

BASIC SAFETY AND SEAMANSHIP TRAINING CURRICULUM

The Basic Safety and Seamanship Training Curriculum set out below has been designed by Sail Training International to reflect the requirements set (by the International Maritime Organisation) for Special Purpose Ships and Special Personnel. The curriculum is also set out in the Sail Training International Trainee Logbook designed for those receiving training on vessels certificated under the provisions of the SPS Code and on vessels certificated for the purpose of conducting sail training by their flag state.

The training programme must be delivered to a standard acceptable to the vessel's national maritime authority. Responsibility for delivering and recording the training programme is entirely that of the vessel operator.

A list of sail training vessels recognised as providing training under this scheme can be found on the Sail Training International website: www.sailtraininginternational.org/logbook.

The Basic Safety and Seamanship Training Curriculum has been developed by Sail Training International with assistance from several National Maritime Agencies around the world. It also follows a review of respected maritime training and industry sources, including but not limited to: STCW '95 Basic Safety Training, The British Columbia Institute of Technology, the Sail Training Program Guidelines of the American Sail Training Association, the United States Coast Guard COLREGS listings, MCA Large Commercial Yacht Code, RYA Competent Crew Practical Course Syllabus, IMO Marine Safety Committee DE#51, The Norwegian Maritime Directorate, ISAF. These organisations and sources do not have any responsibility for, or otherwise endorse, the content of the curriculum.

SECTION ONE

Pre-Departure Training - Vessel Orientation and Basic Safety Procedures

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| 1.1 | Trainee has been introduced to the professional crew and understands command structure. | 1.6 | Trainee can locate and use all emergency escape routes. |
| 1.2 | Trainee has been briefed on rules, duties and understands command instructions. | 1.7 | Trainee has been briefed on the opening and closing of fire, weather-tight and water-tight doors. |
| 1.3 | Trainee has toured vessel, has been briefed on shipboard routine and watch-keeping duties. | 1.8 | Trainee has been briefed on and agrees to adhere to marine pollution law and marine pollution prevention practices. |
| 1.4 | Trainee has been briefed on the location, use and donning of personal survival equipment. | 1.9 | Trainee has been assigned a safety harness, has been instructed in its use and that of other special gear, footwear and safety equipment. |
| 1.5 | Trainee can recognise alarm signals, can locate and identify his/ her muster station and responds knowledgeably to: Man Overboard (MOB), Fire and Abandon Ship drills/ practices. | 1.10 | Trainee, as required, has been qualified for, and instructed in, safe conduct for laying aloft. |

SECTION TWO

Prevention and Safe Practices

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| 2.1 | Trainee has been briefed and can perform watch duties inclusive of protocol for reporting for and standing down from duty, navigation look-out, fire and gangway/ security watch. | 2.4 | Trainee has been introduced to and is familiar with the techniques of hauling, belaying, coiling and safe line handling. |
| 2.2 | Trainee has been instructed in safe work practices, in recognising and avoiding hazardous positions, hazardous materials and in the proper use of protective work gear. | 2.5 | Trainee can tie and use basic knots including: bowline, reef, figure of eight, clove hitch etc. |
| 2.3 | Trainee recognises emergency situations and demonstrates prompt and correct action in response to MOB, Fire and Abandon Ship alarms and is able to assist in the launching of emergency rafts/ craft. | 2.6 | Trainee has been instructed in, and demonstrates an understanding of, helmsmanship, helm orders, and procedures for helm relief. |
| | | 2.7 | Trainee has been briefed on and understands COLREGS related to look-out, safe speed and risk of collision (R 5,6,7). |

SECTION THREE

Navigation, Social Responsibility and Survival Techniques

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| 3.1 | Trainee is able to identify various types of sail and motor vessels. | 3.6 | Trainee has been introduced to the shipboard communications suite and has been introduced to the use of: VHF, EPIRP, AIS, GMDSS, SAT PHONE, SSB, SAR. |
| 3.2 | Trainee can explain COLREGS R 13 through 17 related to: overtaking, head-on situation, crossing situation, action by give-way vessel and action by stand-on vessel. | 3.7 | Trainee has received training in and understands the importance of practicing effective personal relationships. |
| 3.3 | Trainee can plot a simple course, understands the principles of dead reckoning, can identify basic aids to navigation, and understands basic weather systems and primary weather indicators. | 3.8 | Trainee has successfully completed training in basic first aid and CPR. |
| 3.4 | Trainee has progressed in seamanship skills including preventative maintenance, advanced knot work, basic splicing and basic repair skills. | 3.9 | Trainee can identify fire hazards and has learned to be preventative, to minimize fire risks and to maintain a state of preparedness. |
| 3.5 | Trainee has received instruction in: safe practices, the causes, symptoms and responses to hypothermia and techniques for survival at sea. | 3.10 | Trainee understands and can locate alarm systems for fire, heat, fire suppression and smoke detection. |

SECTION FOUR

Navigation, Seamanship and Basic Fire Prevention/Fighting

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| 4.1 | Trainee has acquired a working knowledge of: chart plotting, GPS, trip planning, aids to navigation, and notices to mariners. | 4.5 | Trainee is able to classify fires quickly and to identify appropriate extinguishing methods. |
| 4.2 | Trainee is familiar with and practices the proper use and care of personal protective equipment. | 4.6 | Trainee is familiar with the location and can describe the safe and proper use of fixed and portable fire suppression and extinguishing systems. |
| 4.3 | Trainee has received instruction in safe and appropriate methods of effecting rescues. | 4.7 | Trainee has practical knowledge of fire fighting procedures, various fire fighting agents, and methods for defensive/ offensive operations. |
| 4.4 | Trainee understands the elements of fire tetrahedron and, therefore, how fires may spread, i.e., conduction, convection, radiation etc. | | |

For further information contact:

Sail Training International

5 Mumby Road, Gosport, Hampshire PO12 1AA UK

Tel: +44 (0)2392 586 367 Fax: +44 (0)2393 584 661

Email: office@sailtraininginternational.org

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