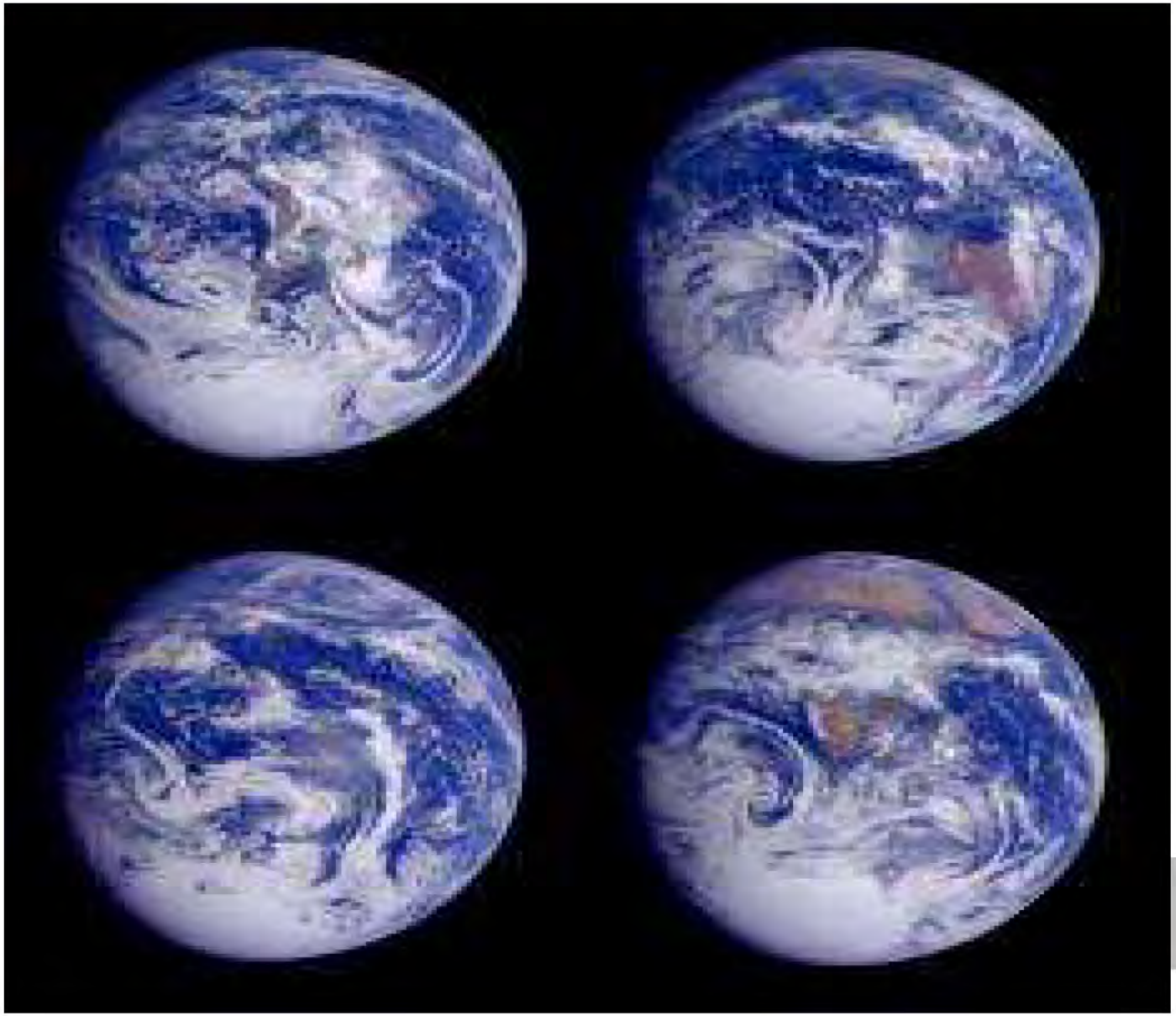




It happens!!



Water covers 2/3rds worlds surface:



Objective:

- Explain all facets of the course and why students are to undertake this particular training.
- Explain the limiting factors and the need for the Will to Survive.
- List the stages of the abandonment process and the steps to be carried out in each.

Prepare For Abandonment

NAVY

Limiting Factors:

- DROWNING
- EXPOSURE TO THE ELEMENTS
- LACK OF NOURISHMENT Primarily Water
- PSYCHOLOGICAL FACTORS

Abandon Ship Process

Stage One:

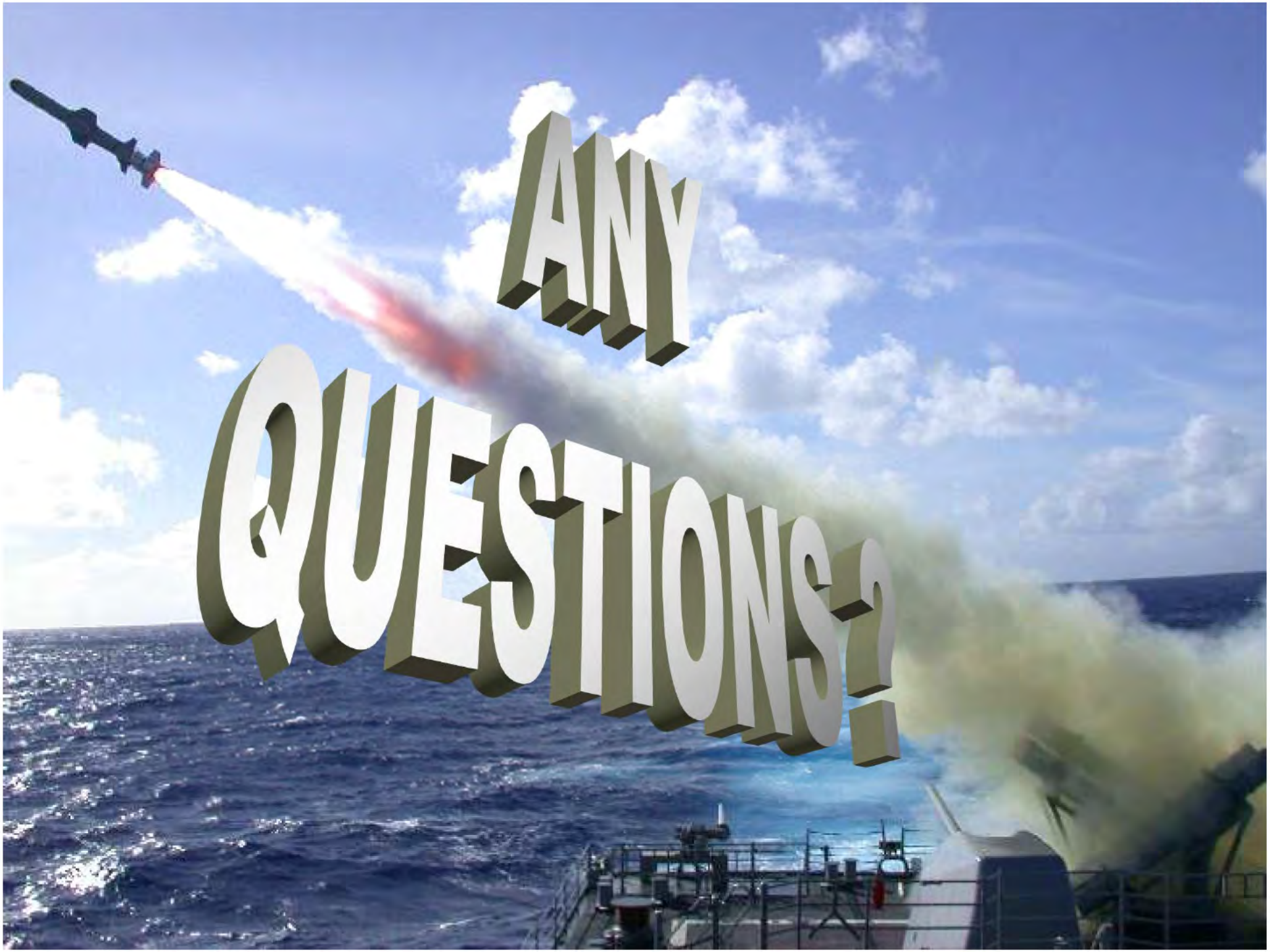
- **Emergency Stations**
- prepare personnel for abandonment.
- remove personnel from danger.
- account for personnel.
- organize damage control parties.

Stage Two:

- **Leaving Ship Stations**
- the issue of Lifejackets and Thermal Protective Suits
- muster at or near designated liferafts.
- don Lifejackets and Thermal Protective Suits.
- account for liferaft occupants.
- prepare Liferaft for launching.

Stage Three:

- **Abandon Ship**
- launch Liferafts.
- board Liferafts dry if possible.
- or, perform a safety jump into the water.


ANY
QUESTIONS?

Personal Survival Equipment

Objective:

- Identify Two types of lifejackets used in the RAN and their uses.
- State the survival Items and inflation systems fitted to Lifejackets.

Lifejackets

Lifejackets

- **Pattern 50N**
  - For Emergency Use ONLY
- **Special Duties Life Jacket**
  - General Duties
  - Upper Deck evolutions ONLY

