

## Student Medical Declaration

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.** In addition to a medical certificate, students on STCW are required to complete the following declaration:

I \_\_\_\_\_ (full name of student) have read the list of activities, above, that I am required to undertake on STCW and understand the nature of these activities may be physically challenging for me. I acknowledge that under the Health and Safety at Work Act 2015 both myself and Toi Ohomai are required to take all reasonably practicable steps to ensure my safety. In this regard:

1. I will consider my physical ability at all times while on STCW, ensuring that in undertaking the activities listed above I conduct myself in a manner that is safe and that is appropriate in the circumstances and to what would be reasonably expected in the seafarers working environment.
2. I will ensure that I notify Toi Ohomai staff of any medical conditions I have that may impact on my safety and the safety of others, before I undertake the activities listed above.
3. I will ensure that I take any medication I am required to take for my health and safety.
4. I will immediately notify Toi Ohomai if any matters arise that might affect my ability to undertake the activities on STCW safely.
5. I have (or will immediately upon signing this declaration) be examined by a medical practitioner to confirm that I do not suffer from any condition that would prevent me from undertaking the activities on STCW safely, and provide a medical certificate to that effect to Toi Ohomai.

Signed \_\_\_\_\_

Date \_\_\_\_\_