BOAT CREW TRAINING

Physical Fitness Crew Survival Equipment

> BCM 02-01 to -02 BCM-02-03- thru -14

> > BCH16114.2A Ch 3

Physical Requirements

For Training Participation- none

For Certification- Demonstrate ability, mobility and endurance to complete performance-based training and qualification tasks

Responsibilities

All:

Self evaluate own capability to perform task safely

Alert Coxswain if aware of unsafe condition in self or other crew member

Coxswain:

Relieve / reassign crew member

Cancel mission....as necessary

Vision Test

- 20/40 or better in each eye (glasses OK)
- Red, green, yellow, white color recognition

(or Dr eye exam certificate in past 2 years)

Types of Personal Flotation Devices (PFD)

Note: These are old designations

- Type I = off shore
- Type II = near shore
- Type III = flotation aid
- Type IV = throwable
- Type V = special use jackets
 - Inflatable
 - Anti-exposure coveralls
 - Dry suits



New PFD Designations



Hypothermia Protective Clothing

- Anti-exposure coveralls
 - Water temp between 60° F and 50°F
 - Integral PFD III
- Dry suits
 - Water & air temp below 50°F
 - Also need to wear
 PFD





Don Safety Gear

Exercise

Wear of PFD

 You must wear a USCG approved orange PFD approved for crew use on boat or dock



Draw from PPE Stock

Boat Crew Survival Equipment

- When On the Water (OTW) <u>you must</u> <u>have</u>:
 - A whistle secured with a lanyard
 - A PML or strobe light secured to the PFD
 - A mirror secured to the PFD
 - Reflective tape on the PFD

Purpose: Signal your location day or night



Personal Equipment Location





Pouch

Search and Rescue (SAR) Vest



...or in PFD or Mustang Suit (coveralls) pockets

Boat Emergency Equipment

- Also required on the boat:
 - A Knife be on the boat or on the person
 - A PLB on the certified boat crew
 - A transceiver (VHF radio)
 - Flares/Smoke if operating beyond 3 miles from land





Signaling Mirror

- A pocket sized mirror with a sighting hole in the center and a lanyard attached used to attract attention of passing *aircraft, boats or ground rescue teams* by reflecting light at them
- Reflected light can be seen at great distance



Use of Signaling Mirror

- Face a point halfway between the sun and where you wish to signal
- Reflect sunlight from the mirror onto a nearby surface (hand, wall, boat)
- Bring the mirror to eye-level, look through the sighting hole until you see a bright light spot. This is the aim indicator
- Slowly turn and manipulate it so the bright light spot is on the target.
- Wiggle from side to side to get attention

Directions are on the back of the mirror

Distress Flares

- Hand-Held
 - Day (smoke)
 - Day- Night (smoke + illumination)



Aerial





Always check expiration date

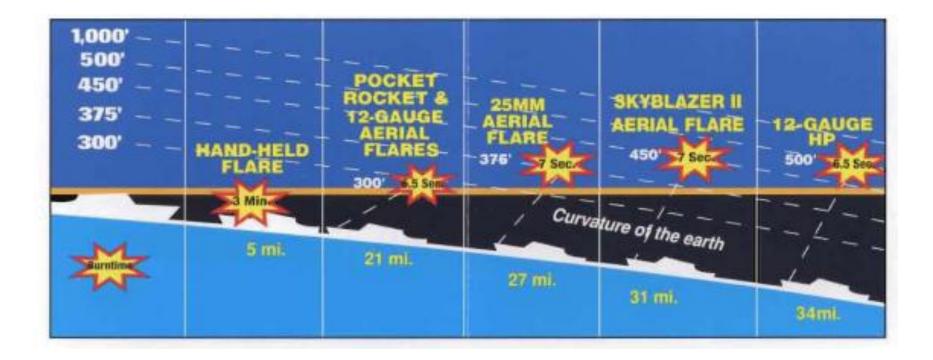
Proper Use of Flares

- Follow manufacturer's directions
- Hold away from body and boat
- Douse hand-held in water to cool, save igniter end for possible later use





Best Use of Hand-held vs Aerial Flares



Simulate Firing Hand-Held and Aerial Flares

Do not actually fire flares as it may be mistaken for an actual emergency

Operation of Strobe or Personal Marker Light

- Follow manufacturer's directions
- Strobe
 - Turn on switch
 - Light begins flashing in seconds
 - To turn off, switch to off



Glow-Stick

Snap inner tube, mix chemicals



Operate Personal Locator Beacon

- See test instructions on PLB
 - DO not Activate!
- Only test monthly

When issued, must be registered with NOAA

