

8440 4th Street North, St. Petersburg, FL 33702 (727) 577-3992, FAX (727) 522-3155

ABLE SEAMAN (AB) EVALUATION GUIDELINES

- 1, Applicant must be 18 years of age
- 2. Provide a completed application (Form 719B)
- 3. Oath
- 4. Pass a routine physical and drug screen
- 5. Submit letters, discharges, Military transcripts, etc., showing:
 - 180 days on vessels on ocean, Great Lakes or Navigable waters, for AB Special OSV (Offshore Supply Vessels)
 - 360 days on vessels on ocean, Great Lakes or Navigable waters, for AB Special
 - 540 days on vessels over 100 gross tons for AB Limited (waters not confined to small lakes and rivers)
 - 1080 days on vessels on ocean or Great Lakes waters, for AB Unlimited

Note: Each day verified as 12 hours on certain vessels (towing and oil field vessels) counts as a day and a half.

- 6. To serve on vessels which require compliance with STCW 95, the mariner will also need to provide evidence of having qualification as "Rating Forming Part of a Navigational Watch" (RFPNW) or RFPNW(OSV) for Offshore Supply Vessels.
- 7. Submit application to USCG with a diploma from an approved school, PSC (Lifeboat certification) if required, and appropriate fees (\$140) (List of USCG offices on reverse).
- 8. Enclose a copy of your TWIC card or evidence of having applied for it.

abeval.wpd

NATIONAL MARITIME CENTER DETACHMENTS KNOWN AS REGIONAL EXAMINATION CENTERS (RECs)

(As listed on USCG web site 06/17/15)

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ALASKA, Anchorage	U.S. Coast Guard, Marine Safety Office (REC), 222 W. 7 th Ave., Box 55, Room 156, Anchorage AK 99515
ALASKA, Juneau (907) 463-2458	U.S. Coast Guard, Marine Safety Office (REC), 9105 Mendenhall Mall Rd. Suite 170, Juneau AK 99801
CALIFORNIA, Oakland	U.S. Coast Guard, Marine Safety Office (REC), Federal Bldg, North Tower, 1301 Clay St. Rm. 180N, Oakland CA 94612-5200
CALIFORNIA, Long Beach	U.S. Coast Guard, Marine Safety Office (REC), 501 W. Ocean Blvd, Ste 6200, Long Beach CA 90802
FLORIDA, Miami (305) 536-6548	U.S. Coast Guard, Marine Safety Office (REC), 6th Floor, Federal Building, 51 SW First Ave., Miami FL 33130-1608
HAWAII, Honolulu (808) 522-8264	U.S. Coast Guard, Regional Exam Center (REC), Honolulu Harbor Pier 4 433 Ala Moana Blvd. Honolulu HI 96813
LOUISIANA, New Orleans (985) 624-5700	U.S. Coast Guard, Regional Exam Center (REC) 4250 Hwy 22, Suite F, Mandeville LA 70471
MARYLAND, Baltimore	U.S. Coast Guard, Marine Safety Office (REC), US Custom House, Rm 420, 40 S. Gay St., Baltimore MD 21202-4022
MASSACHUSETTS, Boston (617) 223-3040	U.S. Coast Guard, Marine Safety Office (REC), 455 Commercial St., Boston MA 02109-1045
MISSOURI, St. Louis (314) 539-3091	U.S. Coast Guard, Marine Safety Office (REC), Suite 7.105, 1222 Spruce St., St. Louis MO 63103-2846
NEW YORK, New York	U.S. Coast Guard Activities New York, (REC), Battery Park Bldg., 1 South St., New York NY 10004-1466
OHIO, Toledo	U.S. Coast Guard, Marine Safety Office (REC), 420 Madison Ave., Suite 700, Toledo OH 43604-1209
OREGON, Portland (503) 240-9346	U.S. Coast Guard, Marine Safety Office (REC), 911 NE 11 th Ave, Rm 637, Portland OR 97232
S. CAROLINA, Charleston (843) 720-3250	U.S. Coast Guard, Marine Safety Office (REC), 196 Tradd St., Charleston SC 29401-1899
TENNESSEE, Memphis (901) 544-3297	U.S. Coast Guard, Marine Safety Office (REC), 200 Jefferson Ave., Suite 1301, Memphis TN 38103-2300
TEXAS, Houston (713) 948-3350	U.S. Coast Guard, Marine Inspection Office (REC), 8876 Gulf Freeway, Suite 200, Houston TX 77017-6595
WASHINGTON, Seattle (206) 220-7327	U.S. Coast Guard, Marine Inspection Office (REC), 915 Second Ave., Rm. 194, Seattle WA 98174-1067

The Coast Guard has requested that all phone calls to the RECs be made through the National Maritime Center at (888) 427-5662.

LIST.doc (0916)



ABLE SEAMAN QUALIFICATION REQUIREMENTS

U.S. Coast Guard requirements for an Able Seaman "qualified rating" endorsed on the Merchant Mariner's Document (MMD), the candidate must:

- Be at least 18 years of age.
- Pass a routine physical examination and drug screen.
- Submit 2 passport photos.
- Possess a Social Security Card (the real thing).
- Submit proof of Citizenship (U.S. or other).
- Provide a completed Coast Guard Application.
- Submit letters of sea service, discharges, military sea service transcripts, etc., showing at least one of the following:

Able Seaman Ratings	Deck Service on vessels of:	Req. Sea Service "8 hour days"	**Req. Sea Service "12 hour days"
Able Seaman Special – OSV (Offshore Supply Vessel)	Over 15 Gross Tons.	180	120
Able Seaman Special	Over 65 Feet in Length.*	360	240
Able Seaman Limited	Over 100 Gross Tons.	540	360
Able Seaman Unlimited	Over 100 Gross Tons.	1080	720

To serve on vessels, which require compliance with STCW-95, the AB candidate also needs to provide evidence of the following qualifications or certifications:

- ✓ If not already completed, 5-day Basic Safety Training Courses (Basic Fire Fighting, Personal Survival, Personal Safety, and Elementary First Aid).
- ✓ Completion of an STCW Rating Forming Part of a Navigational Watch (RFPNW) Program.
- ✓ For AB Special, Limited, and Unlimited, complete STCW Proficiency in Survival Craft (PSC), with lifeboats.

Next:

Pass the applicable AB Rating examinations at the Coast Guard, or complete Sea School's USCG approved 5-day Able Seaman Course. Also, for STCW-95, complete Sea School's RFPNW program and our PSC/lifeboats course. Then submit our AB certificate of completion to the Coast Guard in lieu of taking the Coast Guard AB exams, along with other STCW certificates.

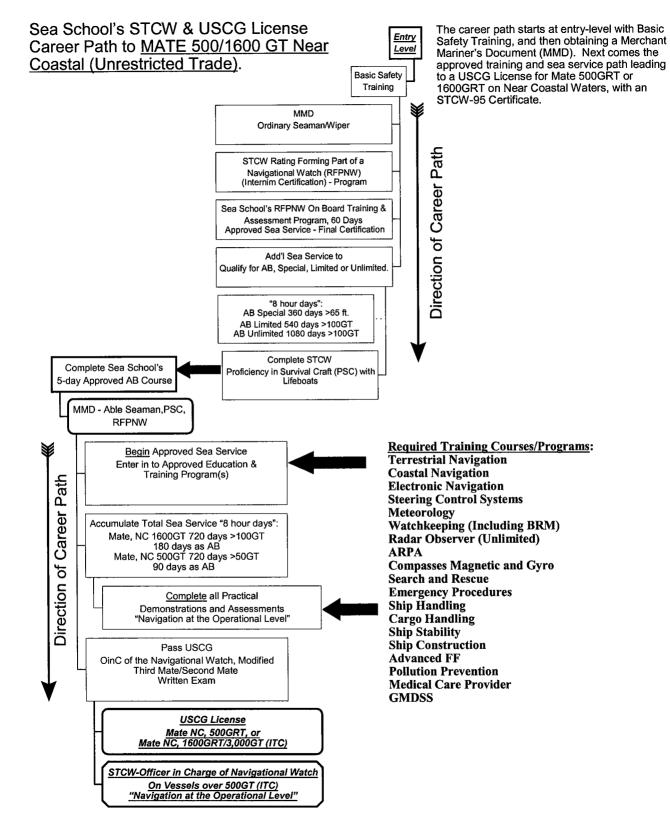
Then:

Submit to U.S. Coast Guard the completed application, all documents and certificates, along with the \$140.00 user fee (\$95 Evaluation fee + \$45.00 Issuance Fee).

