

	<b>SIDMOUTH LIFEBOAT</b>	<b>OPERATION PROCEDURES</b>
<b>1A</b>		<b>MEDICAL AND PHYSICAL FITNESS POLICY</b>

- Sidmouth Lifeboat requires all seagoing crew to undertake a medical examination to establish fitness. This examination is based upon the ML5 Seafarer’s Medical, except that any flagged “issues” are addressed through consultation between the GP and Sidmouth Lifeboat rather than through referral to MCA. Members must be responsible for their own fitness and inform Sidmouth Lifeboat if they become medically or physically unfit for the duties required of them whether as crew, tractor drivers or shore crew.
- On completion of an introduction and probation period new members who wish to commence shore crew training, whether or not they wish to proceed to boat crew or tractor driving must declare that they will be able to maintain the suitable level of medical and physical fitness required for the duties of shore crew.
- On completion of shore crew training members who wish to proceed to boat crew or tractor driving, or both, must again declare that they will be able to maintain the suitable level of medical and physical fitness required for these duties.
- Declarations will be kept in the crew records.
- The Coxswain will have the right to stand-down crew or shore crew at any time should they believe the member has failed to maintain the level of medical and physical fitness required. A medical examination may be requested.
- Because the level of medical and physical fitness required of boat crew is crucial, each crewman should maintain sufficient fitness to pass the fitness test.

Test requirements.

- During a simulation of a rescue, the crew member must enter the water with a swimming line and swim no less than 30 metres to a casualty.
- The crew member must re-board the boat unaided.

The Coxswain or Training Officer should time each exercise and giving consideration to the sea conditions determine if the test is completed in a suitable time.

- A crew member who fails a test must stand down from crew. They can be re-tested at the discretion of the Coxswain.