Special Duties Lifejacket

Special Duties Lifejacket

- Used for upperdeck evolutions only
- Never to be worn below decks

SDLJ

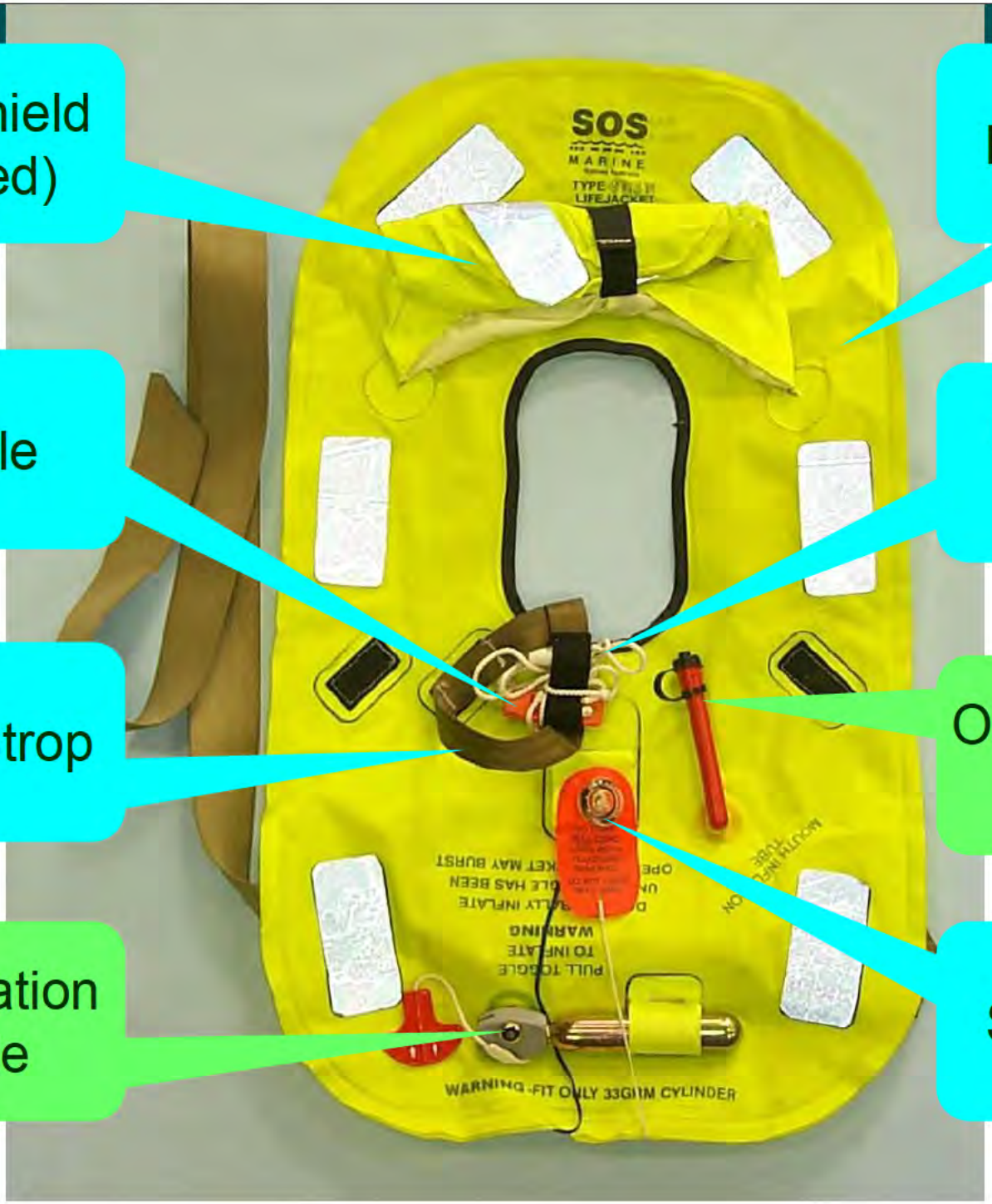

Red
Integrity Ties
CO2 Inflation
Toggle
Donning
Instructions

Pattern 50n Lifejacket.

Emergency use only.

Stowage:

- Exits to upper deck
- Emergency Use ONLY
- 110% carried



Face Shield (If Fitted)

Colour & Reflective Tape

Whistle

Life line & Toggle

Lifting Strop

Oral Inflation Tube

CO2 Inflation Toggle

Light & Salt Water Battery

Thermal Protective Suits

Objective:

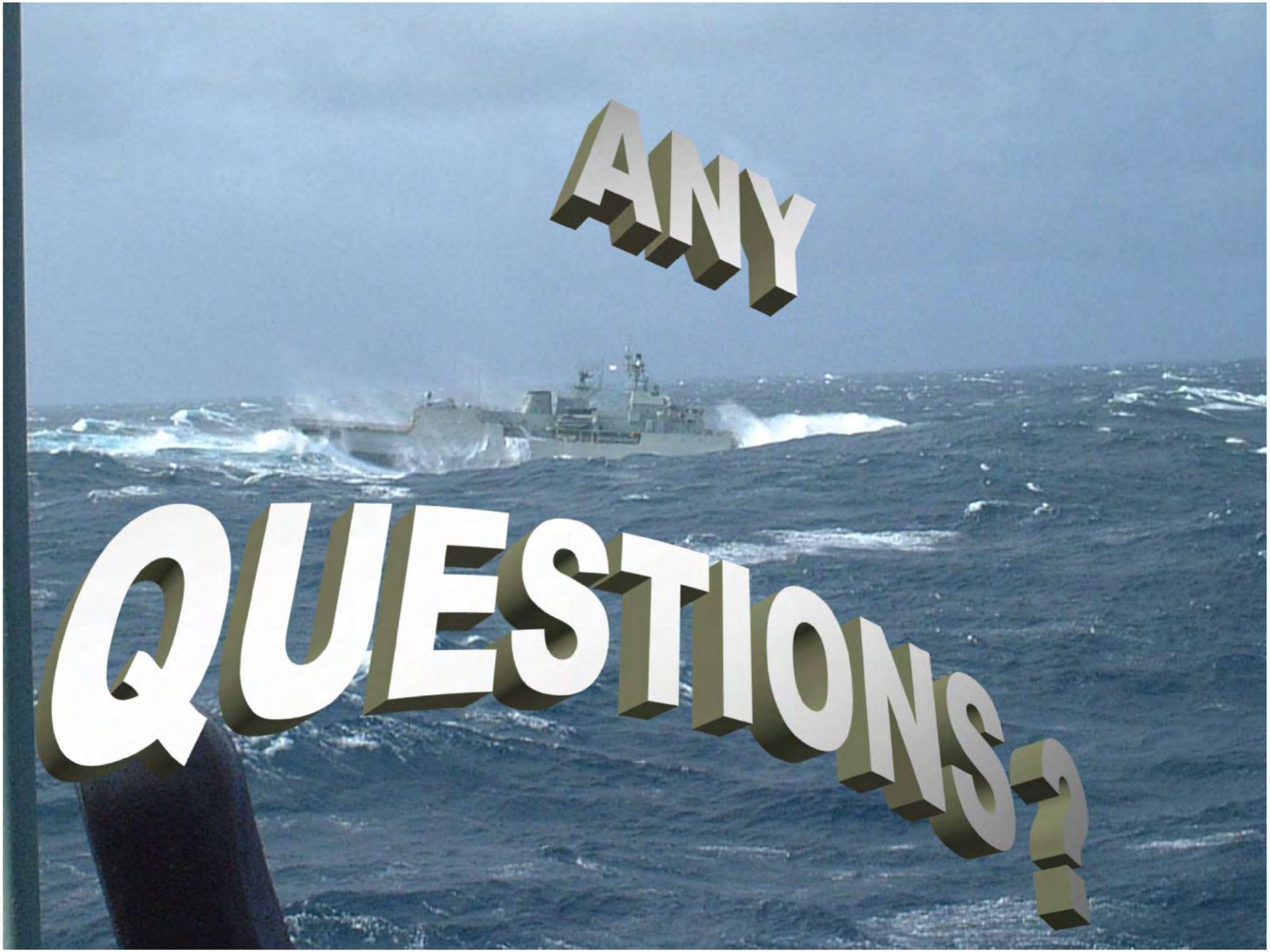
- State the location and purpose of the Thermal Protective Suit.
- Demonstrate the correct procedure for donning the TPS, using the buddy method.
- Demonstrate the correct procedure to enter the water wearing a pattern 50N lifejacket.


s47F


s47F

ENTERING THE WATER:

- 1. CHECK THAT THE WATER BELOW IS CLEAR.
- 2. GRASP THE INFLATION TOGGLE.
- 3. COVERING NOSE & MOUTH WITH YOUR HAND.
- 4. KEEP LEGS TOGETHER, SLIGHTLY BENT.
- 5. LOOK AT HORIZON.
- 6. STEP OFF.
- 7. AS YOUR FEET STRIKE THE WATER, PULL THE INFLATION TOGGLE TO INFLATE THE JACKET.


ANY
QUESTIONS?

NEED TO KNOW:

- Limiting Factors.
- Abandonment Process.
- Two types of lifejackets and uses.
- Survival items and Inflation systems.
- How to enter the water wearing a Patt50n.
- How to don TPS/Patt50n.