Notes:

- * May vary somewhat from one Coast Guard Regional Examination Center to the next.
- ** Each verified day as 12 hours on certain vessels (towing and oil field) counts as a day and one-half.

Sea School - St. Petersburg, FL, call 1-800-237-8663 Sea School - Mobile (Bayou La Batre), call 1-800-247-3080



DEPARTMENT OF HOMELAND SECURITY U.S. Coast Guard

OMB No. 1625-0040

Exp. Date: 03/31/2021

APPLICATION FOR MERCHANT MARINER CREDENTIAL (FORM CG-719B)

----- Instructions -----

Who must submit this form?

- 1. Applicants seeking a Merchant Mariner Credential (MMC), whether original, renewal, duplicate, raise of grade, or a new endorsement on a previously issued MMC and applicants requesting a Medical Certificate.
- 2. Application Assistance: Please call the National Maritime Center (NMC) at 1-888-IASKNMC (1-888-427-5662), or visit their website for more information. www.uscg.mil/nmc.

Section I: Applicant Information

- I.1 Legal Name Enter complete legal name. Include any aliases you have used and your maiden or prior name(s).
- I.2a Social Security Number If you are applying for an original credential, enter your SSN.
- I.2b Reference Number If you have been credentialed by the Coast Guard in the past, enter your reference number.
- I.2c Alien Registration Number If you are a legal alien, also enter your alien registration number (ARN).
- 1.3 **Date of Birth** If the applicant is under 18 years of age, a notarized statement from legal guardian is required. Attach a notarized statement, signed by a parent or legal guardian, authorizing the Coast Guard to issue a credential.
- 1.4 **Citizen** If not a U.S. citizen, please indicate country of nationality.
- I.5a-c Place of Birth City, State, Country. If born outside the United States, leave State blank.

Section I: Applicant Address and Contact Information (If NMC is unable to contact you, it could cause delays in processing your application.)

- 1.6a Home Address Principle place of residence. PO Box is NOT acceptable.
- 1.6b Delivery/Mailing Address The address to which you want all correspondence and issued credentials sent. If blank, correspondence and credentials will be sent to the Home Address.
- 1.6c **Primary Phone Number -** Provide a primary phone number.
- 1.6d Alternate Phone Number Provide an alternate phone number if available.
- I.6e **E-mail Address** The NMC may attempt to contact you via e-mail. If an e-mail address is provided, you will receive automated e-mail updates regarding the status of your application.
- 1.6f Other Please provide additional means of communicating with you (satellite phone, work phone, etc.) if available.

Section I (continued): Next of Kin/Emergency Contact: (Check the box for preferred contact method)

- 1.7a Next of Kin/Emergency Contact Name & Mailing Address, City, State, Zip Code.
- 1.7b Relationship Provide relationship status to next of kin listed on application. (i.e. Mother, Father, Spouse)
- 1.7c Primary Phone Number Phone number to contact the person listed in the event of an emergency.
- 1.7d Alternate Phone Number Provide a cellular phone number, if available.
- 1.7e **E-mail Address** Provide an e-mail address for Next of Kin listed.

Section II: Requested Merchant Mariner Credential (MMC) and endorsements (Including Certificate of Registry)

General Application Requirements:

An applicant must establish that he or she satisfies all the requirements for the MMC and endorsement(s) sought before the MMC is issued. The Coast Guard may refuse to process an incomplete MMC application.

- A quick reference table for the requirements of an MMC and any endorsement is available online at: 46 CFR 10.239
- More information is available on the National Maritime Center (NMC) website: www.uscg.mil/nmc

MMC and Endorsement Application Descriptions:

- All Mariners will receive a single Merchant Mariner Credential. Describe all desired capacities and limitations both national and STCW including tonnage, waters, propulsion mode, horsepower, ratings (Ordinary Seaman, Able Seaman, QMED-Oiler, etc.), purser, doctor, radio operator, continuity, etc.
- 1. Original MMC An applicant must apply for an original MMC if they have never held any Coast Guard issued credential or if the first credential issued to applicant after their previous credential was revoked pursuant to 46 CFR Part 10. Complete the application and ensure all mandatory documents are contained with application.
- 2. Renewal MMC A credential may be renewed at any time during its validity and for one year after expiration; you must be qualified to renew all Domestic/STCW Officer and Rating endorsements to receive an MMC with a new five year expiration date. An MMC renewal-only transaction will automatically be issued with a date that coincides with the expiration date of your previous credential or a date that is 8-months from the time the Coast Guard accepted your application, whichever is sooner. Page 3, Section II of this form provides you the opportunity to decline this post-dating feature and your MMC will be valid immediately.

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3. U.S. Registered Pilot - When only applying for an original or renewal, please scan and email the completed application along with supporting documentation to: GreatLakesPilotage@uscg.mil, or send via regular mail to:

Commandant (CG-WWM-2)
ATTN: Great Lakes Pilotage Division
U.S. Coast Guard: Stop 7509
2703 Martin Luther King Jr. Ave., SE
Washington, DC 20593-7509

- 4. **Duplicate MMC** In the event of a lost credential, a statement describing the circumstances of the loss must be submitted with the application. The duplicate will have the same authority, wording and expiration date as the lost credential. If a person loses a credential by shipwreck or other casualty that causes damage to a ship, a duplicate will be issued free of charge as per 46 CFR 10.229. If a person loses a credential by other means and applies for a duplicate, the appropriate fee set out in 46 CFR 10.219 must be paid. No application from an alien for a duplicate credential will be accepted unless the alien complies with the requirements of 46 CFR 10.229.
- 5. MMC Endorsement(s) This is a statement on a mariner's MMC that indicates that he or she is qualified to serve in that capacity. All endorsements including National officer and National rating endorsements as well as all STCW endorsements (International) are listed in 46 CFR 10.109.

NOTE: Requests for an endorsement(s) will not change the expiration date of a mariner's MMC unless the applicant also requests a renewal MMC and meets the renewal requirements of all endorsements on the MMC in accordance with 46 CFR 10.227.

- (a) Raise of Grade (ROG) Endorsement The requirements for a ROG are found in 46 CFR 10.231. This is an increase in the level of authority and responsibility associated with an existing officer or rating endorsement.
- (b) Increase in Scope The requirements for an Increase in Scope are found in 46 CFR 10.223. This is a modification or a removal of limitations or scope to existing MMC endorsement(s).
- 6. Document of Continuity This is a record of qualifications previously held and does not authorize the holder to sail in any capacity listed thereon. Documents of continuity do not expire, do not require medical or security evaluations, and do not require fees. STCW endorsements may not be placed in continuity. No credential expired beyond the 12-month administrative grace period described in 46 CFR 10.227(h) can be converted into a Document of Continuity.
- 7. Entry Level Ratings There are no professional requirements needed when applying for entry level credential. Ratings may include Ordinary Seaman, Wiper, and/or Stewards Department / Stewards Department (Food Handler F.H.). Per 46 CFR Part 10, applicants requesting Stewards Department (F.H.) will be required to submit a statement from a physician attesting that the applicant is free from communicable disease.

