

Self-Declaration Form Updating Personal Survival Techniques

I _____ declare that in the last 5 Years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

Tick if
completed

1. Don a life jacket
2. Board a survival craft from the ship while wearing a life jacket
3. Take initial actions on boarding a lifeboat to enhance chances of survival
4. Stream a life raft drogue or sea-anchor
5. Operate survival craft equipment
6. Operate location devices, including radio equipment

I have completed the above onboard the following vessels:

Vessel	IMO Number	Dates onboard

Print Name _____

Signed _____

Date _____