RAN SOLAS Liferafts

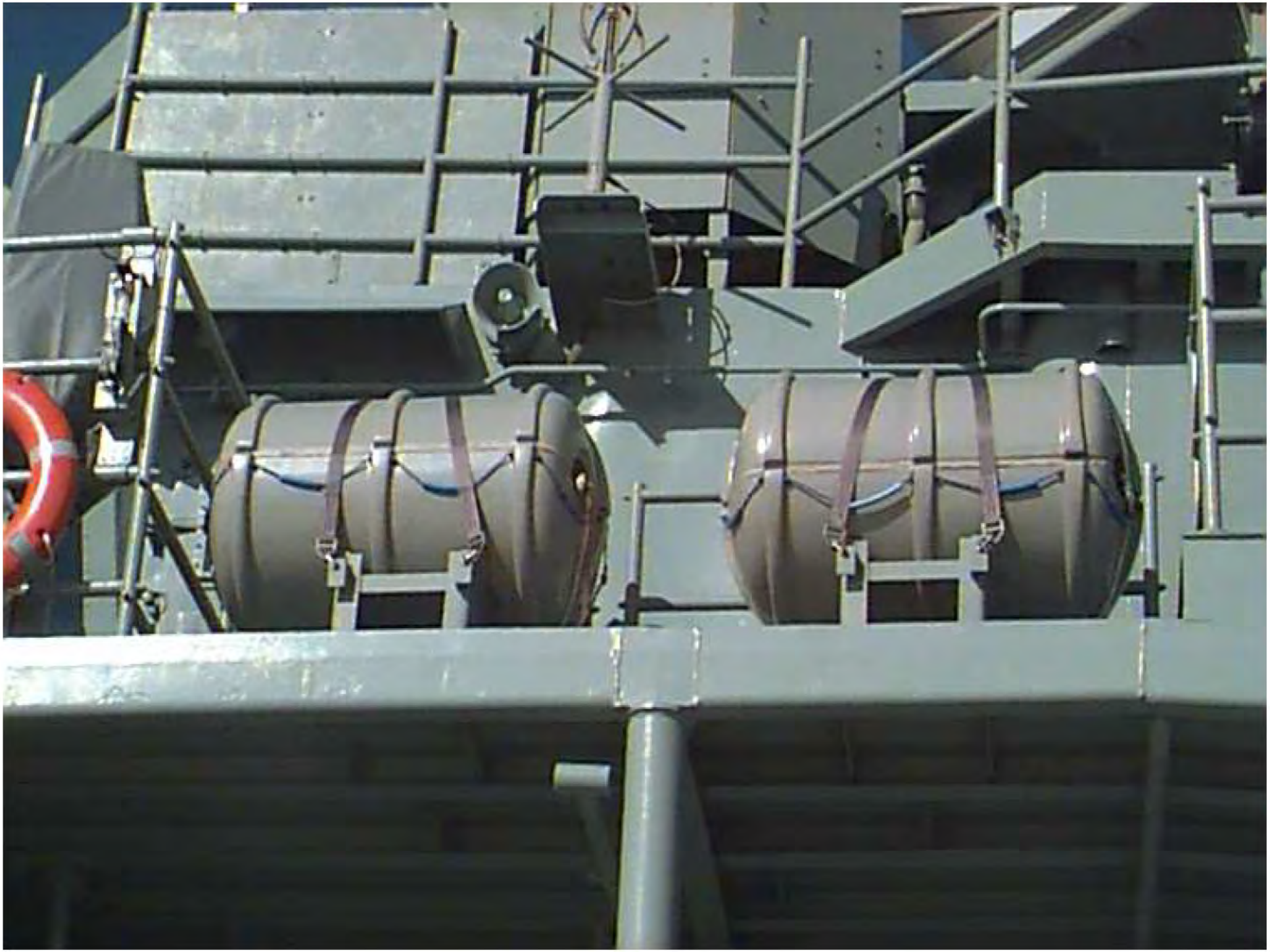
RAN SOLAS Liferafts

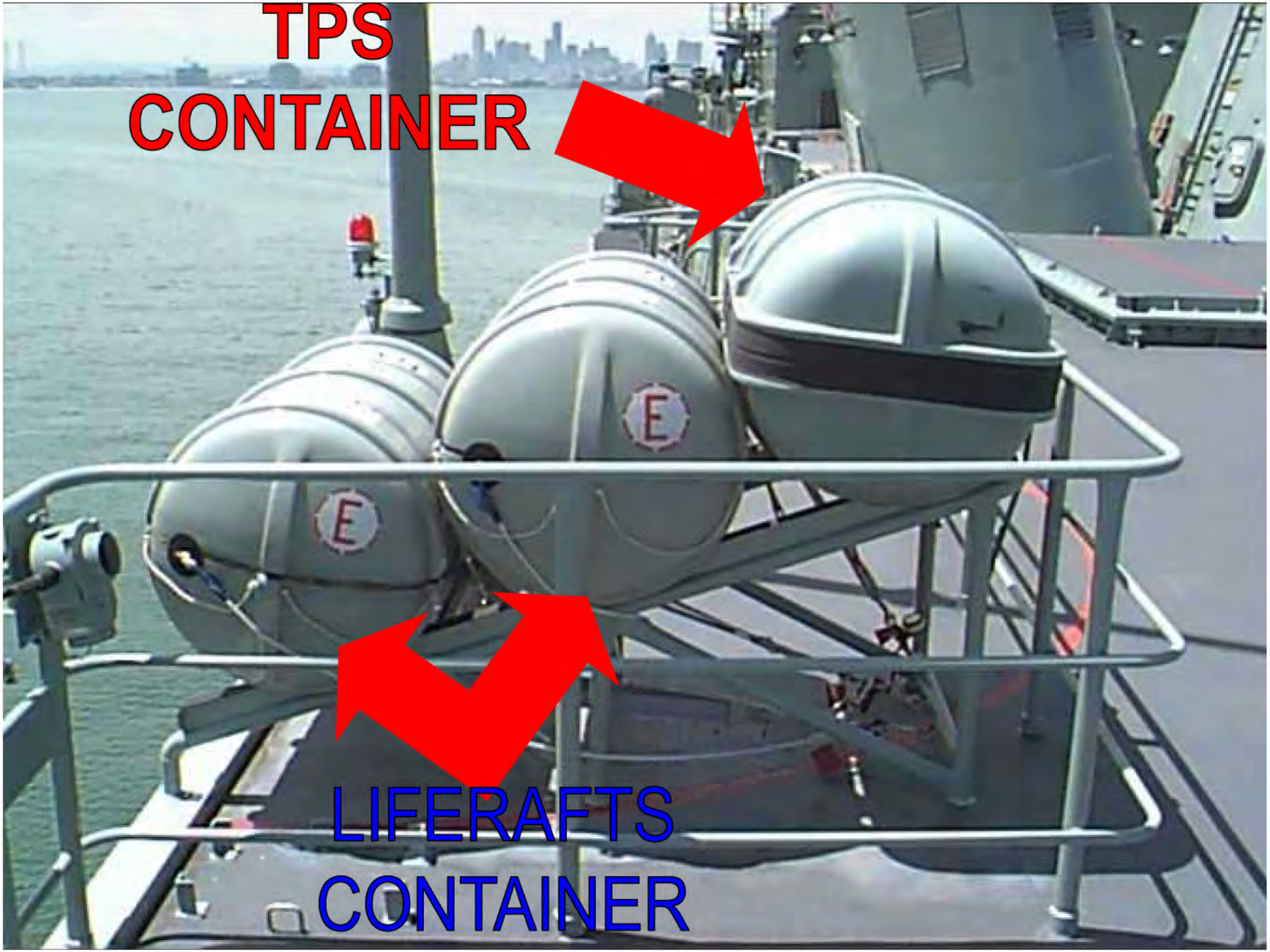
Objectives:

- State the procedures to Launch, Right and Board a liferaft.
- State the survival Items fitted and contained within the Liferaft.


R.A.N.
E


E
E




TPS
CONTAINER
E
E
LIFERAFTS
CONTAINER

TPS CONTAINER

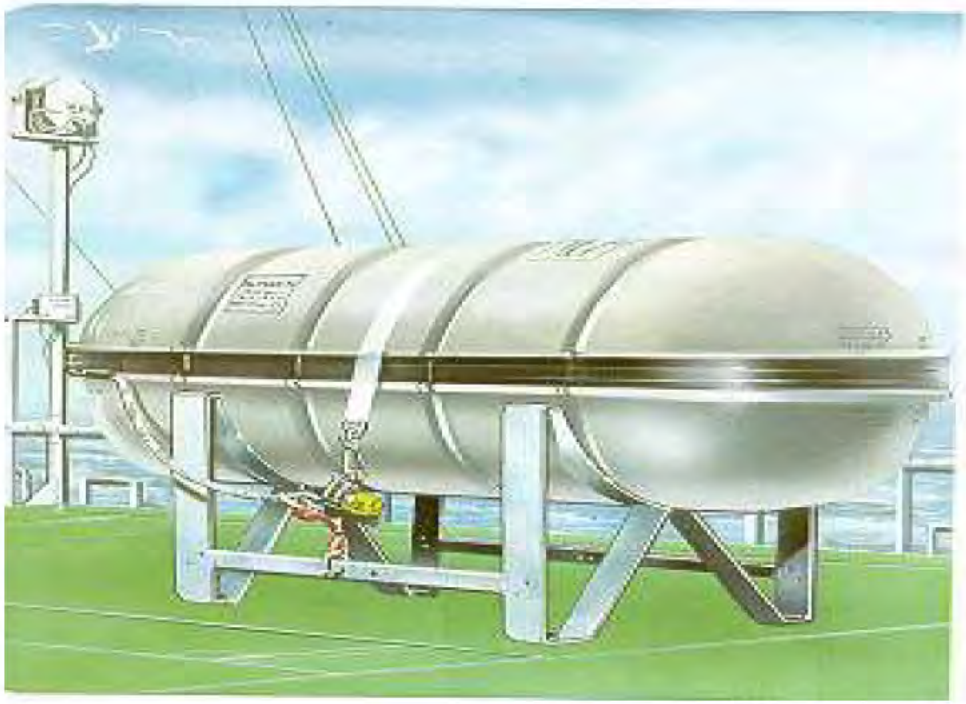
Manual Launch Procedure:

- CHECK PAINTER LINE AND WATER BELOW
- ACTIVATE QUICK RELEASE FITTING
- CLEAR WEBBING GRIPE
- ROLL LIFERAFT INTO THE WATER
- POSITION LIFERAFT
- PULL PAINTER LINE UNTIL LIFERAFT INFLATES

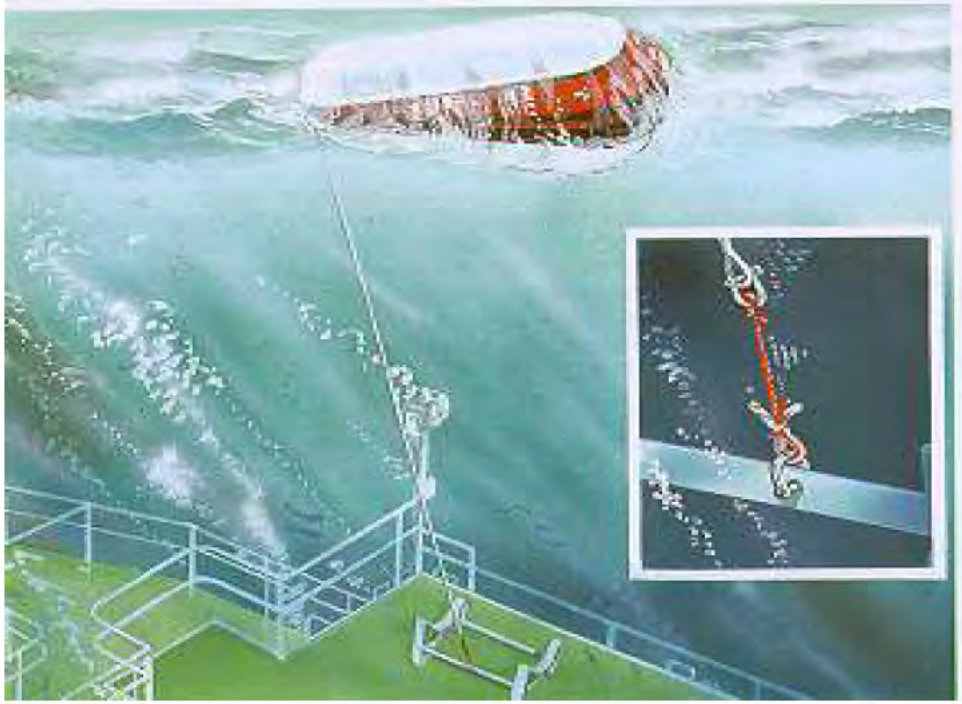
Movie:

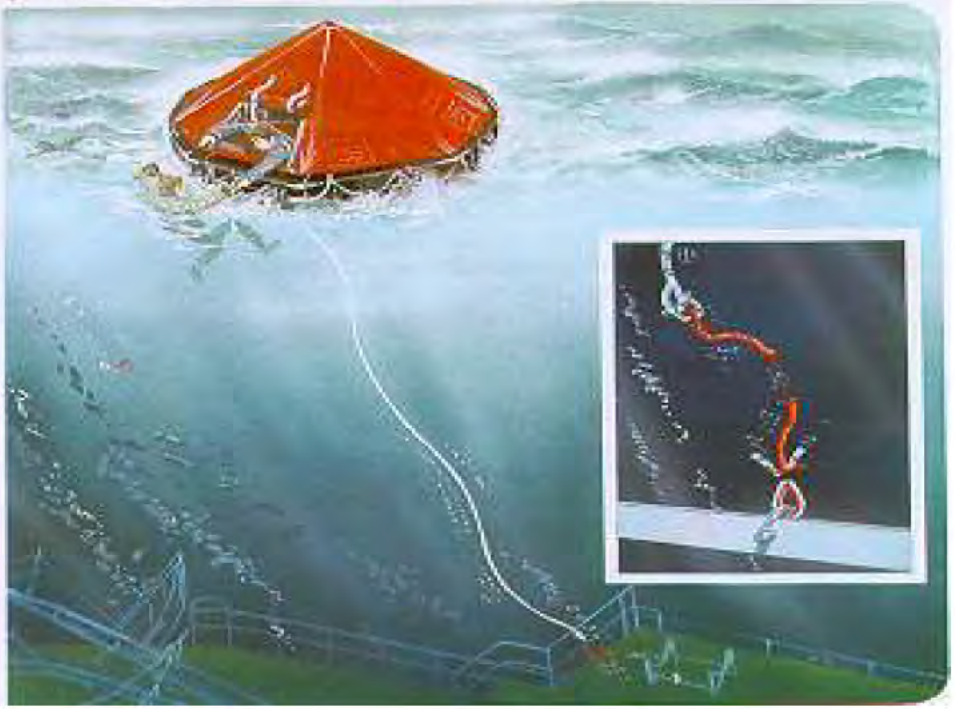
Liferaft Launch

AUTOMATIC RELEASE METHOD



AUTOMATIC RELEASE METHOD






RIGHTING A CAPSIZED LIFERAFT


A. TURN LIFERAFT INTO WIND
s47F
TURN INTO WIND USING LIFELINE
FITTED TO BUOYANCY CHAMBER

B. CLIMB ONTO INVERTED LIFERAFT

PLACE YOUR FEET ON THE CO2 CYLINDERS


ONCE RAFT IS PAST THE VERTICAL
POSITION, MOVE AWAY FROM THE RAFT

Movie:

RIGHTING A LIFERAFT


ANY
QUESTIONS?

