



WARSASH MARITIME ACADEMY

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Choice, Heritage, Quality

The world's leading maritime education and training provider



STCW 2010 Refresher Training and Seafarers' Physical Fitness

Alan Cartwright - Commercial Manager

David Riley - SERCO Fire Training Team Leader

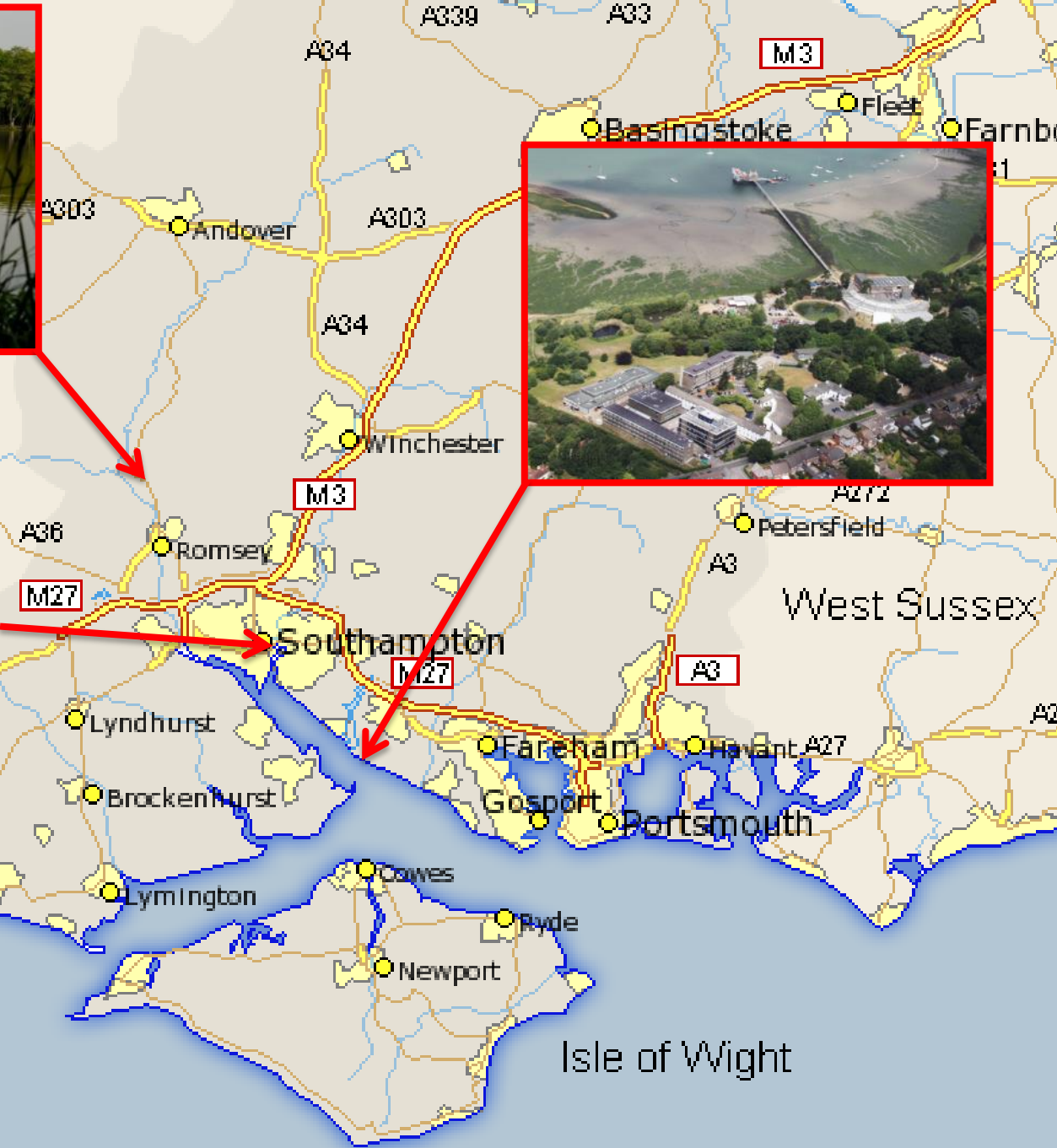
Warsash Maritime Academy

**... serving the international maritime industry for
nearly 70 years**

Warsash Maritime Academy



- Warsash Maritime Academy (WMA) has been providing maritime education and training since 1946
- WMA is the only remaining UK nautical academy with a maritime-dedicated and 'full service' waterside campus
- As part of Southampton Solent University, WMA is the only Higher Education Institution in the UK providing a full range of maritime courses, from initial entry up to Master's degree level and professional CPD



Warsash Maritime Academy for...

