



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

Delivery Mode: Face-to-Face (Pool)

Location: Warringah Aquatic Centre, Frenchs Forest, Sydney, NSW

Duration: 4-5 Hours (08:30am – 1:30pm)

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:

Demonstrate safe and effective survival techniques during an emergency at sea, including the use of personal lifesaving appliances, launching and boarding survival craft (from ship and water), righting an inverted life raft, operating survival and radio equipment, and applying procedures that minimise risks to survival in water and post-abandonment scenarios.

Practical Day: Key Topics and Activities

Time	Activity	Description	Assessment	Resources
8.30am – 9.30am	Safety Brief & Water Entry Drills	<ul style="list-style-type: none">• Muster numbers confirmed• Enter water & keep afloat for 15 minutes• Don lifejacket:• Swim 50m• Tow person 25m• HELP position – hold for 5 minutes	Observation	-Life Jacket -Observation Checklist -Pen



SUPERYACHT CREW ACADEMY

		<ul style="list-style-type: none"> • Group huddle – 10 minutes, rotate centre • Conga line – 50m swim together 		
9.30am – 10.00am	Water Entry Techniques	<ul style="list-style-type: none"> • From low platform with lifejacket: • Eyes forward, hold jacket down, step out • From high platform with lifejacket 	Observation	–Life Jacket –Observation Checklist –Pen
10.00am – 10.15am	Fire/Oil in Water Simulation	<ul style="list-style-type: none"> • Throw PFD 5m • Dive underwater to PFD • Don PFD in water 	Observation	–PFD –Observation Checklist –Pen
10.15am – 11.00am	Life Raft Brief & Launch Procedures	<ul style="list-style-type: none"> • Simulate “ABANDON SHIP” signal – 7 short blasts, 1 long • Discuss and demonstrate: • Painter tied off (20m length) • CO₂ inflation, sound • Contents of life raft • Split into Two Groups: • Group 1: Immersion Suits • Group 2: Life Raft 	Observation	–Life Raft –Life Raft Kit –Observation Checklist –Pen –immersion suit
11.00am – 11.20am	Break	–	–	–



SUPERYACHT CREW ACADEMY

11.20am – 11.45am	Immersion Suit Drill	<ul style="list-style-type: none"> • Don suit: sit, legs in first, secure ankle straps • Stand up, arms in, zip up, lifejacket on with buddy • Enter pool from low board • Line up toe-to-mouth, number off • Tighten group, float for 2 minutes • Board raft from water (ladder end) • Form a circle, hold for 5 minutes 	Observation	–Immersion Suit –Life Jacket –Observation Checklist –Pen
11.45am – 12.10pm	Life Raft Drills	<ul style="list-style-type: none"> • Dry entry into raft from pool deck • Discuss survival actions once inside raft: • Deploy drogue • Activate EPIRB • Establish leadership & delegate roles • Use of water, food, medical kit • Housekeeping & lookout duties • Communication and morale 	Observation	–Life Raft –Life Raft Kit –Life Jacket –Observation Checklist –Pen
12.10pm – 12.20 pm	Toilet Break	–	–	–
12.20pm – 1.00pm	Advanced Raft Boarding & Rescue	<ul style="list-style-type: none"> • Unassisted entry into raft 	Observation	–Life Raft –Life Raft Kit –Life Jacket



SUPERYACHT CREW ACADEMY

		<ul style="list-style-type: none"> • Assisted entry methods: • Roll technique • Feet first / bounce method • Discuss pros/cons of face-first vs back-first • Simulated spinal injury: assisted entry • Use quoit to retrieve injured crew member: • Rescue swimmer deployment • Accurate throw & recovery • Propel raft using: • Paddle • Drogue (kedging technique) 		-Observation Checklist -Pen
1.00pm – 1.30pm	Final Task: Capsize Recovery	<ul style="list-style-type: none"> • Don lifejackets • Enter pool from high board • Capsize & re-right raft • Enter raft • Paddle rafts together • Final exercise: Tug-of-war – rafts race to ends of pool 	Observation	-Life Raft -Life Raft Kit -Life Jacket -Observation Checklist -Pen



Practical Resources

- Compressor
- 10 amp lead
- Long hose with adapter for raft
- 1 x knife
- 1 raft per 12 people, 1 uninflated training raft
- 1 complete raft kit (includes items below)
- Life Jacket
- Immersion suit

Raft Kit Contents (SOLAS/USCG-compliant):

- 3 x hand flares
- 2 x parachute flares
- 1 x smoke signal
- Flashlight + extra batteries
- Signal mirror
- Signal whistle
- Bailer
- 2 x paddles
- Topping-up air pump
- Sea anchor
- 2 x sponges
- Repair kit (glue, patches)
- Repair plugs
- Rescue quoit and line
- Survival instructions
- First aid kit
- Fishing kit
- Can openers
- Floating safety knife
- Thermal protective aids
- Anti-seasickness tablets
- Seasickness bags
- Drinking cup



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CREW ACADEMY

Assessment Tools

- Observation Checklist
- Pen
- Iphone (photos & timer)