

**PROFICIENCY IN SURVIVAL CRAFT AND RESCUE BOATS OTHER THAN FAST RESCUE BOATS
 UPDATING TRAINING SELF DECLARATION FORM**

I declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

	Tick if completed
1. Take charge of a survival craft or rescue boat during and after launch. <ul style="list-style-type: none"> • Interpret the marking on survival craft as to the number of persons they are intended to carry. • Give correct commands for launching and boarding survival craft and handling and disembarking persons from survival craft. • Prepare and safely launch survival craft and clear the ship's side quickly. • Safely recover survival craft and rescue boats. 	
2. Manage survivors and survival craft after abandoning ship: <ul style="list-style-type: none"> • Steer a boat and steer by compass • Use individual items of equipment of survival crafts, except for pyrotechnics • rig devices to aid location 	
3. Use locating devices, including communication and signalling apparatus <ul style="list-style-type: none"> • Use of portable radio equipment for survival craft 	
4. Apply first aid to survivors <ul style="list-style-type: none"> • Use of the first aid kit and resuscitation techniques • Manage injured persons, including control of bleeding and shock 	

Note Candidates are only required to demonstrate the ability to perform the tasks listed above during the drill or simulated exercise situations.

I have completed the above onboard the following vessels:

Vessel	IMO Number	Dates on board

Signed.....

Print Name.....

Date.....