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| <b>NSTC</b>                            | Issue #:<br>001      | Revision #:<br>009      | Prepared by:<br>EM    |
| Document Code:<br><b>QMS11403-2</b>    | Issue Date:<br>11/12 | Revision Date:<br>10/23 | Approved by:<br>AN    |
| Reference<br>Joining Instruction(FOET) |                      |                         | Page<br><b>1 of 5</b> |



日本サバイバルトレーニングセンター  
**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.

### ◆ Registration

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**
- **Consent form for Training on Infection Agreement**

**Documents must be sent 15 days prior to the course date by e-mail in PDF.**

If the procedure cannot be confirmed by 15 days before the start of training, according to our cancellation policy, the training will be canceled and a cancellation fee will be charged.

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

### ◆ Clothes, belongings

- 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**(My number card, 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)

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| Reference<br>Joining Instruction(FOET) |                      |                         | Page<br><b>2 of 5</b> |

#### ◆Provided

- Personal Protective Equipment (Helmet, gloves, etc.), shower towels, coveralls, boots, etc.
- Lunch (Provided a lunch box )
- Refreshments such as water, tea, coffee, etc. are available in the lounge.

#### ◆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**.

\* The registration room will be opened 30 minutes before the start.

#### ◆Late Arrival Policy

- A certificate of completion may not be issued to those who arrive late.
- Delegates will go to Wakamatsu Training Facility by NSTC car. Those who are late for the departure time will be transported by taxi on their own, but please note that you will be required to pay for the transportation fee.

#### ◆Use of parking lot

A parking permit is required to use the parking lot.

For parking lot usage, please email [delegate name] [training name][training date] [car model/number] and let us know in advance.

\*If you are using a rental car, the [car model/number] is not required, but please write [rental car].

#### ◆training cancellation

Training may be canceled due to natural disasters (including infectious diseases).

In that case, the cancellation of the training will be announced on the news on the NSTC website by 7:00 a.m. on the day of the training.

If you determine that holding the training on that day is in doubt, please check the website on the morning of the training day

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| Reference<br><b>Joining Instruction(FOET)</b> |                      |                         | Page<br><b>3 of 5</b> |

### ◆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 (8:00~17:00weekdays) Mail: [book@n-s-t-c.com](mailto:book@n-s-t-c.com)



### By Airplane

#### [From Fukuoka Airport]

Fukuoka A.P. → Hakata St. (Subway) App. 10min  
Hakata St. → Tobata St. (JR Limited Express train)  
App. 40min  
(JR Rapid Train) App. 60min

#### [From Kitakyushu Airport]

Kitakyushu A.P. → Kusami St. (Bus) App. 20min  
Kusami St. → Nishi-Kokura St. → Tobata St.  
(JR Local Train) App. 25min

OR

Kitakyushu A.P. → Kokura St. (Bus) App. 35min  
Kokura St. → Tobata St. (JR Local Train) App. 10min

### By Shinkansen (Bullet Train)

Get off Shinkansen at JR Kokura St.  
Kokura St. → Tobata St. (JR Local Train) App. 10min

### By Car

App. 5~10min from Tobata IC by Car

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| Reference<br><b>Joining Instruction(FOET)</b> |                      |                         | Page<br><b>4 of 5</b> |

#### ◆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

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| Reference<br>Joining Instruction(FOET) |                      |                         | Page<br><b>5 of 5</b> |

**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 or partial blindfold from areas where delegate visibility is reduced.
- (3) Self-rescue techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured.
- (4) Small group escape techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured.

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| FOET Module7; Emergency First Aid Learning Outcomes |
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**To successfully complete this module, delegates must be able to demonstrate:**

- (1) Raising the alarm.
- (2) Immediate first aid actions, including checking airways, breathing and industry recognised first aid practice