

## Marine Emergency Duties A2

**This document contains IMPORTANT/REQUIRED information to attend this course. Please read through the following information carefully.**

1. [Course Details](#)
2. [Medical Documentation \(details below\)](#) - **\*Must be submitted in advance to attend.**
3. [Parental Consent Form \(if applicable\)](#) - **\*Must be submitted in advance to attend.**

### COURSE DETAILS

**Dates and times for this course are listed on our website.**

#### **Location**

Kingston Campus. You will receive a campus map and room details prior to the start of the training.

#### **Parking**

If you require parking on campus, you need to register your vehicle prior to your arrival. Complete the registration by [clicking here](#).

#### **What to Bring**

Pen and paper; coveralls and stout shoes for firefighting; and bathing suit and towel for the pool.

#### **Directions to campus**

Exit Hwy 401 at Sir John A McDonald Blvd.  
Continue to travel south to Bath Rd, turn right  
Turn left onto Portsmouth Ave.  
Continue to St. Lawrence College parking lot, on right.

#### **Lunch**

May be purchased in the college cafeteria or bring your own.

#### **Training Manual**

Provided.

**\*NOTE:** To take this course you must provide St. Lawrence College, Continuing Education with the following documentation, prior to the course start:

### MEDICAL DOCUMENTATION - **\*Required to Attend\***

The Marine Emergency Duty training is comprised of two days of classroom learning and one day of practical sessions outdoors and at an indoor or outdoor swimming pool. These practical exercises will involve physical activities including:

- Carrying and operating a portable fire extinguisher weighing up to 30 pounds (13.6 kg);
- Hauling pressurized hoses and operating a fire nozzle under pressure;
- Stepping from a pool deck into deep water while wearing a keyhole lifejacket and being momentarily submerged;
- Floating/swimming while wearing a keyhole type lifejacket or immersion suit (student is not required to be a competent swimmer);
- Righting overturned life rafts while wearing life jackets and/or immersion suits.

**The medical report you submit should identify you are physically able to do the tasks related to this course:**

- Physical strength endurance;
- Any history of illnesses, phobias or medical conditions that may interfere with the above training.

You may submit a medical note from your Physician indicating the requirement above or use the **Medical Fitness Report** form provided on our website.

### PARENTAL CONSENT – (Required by participants under 18 years of age)

Complete the form provided on our website.

### Questions?

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