

## HUET Confidence Course

<b>Duration</b>	2-3 hours
<b>Target group</b>	Personel working in the maritime or offshore business, who is having problems going into water.
<b>Prerequisites</b>	Medical Screening form to be made on arrival at the training center (Verified by instructor in the classroom)  Personal ID (Verified by instructor in the classroom)
<b>Objective</b>	The participant will become knowledge and skills to handle the fear of water. The purpose is to prepare the participant to take part in future basic safety courses, sea survival and helicopter underwater escape course.
<b>Contents</b>	Only specially qualified instructors will teach in this course to give the participant confidence and safety. The course will primarily be practical exercises in water. After going through the survival suit the rest of the course will continue in the water. The course will slowly build up the confidence by the participant so that all exercises will be done as calm as possible. There will be maximum 2 participants per instructor and content will be adjusted to the individual participant. There are no planned courses; courses will be set up by request.
<b>Exam</b>	None.