Section III: Safety and Suitability

III. 1 Transportation Worker Identification Credential (TWIC):

- A TWIC is required for applicants who need access to secure areas designated in a vessel's security plan and a facility's security plan by the Maritime Transportation Security Act.
- Unless specifically exempted, the Coast Guard must have evidence that you hold a valid TWIC or, for original applicants, that you have applied for a TWIC and are awaiting the results.

III. 2a-f Criminal Record Review (Convictions and Drug Use):

In accordance with 46 CFR 10.211, the Coast Guard may review the criminal record of an applicant to determine meet safety and suitability of all applicants before any MMC and any endorsement is issued. At the time of application you must provide a written disclosure of all prior convictions NOT previously disclosed.

- Original Applicants are required to list ALL convictions.
- Written Disclosures Applicants may use the optional form (CG-719C) to provide written disclosure of all convictions.
- Conviction means that the applicant for a merchant mariner credential has been found guilty, by judgment or plea by a court of record of the United States, the District of Columbia, any State, territory, or possession of the United States, a foreign country, or a military court, of a criminal felony or misdemeanor or of an offense described in section 205 of the National Driver Register Act of 1982, as amended (49 U.S.C. 30304). If an applicant pleads guilty or no contest, is granted deferred adjudication, or is required by the court to attend classes, make contributions of time or money, receive treatment, submit to any manner of probation or supervision, or forgo appeal of a trial court's conviction, then the Coast Guard will consider the applicant to have received a conviction. A later expungement of the conviction will not negate a conviction unless the Coast Guard is satisfied that the expungement is based upon a showing that the court's earlier conviction was in error.

III.3 National Driver Registry (NDR):

• No MMC will be issued as an original or reissued with a new expiration date, and no new officer endorsement will be issued if the applicant fails the criminal record review in accordance with 46 CFR 10.213.

Section IV: Applicant Consent and Certification

- IV.1 Mariner Outreach System: This is an optional program used by the Maritime Administration in the event of a national emergency. Applicant will need to select whether Yes, they would like to participate, or No, they do not wish to participate in the Mariner Outreach System, by selecting either of the check boxes.
- IV.2 Continuity: Credentials issued for continuity purposes are not valid for use.
- IV.3 Consent: Applicants under the age of 18 must attach a notarized statement of parental/guardian consent.
- IV.4 Certification: Applicant certifies that the information provided is true and correct. Every person who applies for an original MMC must first take an oath. The applicant must sign and date the application stating they have taken the oath. Failure to sign will result in the application being returned. Per 46 CFR 10.225(c), an oath may by administered by any Coast Guard designated individual or any person legally permitted to administer oaths in the jurisdiction where the person taking the oath resides.
- IV.5 **Signature and Date**: Failure to sign and date the application will result in the application being returned.
- Third Party Authorization (optional): If you want the NMC to be able to discuss, release, or receive information/documents regarding your credential application with a third party (spouse, employer, school, union, etc.) you must provide specific guidance to the NMC regarding what issues we may discuss and with whom. You may allow release of all information to certain individuals or entities. If you limit the release of certain information you must be specific by making a selection on the application or by attaching additional documentation. For each selection made, ensure the Name of the Organization or Third Party, Organization Point of Contact (if applicable), Address and Phone Number is completed. If you wish to provide multiple Third Party Releases, attach additional pages as needed. A sample may be found on the NMC website: http://www.uscg.mil/nmc/.

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DEPARTMENT OF HOMELAND SECURITY U.S. Coast Guard

OMB No. 1625-0040

	APPLI	CATION FOR M		oast Guard ARINER CREDENTIAL (FO F	•	Date: 03/31/2021
Section I: App						
1. Legal Name: Las	st F	irst Name	Middle Nar	me Suffix (Jr., Sr., III) Al	ias(es) or Maiden Name(s) if applicable
2a. SSN (for Origina	al only) 2b. Re	eference Number (if a	applicable) 2c.	Alien Registration Number (ARN) (if	applicable) 3. Date of B	Sirth (MM/DD/YYYY)
4. Citizenship	5a. Pl	ace of Birth (City)	5b. State	5c.Country 5d. Co	lor of Eyes 5e.	Color of Hair
Applicant Address	and Contact Info	mation (Please ind	icate best metho	od(s) of contact by checking the ap	opropriate box(es)).	
6a. Home Address	(PO Box NOT acc	eptable)				
Street Address				6c. Primary Phone Number		
City		State Zip	Code	6d. E-mail Address		
6b. Delivery/Mailing Street Address	Address, if differer	nt (PO Box accepta	ble)	6e. Alternate Phone Number		
City		State Zip	Code 	6f. Other		
	ency Contact (Ple dress, City, State, Z		ethod(s) of cont	act by checking the appropriate be	ox(es).) (Optional)	
Same address		ip Code		7b. Relationship (Optional)	L	
Name				7c. Primary Phone Number (Optional)	
Street Address	10.00-00					
				7d. Alternate Phone Number	(Optional)	
C''		O	0 1			
City		State Zip	Code	7e. E-mail Address (Optional) []	
Section II: Por	wested Coast	Guard Credenti	al/a\			
		ype(s) Request				
Endorsement	Transaction Typ	e (Check all that a	pply: See instru	uctions for definitions and addition	nal requirements for th	e transaction below)
Category	Original	Renewal	Duplicate	Raise of Grade, New Endorsement or Increase in Scope	Certificate of Registry	Document of Continuity
Officer						
Qualified Rating						
STCW						
Entry Level						
Description of En	dorsement(s) Desi	red: Include all appr	opriate information	on - Officer (i.e. Deck - Master/Mate/F	Propulsion/Tonnage/Rout	e/United States
Registered Pilot Of	R Engineer Grade -	3rd AE; DDE/Propul	sion/Horsepower)	Ratings (i.e.: Able Seaman, Tankeri	man, QMED, Lifeboatmar	າ) (Please Print)
FOR RENEWA	AL TRANSACTION	S ONLY: I request to	waive the post-	dating feature and to have my merch	ant mariner credential (M	MC) issued
				ate of my current credential.	,	•

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DEPARTMENT OF HOMELAND SECURITY

U.S. Coast Guard

OMB No. 1625-0040 Exp. Date: 03/31/2021

APPLICATION FOR MERCHANT MARINER CREDENTIAL (FORM CG-719B)

