Proficiency in Survival Craft and Rescue Boats (Other than fast rescue boats) Updating Training (Restricted) 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:					
a)	Interpret the markings on survival craft as to the number of persons they are intended to carry				
b)	Give correct commands for launching and boarding survival craft, clearing the yacht and handling and disembarking persons from survival craft				
c)	Prepare and safely launch survival craft and clear the yacht's side quickly				
d)	Safely recover survival craft and rescue boats				
	anage survivors and survival craft after andoning ship:				
a)	Steer a rescue boat by compass				
,	 b) Use individual items of equipment of survival crafts, except for pyrotechnics 				
c)	Rig devices to aid location				
	se locating devices, including communication, and gnalling apparatus:				
d)	Use of portable radio equipment for survival craft				
4. A p	oply first aid to survivors				

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 training on the following yachts:

Yacht Name:	IMO Number:	Dates on board:

Signed...... Print Name.....

Date.....