

## Information for Doctors of Students undertaking the Standards of Training, Certification & Watchkeeping for Seafarers

The Standards of Training, Certification & Watchkeeping for Seafarers (STCW) is a short course that requires students to undertake physically challenging activities, including:

- (a) Operating as a member of a team, and independently, at incidents of uncertain duration
- (b) Being exposed to the elements (cold, heat, wind and water) and jumping into the sea
- (c) Experiencing transition from hot to cold, and humid to dry atmospheres
- (d) Making rapid transitions from rest to maximum exertion without warm up periods
- (e) Working for short periods under sustained physical activity and concentration (up to 20 mins each)
- (f) Wearing and using compressed air breathing apparatus used for fire fighting
- (g) Entering dark enclosed spaces and fighting small oil and carbonaceous fires
- (h) Performing effective and sustained CPR on a manikin
- (i) Other medical conditions which could affect sustained performance

Toi Ohomai recognises the potential for students enrolled on the STCW to suffer an adverse health experience e.g. shortness of breath or anxiety during the swimming training, or an increased heart rate or extreme exhaustion during the fire-fighting training, accordingly, **all students enrolled in STCW are required to produce a medical certificate to confirm their physical fitness.**

The medical examination, and medical certificate, must be from a registered medical practitioner.

The registered medical practitioner must consider the training environment, the activities described above, and the notes on this information sheet, when undertaking their examination and completing their certificate.

Any queries should be directed to Tony Martin, Maritime Programme Manager, Toi Ohomai Institute of Technology (07) 557 8732 [tony.martin@toiohomai.ac.nz](mailto:tony.martin@toiohomai.ac.nz)