Section III: Safety and Suitability		
1. TWIC (Transportation Worker's Identification Credential) EXEMPTION STATEMENT - I have previously applied for a exempt from holding a valid TWIC under Coast Guard Policy Letter 11-15. I understand that a name based safety and suita delay the processing of my Merchant Mariner Credential Application.		
 Criminal Record (Convictions and Drug Use): If you answer Yes to ANY of the questions below you must disclose the information You may complete the optional form CG-719C for each question marked "Yes". 	tion regarding	g the conviction.
a) Have you ever been a user of/or addicted to a dangerous drug, including marijuana, within the last 10 years?	Yes	☐ No
b) Have you ever been convicted of violating a dangerous drug law of the United States, District of Columbia, or any state, or territory of the United States?	Yes	☐ No
c) Have you ever been convicted by any court-including military court - for an offense other than a minor traffic violation?	Yes	☐ No
d) Have you ever been convicted of a traffic infraction arising in a connection with a fatal traffic accident, reckless driving or racing on a highway or operating a motor vehicle while under the influence of, or impaired by, alcohol or a controlled substance?	Yes	☐ No
e) Have you ever had your driver's license revoked or suspended for refusing to submit to an alcohol or drug test?	Yes	☐ No
f) Have you had a drug test with a result other than negative within the last 10-years?	Yes	☐ No
3. National Driver Registry (NDR) Consent (Mandatory for Original, Renewal, or new Officer Endorsement): I authorize the furnish the U.S. Coast Guard (USCG) information pertaining to my driving record. This consent constitutes authorization for information contained in the NDR to verify information provided in this application. NOTE: Not required for Document of Understand the USCG will make the information received from the NDR available to me for review and written comment prapplication or taking any action against my Merchant Mariner's Credential. Authority: 46 U.S.C. 710(g), 46 U.S.C. 7302(c),	a single acce continuity ap ior to disappr	ess to the plicants. oving my
Section IV: Mariner's Consent/Certification		
(MARAD) in the event of a national emergency or sealift crisis. In such an emergency, MARAD would disseminate my contact informaritime employment office to determine my availability for possible employment on a sealift vessel. Once consent is given, it remaissed either by subsequent application or by sending a signed notice of revocation to the U.S. Coast Guard National Maritime Center, 10 WV 25404. For more information, please visit https://mos.marad.dot.gov/ . Yes, I would like to participate No thanks, I do not wish to participate at this time 2. FOR CONTINUITY RENEWAL ONLY I understand that a Document of Continuity is not valid for use in accordance with 46 CFR 10.227 and aware of the requirements to endorsements may not be placed in continuity per 46 CFR 10.227. 3. CONSENT: I am under 18 years of age and a notarized statement of parental/guardian consent is attached.	ains effective 0 Forbes Dr.,	until revoked Martinsburg,
4. Certification		
 My signature below attests that: All information on this application is true and correct to the best of my knowledge. I understand an application determined to be fraudulent may result in the denial of my application for one year from the date fraudulent information was not by itself cause for denial or prosecution. I do solemnly swear or affirm that I will faithfully and honestly, according to my best skill and judgment, and without concealnrall the duties required of me by the laws of the United States. I will faithfully and honestly carry out the lawful orders of my stressel. 	nent and rese	ervation, perform
5. Applicant's Signature		***************************************
Signature of Applicant Date (MM/DD/	 YYYY)	
X		
Signature of individual authorized to administer the Oath. This is required only once for a mariner. Date (MM/DD/	YYYY)	
Name of individual authorized to administer the Oath:		

DEPARTMENT OF HOMELAND SECURITY

U.S. Coast Guard

OMB No. 1625-0040 Exp. Date: 03/31/2021

APPLICATION FOR MERCHANT MARINER CREDENTIAL (FORM CG-719B)

Sect	ion IV: Mariner's Consent/Certification (continued)			
6.	Third Party Authorization (Optional) I understand that by checking boxes 6a - 6d in Section IV, I authorize indicated until issuance of a MMC or until Agency final action is made.	release of information, MM	C, or authority to act on my behalf to the	third party
		Name of Organization or	Third Party	
	6a. Safety and Suitability			
		Organization Point of Co	ntact (if applicable)	
	Ob Destructional confirmation on the state of the state o			
	6b. Professional qualifications, certification records, training records, or Sea Service			
		Street Address	· · · · · · · · · · · · · · · · · · ·	
				····
	6c. Merchant Mariner Credential Delivery	City	State Zip Code	e
		Phone Number	Email Address	
	 Act on my behalf in all matters pertaining to the processing of my current USCG credential application (All of the above) 	Thore Number	Emaily Address	
	current 0000 credential application (Air of the above)			
Signati	ure of Applicant		Date (MM/DD/YYYY)	
X				
^				
	BBILLA	/ NOTICE		
	PRIVACY	NOTICE		
Autho	rity: 14 U.S.C. 632; 46 U.S.C. 2103, 7101, 7302, 7502, 46 C.F.R. 10.301			
	se: The information is collected by the Coast Guard to determine whether	an applicant meets the rec	gulatory standards for issuance of a U.S.	Merchant
Marine	r Credential (MMC). The Coast Guard evaluates an applicant's qualification ce of the MMC, any endorsement within the MMC, and medical certificate.			
	e Uses: The information is used by authorized Coast Guard personnel who will be a second or the NAMO			
mainta	e person and qualifies for the MMC, any endorsement within the MMC, and in and update records of merchant mariner documentation transactions. Tons of DHS/USCG-030 Merchant Seamen's Records System of Records,	he information will not be	shared outside of DHS except in accorda	
1	sure: Furnishing this information (including your SSN) is voluntary; however	•	·	n-issuance of
	IC, any endorsement within the MMC, and medical certificate.	, .a.a to railion the re		
	ency may not conduct or sponsor, and a person is not required to respond Inited States Coast Guard estimates that the average burden for this repor			

burden estimate or any suggestions for reducing the burden to: Chief, Office of Merchant Mariner Credentialing, 2703 Martin Luther King, Jr. Ave, S.E., STOP

7509, Washington, D.C., 20593-7509 or Office Of Management and Budget, Paperwork Reduction Project (1625-0040), Washington, DC 20503.

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SAMPLE LETTER OF CERTIFICATION FOR ABLE SEAMAN, QMED OR OTHER MMD On Company Letterhead

Officer	in Charge, Marine Inspection		Date
Dear Si	r:		
This le	etter is intended to certify the	e service of	
		, SSN	
During served capacit	the term of employment with the aboard the following vessels, fities:	is company, the above for the listed time, i	named individual n the noted
Type of Gross Vessel Dates Number Hours Route	Name/Official Number f vessel* Tons Length of Service, From of Days served per day** (Ocean, Near Coastal, Inland) on and/or Duties***	To	
Sincer	ely,		
(sig	nature)		
(Name) Title			
* * *	* * * * * * * * * * * * * * * *	* * * * * * * * * * *	* * * * * * * * *
NOTES:			
*	Type of vessel: Freight, Towin Recreational,		ishing,
**	Hours per day: 8 or 12		
***	Duties: Wheelhouse training or		rtermaster,

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8440 - 4th Street North, St. Petersburg, FL 33702, (727) 577-3992, Fax (727) 522-3155

PHYSICAL STANDARDS FOR U.S. COAST GUARD LICENSES Based on the U.S. Coast Guard document entitled "NVIC 04-08"

- 1. Eyesight, at least 20/200 (the big E at the top of the eye chart), correctable to 20/40 or better, in each eye. Waivers are available in many cases. Uncorrected vision MUST be shown on the physical, and correctable vision must be shown if uncorrected is worse than 20/40. Monocular vision waivers are available under certain conditions.
- 2. Color perception normal by any of the methods shown. Method used MUST be indicated on the form. Waivers available in many cases for color blindness.
- 3. Hearing testing is ONLY required if physician believes hearing is abnormal.
- 4. Cardiac any abnormal indications in the past will have to be explained. Stress tests may be required. Contact Sea School for details if unsure.
 - Hypertension Blood pressure 160/100 or lower, regardless of whether or not medications are used to accomplish the control.
- 5. Lung diseases any incapacitating diseases or those requiring corticosteriod medications may be disqualifying conditions.
- 6. Orthopedic amputations, deformity or arthritis resulting in impaired motion may require further evaluation and demonstration of abilities.
- 7. Diabetes Insulin dependent diabetes or poorly controlled non-insulin dependent diabetes may be disqualifying. Effect on eyesight must be noted. Contact Sea School for details if unsure.
- 8. Neurologic any convulsive disorder regardless of control by medication requires further evaluation.
- 9. Psychiatric primary psychosis or use of psychotropic medications requires further evaluation.
- 10. Medications Anticoagulants (Warfarin, Coumadin), systemic corticosteriods, psychotropic medications, medications with debilitating side effects, and addictive painkillers require further evaluation.

