



## Lesson Plan: MARFO46 – Survive at Sea in the Event of Vessel Abandonment (PST) – Theory

**Delivery Mode:** Face-to-Face (Classroom)

**Location:** SCA Office – Frenchs Forest, Sydney, NSW

**Duration:** 1 Day (08:30am – 4.15pm)

**Unit Code:** MARFO46

**Qualification:** AMSA Certificate of Safety Training (CoST)

**RTO:** Superyacht Crew Academy (RTO ID: 91462)

### Session Objectives

By the end of the session, learners will be able to:

- Recognise actions required in emergencies and types of survival craft and appliances
- Understand correct abandon ship procedures and the importance of drills
- Identify equipment and techniques for survival at sea
- Demonstrate understanding of PPE, first aid, and distress signalling

### Theory Day: Key Topics and Activities

Time	Topic	Learning Activities	Assessment	Resources
8.30am 10.30am	<b>Introduction: Safety and Survival</b> <ul style="list-style-type: none"><li>• Safety guidance</li><li>• Principles of survival at sea<ul style="list-style-type: none"><li>○ Guiding principles of survival</li><li>○ Organisation and training</li></ul></li><li>• Definitions of survival craft and appliances</li></ul>	PPT slides Watch videos Oral discussions	Oral questioning	PPT Slides TV Laptop Learner Guide Pen Paper Whiteboard



	<ul style="list-style-type: none"> <li>○ Definitions</li> <li>○ Examples of survival craft</li> <li>● SOLAS Training Manual</li> <li>● IMO Safety Symbols</li> <li>● Maritime Regulations</li> <li>● Work Health and Safety (WHS) / (OHS)</li> </ul> <p><b>Emergency Situations</b></p> <ul style="list-style-type: none"> <li>● Types of emergencies</li> <li>● Precautions</li> <li>● Fire provisions</li> <li>● Foundering or flooding <ul style="list-style-type: none"> <li>○ Steps to be taken after collision, grounding &amp; hull damage</li> </ul> </li> <li>● Crew expertise</li> <li>● Muster list and emergency signals</li> <li>● Crew and emergency instructions <ul style="list-style-type: none"> <li>○ Safety Management System</li> </ul> </li> <li>● Extra equipment and survival</li> <li>● Abandoning ship – complications</li> </ul>			
10.30am – 10.45am	Morning Tea Break	–	–	–
10.45am – 12.30pm	<b>Evacuation</b>	PPT slides Watch videos Oral discussions	Group discussion Q&A	PPT Slides TV Laptop Learner Guide



	<ul style="list-style-type: none"> <li>• Abandoning ship – last resort <ul style="list-style-type: none"> <li>◦ The order 'Abandon Ship'</li> </ul> </li> <li>• Personal preparation for abandoning ship</li> <li>• Need to prevent panic</li> <li>• Crew duties to passengers <ul style="list-style-type: none"> <li>◦ Duties with respect to passengers</li> </ul> </li> <li>• Crew duties – launching survival craft</li> <li>• Master's orders to abandon ship</li> <li>• Means of survival <ul style="list-style-type: none"> <li>◦ Means of survival in the water</li> </ul> </li> </ul> <p><b>Survival Craft and Rescue Boats</b></p> <ul style="list-style-type: none"> <li>• Lifeboats <ul style="list-style-type: none"> <li>◦ Lifeboat capacities</li> <li>◦ Davit launch instructions</li> <li>◦ Free-fall launching method</li> <li>◦ Safety precautions while launching lifeboats</li> </ul> </li> <li>• Liferrafts <ul style="list-style-type: none"> <li>◦ Launching inflatable liferafts (throw over)</li> <li>◦ Davit-launched liferafts (rigid type)</li> <li>◦ Liferaft equipment</li> <li>◦ Liferaft service and maintenance</li> </ul> </li> <li>• Rescue boats</li> </ul>			Pen Paper Whiteboard
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	○ Fast rescue boats			
12.30pm – 1.00pm	Lunch Break	–	–	–
1.00pm – 2.30pm	<p><b>Personal Life Saving Appliances</b></p> <ul style="list-style-type: none"> <li>• Lifebuoys</li> <li>• Lifejackets</li> <li>• Immersion suits / anti-exposure suits</li> <li>• Thermal protective aids</li> <li>• Personal protective equipment (PPE)</li> <li>• Location of personal lifesaving appliances and survival equipment</li> </ul> <p><b>Personal Life Saving Appliance Demonstrations</b></p> <ul style="list-style-type: none"> <li>• Lifebuoys demonstration</li> <li>• Lifejackets demonstration</li> <li>• Inflatable lifejackets demonstration</li> <li>• Immersion suits demonstration</li> <li>• Thermal protective aids demonstration</li> <li>• Personal survival without a lifejacket</li> <li>• Boarding survival craft demonstration</li> </ul> <p><b>Survival at Sea</b></p> <ul style="list-style-type: none"> <li>• Dangers to survivors</li> </ul>	<p>Videos</p> <p>LSA demonstrations</p> <p>PPE demonstrations</p> <p>Group discussions</p> <p>Equipment demonstrations</p>	<p>Oral questioning</p> <p>Q&amp;A</p>	<p>Life jacket</p> <p>Life buoy</p> <p>PPE</p> <p>Immersion suit</p> <p>Thermal aids</p> <p>Life raft equipment &amp; kits</p> <p>PPT Slides</p> <p>TV</p> <p>Laptop</p> <p>Learner Guide</p> <p>Pen</p> <p>Paper</p> <p>Whiteboard</p>