WHAT YOU NEED TO KNOW.

- Wear your Lifejacket
- Wear your TPS
- Enter the water
- Launch a liferaft.
- How to Right a capsized liferaft.
- Enter the Liferaft

Break:

Lets go to LUNCH

Survival in a Marine Environment

Objective:

- Identify the four Survival Priorities and how they apply to survival in a marine environment.

Survival priorities:

- **Know them in the correct order**
  - Protection
  - Location
  - Water
  - Food

Protection:

- Shelter from:
- Elements
- Physical &
- Psychological
- Well Being

Location:

- Group together to:
- Create the Largest Target Possible
- To Enable Location & Rescue

Water:

- Conservation of water both in and out of the body.
- The procurement of water.

Food:

- Conservation of Food & Energy.
- The Procurement of Food

Action Drills

Objective:

- Demonstrate the H.E.L.P positions.
- Explain the Immediate and Subsequent Action Drills
- Define the word "HYPOTHERMIA" & identify its symptoms.
- Show how to treat a survivor suffering cold water immersion.

Immediate Action Drill:

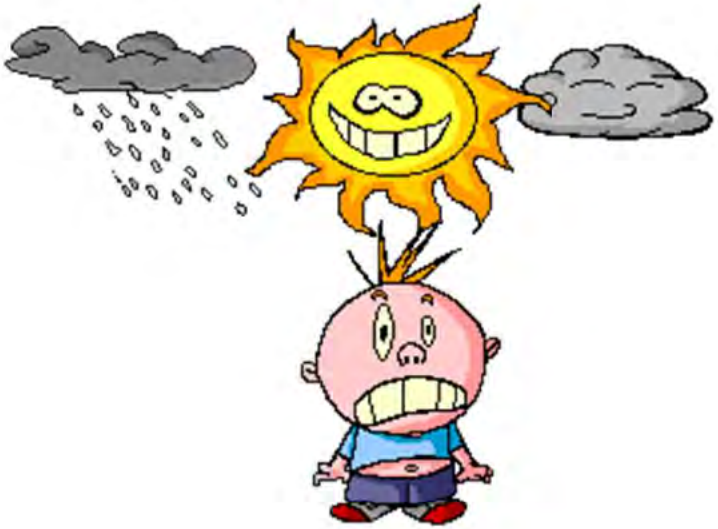
- FREE LIFERAFT BY CUTTING PAINTER.
- GET AWAY FROM THE SINKING SHIP.
- LOOK FOR AND RESCUE SURVIVORS.
- STREAM THE DROGUE.
- CLOSE ENTRANCES IN COLD CLIMATES.
- CHECK FOR LEAKS.

Subsequent Acton Drill:

- TEND TO INJURED SURVIVORS.
- DRY THE LIFERAFT FLOOR.
- INFLATE THE FLOOR IN COLD CLIMATES.
- ADJUST ENTRANCES & VENTILATE TO SUIT CONDITIONS.
- OPEN EMERGENCY PACK.
- ENSURE ADEQUATE VENTILATION AT ALL TIMES.
- SET UP WATCH SYSTEM.

Aspects of Survival:

PHYSICAL & PSYCHOLOGICAL



Physical Injuries:

DEHYDRATION

SUN BURN 

SEA CREATURES

BROKEN BONES

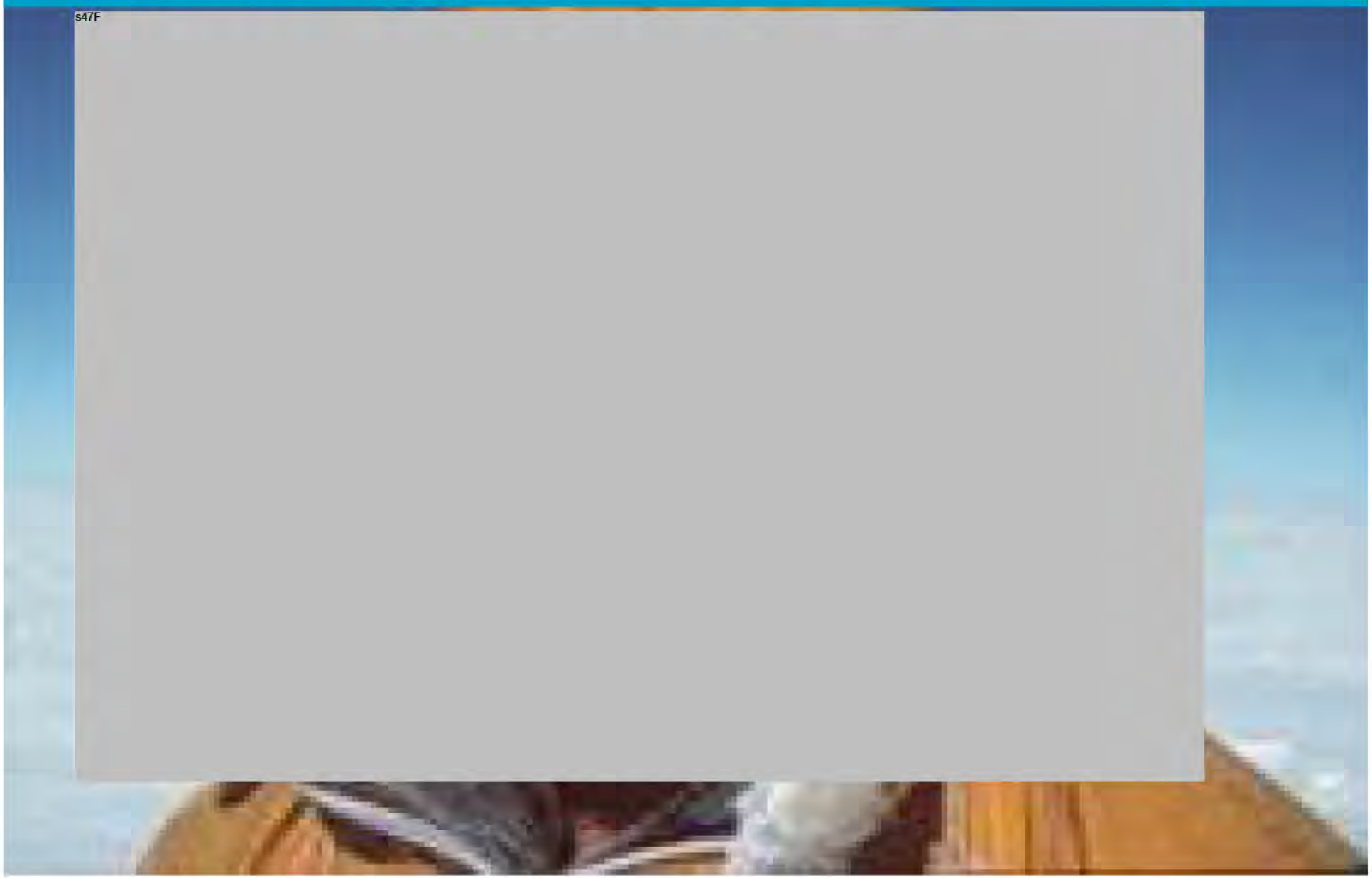
SEA SICKNESS

HYPOTHERMIA 

Hypothermia

What is Hypothermia

s47F



Signs and Symptoms:

- COLD TO TOUCH.
- LOOKING COLD (BLUENESS).
- SHIVERING.
- AGGRESSIVE WITH SLURRED SPEECH.
- LOSS OF MEMORY.

Signs and Symptoms:

- DIFFICULTY WITH BASIC MENTAL ARITHMETIC.
- CONFUSED.
- DISORIENTATED.
- SHOWING SIGNS OF ABNORMAL BEHAVIOUR.

Hypothermia:

D
E
A
T
H

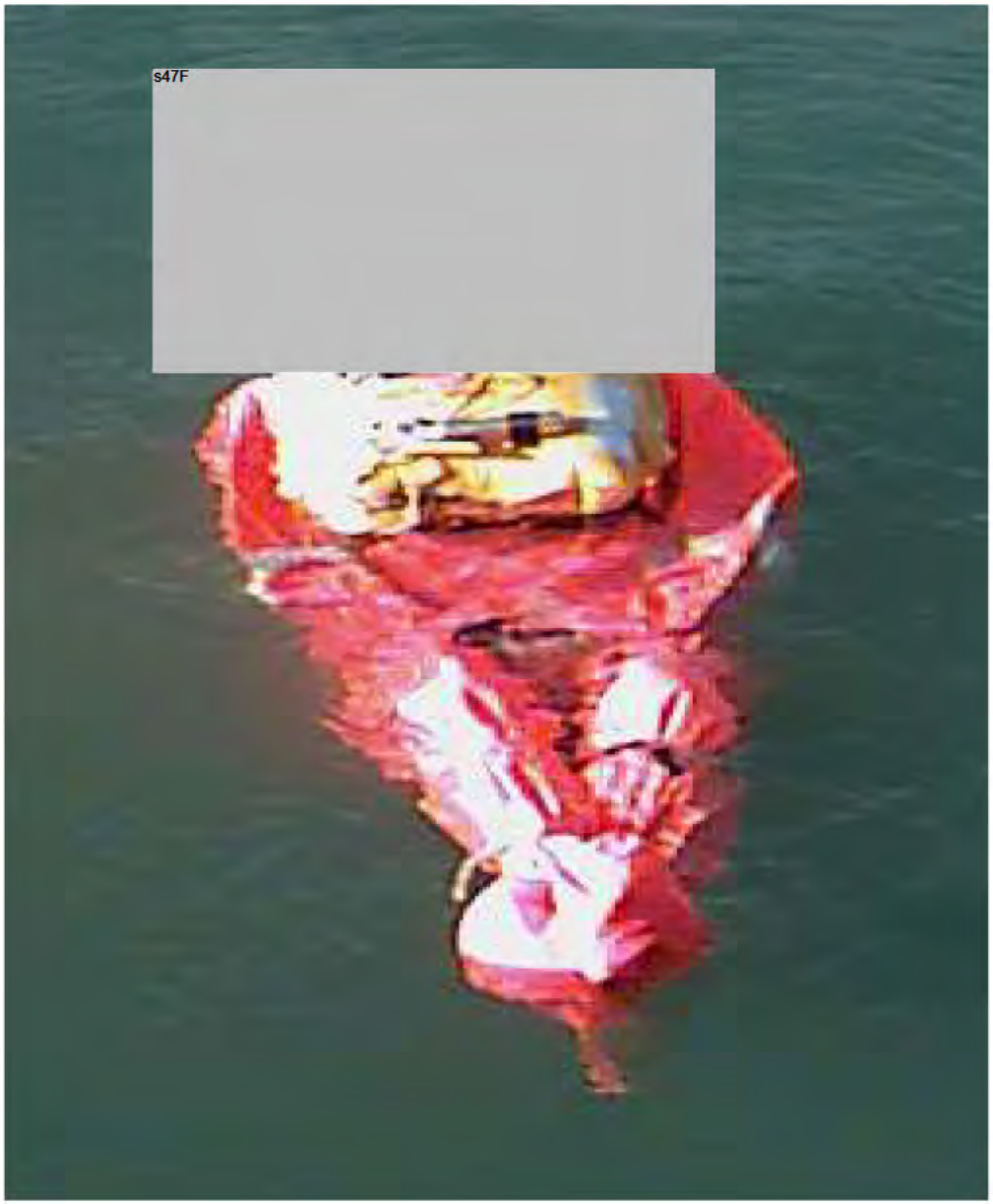
- 37°C NORMAL
- 36°C COLD/SHIVERING
- 35°C CONFUSION DISORIENTATION AMNESIA
- 34°C SWITCH OFF PHENOMENON
- 33°C CARDIAC IRREGULARITIES
- 32-31°C SEMI-CONSCIOUS
- 30°C UNCONSCIOUS PUPIL DILATION NIL REFLEXES
- 29-28°C CARDIAC ARREST
- 25°C DEATH

