



DITCHING AND SURVIVAL FOR INSTRUCTORS

A one- day Course for Instructors wishing to deliver survival theory and practical pool drills. This is an interactive course with practical application of the training. The aim of this course is for Instructors to be able to carry out all aspects of survival training in a safe environment with Confidence and Competence

Legal Training requirements

For practical and theory training in accordance with EU OPS

Principles of Survival

Survival in different terrains and climates

*Desert, Polar, Jungle, Sea etc
The effects of extreme conditions - cold and hot
Statistics and case studies*

Coping with Disaster

The Will to Survive

Emergency Equipment

*Contents of survival packs
Life Rafts
Pyrotechnics*

Search and Rescue Procedures

Health and Safety

Requirements / briefing practical exercises

PRACTICAL TRAINING

EU OPS requirements for Wet Drills

*Health and Safety at the poolside
Lifejackets
Safe entry into the pool
Manoeuvring in water wearing a lifejacket
Life saving
Boarding the life raft*