

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?

Pool & Gear-go-around – Handout

We will demonstrate a variety of tasks and then each of you will perform **each** task. If you are not comfortable with any task, let us know immediately.

Pool Rules:

- Do not enter the pool without a life vest (PFD)
- Respect others level of comfort in the water. Do not force anyone to swim if they are not comfortable.
- Enter the life raft one at a time & be aware of what the person before you is doing. Once you're in, you can assist the next person with entry.
- Do not exceed the capacity of the life raft (4 persons)

Break up into groups of 8 or less.

Pool Group 1-2 [Simon, Kim & Teresa]

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

Gear-go-around – Group 3 [Manjula] & Group 4 [Kate]

8. Demonstrate ability to make a Mayday call
9. Identify & describe the parts of a SOLAS kit
10. Demonstrate the proper attachment of a hydrostatic release
11. Explain how to test & activate and EPIRB.
12. Demonstrate how to use several types of flares
13. Demonstrate proper lifting technique
14. Demonstrate the PASS technique on a fake fire
15. Demonstrate how to use a signal mirror