



**Reference No**  
007/048

**Duration**  
3 days

**Location**  
SETT, Fort  
Blockhouse,  
Gosport, Hants,  
UK. PO12 2AB

**Frequency**  
As available  
depending on  
RN requirements

## BASIC SUBMARINE ESCAPE TRAINING COURSE

### Aim of course

To train personnel in the buoyant exhaling and hooded methods of escape from Submarines using an SEIE suit.

### Prerequisites

No previous experience required.

### Outline syllabus

**Day 1** Medical Screening and Administration (Ref: Submarine Medical Standards. & Annex A)

**Day 2** Demonstration of water work training

Ladder Drill

Two buoyant exhaling ascents from 9 metres

One buoyant exhaling ascent from 18 metres

Escape Tower Operation training (unmanned runs)

**Day 3** Demonstration of day's water work training

Hooded ascent from 30 metres

Sea survival/Mk10 SEIE surfacing drill

Rush Escape exit drill in un-pressurised Submarine Compartment (Optional)

Classroom Lectures based on the RN Escape Instructions (Guardbook) are Optional

### Entry standards

- ◆ Medical requirements for pressurised courses are contained in Submarine Medical Standards. & Annex A.
- ◆ Minimum age 16 ½ years, no maximum age limit
- ◆ No blood to be donated in the 7 days before and 7 days after the course
- ◆ No alcohol to be consumed in the 24 hours prior to and during the course
- ◆ Certificate showing successful completion of a 9 metre Compression Chamber dive, to be produced on arrival. (can be conducted on site)

### Examinations/qualifications gained

- ◆ Personnel who complete all mandatory sections of the Syllabus will qualify pressurised



International Defence Training (Royal Navy)

IDT1A Tel: +44 (0) 23 9254 8153  
IDT1B Tel: +44 (0) 23 9254 8480

idtroyalnavy@btconnect.com www.idtroyalnavy.mod.uk



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- ◆ Personnel who are drained down from either the 9 metre or 18-metre lock for medical reasons, must witness the demonstration of the day's waterwork on day 3. in addition they will be required to conduct and in addition conduct an unpressurised familiarisation of the Single Escape Tower (SET) in order to qualify un-pressurised
- ◆ Personnel who are drained down from SET 1 and fail to complete the 28 metre hooded ascent will qualify un-pressurised
- ◆ Personnel who fail to comply with the conditions of the paragraphs above, or are removed from training during either Ladder Drill or the 9 metre or 18 metre ascents due to a lack of confidence, will not qualify

### Post course recommendations

A results letter will be sent to IDT(RN) on completion of each course which will highlight any deficiencies and recommend future improvement.

### Remarks

Trainees must not fly within 4 hours of completing an ascent through the water.

### NB

**This course no longer contains pressurised ascent training. For further information please contact OIC Submarine Escape Training Tank (SETT) on + 44 (0)2392 765108.**



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