



日本サバイバルトレーニングセンター

**Nippon Survival Training Center**

## Joining Instructions

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**

• **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.

#### 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
- Motion sickness medicine if you experience seasickness (for lifeboat training)
- GWO Work at Height training delegates who is working gloves, safety shoes, long socks
- Statement of Physical Fitness, Health Questionnaire and Training Consent Form, Personal Information Consent Form **(if original documents were not posted)**

※Extra clothes, motion sickness medicine and cold weather outfit are not needed for those taking only **ADC/ADE**.

## 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

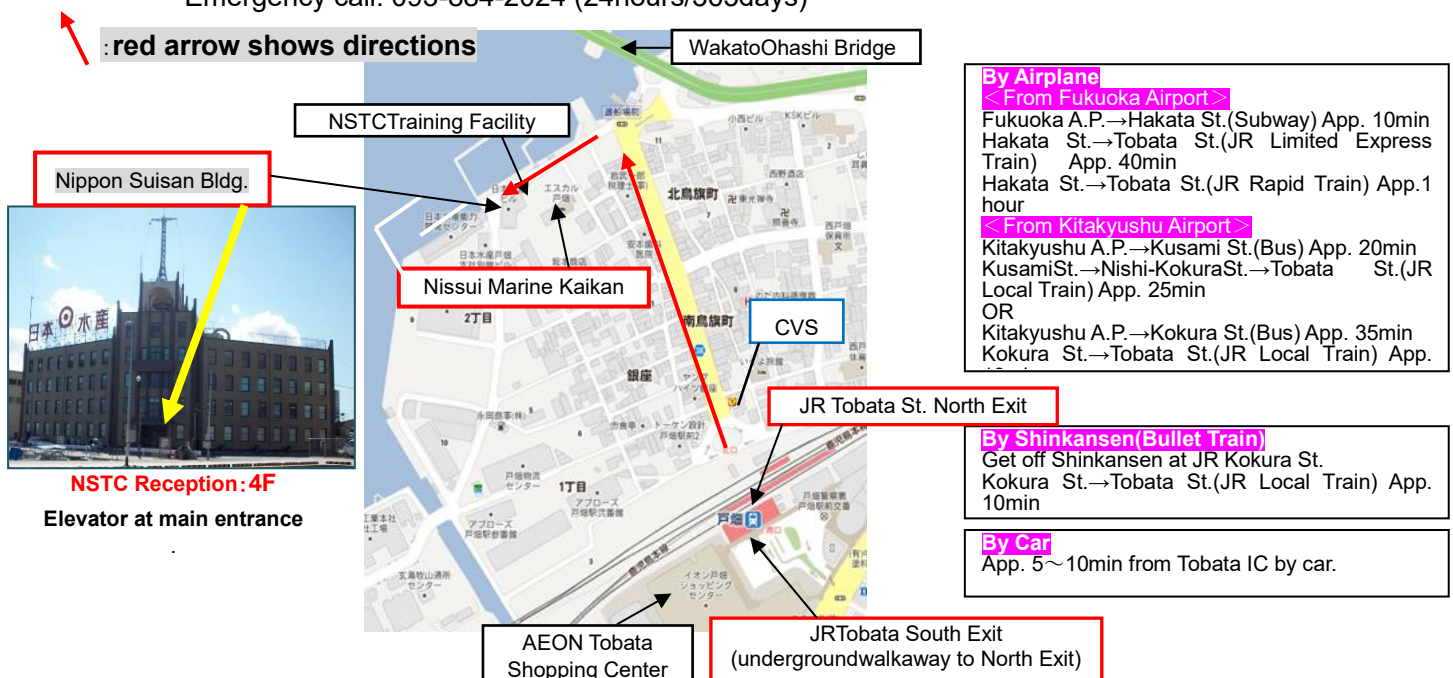
Please arrive at NSTC reception (Nippon Suisan Bldg. 4<sup>th</sup> floor) by the stated time on the annexed Time Table. Reception will be open 10min prior to the registration time. If there is any chance that you'll be late, please call **093-884-2020**.

## ◆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 Dormitory (NMK Company Dormitory)

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