Further evaluation means that the file with all supporting documentation may be sent to Coast Guard headquarters for additional review and consideration.

Wpd 0609



8440 – 4th Street North, St. Petersburg, FL 33702, (727) 577-3992, Fax (727) 522-3155

ACTIVE CONDITIONS

The USCG is very strict when it comes to information contained on the applicant's physical exam paperwork.

In order to shed some light on this situation, we call your attention to the Coast Guard document NVIC 04-08 which is a policy explanation of their regulations regarding physical exams required for license and document issuance.

On page 1 of enclosure (3), item 1 of the "Medical and Physical Evaluation Guidelines..." of the document says: "Active Condition. If not specified as "history of" in this table, a condition must be currently active to be subject to further review. For purposes of this enclosure, "active" means that the applicant is currently under treatment for the condition, or that the applicant is currently under observation for possible worsening or recurrence of the condition, or that the condition is currently present."

In other words, don't allow the physical to be an exercise in your irrelevant personal history. It is a current physical!

There are a few key words that, when used, will trigger a response from the USCG asking for more information from the applicant and his or her medical care provider. Those key words include, but are not limited to: Sleep Apnea, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, COPD, and the use of addictive and/or mood altering medications.

DEPARTMENT OF HOMELAND SECURITY U.S. Coast Guard

OMB No. 1625-0040

Exp. Date: 03/31/2021

APPLICATION FOR MEDICAL CERTIFICATE (FORM CG-719K)

----- Instructions -----

Who must submit this form?

- 1. Applicants seeking a Medical Certificate are required to complete this form and submit all 10 pages, including instructions, to the U.S. Coast Guard. Guidance for completion of this form can be found at https://www.uscg.mil/hq/cg5/nvic/pdf/2008/NVIC_04-08.pdf.
- 2. Mariners applying for or holding a merchant mariner credential with only an entry-level endorsement who serve on a vessel not subject to the International Convention on Standards of Training, Certification and Watchkeeping (STCW) but who request a medical certificate that satisfies the Maritime Labor Convention (MLC), AND want to be qualified for lookout duties should submit this form. Sections III (Medical Conditions), IV (Medications) and V (Physical Examination) of the CG 719K DO NOT have to be completed. The medical certificate will be restricted to entry-level only.
- 3. The Coast Guard will not accept an application for a medical certificate without a reference number or a Merchant Mariner Credential (MMC).

Who may conduct this exam?

- 1. All exams, tests and demonstrations must be performed, witnessed or reviewed by a physician, physician assistant, or nurse practitioner licensed by a state in the U.S., a U.S. possession, or a U.S. territory.
- 2. Medical examinations for U.S. Registered Pilots must be conducted by a licensed medical doctor.

Section I: Applicant Information - To be completed by the Applicant and reviewed by the Medical Practitioner (MP)

- Legal Name Enter complete legal name.
- Date of Birth If applicant is under 18 years of age, attach a notarized statement, signed by a parent or guardian, authorizing the Coast Guard to issue a
 Medical Certificate.
- Mariner Reference Number or Social Security Number If you have held a Coast Guard credential in the past, enter your reference number.
- Gender Enter your gender.
- Home Address Principle place of residence. PO Box is not acceptable.
- **Delivery/Mailing Address** The address to which you want all correspondence and issued certificates sent. If blank, correspondence and certificates will be sent to the Home Address.
- Primary Phone Number Provide a primary phone number.
- Alternate Phone Number Provide an alternate phone number (optional).
- E-mail Address (Optional) If provided, the National Maritime Center (NMC) may attempt to contact you via e-mail. You will receive automated updates regarding the status of your application.
- Other Please provide additional means of communicating with you (satellite phone, work phone, etc.) (optional).
- Endorsement held or sought Applicants should select all options that apply. If nothing is selected, the Coast Guard will not accept the application.

Section II: Food Handler Certification - To be completed by the Medical Practitioner

Refer to instructions provided in this section. The Medical Practitioner should initial and date at the bottom of each page of the application, where indicated.

Section III: Medical Conditions - To be completed by the Applicant and the Medical Practitioner

- III(a) Applicants must report their relevant medical conditions to the best of their knowledge. Applicants should check YES if: 1) they have had a previous diagnosis, or treatment for the condition by a health care provider; 2) they are currently under treatment or observation for the condition; or 3) the condition is present, regardless of treatment status.
- III(b) The Medical Practitioner must review and discuss all conditions reported by the applicant in Section III(a). The Medical Practitioner's discussion should include, at a minimum, the name of the condition, approximate date of diagnosis, treatment, current status of the condition, limitations of the condition, and any additional information as appropriate. Recommended supporting documentation and testing for conditions that are subject to further review are contained in the Medical and Physical Evaluation Guidelines for Merchant Mariner Credentials which can be found at https://www.uscg.mil/hq/cg5/nvic/pdf/2008/NVIC_04-08.pdf. Medical practitioners should be familiar with the guidelines contained within this document. If the Medical Practitioner discovers a condition not reported by the applicant, they must check YES in the appropriate block in III(a) and provide information on the condition, as requested, in Section III(b). For conditions that were Previously Reported, the Medical Practitioner need only discuss the interval history and current status of the condition. Additional sheets may be added by the applicant and/or the medical practitioner if needed to complete this section of the form. Include applicant's name and DOB on each additional sheet. The Medical Practitioner should initial and date at the bottom of each page of the application, where indicated.

	☐ MEDICAL PRACTITIONER INITIALS: ☐ DATE:	
rint Applicant Name:(Last, First, Ml.)	Date of Birth: (MM/DD/YYYY)	

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c. Consent for Third Party to Act on your Behalf MEDICAL PRACTITIONER INITIALS: DATE:	a. Consent for Medical Practitioner to Release Information to the Coast Guard
☐ MEDICAL PRACTITIONER INITIALS: ☐ DATE:	b. Consent for Coast Guard to Release Information to a Third Party
	c. Consent for Third Party to Act on your Behalf
Print Applicant Name: (Last, First, Ml.) Date of Birth: (MM/DD/YYYY)	☐ MEDICAL PRACTITIONER INITIALS: ☐ DATE:
	Print Applicant Name:(Last, First, MI.) Date of Birth: (MM/DD/YYYY)

		of Cuard	OMB No. 1625-0040
	U.S. Coa		Exp. Date: 03/31/2021
Section I: Applicant Informat	APPLICATION FOR MEDICAL (ion - To be completed by the A	CERTIFCATE (FORM CG-719K) pplicant and reviewed by the N	
Last Name	First Name	Middle Name	Suffix (Jr., Sr., III)
Mariner Reference Number or Social S	ecurity Number Gender:		Date of Birth (MM/DD/YYYY)
	Male	Female	
Please indicate best method(s) of	contact by checking the appropriate b	box(es).	
Home Address (PO Box NOT accepta	P		
Street Address	,	Primary Phone Number	
City	State Zip Code	Alternate Phone Number	
Delivery/Mailing Address, if different (I Street Address	PO Box acceptable)	E-mail Address	
City	State Zip Code	Other	
	Food Handler STCW Entry-lev	vel with lookout duties hose Serving as Pilot (Federal Pilotage/46	6 CFR 15.812)
1. Food Handlers must obtain a state the health or safety of other individ Section I, above), the Medical Pra 2. Communicable disease is defined excreta or other discharges from the person. 3. The Medical Practitioner need no should report information about the consider when certifying an application a. Whether the applicant reports the Shigella Spp., Shiga-toxin-production b. Whether the applicant reports the gastrointestinal illness such as	Is the applic	attests that they are free of communicable of have requested Food Handler Certificate answering Yes or No to the question in both being transmitted from one person to the animate objects contaminated with excress deemed clinically necessary. Applicant to transmissible through food. Circumstant owing: But to an illness due to organisms including to the within the past month. By illness, infection, or other source that is throat with fever. But a boil or infected wound, which is open of the same free from communicable disease.	ion (Food Handler box is checked in old below. It is another directly, by contact with the or other discharges from an infected is and currently employed food workers ces that the Medical Practitioner should ig, but not limited to, Salmonella Typhi, associated with an acute or draining and is on hands or wrists or insert in the medical Practitioner should be medical Practition
	□ MEDICAL	PRACTITIONER INITIALS:	DATE:

