

# OFFSHORE PERSONAL SAFETY COURSE – REFRESHER

(Previously known as Advanced Sea Survival)

## Course Prospectus

Sea survival training is a mandatory requirement for the International Voyaging Certificate; at least 30%, but not fewer than two members of the crew, including the person in charge, heading offshore or competing in offshore (Category 1) races.

The Offshore Personal Safety refresher course renews your existing Offshore Personal Safety certificate (which expires after 5 years). This course covers essential theory, changes to regulations, industry updates, and practical skills (wet drills) to equip you for a wide range of emergency scenarios at sea.

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<b>Qualification:</b>	Offshore Personal Safety Certificate – valid for 5 years.
<b>Aim:</b>	To refresh your knowledge and skills required to achieve the best possible outcomes in emergency situations at sea.
<b>Timeframe:</b>	1 day, consisting of classroom work and wet drills at a local swimming pool.
<b>Recognition:</b>	This is accredited by Yachting New Zealand and recognised by World Sailing and Maritime NZ.
<b>Price:</b>	\$395.00 inc GST.
<b>Location:</b>	Various locations – please see our course dates page online or contact us for more information.
<b>Requirements:</b>	A refresher course may be taken to renew a certificate if the refresher course is completed within 2 years of the expiration of the individual's most recent Offshore Personal Survival Course certificate.

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**Safety regulation updates covered:**

- Update on the World Sailing Offshore Special Regulations
- Update on the YNZ Safety Regulations
- Maritime New Zealand updates
- Other relevant documentation.
- New safety equipment
- Lessons learned and accidents
- Update to Search and Rescue organisations
- SAR Resources and location
- Meteorological services updates

**Refresh on the following topics:**

- First Aid theory
- Mental Health
- Seeking higher medical aid
- Fire prevention and fighting
- Calling for help/distress
- Abandoning to the liferaft
- PFD's and Life Jackets
- Sea survival theory

**Practical drills:**

- Swimming 50m without a life jacket fully clothed
- Swimming 50m with life jacket fully clothed
- Swimming 25m towing another person
- Entering the liferaft
- Righting a capsized raft
- Taking action once inside the raft
- Demonstrating entering the water from height
- Demonstrating the HELP position
- Demonstrating the Huddle position
- Demonstrating the Crocodile or Conga line technique