

## FREE FALL LIFEBOAT COXSWAIN

### **Aim:**

The aim of the course cover the necessary competence for being in command of a lifeboat in the event of a shipwreck or accident requiring evacuation, in other words, the entire rescue phase which consists of boarding and launching the lifeboat, moving to a safe distance from the installation and staying on the lifeboat at sea.

### **Objectives:**

Specifically, at the end of the course the trainee must be able to:

- Explain the purpose of freefall lifeboat familiarization.
- Identify the types of freefall lifeboat familiarization.
- Identify the stages of freefall lifeboat launch.
- Explain the IMO Guidelines for the drill training for freefall lifeboat.  
Demonstrate freefall launching and recovery

**Course Duration:** 2 days

### **Prerequisites:**

- Valid medical certificate (2 years)
- Completed online programme (for Practical Training and Assessment)

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