



## Offshore Personal Survival Training Course ISAF 6.01

Palermo 18th – 19th August 2017

### PROGRAM

#### Friday 18th August 2017 Italian Naval League Headquarters

##### **8.00 – 8.30**

Scholar registration and presentation of instructors, scholars and program

##### **8.30 – 14.30**

O.S.R.: OFFSHORE SPECIAL REGULATIONS ISAF

Race Category

Briefing on security

Knowledge and preparation of boat and crew

Captain Responsibility and duties

Personal safety equipments and maintenance

Safety jacket

Life Lines

Collective safety equipment and maintenance

Liferaft : types, content and correct use

Grab bag e survival bag

Man-in-the-sea systems

Pump and batteries failure

Storm sails e how to prepare for a tough navigation

Floating anchor: types and use

Dismasting emergency

Alternative control

instruments

##### **14.30 - 15.30 Break**

##### **15.30 – 20.30**

Training adult and pediatric BLS/D Salvamento Academy

**Saturday 19th August 2017 Base Nautica LNI - Cala Palermo**

**8.30 – 14.30**

Signaling fire and use  
Request for rescue  
VHF - GMDSS - Satcomms  
EPIRB - PLB - AIS  
Fire on board  
Estintori  
Helicopter rescue SAR  
Medical emergency  
Hypothermia and  
Hypertermia  
How to survive on a life raft: drink bere, mangiare, tipi di  
razioni.

**Practice in the Sea**

Request for rescue  
Rescue practice  
Flare and Fires  
Practice exercise in water: abandonment of the boat, swimming and transportation  
techniques

**14.30 - 15.30 Break**

**15.30 - 16.30**

**In classroom at Ufficio L.N.I. Cala di Palermo**

Test and certificate delivery

**The program is indicative and might be subject to amendments.**

**Given the intensive program you are invited to punctuality.**

**The possession of valid F.I.V. registration card and medical certificate valid for the year in  
course is compulsory to take part in the course**

**BRING APPROPRIATE EQUIPMENT FOR THE PRACTICE EXERCISE IN WATER :**

**For the exercise you must wear wax jacket, boots and life jacket. Winter clothing is highly  
recommended. Do not forget your bathrobe .**

**Attendance is necessary to achieve the World Sailing certificate**