

Sea survival training carried out at the Tokyo University of Marine Science and Technology

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The Tokyo University of Marine Science and Technology provides a sailor training course. The sailor and the student who take the course must always learn the sea survival technique to prevent drowning in a sudden sea disaster. We provide the sea survival training program in a swimming pool and sea for 130 freshmen of the sailor course. They receive the lecture in the sea survival technique prior to the skill program. The skill program composes of several techniques such as long-distance swimming, floating survival technique with fully clothed from sudden water fall accident, use of the personal flotation device and staying in the marine-style life raft.

In the long-distance swimming skill, they swim with swimming suit by the breast stroke for 120 minutes to enforce swim ability. The floating survival technique on their back with fully clothed is so-called 'chakuiei' in Japan. According to this technique, the victim floats on the water surface with fully clothed to avoid excess energy consumption and waits for rescue with breathing. In addition, they learn to float with personal flotation device in H.E.L.P position and group huddle position to retrain body heat. They also experience practice to board the marine-style life raft in a group.

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