	<ul style="list-style-type: none"><li>• Best use of survival craft facilities<ul style="list-style-type: none"><li>○ Clearing away from the ship</li><li>○ Protective measures: hypothermia, exposure, sunstroke</li><li>○ Seasickness</li><li>○ Avoiding dehydration</li><li>○ Fire or oil on the water</li><li>○ Shark-infested waters</li><li>○ Sea anchors / drogues</li><li>○ Lookout</li><li>○ Detection</li><li>○ Morale</li><li>○ Shark repellent</li><li>○ Actions to be taken when called to survival craft stations</li><li>○ Survival in the water</li><li>○ Jumping into the water from the ship</li><li>○ Boarding a liferaft</li><li>○ Righting a capsized liferaft</li><li>○ Immediate actions after entering survival craft</li><li>○ First aid techniques for survivors at sea</li></ul></li></ul>			
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2.30pm –3.30pm	<b>Emergency Radio Equipment</b> <ul style="list-style-type: none"><li>• Portable radio apparatus for survival craft</li><li>• Emergency position-indicating radio beacons (EPIRBs)<ul style="list-style-type: none"><li>○ Purpose</li><li>○ Carriage and stowage</li><li>○ Activation</li><li>○ Dangers of accidental use</li><li>○ Differences between EPIRBs and SARTs</li></ul></li><li>• Search and rescue transponders (SARTs)</li><li>• RADAR reflectors</li></ul> <b>Helicopter Rescue</b> <ul style="list-style-type: none"><li>• Communicating with the helicopter<ul style="list-style-type: none"><li>○ Hand and arm signals</li><li>○ Radio</li></ul></li><li>• Evacuation from ship and survival craft<ul style="list-style-type: none"><li>○ From the ship</li><li>○ From lifeboats and liferafts</li></ul></li><li>• Helicopter pick-up options</li><li>• Harness / strop pickup</li></ul>	Videos Group discussions Equipment demonstrations Hand signal demonstrations	Oral questioning Q&A Practical hand signal exercises	SART EPIRB Radio PPT Slides TV Laptop Learner Guide Pen Paper Whiteboard
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3.30pm – 4.15pm	Final Theory Assessment	–	Multiple Choice and written assessment	Paper assessment Pen Marking guide Learner guide
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### Learning Resources

- Learner Guide: MARFO46 Survive at Sea (PST)
- Trainer presentation slides
- Training equipment ( life jackets, PPE, LSA, Life raft equipment etc...)
- Videos of survival drills and helicopter rescues

### Assessment Tools

- Theory Assessment (MCQ + short answer – from marking guide)
- Group discussions and oral questions
- Interactive participation during activities and equipment demonstrations