



Sea Rescue
NATIONAL SEA RESCUE INSTITUTE
AIR SEA RESCUE - Cape Town

STANDARD OPERATING PROCEDURES

Basic Equipment

Revision date: 2 May 2003

Description

This SOP defines the basic personal equipment that is required by each crew member in order to effectively meet the ASR requirements.

Wetsuit

5mm farmer john

6mm jacket and built in hood(5mm) Zip across the chest

Drysuit

Optional, will require additional hood

Booties

Durable tough sole for walking on rocks, With a zip

Gloves

Durable gloves for rope work and or for cold water

Mask

Low volume with easy adjustable head strap

Snorkel

This must be well attached to the mask on the left hand side

Fins

Open Heel with easy adjustable quick connect straps

Diving Knife

Personal equipment, could be standard diving knife or leather man

Harness

Preferably a Tri-Star rescue harness with built in life jacket and pockets

Standard sit harness locally made with stainless steel buckles

Slings and carabineers

1 X 1m slings

2 X stainless steel Carabineers

1 X Descender

Basic Equipment

Portable Radios

Marine VHF waterproof radio

Cabin Safety harness system

This is located in the helicopter (Oryx) and provides a safety system for crew to hook onto when traveling with the doors open. Consists of a bridal connected to 4 points. On the bridal are attached 8 slings with a carabeener on each. This is attached to the crews harness

Equipment requirements per crew

Wetsuits			
Booties			
Gloves			
Mask			
Flippers			
Knife			
Weight Belt			
Harness			
Slings			
Carabineers			
Descender			
Portable Radios – Marine			
Portable Radios – Airband			
Cabin safety harness system			