Short Term Immersion

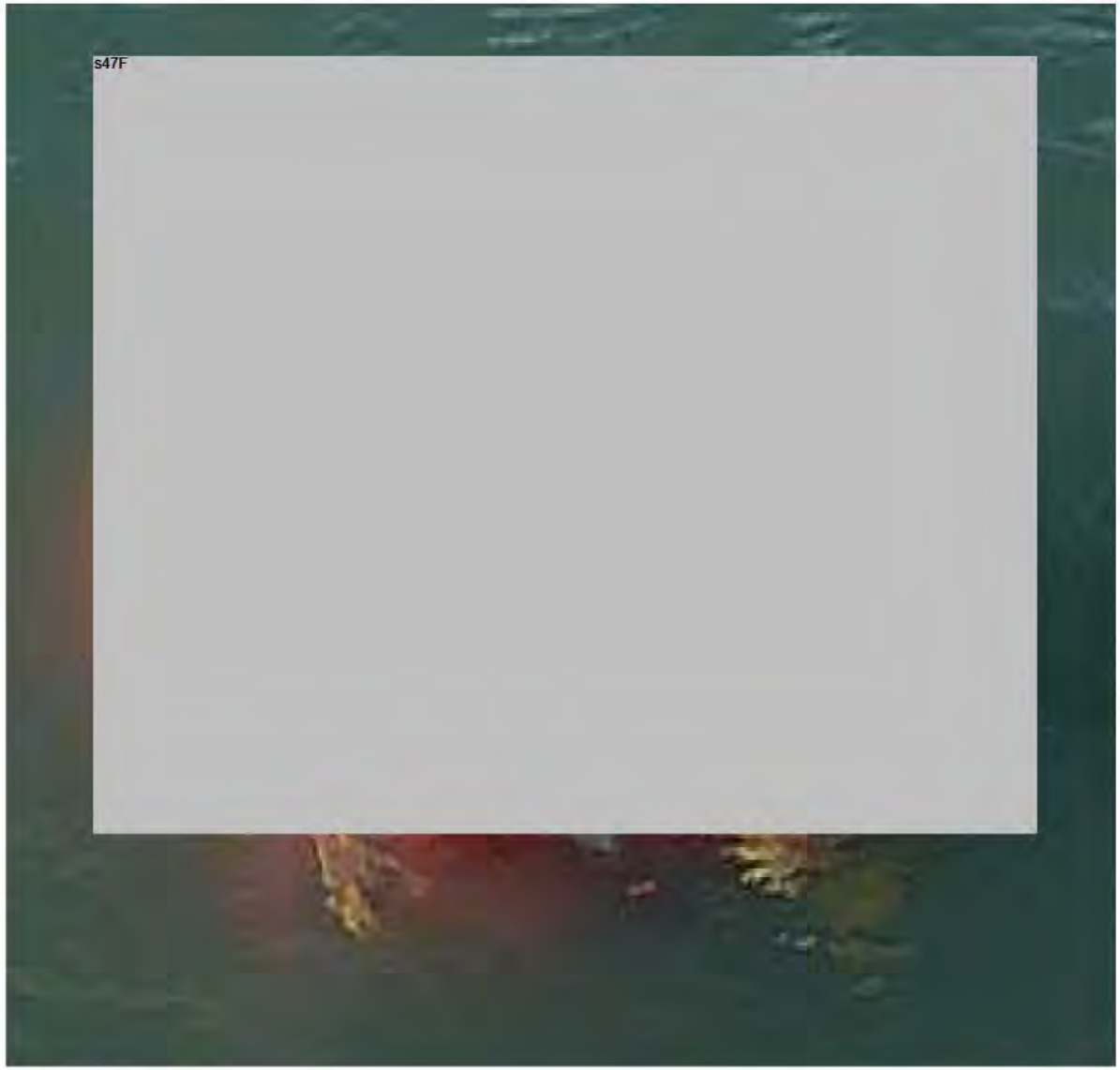
H.E.L.P.

(HEAT ESCAPE LESSENING POSTURE)

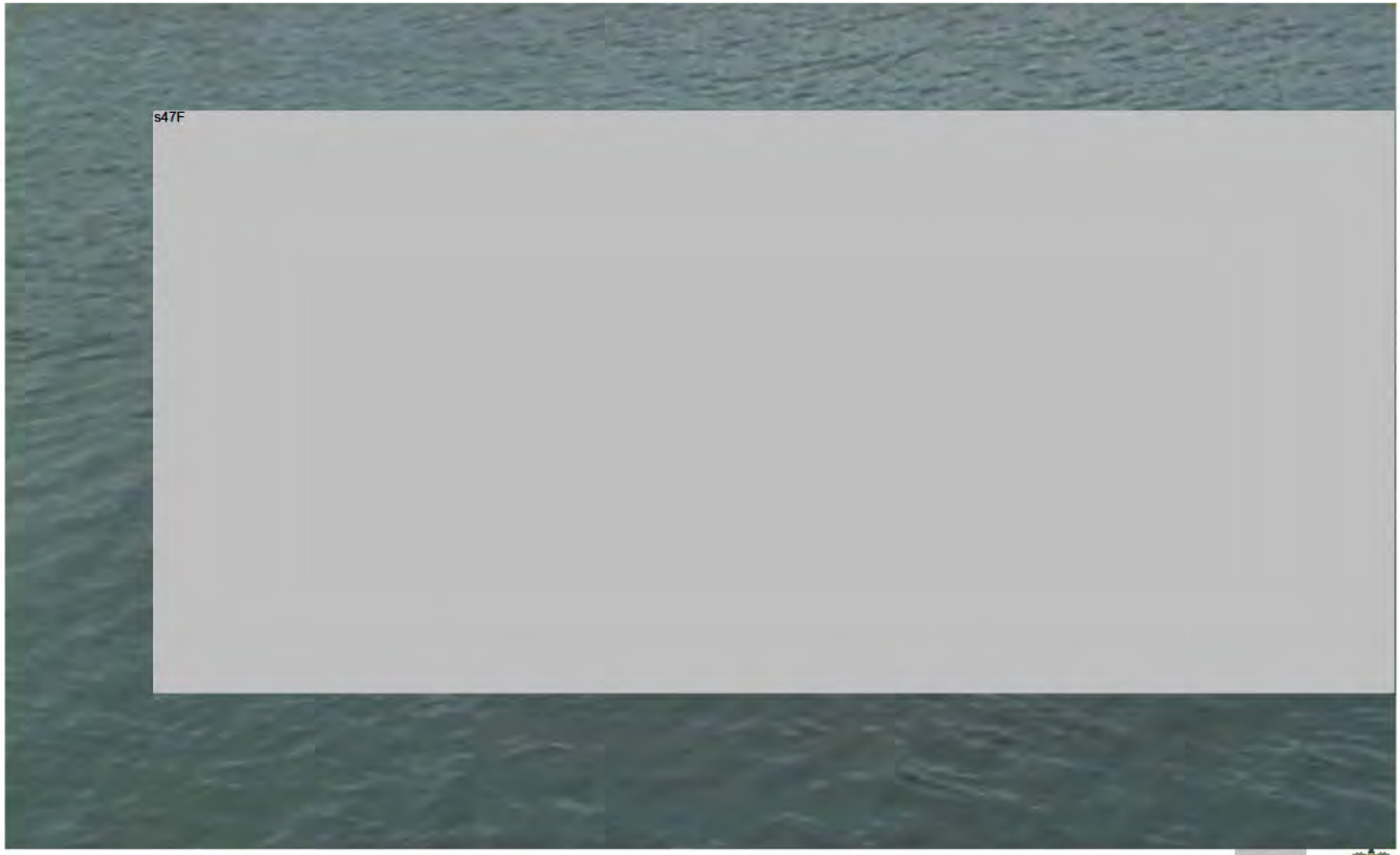
Modified H.E.L.P.



Huddle:



Group Huddle:



Towing:

Post Immersion:

- INFLAMMATION IN THE LUNGS.
- ACUTE SWELLING OF THE LUNGS.
- LACK OF OXYGEN.
- LUNG INFECTION.
- PNEUMONIA.
- SECONDARY DROWNING.
- DEATH.

Treatment of Hypothermia – Liferaft:

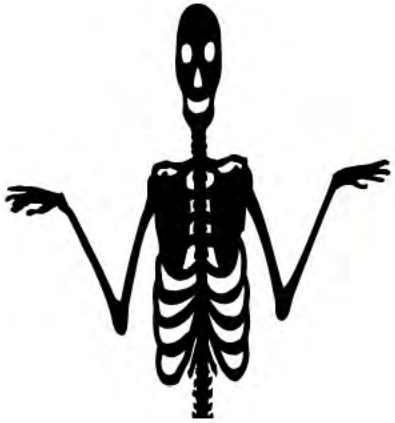
- REMOVE FROM THE SOURCE OF THE COLD.
- SHUT OFF ALL WINDS AND DRAFTS.
- REMOVE WET CLOTHING.
- WRAP VICTIM IN A SPACE BLANKET ACROSS THE THIGHS OF THREE SURVIVORS & WARM PATIENT GRADUALLY.
- CHECK VITAL SIGNS.
- ENSURE THAT THE VICTIM IS NOT RUBBED DRY & THAT THEIR LIFEJACKET IS REFITTED OVER THE SPACE BLANKET.

