

Submission: **SR07-09**

Offshore Special Regulation - Appendix G

Personal Safety Refresher Course

A submission from the Swedish Sailing Federation

Proposal

The Offshore Special Regulations Appendix G Training should be provided with a part "D. Guidelines for an Offshore Personal Survival Refresher Course" with the following text;
For sailors whose certificates have expired, a refresher training course of about 8 hours training may be arranged. It should contain these sessions;

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| Session 1 (1 hr) | Update on recent changes in Offshore Special Regulations, national relevant documents or any other changes of importance |
| Session 2 (1 hr) | Update on new safety equipment |
| Session 3 (1 hr) | Update on recent Lessons Learned from fatal accidents and incidents in offshore races |
| Session 4 (1 hr) | Update on national/regional changes in Maritime Search and Rescue organisations, resources, locations etc as well as in relevant meteorological services |
| Session 5 (2 hrs) | In water training with life vests, liferafts, lifeslings etc |
| Session 6 (1½ hrs) | Medical First Aid training including CPR |
| Session 7 (½ hr) | Written exam |

Detailed contents are to be developed by appropriate Member National Authorities. After the course has been passed with accepted written exam, a new certificate for another five year period may be issued.

Current Position

There is today only a plan issued for the original two day basic course as in Annex G.

Reason

The first certificates that have been issued at the first courses are now expiring. It is fair to believe that a sailor who has been practising sailing during the recent five years shall have been able to adopt additional practice, experience and skill and should therefore not have to pass a full two day course again.