



Fremont Maritime Services

Marine Safety and Survival Training

India Tango Marine Fire Training Program



5-DAY BASIC SAFETY TRAINING

Location

This training is conducted at the Fremont Maritime Training Center, located at 1019 West Ewing Street, Seattle, WA 98119. The training day begins at 8:00 a.m. and runs to 5:00 p.m. each day. A one-hour break is provided for lunch.

Content

This program is Coast Guard-approved as meeting the 46CFR STCW Basic Safety Training requirements. Participants successfully completing the program will receive a certificate of completion. The Basic Safety Training series is made up of four individual courses:

- 8-Hour Elementary First Aid and CPR
- 12-Hour Personal Survival
- 4-Hour Personal Safety and Social Responsibilities
- 16-Hour Basic Fighting

Format

Personal Survival combines classroom lectures and demonstrations with sessions in the harbor and a swimming pool. *Basic Fire Fighting* combines classroom lectures with live fire exercises. *Personal Safety and Social Responsibilities* and *Elementary First Aid* combine classroom lectures and demonstrations.

Clothing

You will need the following gear for class:

Tuesday -

- A set of work clothes (including shoes) to wear under your immersion suit.
- Dry clothes to change into after training

Wednesday -

- A clean set of clothes to wear in the water (including shoes) and a bathing suit or swim trunks.
- Towel
- Dry clothes to change into after training

Basic Fire Fighting (Thursday and Friday):

*Shirts and long pants made of natural fibers;

*Appropriate clothing (coats, rain gear, hat) for extended outdoor training sessions.

WARNING- Students without proper attire will not be allowed to participate in the class.

Physical Condition

In order to participate in fire fighting and water training sessions, students must be in good physical condition with no medical conditions which could be aggravated by heavy physical exertion. You will be asked to complete a medical questionnaire and release of liability on the first day of class to determine suitability to participate in training. Fremont Maritime Services reserves the right to require a physician's examination where suitability is uncertain.

Payment

Cost of this program is \$925.00 per participant. We accept MasterCard, VISA, Checks, Cash, and purchase orders from approved clients. Payment should be made at the time of registration, or we cannot guarantee your place in the class. You can register by phone, or online at www.fremontmaritime.com/signmeup.html.

Cancellation

If you need to cancel or reschedule, please notify us as soon as possible. If you cancel more than seven days before the first day of class, you are entitled to a full refund, less a \$75.00 processing fee. Cancellations within seven days of the first day of class are not eligible for refund, but may reschedule for a future class at no additional cost. No-shows who have not provided seven days written or verbal notification of cancellation will forfeit payment. If your employer signs you up and you fail to show, your employer will be invoiced.

Lodging

Fremont Maritime Services has made arrangements with the Marriott's Courtyard Seattle Downtown/Lake Union hotel for a special discounted rate for our students. Call them at (800) 228-9290 and ask for the **Basic Safety Training** rate. Full breakfast buffet is included, as is free transportation by shuttle to and from class each day.

Questions?

If you have any questions about the information in this letter, or other aspects of the training program, please feel free to call us at (206) 782-4308, toll free at 1-888-782-9569, or e-mail info@fremontmaritime.com.