

INTERNATIONAL YACHT TRAINING WORLDWIDE

PERSONAL SURVIVAL TECHNIQUES UPDATING TRAINING SELF DECLARATION FORM

I (PRINT NAME) 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:

COMPETENCY	DATE COMPLETED
Don a life jacket	
Board a survival craft from the ship, while wearing a life jacket	
Take initial actions on boarding a lifeboat to enhance chance of survival	
Stream a lifeboat drogue or sea-anchor	
Operate survival craft equipment	
Operate location devices, including radio equipment	

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 the following vessels:

VESSEL	REGISTERED/IMO NUMBER	DATES ON BOARD

Signed:.....

Print Name:.....

Date:.....