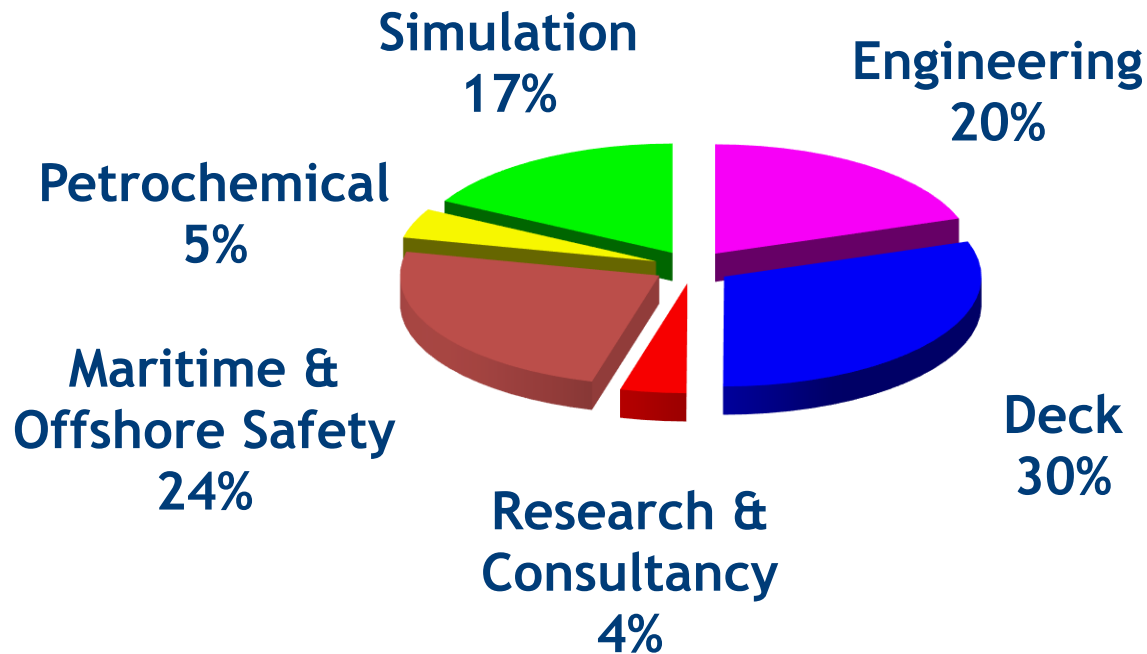


- Officer Cadet programmes (Navigation & Engineering)
- Senior Certificates of Competency
- Mandatory Safety Training
- Postgraduate maritime qualifications
- Continuing Professional Development
- Management Development
- Maritime Consultancy and Research

Warsash Maritime Academy



Over 10,000 student registrations each year





The STCW 2010 Manila Amendments



2010 Amendments to STCW

Amongst the amendments adopted, there are a number of important changes to each chapter of the Convention and Code, including:

- New requirements relating to training in modern technology (e.g. ECDIS)
- New requirements for training in leadership, management and teamwork
- Updating of competence requirements for personnel on all types of tankers
- New requirements for personnel serving on liquefied gas tankers
- New requirements for security training, including piracy awareness
- New requirements for marine environment awareness training
- Requirement for Engineers and METOs to be trained in High Voltage
- **Requirement for Sea Safety Training to be UPDATED**

STCW 2010 Updating Training



- Personal Survival Techniques:
 - Fire Prevention and Firefighting
 - Advanced Fire Fighting
 - Proficiency in Survival Craft & Rescue Boats
 - Fast Rescue Boat