Print Ap	oplicant N	lame:	Last, First, MI.)	Date of Birth: (MM/DD/YYYY)
Section	on III(a):	Medi	cal Condition	s - To be completed by the Applicant and reviewed by the Medical Practitioner
l have	a medic a	al wai	ver (MW): 🗌 Y	es No If YES , provide a copy to the Medical Practitioner, and mark the MW box below.
				ou ever had, required treatment for, or do you presently have any of the following conditions? If no, please mark the YES box below, and if previously reported (PR) , mark the PR box below.
			MW CONDITION	
1.			1. Blurry vis	sion, poor night vision, eye disease or injury, eye surgery, abnormal color vision, cataracts or glaucoma
2.			2. Hearing	loss, hearing aid, ear surgery, facial deformities, open tracheostomy or frequent severe nose bleeds
3.			3. High or I	ow blood pressure
4.				vascular disease of any kind, to include angina, chest pain, irregular heart beat, heart valve problem/ nent, heart attack/myocardial infarction, or congestive heart failure
5.				rgery and/or implanted devices (for example, angioplasty, stent, pacemaker, or defibrillator)
6.			6. Lung dis	ease of any type (for example, asthma, emphysema, or chronic obstructive pulmonary disease (COPD))
7.			7. Any bloc	d disorder (for example, anemia, hemophilia, blood clots, or polycythemia)
8.			8. Diabetes	s, glucose intolerance, or sugar in urine
9.			9. Thyroid	problem requiring treatment or hospitalization
10.				ch, liver or intestinal disorder requiring ongoing medical care/medication, or causing significant bleeding litating pain; history of hepatitis or jaundice
11.				problems/stones or blood in urine
12.			12. Any oth	ner urinary or bladder problems not listed above requiring treatment or hospitalization
13.			13. Skin di	sorders requiring medical treatment, such as cancer, tumors, scleroderma or lupus
14.			14. Severe	allergies or allergic reactions to any substance, medication, food, or insect stings
15.				unicable disease or chronic infectious diseases such as tuberculosis, HIV/AIDS, or hepatitis
16.				ep problems (for example, obstructive sleep apnea, restless leg syndrome, narcolepsy, shift work lisorder, or insomnia)
17.			17. Epileps	sy, fits, or seizures
18.			18. History	of serious head injury, loss of consciousness or memory loss
19.			19. Freque	nt or severe headaches
20.			20. Dizzine	ess/fainting spells/balance problems
21.			21. Freque	nt motion sickness requiring medication
22.			22. Stroke	or Transient Ischemic Attack (TIA), brain tumor or other brain disorder
23.			23. Any ne	urologic disorder or nerve problems including numbness and/or paralysis, not listed above
24.			24. Attenti	on deficit disorder with or without hyperactivity
25.			25. Anxiety	v, depression, bipolar disorder, adjustment disorder, PTSD, or schizophrenia
26.			26. Suicide	e attempt or thought(s) of suicide (Suicidal Ideation)
27.				tion, treatment, or hospitalization for alcohol or substance use, abuse, addiction, or dependence ing illegal drugs, prescription medications, or other substances)
28.			28. Any ot	ner psychiatric disorder, mental health evaluation/treatment/hospitalization
29.			29. Back,	neck or joint problems that impair movement or cause debilitating pain
30.			30. Amput	ation, prosthesis, or use of ambulatory devices (for example, cane, walker, or braces)
31.			31. Injurie:	s, fractures or recurrent dislocations causing impairment or limitation of motion of any joint
32.				ou ever been signed off a vessel as sick or repatriated for medical reasons within the last six years?
33.				seases, surgeries, cancers, illnesses, or disabilities not listed on this form?
34.			34. Any ho	spital admissions within the last six years not listed elsewhere in this Section?
				☐ MEDICAL PRACTITIONER INITIALS: ☐ DATE:

Print Applicant Name:(Last, First, MI.)		Date of Birth: (MM/DD/YYYY)	
Section III(b): Medical Conditions - To be completed by	the Medical Prac	ctitioner	
Instructions: For each item marked YES in Section III(a), the Medbelow. For each condition marked Previously Reported (PR), the condition. For conditions with a Medical Waiver (MW) review the applicant's Please attach appropriate evaluation data for conditions that are further review and the recommended evaluation data can be found	e provider need only waiver letter and att subject to further re in the Medical and	tach all waiver reporting requirer eview. Information on conditions Physical Evaluation Guidelines	current status of the nents. that are subject to
Credentials, located at https://www.uscg.mil/hq/cg5/nvic/pdf/200	08/NVIC_04-08.pdf.		
Indicate whether additional information has been attached by mark complete this section (include applicant name and date of birth on			
Item # Date of onset or diagnosis (mm/dd/yyyy)			Attached
Status	Treatment Limitations		
Item# Date of onset or diagnosis (mm/dd/yyyy)			Attached
Condition	Treatment		
Condition			
Status	Limitations		
Item # Date of onset or diagnosis (mm/dd/yyyy)			Attached
Condition	Treatment		
Status	Limitations		
Item# Date of onset or diagnosis (mm/dd/yyyy)			Attached
Condition	Treatment		
Status	Limitations		
Item # Date of onset or diagnosis (mm/dd/yyyy)			Attached
Condition	Treatment		
Status	Limitations		
MEI	DICAL PRACTITIO	NER INITIALS: C	DATE:

Print Applicant Name	e:(Last,	First, N	11.)						Date of Birth	n: <i>(</i> N	1M/DD/YYYY)			
Section IV: Medi	cation	s - To	be comp	leted	by the	Applicant ar	ıd r	eviewed	d by the M	edi	cal Practition	er		
Do you currently use	any m	edicati	on (prescr	iption	or nonpi	escription)?	Y	es No	If YES, provi	de th	ne information red	queste	ed in the I	plocks below.
1. All medications (Previtamins; that were family the applicant signs to the applications (Previtamins that were uprior to the date the	scriptior filled, or he CG-7 scription sed for a	n or Non refilled, a 719K; an n or Non a period	and/or take od prescription of 30 or mo), dieta n withir), dieta re day	30 days ry supplei	orior to the date		listed in to Medical For of time th	he table belov Practitioner co	ust v v. mm as ta	dical Practitione erify applicants n ents should includ ken the medication y side effects.	nedica	e approxir	mate length
prior to the date the			uidance on	medic	ations, inc	luding those that	ma	y be consi	dered disqual	ifyin	g, can be found a	t		
Additional sheets m			by the Ap	plican	t and/or		ione	er if need	ed to comple	ete t		\TT#	ACHED	
MEDICATION	DOSE		QUENCY			ITION	т				OMMENTS (Dura	ation	of Use/S	ide Effects)

