

CERTIFICATE OF SAFETY TRAINING (COST) STCW CONTINUED COMPETENCE REFRESHER

FOR HOLDERS WITH QUALIFYING SEA TIME

COURSE ALSO KNOWN AS:
CONTINUED COMPETENCE, COST REVALIDATION, STCW 95
REVALIDATION, BASIC SEA SAFETY

Revalidate your AMSA-issued Certificate of Safety Training (CoST) STCW if you have qualifying sea time.

WHO SHOULD PARTICIPATE?

Certificate of Safety Training holders with qualifying sea service. Qualifying sea service is at least 12 months in total during the preceding 5 years before application, or 3 months in total during the preceding 6 months prior to revalidating. Find out more about [AMSA's sea service requirements](#).

Certificate of Safety Training holders without qualifying sea service should complete our [Revalidation course](#).

COURSE ENTRY PREREQUISITE

Please note the following prerequisite is for entry onto the course and evidence must be provided upon enrolment:

- STCW Certificate of Safety Training

COURSE STRUCTURE

Online Theory Component: 3 hours

The online theory component is delivered through the University of Tasmania's learning management system, MyLO. The course requires a reasonable internet connection and a webcam to complete the assessment.

The online theory components consist of the following two theory modules:

- Personal Survival Techniques
- Fire Prevention and Fire Fighting

At the end of the modules there is an assessment; the assessment requires a 100% pass mark with unlimited attempts provided.

Please note - the online theory learning and assessment will need to be successfully completed 2 working days prior to attending AMC for the practical components.

Day 1 – Survival Practical Component: 1400-1700

The survival practical component consists of the following activities:

- Survive at sea in the event of ship abandonment



DURATION: Online Training: 3 hours; Day 1: 1400-1700; Day 2: 0800-1530

AMSA APPROVED COURSE

COURSE DATES:

4-5 May 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

28-29 May 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

1-2 June 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

11-12 June 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

22-23 July 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

29-30 July 2026 | Launceston, TAS | \$1,135

06-07 August 2026 | Launceston, TAS | \$1,135
[JOIN WAITLIST](#)

07-08 September 2026 | Launceston, TAS | \$1,135

14-15 October 2026 | Launceston, TAS | \$1,135

03-04 November 2026 | Launceston, TAS | \$1,135

18-19 November 2026 | Launceston, TAS | \$1,135

02-03 December 2026 | Launceston, TAS | \$1,135

09-10 December 2026 | Launceston, TAS | \$1,135

RELATED COURSES

[Certificate of Safety Training \(CoST\) STCW Revalidation](#)
[Crowd Management Training and Safety Training \(Online\)](#)

Day 2 – Fire Practical Component: 0800-1530

The fire practical component consists of the following activities:

- Fight and extinguish fires

CERTIFICATION

The following certificate will be issued by AMC to participants who successfully complete the course:

Sea Survival and Fire Fighting Continued Competence for holders of Certificates of Safety Training, Navigational Watch Rating and Engine Room Watch Rating (AMSA approved).

Meeting the relevant competencies from:

- Personal Survival Techniques - STCW Code Table A-VI/1-1
- Fire Prevention and Fire Fighting - STCW Code Table A-VI/1-2

**100% attendance, full participation in practical exercises and successful completion of all online theory assessments is required.*

APPROVED BY

Australian Maritime Safety Authority

ACCEPTED BY

Antigua and Barbuda Department of Marine Services and Merchant Shipping | Bahamas Maritime Authority | Bermuda Shipping and Maritime Authority | Maritime Authority of the Cayman Islands | Marine Department of Hong Kong | Liberian Registry | Republic of Marshall Islands Maritime Administrator | Panama Maritime Authority

REGISTRATION TERMS

Face to face courses

Cancellations up to 15 working days prior to the scheduled date will be accepted without penalty. Cancellations less than 15 working days will be subject to 100% cancellation fee.

AMC Search reserves the right to cancel the course 15 working days prior to the scheduled date if insufficient registrations are received. Any fees paid for cancelled courses will be refunded in full.

When making flight bookings please ensure you book on a fully refundable basis.

PAYMENT TERMS

Online course registrations

Payment of course fees, or authorisation to invoice from your company, is required before access to the online learning environment is provided. Please note, it will take between 2-4 business days to provide your access to the online course if you have not studied previously with AMC Search, the Australian Maritime College or the University of Tasmania.

Self-funded registrations

Once payment is requested, it must be received by the stated deadline. If payment is not received and no contact has been made by that deadline, AMC Search reserves the right to

remove you from the course.

Company sponsored registrations

All company-sponsored registrations must be supported by a valid Purchase Order (PO) within 7 days of registration. Please send the PO to AMCS.courses@utas.edu.au and include the student's name in the subject line. If these requirements are not met, AMC Search reserves the right to remove the student from the course.

PAYMENT OPTIONS

Payment methods accepted:

- Register now and pay later (payment required 15 days before the course starts)
- Credit Card (online or via (03) 6324-9850)
- Bank Deposit
- Company sponsorship.

Detailed payment options are available [here](#).

COURSE FEE INCLUDES

- Morning and afternoon tea
- Inter-campus transfers
- Complimentary WiFi access

LAUNCESTON, TAS

Location: Australian Maritime College, Newnham Drive, Newnham, Launceston, Tasmania.

Airport Transfers: Participants arriving at Launceston Airport should make their way to the Australian Maritime College, Newnham Drive, Newnham. Taxi fare from the airport is approximately \$55.00.

Parking: Complimentary car parking is provided on campus in areas designated to AMC Search participants and clients.

Launceston Accommodation: On-campus accommodation in Launceston can be reserved via the online enrollment form. Further accommodation information is available [here](#), together with off-campus options.

NORFOLK HALL ON-CAMPUS ACCOMMODATION

We offer affordable on-campus accommodation that's ideal if you're taking part in a course at our campus in Launceston, Tasmania.

[Norfolk Hall](#) offers Motel Style accommodation for \$100 per night (bed only). On-campus accommodation in Launceston can be reserved via the online enrolment form.

Norfolk Hall is situated on the main campus of the Australian Maritime College at Newnham, Launceston, which is where most of our courses take place.

Accommodation at Norfolk Hall provides the following facilities:

- Queen size beds
- En-suite facilities
- Television
- Fridge
- Rooms serviced daily (excluding weekends)

Affordable meals are available at the on-site AMC Cafeteria.

You can reserve a room when you register for your course or via email AMCS.courses@utas.edu.au or telephone: +61 3 6324 9850.