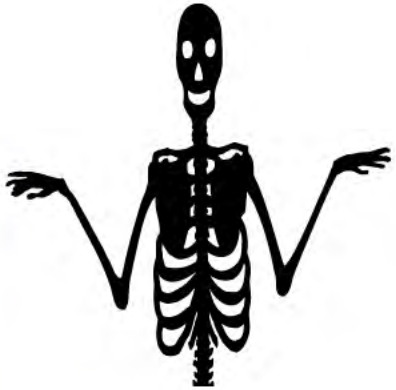
Foot Immersion:

Skin Ulcerations:

Sea Sickness

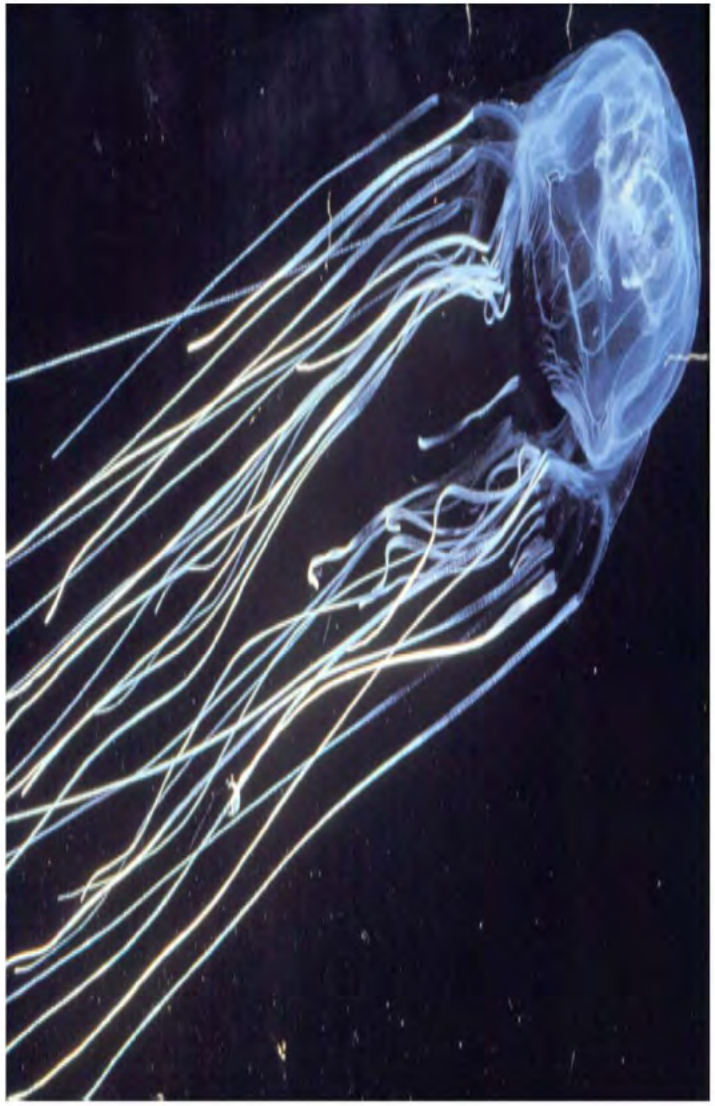
Broken Bones:





SUNBURN

Sea Creatures:



Frost Nip & Frost Bite:

Frost Nip & Frost Bite:

PSYCHOLOGICAL FACTORS

QUARRELLING

IRRITABILITY

ANXIETY

HUNGER

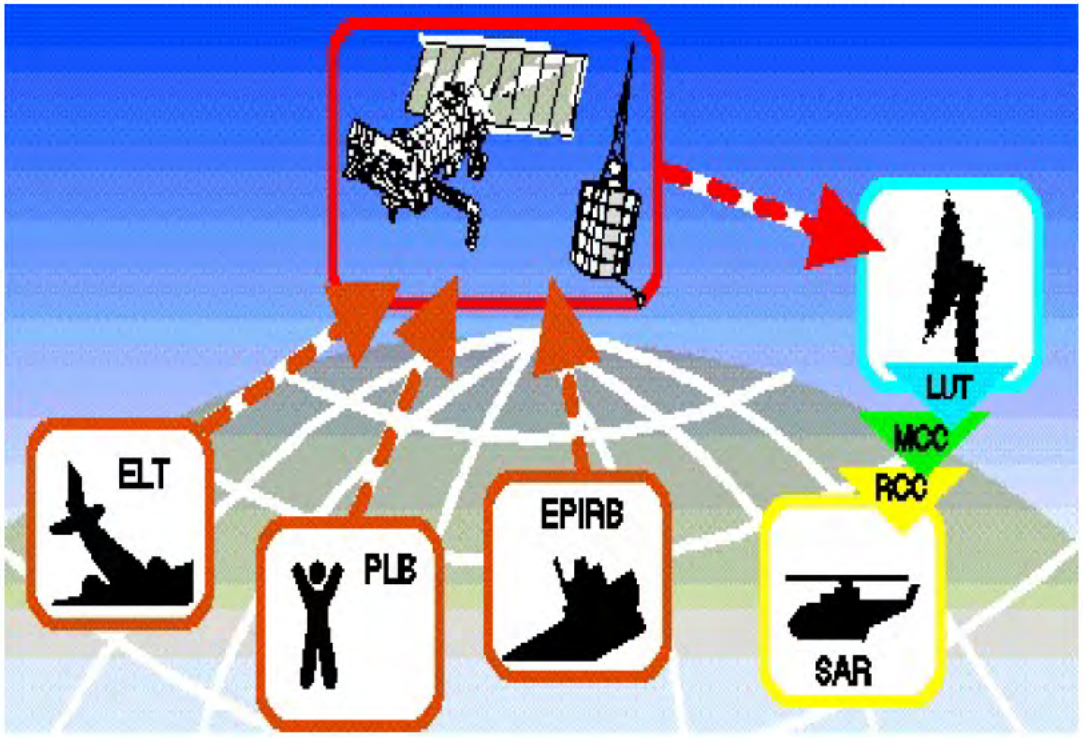
WILL-POWER

PANIC

HALLUCINATION

ANY QUESTIONS?

Location:



Objective:

- Identify the location aids contained in the liferaft survival pack & onboard HMA ships.
- Demonstrate the correct procedure and the safety rules for firing the day / night & radar rocket flares.

Find the survivor:

Survival Aids:

- MATCHES
- CYALUME STICKS
- LITHIUM BATTERIES
- EPIRB
- RADAR ROCKET FLARES
- TORCH
- WHISTLE
- SEA BLITZ
- HELIOGRAPH
- DAY / NIGHT FLARE

Heliograph:

EPIRB:

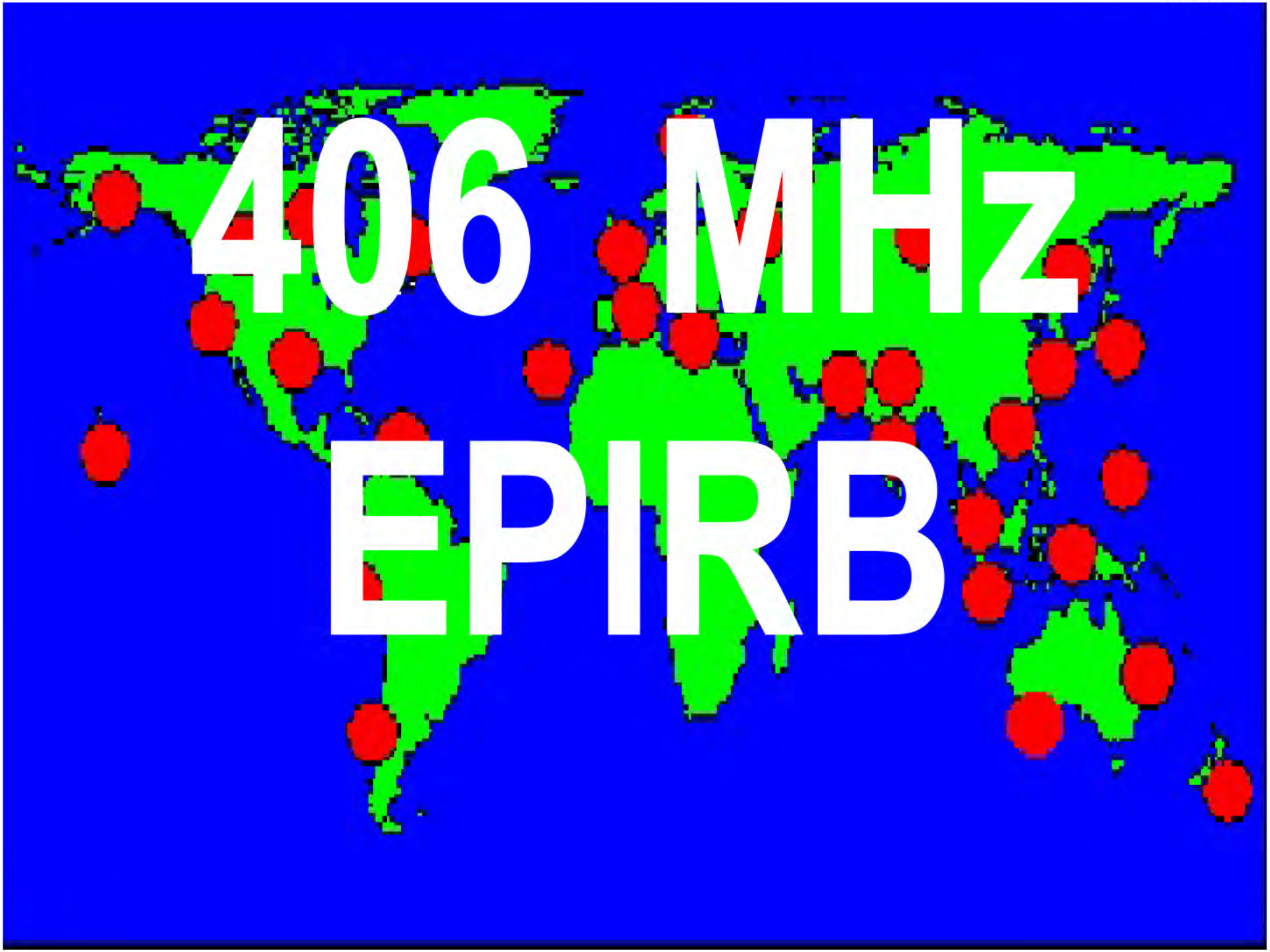
E - EMERGENCY

P - POSITION

I - INDICATING

R - RADIO

B - BEACON


406 MHz
EPIRB

121.5 MHz

EPIRB

LOCATION.

FLARES,

not the pants.

Day / Night Flare:

- DUAL PURPOSE SIGNAL
- SMOKE AT ONE END
- 7km FROM AIR
- 5.6km SEA LEVEL
- FLARE AT OTHER END
- 48km FROM AIR
- 9km SEA LEVEL

Radar Rocket Flare:

- HEIGHT OF EJECTION 305m+
- RADAR RANGE OF CLOUD 14.5km
- DURATION OF ECHO 5-8 mins
- DURATION OF STAR 7-15 sec
- CANDLEPOWER OF STAR 25 000

Rules to remember:

- READ THE INSTRUCTIONS.
- ALWAYS FIRE DOWNWIND.
- SAFETY OF PERSONNEL & EQUIPMENT.
- Note: Lookouts must confirm sighting before flare is fired.