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			· · · · · · · · · · · · · · · · · · ·								***************************************			
	Catholican	ng sawaga di				OF MEDICA	T-0.	7 34 3	A SULPHINE PRODUCT	1112	distribility demonstrative and a			
Section V: Phys	ical Ex	–		ms 1	-17 mus	st be perforn	ned	and co	mpleted by	y th ¬				
Height (inches only):		Weig			Pulse Resting:		ood ess	ure:		(F	Body Mass In For BMI > 40 refe			' (1)
	Plea	ase mak	re commen	ts in th	ne space	orovided on any	/ ite	m indicat	ed as an "abi	norn	nal" system/orga	 an.		
Item	N	lormal	Abnorma	ı I	Item			Normal	Abnormal		Item	1	Normal	Abnormal
1. Head, Face, Neck,	Scalp				7. Uppe	r/Lower Extremit	ies				13. Skin			
2. Eyes/Pupils/EOM					8. Spine	/Musculoskeleta	l				14. Neurologic			
3. Mouth and Throat					9. Vasci	ılar System					15. Mental Statu	ıs		
4. Ears/Drums					10. Abdo	men							No	Yes
5. Lungs and Chest					11. Gene	eral/Systemic				la-	16. Hernia			
6. Heart					12. Extre	mities/Digit								
Additional Medical (Comme	nts (Ple	ase Print)							100000				
						MEDICAL F	PRA	CTITION	IER INITIAL	S:_		ATE	i:	

Print Applicant Name:(La	ast, First, MI.))				Date of Birth: (MM/DD/YYYY)			
	he Medical					medical staff or other qualified practitioner. Results found at https://www.uscg.mil/hq/cg5/nvic/			
a. Visual Acuity				MANUAL TO THE STREET OF THE ST					
Distance Vision, Uncorrec	cted: If correc	ction required	Distance Vis	ion Correctab	le To:	Field of Vision			
Right: 20/ Right: 20/ Left: 20/						Normal (the applicant's horizontal field of vision is greater than or equal to 100 degrees).			
The	Medical Prac	ctitioner mus	st indicate wh	ich test was ι	utilized, a	ion sense using one of the following testing methodologies and the number of errors obtained. In order to meet the se without the use of color enhancing lenses.			
AOC (1965) - (6 or fe						a pseudoisochromatic plates test, 14 plate (5 or less errors)			
AOC-HRR (2nd Edition	•	,	7-11)		_	a pseudoisochromatic plates test, 24 plate (6 or less errors)			
HRR PIP (4th Edition	, ,	•	,		_	a pseudoisochromatic plates test, 38 plate (8 or less errors)			
Richmond (2nd and 4	,	-	•	<u> </u>	_	orth Lantern (colored lights) Test per instruction booklet			
Titmus Vision Tester/	, ,		•	<u> </u>	_	e (2nd Edition) pseudoisochromatic 15 plate test (6 or less errors)			
				L_] Dyoune	s (211d Edition) pseudoisocinomatic 13 plate test (0 of less enois)			
OPTEC 900 (colored			-						
Alternative Testing (attack	ch evaluation/t	est results): [<u> </u>		, -	er/radio officer/tankerman/MODU only)			
		L		• • •	•	olor vision evaluation the Coast Guard			
Color Vision Testing	Results:	L	Other altern	iative test acce	plable to	ille Coast Guard			
	Failed	Nicon	han of Emana.						
			ber of Errors:	al Prostitio	nor th	eir medical staff or other qualified practitioner.			
Results must be revie	wed by the	Medical Pr	actitioner.						
An applicant with normal he functional speech discrimin		ed whispered vo	oice ≥ 5 feet wi	ith or without h	earing aid	ds does not need to complete either the audiometer test or the			
Normal Hearing			Abnorma	al Hearing		Hearing Aid Required			
indicated below. Both a	aided and unaid	ded values sho	uld be recorde	d for applicant	s requirin	-			
· ,	Physical Evalua	ation Guidelines	for Merchant	Mariner Crede	ntials whi	eech discrimination testing performed at 65dB. ch can be found at https://www.uscg.mil/hq/cg5/nvic/pdf/2008/ ection IX.			

		TI	Audiomete hreshold Va			Functional Speech Discrimination Test @ 65dB, if required by			
		I 1	TIESTIOIU VA	lue	T	instruction (b) above			
	500Hz	1,000Hz	2,000Hz	3,000Hz	Avera				
Right Ear (Unaided)						Right Ear (Unaided):			
Left Ear (Unaided)						Left Ear (Unaided):			
Right Ear (Aided)						Right Ear (Aided): %			
Left Ear (Aided)						Left Ear (Aided): %			
	aan ah ee ga ah				- Table - Carlo - A				
				MEDICAL PI	RACTITI	ONER INITIALS: DATE:			

Print Applicant Name:(Last, First, M	1.)	Date of Birth: (MM/DD/YYYY)							
Section VIII: Demonstration of Physical Ability - To be completed by the Medical Practitioner									
LISTS OF TASKS CONSIDERED NECESSARY FOR PERFORMING ORDINARY AND EMERGENCY RESPONSE SHIPBOARD FUNCTIONS									
Shipboard Tasks, Function, Event, or Condition	Related Physical Ability	The Examiner Should Be Satisfied That The Applicant:							
Routine movement on slippery, uneven, and unstable surfaces	Maintain balance (equilibrium)	Has no disturbance in sense of balance							
Routine access between levels	Climb up and down vertical ladders and stairways	Is able, without assistance, to climb up and down vertical ladders and stairways							
Routine movement between spaces and compartments	Step over high doorsills and coamings, and move through restricted accesses	Is able, without assistance, to step over a doorsill or coaming of 24 inches (600 millimeters) in height. Able to move through a restricted opening of 24 x 24 inches							
Open and close watertight doors, hand cranking systems, open/close valve	Manipulate mechanical devices using manual and digital dexterity, and strength	Is able, without assistance, to open and close watertight doors that may weigh up to 55 pounds (25 kilograms); should be able to move hands/arms to open and close valve wheels in vertical and horizontal directions; rotate wrists to turn handles; able to reach above shoulder height							
Handle ship's stores	Lift, pull, push, carry a load	Is able, without assistance, to lift at least a 40 pound (18.1 kilograms) load off the ground, and to carry, push, or pull the same load							
General vessel maintenance	Crouch (lowering height by bending knees); kneel (placing knees on ground); stoop (lowering height by bending at the waist); use hand tools such as span-ners, valve wrenches, hammers, screwdrivers, pliers	Is able, without assistance, to grasp, lift, and manipulate various common shipboard tools							
Emergency response procedures including escape from smoke-filled spaces	Crawl (ability to move body using hands and knees); feel (ability to handle or touch to examine or determine differences in texture and temperature)	Is able, without assistance, to crouch, kneel, and crawl, and to distinguish differences in texture and temperature by feel							
Stand a routine watch	Stand a routine watch	Is able, without assistance, to intermittently stand on feet for up to four hours with minimal rest periods							
React to visual alarms and instructions, emergency response procedures	Distinguish an object or shape at a certain distance	Fulfills the eyesight standards for the merchant mariner credential							
React to audible alarms and instructions, emergency response procedures	Hear a specified decibel (dB) sound at a specified frequency	Fulfills the hearing standards for the merchant mariner credential							
Make verbal reports or call attention to suspicious or emergency conditions	Describe immediate surroundings and activities, and pronounce words clearly	Is capable of normal conversation							
Participate in fire fighting activities	Be able to carry and handle fire hoses and fire extinguishers	Is able, without assistance, to pull an uncharged 1.5 inch diameter, 50' fire hose with nozzle to full extension, and to lift a charged 1.5 inch diameter fire hose to fire fighting position							
Abandon ship	Use survival equipment	Has the agility, strength, and range of motion to put on a personal flotation device and exposure suit without assistance from another individual							
1. The Medical Practitioner should indicate whether the applicant can meet the guidelines listed in the table above. If the Medical Practitioner doubts the applicant's ability to meet the guidelines contained within this table, and for all applicants with a Body Mass Index (BMI) of 40 or higher, the practitioner should require that the applicant demonstrate the ability to meet the guidelines contained within this table. This does not mean, for example, that the applicant must actually don an exposure suit, pull an unchanged 1.5 inch diameter 50' fire hose with nozzle to full extension, or lift a charged 1.5 inch diameter fire hose to firefighting position. Rather, the Medical Practitioner may utilize alternative measures to satisfy themselves that he applicant possesses the ability to meet the guidelines in the third column. A description of the methods utilized by the Medical Practitioner should be reported in the Comments section provided below. 2. All practical demonstrations should be performed by the applicant without assistance. Any prosthesis normally worn by the applicant, and any other aid devices, may be used by the applicant in all practical demonstrations except when the use of such items would prevent the proper wearing of mandated personal protection equipment (PPE). 3. If the Medical Practitioner is unable to conduct the practical demonstration, the applicant should be referred to a competent evaluator of physical ability. The Coast Guard recognizes that not all medical practitioners will have the equipment necessary to test all of the tasks as listed. Equivalent alternate testing methodologies may be used. For further information, check the Medical and Physical Evaluation Guidelines for Merchant Mariner Credentials which can be found at https://www.uscg.mil/hq/cg5/nvic/pdf/2008/NVIC_04-08.pdf. 4. If the applicant is unable to perform all of the functions listed in the table above, the Medical Practitioner should provide information on the degree or the severity of the applicant's inability t									

