



- ◆ SAFETY
- ◆ SURVIVAL
- ◆ SECURITY

LTR TRAINING SYSTEMS, Inc.

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OCEAN SURVIVAL TRAINING

Curriculum Overview
(4 hrs classroom, 4 hrs open water)

This program focuses on safety and survival in an open ocean environment. In-water immersion suit usage is emphasized which provides the students experience in self-righting, mobility skills, survival swimming and escape basket boarding. The course consists of 4 hours of academics covering station bills, hypothermia, cold water near drowning, victim recovery, vessel abandonment, survival suit care and other cold water survival skills. In the afternoon session students will do PFD/Survival suit donning, liferaft/lifeboat living/boarding, survival swimming, signaling devices and water entry from height.

Course Objectives:

- 1) To understand techniques for signaling, rescue and open ocean survival that increase an individuals ability to survive.
- 2) To be familiar with survival situations in cold water and cold water near drowning.
- 3) To understand personal flotation devices, where they are required, and how they perform.
- 4) To gain experience in the care, donning and use of Immersion suits, survival swimming.
- 5) To understand techniques for vessel abandonment, station bill duties, signaling.
- 6) To be familiar with pre-positioned marine life-support equipment, its function and usage.
- 7) To lower a students anxiety over real emergencies by participating in a realistic simulation of a water emergency, and through hands on experience with Personal Protective Equipment.



Course Content:

- 1) Course introduction, Schedule, Typical Scenarios
- 2) Cold Water Survival, Autonomic Stress Reaction
- 3) May Day Messages, Station Bill Responsibilities
- 4) Personal Clothing, Personal Flotation Devices
- 5) Survival Suit Donning, Survival Swimming Techniques
- 6) Improvised Flotation, Water Entry from Height
- 7) In Water Resuscitation, Cold Water Near Drowning
- 8) Vessel Abandonment, Life Raft Launching, Epirbs
- 9) Vessel Boarding, Equipment Stowage
- 10) Travel to open water, Safety Briefing
- 11) Travel to Dock
- 12) Graduation

PROGRAM INFORMATION

Class Date: CALL
Class Time: 8:00 to 6:00

Class Size: 20 students maximum
Course Fee: CALL

Student Requirements: Fitness to Participate, Risk Agreement. Students should bring an extra change of clothes and a towel for the pool.