

SEAREGS - PST POOL RUNNING ORDER	
GROUP A	GROUP B
Safety Brief and introduce safety swimmer	
Inflate Liferaft – identify main external parts	
Don boiler suits	
Exercise 1 (Instructor brief group A and B together before exercises to reduce overheating)	
Don Lifejacket – help Group B	Don Survival Suit and Lifejacket
Dry abandon Group A enter raft dry from the poolside – instructor in raft - internal parts (2-3 mins) & talk through Cut Stream Close Maintain	Survival suit donning and lock block entry into water from small step. Swim on back to poolside.
Change A & B around	
Don Survival Suit and Lifejacket	Don Lifejacket – help Group A
Survival suit donning and lock block entry into water from small step. Swim on back to poolside.	Dry abandon Group B enter raft from the poolside – instructor in raft - internal parts (2-3 mins) & talk through Cut Stream Close Maintain
HANG UP Survival SUITS TO DRY	
Enter water then enter raft Cut Stream Close Maintain	Enter water then huddle near raft
Change A&B around in water (watch out for entrapment when exiting raft)	
Huddle near raft	Enter raft from the water then CSCM
REMOVE DROGUE AND KIT FROM RAFT	
Right an inverted life raft while wearing a life jacket (Group poolside – see brief)	
Using throwing line to recover nearby survivor - Assisting a helpless person into the raft	
Raft out or Abandon ship drill – Group A in raft - casualty rescued by group B then huddle Raft out of pool - turn upside down, drain and dry	
Personal survival skills Life jacket self-righting - HELP & Starfish Survival chain/crocodile and Huddle. Splash guard vs airway protection	
Swim or tread water wearing no lifejacket (near side)	