ANY QUESTIONS?

Water

Objective:

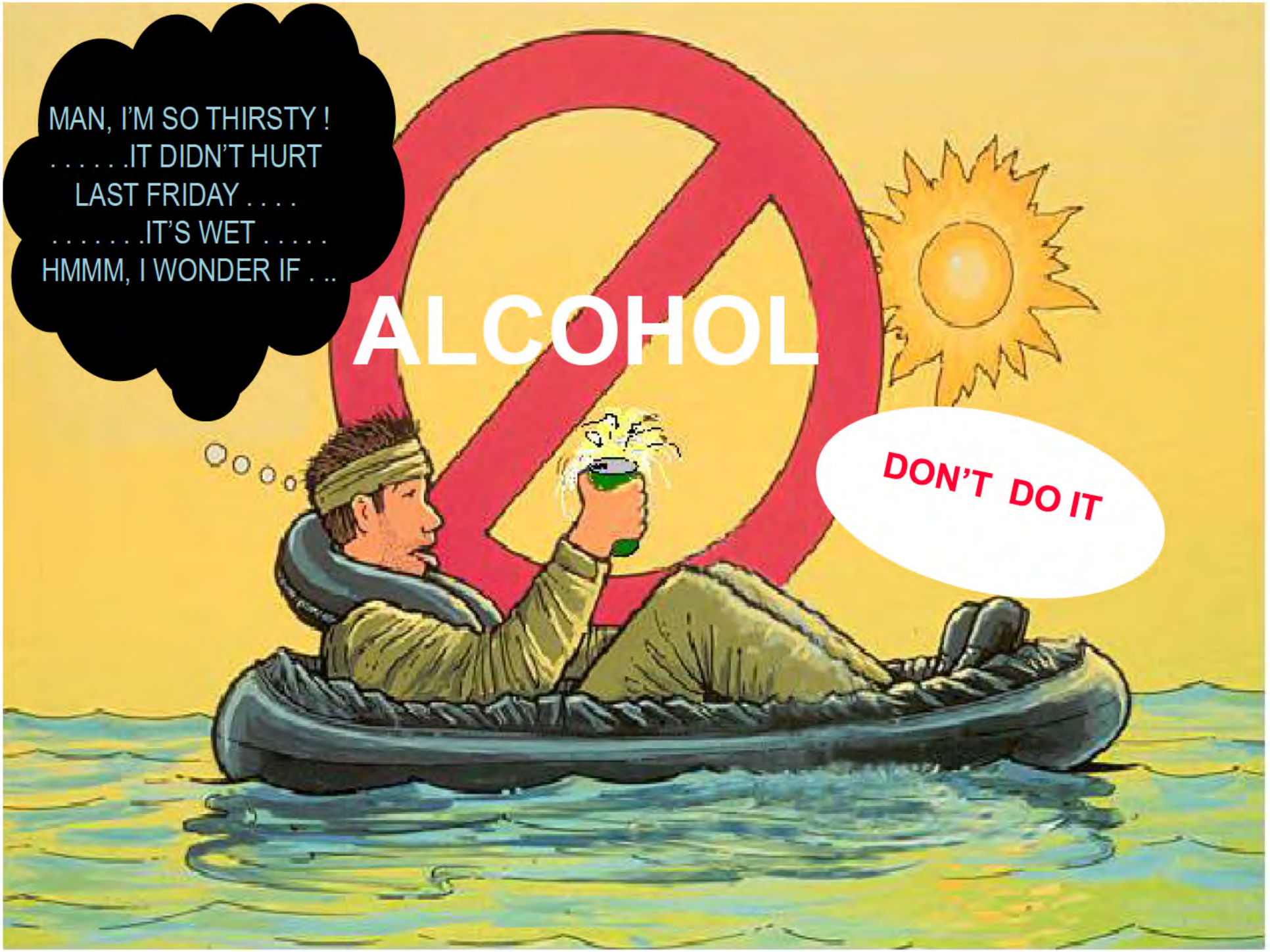
- Underline the importance of conservation of water within the body.
- Identify the methods in which extra water can be procured to supplement survivors water rations.

Problems:

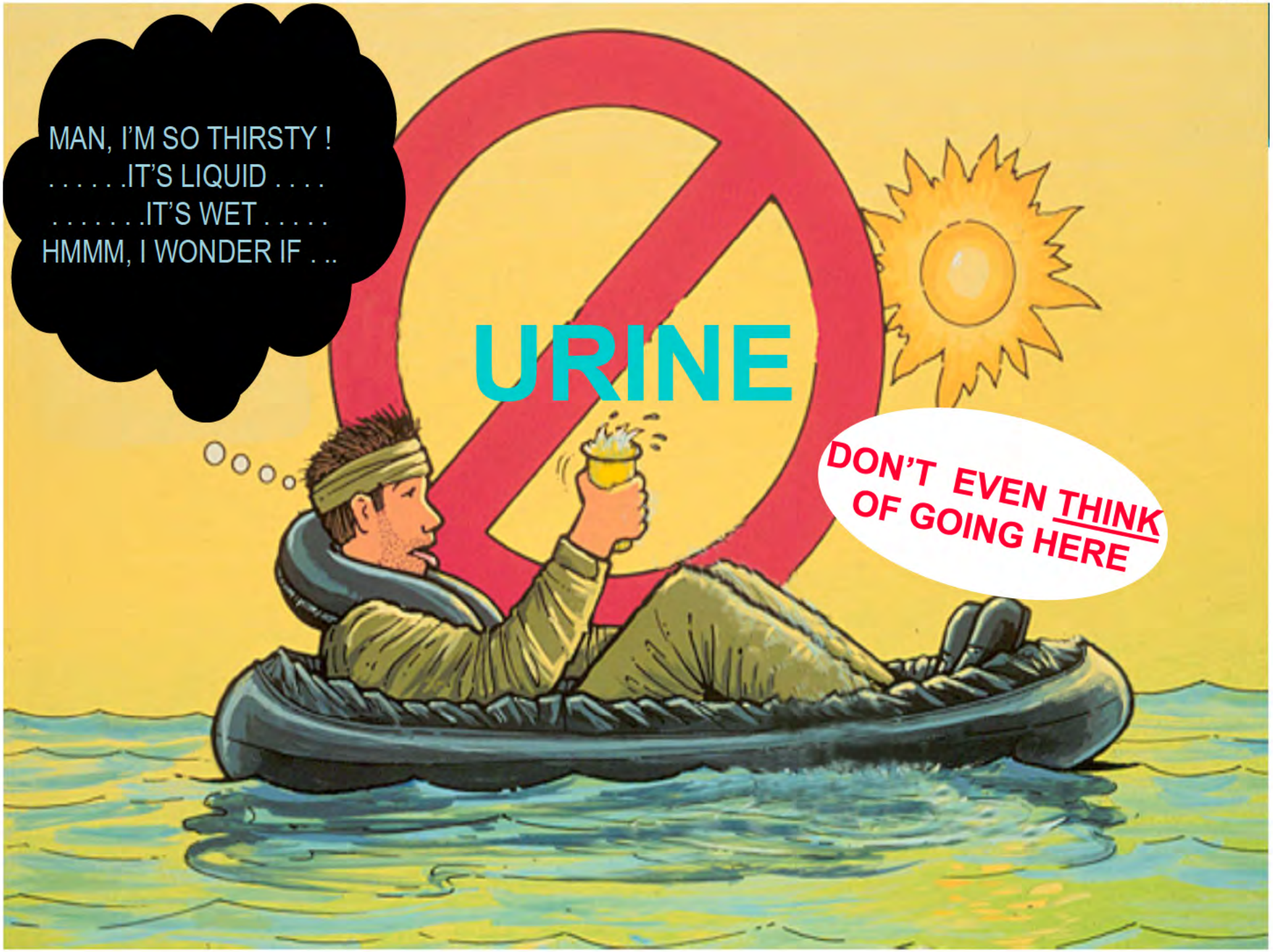
- CONSERVATION OF WATER WITHIN THE BODY.
- RATIONING OF WATER PROVIDED.
- THE PROCUREMENT OF WATER TO SUPPLEMENT THE RATIONS.

Conservation of water in the body:

- VOMITING
- PROFUSE PERSPIRATION
- BLEEDING
- DIARRHOEA


MAN, I'M SO THIRSTY !
. . . . . .IT DIDN'T HURT
LAST FRIDAY . . . .
. . . . . .IT'S WET . . . . .
HMMM, I WONDER IF . ..
ALCOHOL
DON'T DO IT


THE SEA WATER LOOKS SO COOL AND REFRESHING DON'T DRINK SEA WATER MAN, I AM SO THIRSTY ! THE SEA WATER LOOKS SO COOL AND REFRESHING DON'T DRINK SEA WATER
SEA WATER


MAN, I'M SO THIRSTY !
. . . . . .IT'S LIQUID . . . .
. . . . . .IT'S WET . . . . .
HMMM, I WONDER IF . ..
URINE
DON'T EVEN THINK
OF GOING HERE

