For sailors whose certificates have expired, a refresher training course of about 8 hours training may be arranged. It should contain these sessions:

**Session 1 (1 hr)**  Update on recent changes in Offshore Special Regulations, national relevant documents or any other changes of importance

**Session 2 (1 hr)**  Update on new safety equipment

**Session 3 (1 hr)**  Update on recent lessons learned from fatal accidents and incidents in offshore races

**Session 4 (1 hr)**  Update on national/regional changes in Maritime Search and Rescue organisations, resources, locations etc as well as in relevant meteorological services

**Session 5 (2 hrs)**  In water training with life vests, liferafts, lifeslings etc

**Session 6 (1½ hrs)**  Medical and/or fire-fighting training as appropriate regarding national regulations.

**Session 7 (½ hr)**  Written exam

Detailed contents are to be developed by the appropriate Member National Authority. After the course has been passed with accepted written exam, a new certificate for another five year period may be issued.