

Health & Safety

Part 4: Activity: Gear-go-around and Pool



Image courtesy of J. LaFargue (NMFS West Coast Groundfish Observer Program)

Objectives – Gear-Go-Around

1. Demonstrate ability to make a Mayday call
2. Identify & describe the parts of a SOLAS kit
3. Demonstrate the proper attachment of a hydrostatic release
4. Explain how to test & activate and EPIRB.

Objectives – Gear-Go-Around

5. Demonstrate how to use several types of flares
6. Demonstrate proper lifting technique
7. Demonstrate the PASS technique on a fake fire
8. Demonstrate how to use a signal mirror

Optional:

9. *Scale maintenance*

Activity – Gear-Go-Around

- 8 stations – 10 minutes each
- Rotate when instructed

Objectives - Pool

- Demonstrate proper donning of PFD
- Demonstrate HELP & HUDDLE positions
- Demonstrate group splash signal
- Demonstrate proper water entry technique
- Identify & describe 3 features of a life raft
- Board life raft from 'vessel' (side of pool)
- Swim to life raft, right an overturned life raft and board from water

Activity - Pool

- Each group is assigned a lead
- Do not enter water until you are instructed to do so
- For those of you who aren't swimmers, we'll provide a few tips before anyone gets in the water

Summary – Pool & Gear-go-around

- What was hard? What was easy?
- Any surprises?