



日本サバイバルトレーニングセンター

**NSTC Nippon Survival Training Center**

## Joining Instructions for FOET

Thank you very much for applying to Nippon Survival Training Center (NSTC)

Please read these instructions carefully before joining the training.

### ◆ Important

#### Registration Health Precautions

The training activities may include physically demanding and potentially stressful elements.

Submit the following documents found with this document in order to ensure your good health.

・Statement of Physical Fitness (must have physician's signature) ・Training Consent Form

・NSTC Training Medical Screening and Self-Declaration of Fitness Form

・Personal Information Consent Form

**Documents must be sent 2weeks prior to the course date.**

\*If they are unable to be sent by the due date, scan and forward by e-mail or fax in advance; the original documents shall be submitted on the first day of the course.

Please keep yourself in good health for the training day. Drugs and alcohol are prohibited.

**Please submit a copy of your current certificate via e-mail when you apply for the training.**

#### Training Gear

- Delegates are required to wear **comfortable and suitable clothing** for the training. Short pants, skirts, sleeveless tops, sandals and beach sandals are not allowed due to safety concerns
- For your safety, **accessories are not allowed** during the training.
- For your safety, please **remove your contact lenses** before participating in training at the pool due to the loss and/or the possibility of infection.

(Please bring your glasses so that you'll be able to have clear visibility for pool-side explanation.)

#### What to Bring

- **Photo ID**(Passport, Driver's license or Mariner's pocket ledger) ※Non-Japanese: passport only
- Note pad & pen
- **Swimwear**, water proof bag (to carry wet swimwear after the course), Eyeglasses and contact lens care set including contact lens solution and case
- Statement of Physical Fitness, NSTC Training Medical Screening and Self-Declaration of Fitness Form, Training Consent Form and Personal Information Consent Form **(if original documents were not posted)**

## Provided

- Personal Protective Equipment (Helmet, gloves, etc.), shower towels, coveralls, boots, etc.
  - Lunch (Provided a lunch box in our lounge.)
  - Refreshments such as water, tea, coffee, etc. are available in the lounge.
- ※Smoking area is located on the 5<sup>th</sup> floor of the facility.

## ◆Registration

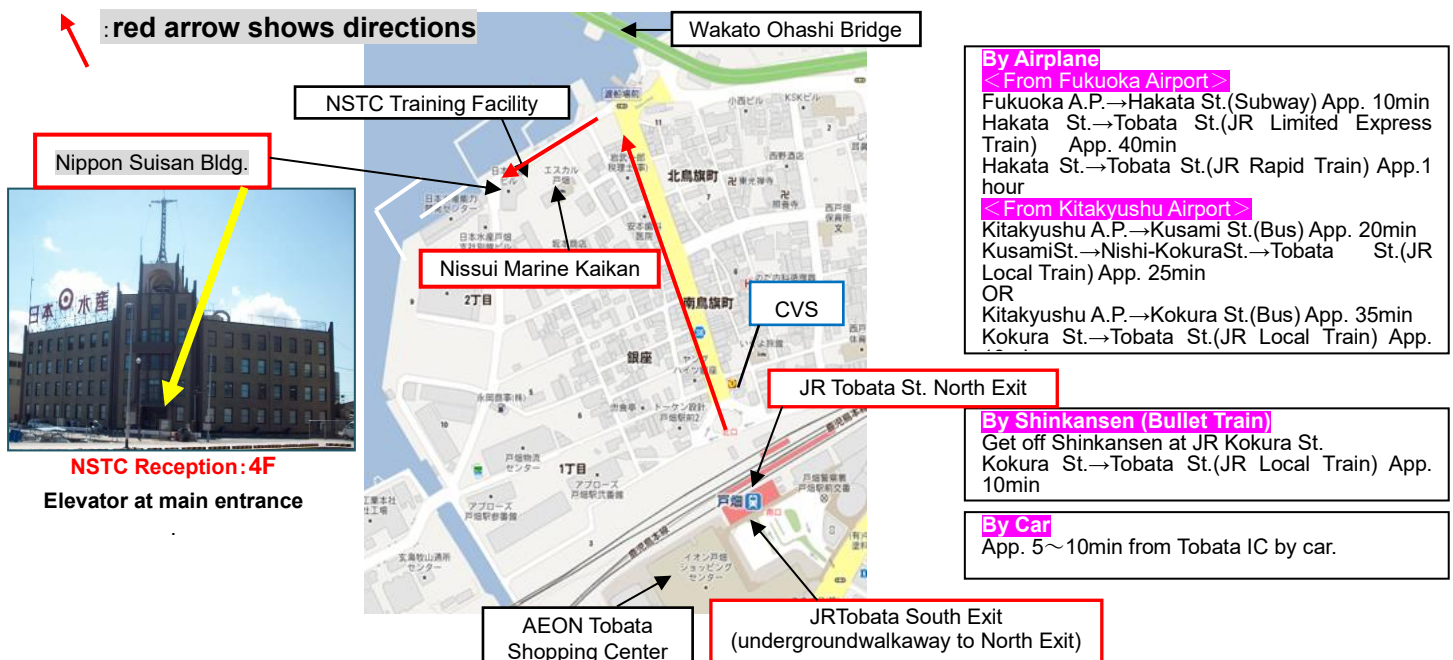
Please arrive at NSTC reception (Nippon Suisan Bldg. 4<sup>th</sup> floor) by the stated time on the annexed Time Table. Reception will be open 10min prior to the registration time. If there is any chance that you'll be late, please call **093-884-2020**.

