

Syllabus

Course: Personal Survival (PS-0301)

0 Credits

Course Background:

Students in the Marine Transportation and Marine Engineering majors take Personal Survival during Freshman Orientation. It is one of the elements that comprises Basic Training, a prerequisite for ST I and Cadet Credentialing.

Students must complete Personal Survival prior to boarding the TS Kennedy for cruise. For students who cannot take Personal Survival during Freshman Orientation, or who need to retake it, there are only two opportunities for retakes. Students may retake on the first day of winter cruise, or alternately, during the following Freshman Orientation.

Prerequisites: None.

STCW Component: By the following practical assessments

- Right an inverted liferaft
- Don a lifejacket
- Jump from a height into the water
- Swim while wearing a lifejacket
- Keep afloat without a lifejacket
- Board a survival craft while wearing a lifejacket

This course is part of Basic Training, and fulfills the requirements for The Personal Survival Techniques training requirements of 46 CFR 11.302(a)(1) and Section A-VI/1, Table A-VI/1-1 of the STCW Code.

Course Overview:

Personal Survival is a practical assessment based course consisting of a short classroom session, followed by an 8-hour day in the Academy pool. The purpose of the course is to ensure that students have the basic emergency skills necessary to safely enter the water, float, tread water, and join with others to survive in the water. Students will learn to use a life jacket, don an immersion suit while in the water, and inflate and board a life raft.

Course Learning Outcomes:

Upon successful completion of the course, a student will be able to

- understand the dangers of entering the water in an emergency.
- demonstrate entering the water in an emergency with and without a life jacket on.

- demonstrate the use of other personal survival gear, including TPAs.
- demonstrate an ability to swim, including backstroke, crawl, treading water, and floating.
- demonstrate safety maneuvers in the water including HELP, huddle, survival chain and carpet.
- demonstrate basic life-saving skills in the water.
- demonstrate the ability to inflate, right, and enter a life raft from the water.

Attendance Policy:

Personal Survival comprises only a single practical day. Therefore, students who intent to receive credit for this evolution must attend and successfully take part in every aspect of the training. No partial credit is given for Personal Survival. Students must come prepared by wearing their bathing suit under PT gear, flip-flops, and towel.

Student Assessment:

Students are assessed by the demonstration of practical skills. Students will be required to successfully demonstrate each skill required.

Topic Outline:

Hypothermia and fatigue

- In the water survival skills and techniques
- TPAs
- SOLAS approved PFDs

Demonstration of survival techniques

- HELP
- Huddle
- Survival chain and carpet

Demonstration of basic survival skills

- Floating and treading water
- Holding breath underwater
- Backstroke
- Crawl
- Donning a life preserver in the water
- Donning an immersion suit in the water
- Swimming to, and entering, a liferaft

Demonstration of basic rescue techniques

- Shouting “Man Overboard”

- Life ring toss
- Pulling an unconscious victim in the water
- Safely assisting conscious victims

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