



The Marine Rescue Training Centre  
The Maritime University  
Ludowa 7-8 St., 71-700 Szczecin  
Tel: (+48 91) 428 17 65; 428 01 25; fax (+48 91) 428 17 67  
www.am.szczecin.pl e-mail:osrm@am.szczecin.pl

AKADEMIA MORSKA SZCZECIN AKADEMIA MORSKA SZCZECIN AKADEMIA MORSKA SZCZECIN AKADEMIA MORSKA SZCZECIN

*2011, Szczecin*

We are the Marine Rescue Training Centre, acting under the auspices of the Maritime University in Szczecin /Poland.

Our activity concerns on training all people involved with sea business on wide spectrum of subjects. We organize courses with accordance to the STCW convention and ISO 9001:2008, we have got Lloyd's approval and we are member of an IASST (International Association for Safety & Survival Training).

Following new SOLAS/STCW regulations and keeping pace with owner's demands we have built new facilities for free-fall lifeboat launch, which includes 10m high tower, cradle and free-fall lifeboat.

Above mentioned new regulations are included in Section B-I/14 of STCW convention adopted by Maritime Safety Committee -(STCW.6/Circ.10, 22 May 2006) – and reads:

**“prior to joining a ship, seafarers assigned as operating crew of free-fall lifeboats should have undergone appropriate training in boarding, launching and recovering of such lifeboat, including participation on at least one occasion in free-fall launch”**

Having in possession that modern equipment and highly trained instructors we were able to start with new course entitled: ‘Free-fall Lifeboat Coxswain’s ‘ This course was highly estimated by Capt. John Spurgeon from Dorchester Atlantic Marine Ltd.- needless to say that course was held in English language.

Total price for **Free-fall Lifeboat Coxswain's** course is negotiable dependent on the stay at the three-star hotel, amount of booked nights at the hotel and the transportation from and to the airport<sup>1</sup>. The price includes:

- course fee
- 1 or 2 nights at the three-star hotel
- taxi from : hotel – training Centre – hotel
- catering in the Training Centre
- certificate
- student's handout

<sup>1</sup> Goleniów airport (Poland) – about 60 km from the hotel in Szczecin

Berlin airport (Germany) – about 180 km from the hotel in Szczecin

*We would like to invite owners and others parties concerned for cooperation with our Centre.*



FREE-FALL LAUNCH FROM THE HIGH OF 8M



FREE-FALL LAUNCH - BOAT ENTERING THE WATER



## FFB COXSWAIN'S COURSE – TIMETABLE

### *DURATION OF THE COURSE – ONE DAY*

**Max. quantity of participants – 5 persons**

<i>time</i>	<i>Syllabus</i>	<i>lecturer</i>
0800-0815	FFLB course introduction.	Nowak Jan
0815-0930	Features of FFLB, its development in shipping. FFLB governing rules (SOLAS, LSA code ) MSC guidelines for drills (safety aspects of drills) Requirements /conditions for <i>Simulated Launches</i>	Nowak Jan
0930-0945	<i>Coffee break</i>	
0945 -1100	Construction / equipment of FFLB – student's handout. Presentation on multimedia – projector Handling of injured persons in FFLB. Weekly/monthly overhauling of FFLB	Nowak Jan
1110-1200	Practical demonstration of FFLB equipment/handling on the tower. Demo.launch	Nowak Jan
1200-1300	<i>LUNCH</i>	
1300-1530	Delegate launch and recovery (x5)	Nowak Jan + 2 assist. Men
1530-1600	Course assessment /FFLB course certificates	Nowak Jan + 2 assist. men