## ◆Directions

Address: Nippon Suisan Bldg. 4F, 2-6-27Ginza, Tobata-ku, Kitakyushu-shi, Fukuoka-ken, Japan 804-0076 (approx. 10 minute walk from JR Tobata Station, North Exit)

TEL: 093-884-2020 (8:30~17:30 weekdays) Mail: [book@n-s-t-c.com](mailto:book@n-s-t-c.com)

Emergency call: 093-884-2024 (24hours/365days)



## ◆Booked Accommodation (Nissui Marine Kaikan)

- Contact **NSTC** for any **booking changes**. 2 weeks prior to the course date.

#### ◆About OPITO courses

NSTC courses are carried to meet or exceed standards set by OPITO. During the course the delegate will be assessed by qualified instructors to ensure that all Learning Outcomes set by OPITO are met. Delegates will be assessed against the learning outcomes specified below using direct observation and oral and/or written questions as appropriate. If for any reason, one or more of the following outcomes are not met, the delegate will be found not-yet-competent and may need to repeat the outcome so that a certificate may be issued.

For a better understanding of the training and what is expected of the delegate, please visit Youtube to view the [OPITO BOSIET Briefing Video](#).

#### FOET Module 5; Helicopter Safety and Escape Learning Outcomes

**To successfully complete this module, delegates must be able to demonstrate:**

- (1) Donning an aviation transit suit, aviation lifejacket and emergency breathing system equipment (EBS) and conducting EBS integrity checks.
- (2) Deploying, operating and breathing from EBS at atmospheric conditions.
- (3) Deploying, operating and breathing from EBS in a pool utilising personal air prior to HUET exercises (delegate to experience positive and negative pressure created by the body orientation in water).
- (4) Actions to take in preparing for a helicopter ditching/emergency landing.
- (5) Actions following a controlled ditching on water (including deploying EBS and, on instructions from aircrew, operation of a push out window) and evacuate through a nominated exit to an aviation liferaft.
- (6) Assist others where possible in carrying out initial actions on boarding the aviation liferaft, to include mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
- (7) Escape through a window opening which is underwater from a partially submerged helicopter (deploying, operating and breathing from the EBS but without operation of a push out window).
- (8) Escape through a window opening which is underwater from a partially submerged helicopter (deploying, operating and breathing from the EBS and operation of a push out window).
- (9) Escape through a window opening which is underwater from a capsized helicopter (\*deploying and operating the EBS on the surface prior to capsize and operating a push-out window)
- (10) Following escape from the helicopter (HUET), inflate lifejacket, deploy spray visor and carry out in-water procedures, to include swimming, getting into Heat Escape Lessening Position (HELP), towing, chain, huddle and circle.
- (11) Boarding an aviation liferaft from the water.
- (12) Being rescued by one of the recognised methods available offshore and survivor actions following rescue.

#### FOET Module 6; Firefighting and Self Rescue Learning Outcomes

**To successfully complete this module, delegates must be able to demonstrate:**

- (1) Correct use of hand held portable fire extinguishers and which ones to use for different classes of fires.
- (2) Self-rescue techniques with a smoke hood from areas where visibility is reduced due to smoke.
- (3) Self-rescue techniques with a smoke hood from areas where visibility is completely obscured.
- (4) Small group escape techniques with a smoke hood from areas where visibility is completely obscured.

**FOET Module7; Emergency First Aid Learning Outcomes**

**To successfully complete this module, delegates must be able to demonstrate:**

- (1) Raising the alarm.
- (2) Immediate first aid actions, to include: ABC.

**◆ Sample FOET Certificate**

