



## MEDICAL FORM FOR STCW (Basic & Refresher Training)

The New Zealand Maritime school at MIT require a medical certificate for all students attending the STCW basic and refresher courses. This medical is to ensure that attendees are fit enough to undertake STCW basic and refresher training only, it may be completed by a GP. It is not a seafarer medical. If you require a medical for service at sea, then you will need to arrange to have this done separately. If you already have a seafarer medical, we will accept that in place of this form.

Dear Doctor

\_\_\_\_\_  
(Applicants name)

has applied to undertake training in the STCW Basic and Refresher Certificates of Competency at MIT city campus.

As part of the medical assessment, you are requested to confirm from your examination of the applicant that he/she suffers from no conditions which may place him/her at greater risk while carrying out the required training necessary to sit the STCW Basic and Refresher Certificates of Competency.

**Students are expected to perform at simulated emergencies involving the following training environments:**

1. Being exposed to the elements (cold, heat, wind, and water)
2. Experience transition from hot to cold and humid to dry atmospheres.
3. Make rapid transitions from rest to maximum exertion without warm up periods
4. Work for short periods under sustained physical activity and concentration (up to 20 mins)
5. Wear and use compressed air breathing apparatus used for Fire Fighting
6. Enter dark enclosed spaces, fight small oil and carbonaceous fires
7. Perform effective and sustained CPR on a mannequin.

**Please complete the box below and hand to your patient for return to me.**

In my opinion the above-named person is able to undertake training necessary for the STCW Basic and Refresher Certificates of Competency.

Doctor \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Clinic Stamp:



**There are two different types of Seafarer Medicals available in New Zealand as follows:**

**ENG1 Seafarer Medical** – this is a British Medical and is approved by MCA.

**Maritime New Zealand Seafarer Medical**

*Please click on the link below to check the list of approved Medical Practitioners*

<https://www.maritimenz.govt.nz/surveyors-and-third-parties/find-a-recognised-surveyor-or-third-party/approved-medical-practitioners/>

*Privacy Act: This information is sought solely for the purposes of the business of NZMS at MIT and MIT Mahurangi and will not be used or revealed in any other context. **Note:** the costs associated with this medical examination fall entirely with the applicant.*