



日本サバイバルトレーニングセンター

Nippon Survival Training Center

Joining Instructions for GWO Basic Safety Training (including refresher course)

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**
- **Health Questionnaire**
- **Medical Self-Assessment**
- **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.

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) for those join Sea Survival Training, Eyeglasses and contact lens care set including contact lens solution and case
- Work at Height training delegates need to bring working gloves, safety shoes, long socks
- Statement of Physical Fitness, Health Questionnaire, Medical Self-Assessment, Training Consent Form and Personal Information Consent Form **(if original documents were not posted)**

Provided

- Personal Protective Equipment (Helmet, harnesses 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 5th floor of the facility.

◆Registration

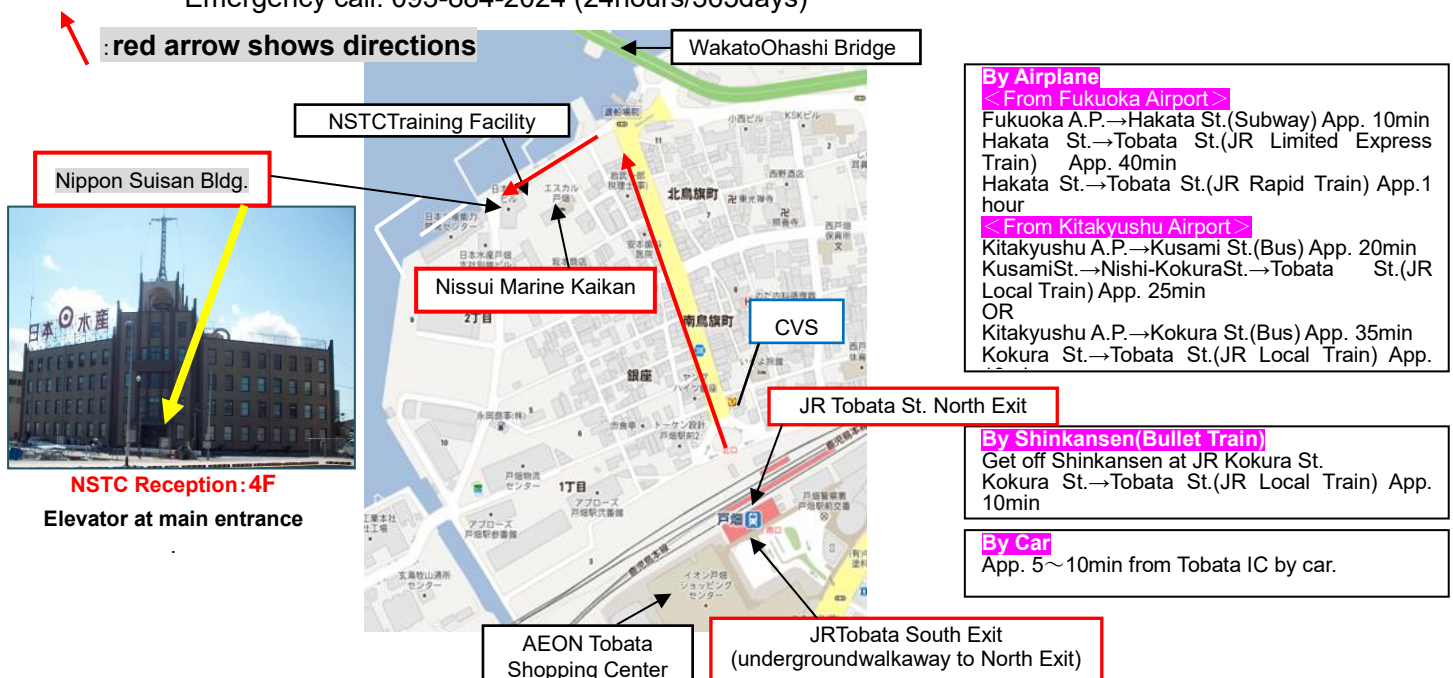
Please arrive at NSTC reception (Nippon Suisan Bldg. 4th floor) by the stated time on the annexed Time Table. Reception will be open 10min prior to the registration time. If there is any chance that you'll be late, please call **093-884-2020**.

◆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

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.