- Medical Care

STCW 2010 Updating Training

- Updating/Refresher training required for all seafarers:
 - Personal Survival Techniques
 - Fire Prevention and Fire Fighting
 - Proficiency in Survival Craft and Rescue Boats
 - Advanced Fire Fighting (for Officers)
 - Fast Rescue Boat (for those with designated duties)
 - Proficiency in Medical Care (Designated Officers) *required by EU, not STCW 2010*
- Updating certificates will be required for revalidation of a CoC from 1 January 2017
- These Updating certificates must also be carried by seafarers with their CoCs upon joining a vessel, with effect from 1 January 2017

Fire Prevention and Fire Fighting



Fire Prevention and Fire Fighting



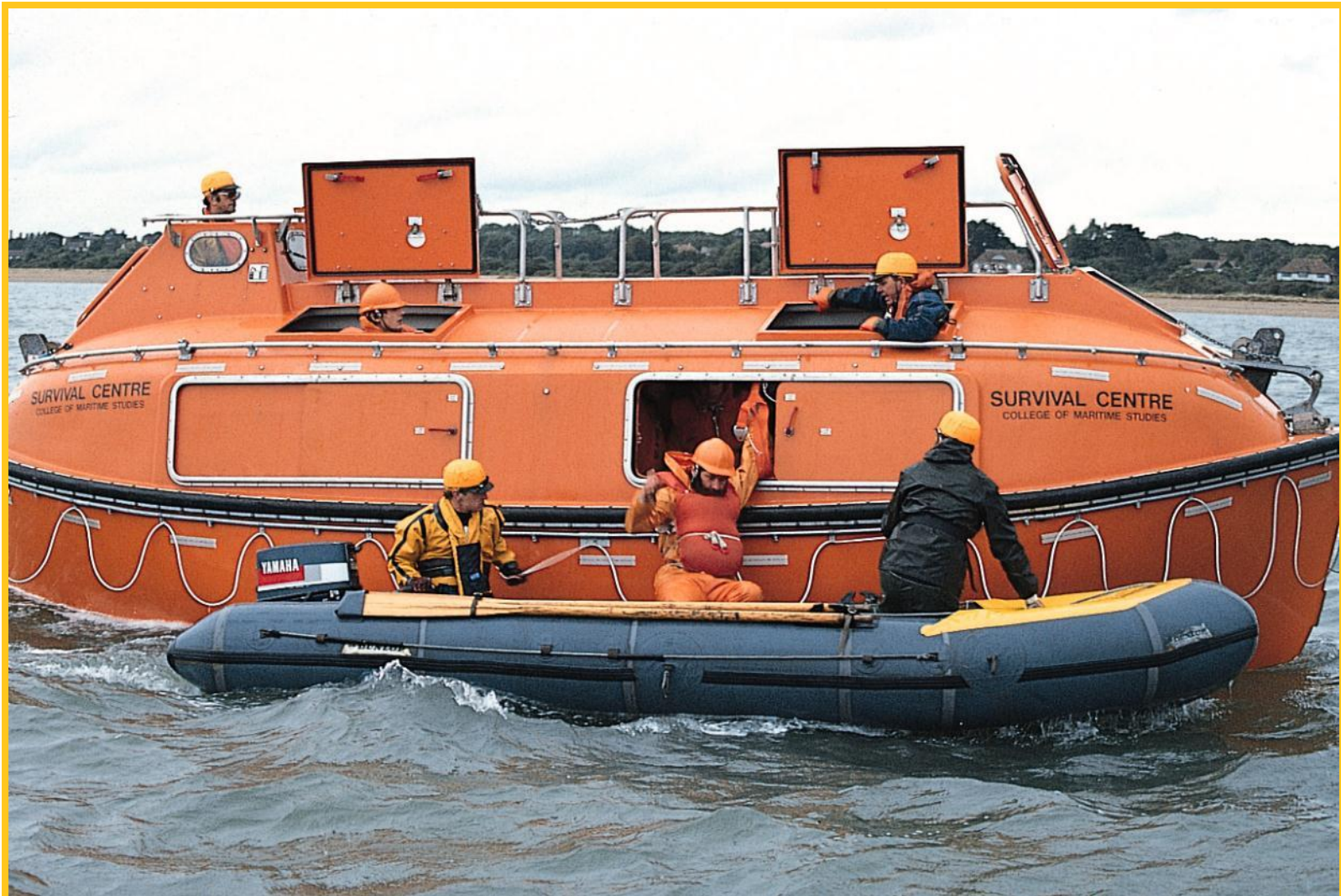
Advanced Fire Fighting



- Desk top and practical exercises
- This typical BA fire fighting activity highlights the requirement for relative agility and health