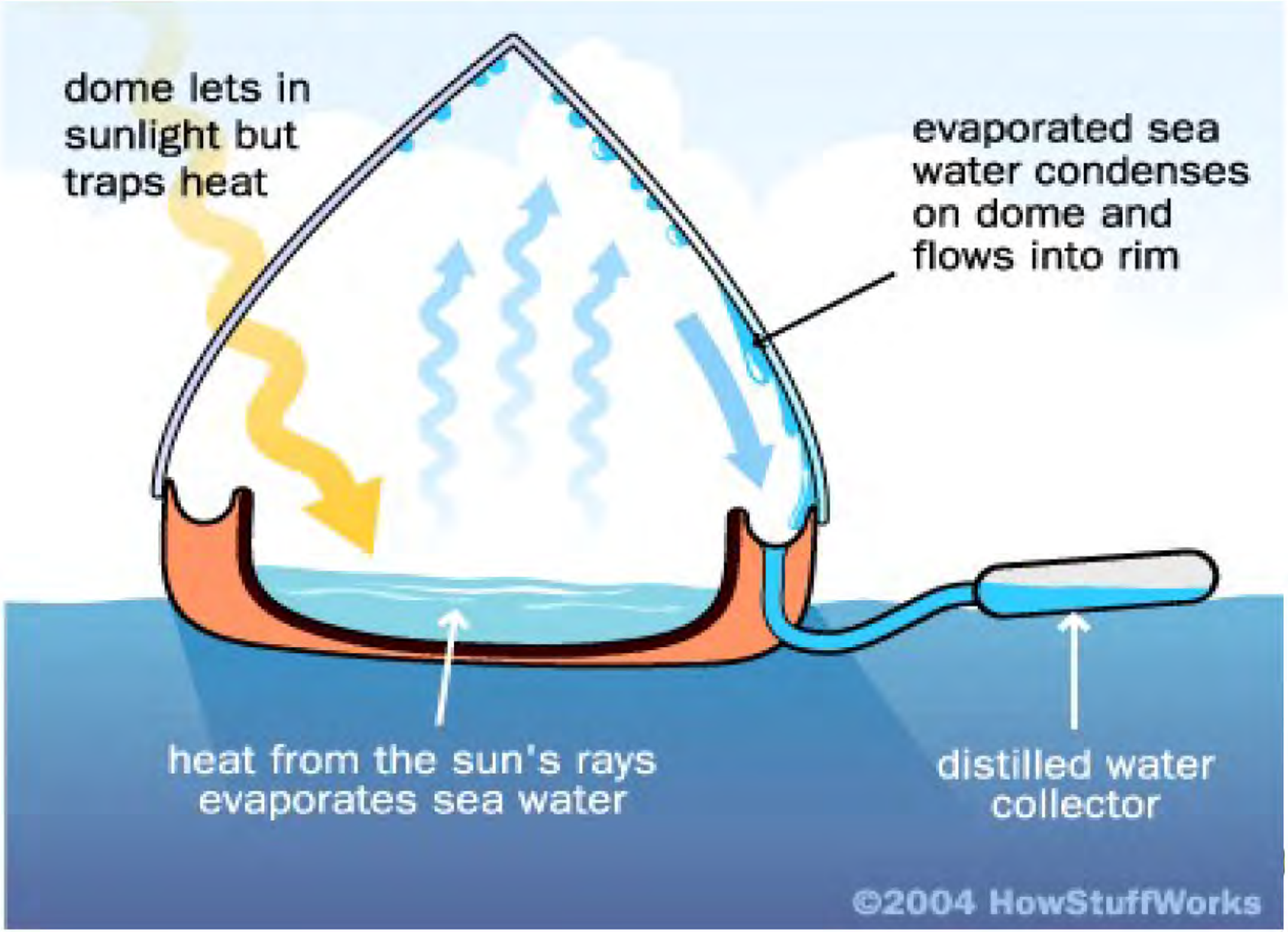
Conservation of water in the body:

- Discourage smoking.
- Rid yourself of solid waste as soon as possible.
- After 24 hours issue 500ml of water per day per person.
- Conserve body fluid, not your water ration.
- Issue Sunrise, Midday, Sunset.

Water procurement:

- RAIN WATER
- CONDENSATION
- SOLAR STILL

How a Solar Still works:



ANY QUESTIONS?

Food

Objective:

- State the need to only consume the food supplied in the liferaft & that any other food source requires extra water.

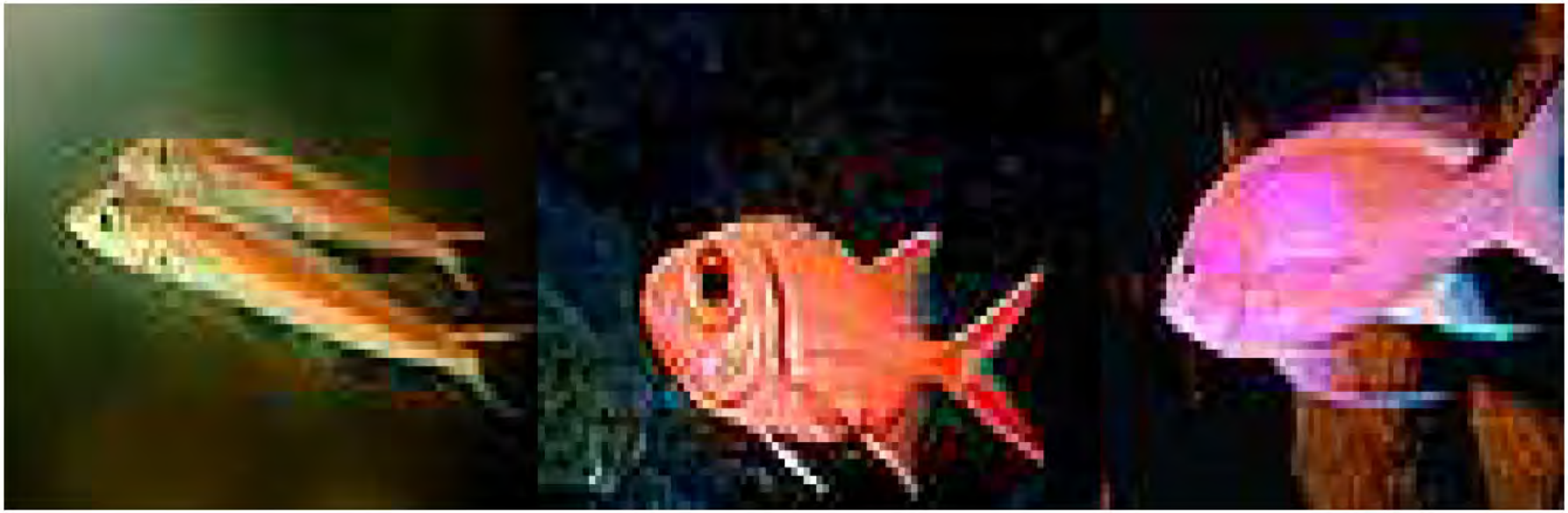
Survival Biscuits:

Note: If any other food than the rations provided is eaten there is a requirement for more water to be drunk.

Food Procurement

Sea Weed:

Fish:



Turtles:

Sea Birds:

ANY QUESTIONS?

Helicopter Rescue:

Objective:

- Identify the four methods by which a survivor can be rescued by helicopter.
- State the three safety rules when being winched by helicopter.

Safety Rules:

- Let the rescue appliance EARTH by hitting the water or the liferaft to enable discharge.
- Let the rescue appliance COME TO YOU, don't attempt to reach for the equipment or leave the raft unless directed.
- Let the aircrew DO ALL THE WORK, do not attempt to enter the aircraft yourself or communicate with the aircrew.

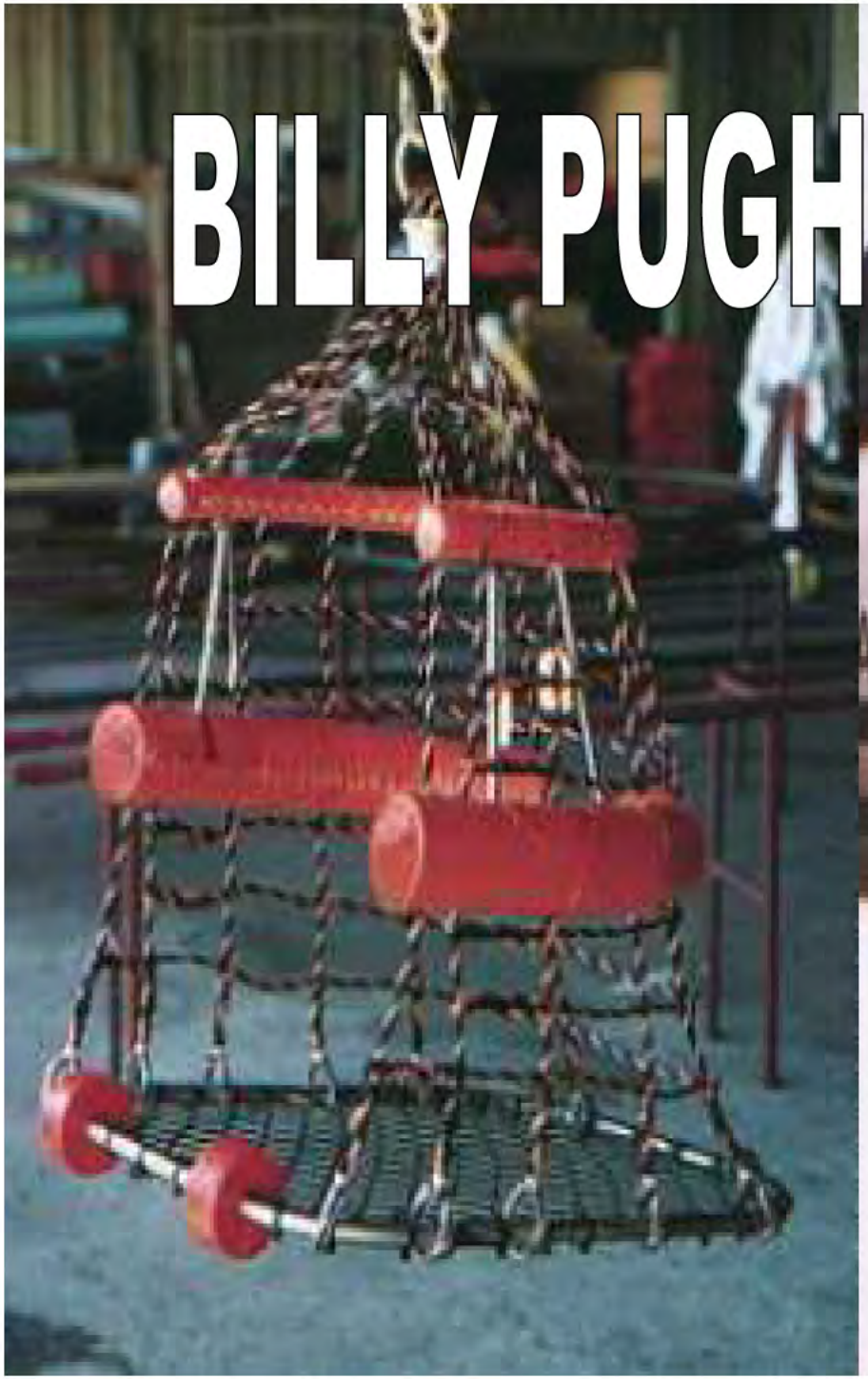
Methods of Helicopter Rescue:

- **SINGLE LIFT:**
  - Nowra rescue strop.
- **DOUBLE LIFT:**
  - Nowra rescue strop with Mk4 double lift rescue harness.
- **RESCUE NET LIFT:**
  - Billy Pugh Rescue Net.
- **STRETCHER LIFT:**
  - Paraguard Litters.

Single Lift:

Double Lift

BILLY PUGH RESCUE NET



Stretcher Rescue:

ANY QUESTIONS?

Practical Phase:

- Perform the laid down procedures for the abandonment process, the immediate & subsequent action drills.
- Demonstrate the Launching and righting of a liferaft.
- Demonstrate an understanding of the survival priorities.

Objectives:

- Perform a safety jump, back skull, the four HELP positions & an injured person tow.
- Conduct an unassisted boarding.

Personal Gear Required:

- TOWEL / DHOBEY GEAR
- SANDSHOES
- SPARE PAIR OF SOCKS
- OVERALLS
- SWIMMERS (One piece)

ANY QUESTIONS ON ANYTHING ABOUT TODAY?

Meta Data Table

Title	Version Control
Author (Owner):	Boatswain Faculty
Approver:	OIC BF
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Date of approval:	September 2007
Summary of modification:	Apply template
Modified by:	s47F
Next review date:	September 2008
Coverage:	BF (HMAS CERBERUS)