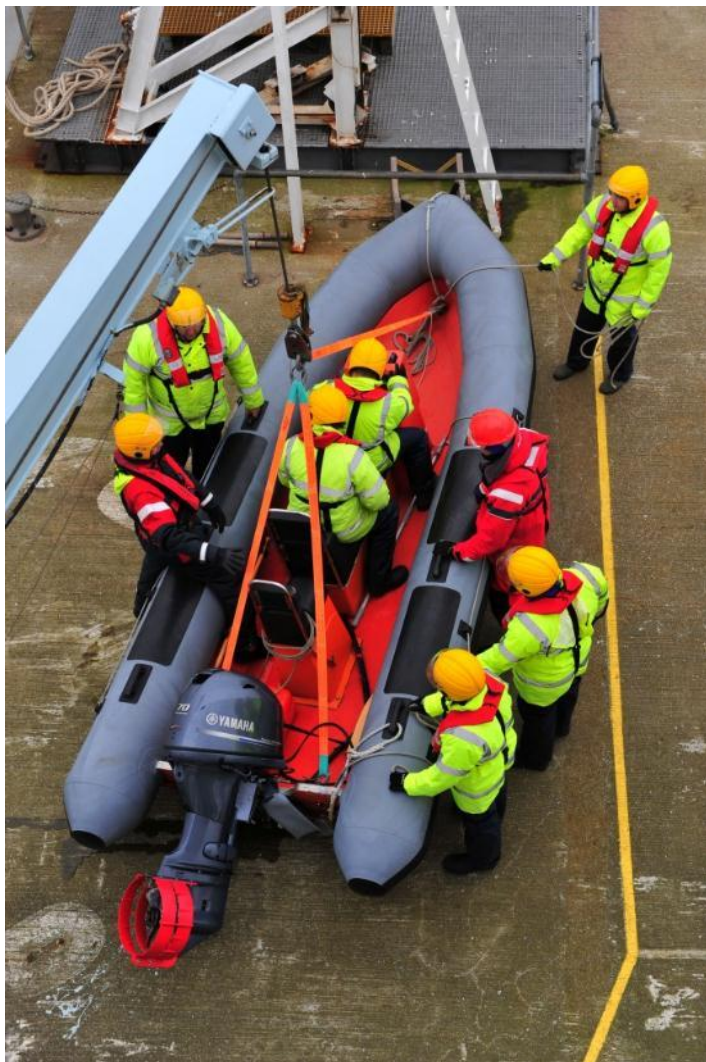
Proficiency in Survival Craft and Rescue Boats



Proficiency in Survival Craft and Rescue Boats



Proficiency in Fast Rescue Boats



Proficiency in Medical Care



Issues of Seafarer Fitness



Issues of Seafarer Fitness



- Fitness for Duty = Endurance & ability to withstand physical stress:
 - Heat
 - Work rate
 - Fear
- Secondary factors include:
 - Build / Physique
 - Physical fitness



Issues of Seafarer Fitness



- Fitness for Duty = Endurance & ability to withstand physical stress:
 - Heat / Cold
 - Work rate
 - Fear
- Secondary factors still include:
 - Build / Physique
 - Physical fitness
- Exhaustion may be a greater issue ?
- Subcutaneous fat an advantage ??

Issues of Seafarer Fitness



- Primary Factors remain:
 - Heat / Cold
 - Work rate
- Secondary factors still include:
 - Build / Physique
 - Physical fitness
- Whole Body Vibration - limit the individual's exposure
- Exhaustion may remain a significant issue, if Fast Rescue Boat duties are prolonged

STCW 2010: Seafarers' Physical Fitness



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NEWS & EVENTS

- JW Slater Scholarship for ratings
- Solent University Vice-Chancellor Professor Van Gore awarded the CBE
- 103 new officers pass out from Warsash Maritime Academy

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