Print Applicant Name: (Last, First, Ml.,)			Date of Birth: (MM	//DD/YYYY)	
Section IX: Summary - To be c	ompleted by the Medi	cal Pra	ctitioner			
Applicant proof of identity provided:	Yes No b. Certification	recomme	ndation: Reco	ommended Not R	ecommended	Needs Further Review
c. Assessment: 1. Preliminary screening tion or debilitating complication, to include artery disease: OR,	, uncontrolled obstructive slee	ep apnea,	diabetes mellitus	s or coronary	Yes No	Needs Further Review
2. (Entry-level, only) - To the best of my k seafarer unfit for such service or to endan	nger the health of other person	ns on boa	rd.		Yes No	Needs Further Review
d. Discussion: Please discuss any cor	nditions subject to further r	eview ide	ntified in Sectio	on III(b) or any other o	concerns. Please p	rint or type.
e. Medical Practitioner: My signal correct to the best of my knowledge and	that I have not knowingly omi	tted or fals	sified any materia	al information relevant	ormation reported by to this form. My sig	y me is true and nature also attests
that I have fully evaluated all examination Last Name	First Name	M.I.	License Numbe			State
Signature	Date (MM/DD/Y)	(YY)	Phone Number		MD DO	PA NP
Office Street Address						
City	State Zip Code					
					(Place office	address stamp here)
Section X: Application Certific	cation - To be comple	ted by t	he Applicant			
My signature below attests, subject to promy knowledge, and I agree that it is to be material information relevant to this form	rosecution under 18 USC § 1	001, that a	all information pro	ovided by me on this for	nave not knowingly (true to the best of omitted any
Signature of Applicant					Date (MM/DD/YYYY)
			V NOTICE	L L	4	
			Y NOTICE			
Authority: 14 U.S.C. 632; 46 U.S.C. 2 Purpose: The information is collected by Mariner Credential (MMC). The Coast Goissuance of the MMC, any endorsement	by the Coast Guard to determ Guard evaluates an applicant' t within the MMC, and medica	iine wheth s qualifica al certificat	er an applicant mater tions to determin te.	e compliance with the	national and interna	ational requirements for
Routine Uses: The information is used suitable person and qualifies for the MN maintain and update records of mercha provisions of DHS/USCG-030 Merchan	MC, any endorsement within the nt mariner documentation tra t Seamen's Records System	he MMC, a nsactions. of Record	and medical certi . The information s, 74 FR 30308 (ificate. In addition, the n will not be shared ou June 25, 2009).	Coast Guard uses t tside of DHS except	this information to t in accordance with the
Disclosure : Furnishing this information of the MMC, any endorsement within the	e MMC, and medical certifica	ite.				
An agency may not conduct or sponsor The United States Coast Guard estimat burden or any suggestions for reducing	, and a person is not required tes that the average burden for	I to respor or this forn	n is 18 minutes. 🕻	You may submit any o	omments concernin	g the accuracy of this
Washington, D.C., 20593-7509.				<u>-</u>	-	

Print Applicant Name:(Last, First, Ml.)	D	ate of Birth: (MM/DD/YYYY)	
Section XI: (Optional) Applicant Consent - To b	e completed by the Applica	nt Declined [
a. CONSENT FOR MEDICAL PRACTITIONER TO RELEASE My signature below authorizes the Medical Practitioner, who has Coast Guard personnel, any pertinent information in his/her pos Guard prior to determining whether the Coast Guard should issu I understand that this authorization is voluntary. I also understard determination as to whether the Coast Guard should issue me a Guard determines whether to issue me the requested merchant I have read and understand the following statement about my ris I may revoke this authorization at any time prior to its e not have any effect on any actions taken before they re Upon request, I may see or copy the information descr I am not required to sign this release to receive my me Signature of Applicant b. CONSENT FOR COAST GUARD TO RELEASE INFORMA My signature authorizes the Coast Guard to share my medical authorization at any time prior to its expiration date by notifying Please provide the Name of the Organization or Third Party, Acattached separately.	INFORMATION TO THE COAST GI s signed the certification on page 9 or session regarding any physical or make a merchant mariner medical certificate and that failure to provide authorization a merchant mariner medical certificate and that failure to provide authorization a merchant mariner medical certificate for maritical certific	JARD: If this form, to release to, or discuss with authorized edical condition that may require review by the Coast cate. In could affect the Coast Guard's ability to make a timely ea. This authorization will remain in effect until the Coast me service, but no longer than one year. In many medical practitioner in writing, but the revocation will pate (MM/DD/YYYY) Date (MM/DD/YYYY)	
Name of Organization or Third Party			\neg
Organization Point of Contact (if applicable)	Phone Number		
Street Address			
City	State	Zip Code	
Signature of Applicant		Date (MM/DD/YYYY)	
c. CONSENT FOR THIRD PARTY TO ACT ON MY BEHALF: My signature authorizes the following third party to act on my lead certificate. This means that the Coast Guard will share my med request agency action on my behalf, and receive my medical or I understand that I may revoke this authorization at any time pri Please provide the Name of the Organization or Third Party, Ac separately. Name of Organization or Third Party	behalf in all matters pertaining to the lical information and correspond with ertificate. ior to its expiration date by notifying t	the third party, and it means that the third party can he Coast Guard in writing.	
Organization Point of Contact (if applicable)	Phone Number		
(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
Street Address			
City	State	Zip Code	
Signature of Applicant		Date (MM/DD/YYYY)	

SIMPLIFIED DRUG TESTING PROCEDURES

A drug test from an approved lab, certified as negative by a licensed physician, is now required for any license or document transaction with the Coast Guard if that transaction requires a physical. Sounds simple! It is if you follow the step by step procedures:

- 1. Contact a licensed physician (MD or DO only) and ask if he or she can arrange for a drug test approved by the Department of Transportation (DOT). The test must be by a lab authorized by Substance Abuse and Mental Health Services Administration (SAMHSA).
- 2. Verify that the physician has been trained and certified by the appropriate federal agency in drug testing procedures. A new Federal Regulation requires that physicians receive special training before they can act as Medical Review Officers (MROs). Physician must identify the qualifying organization and registration number in the lower right corner of the Periodic Drug Testing Form.
- 3. If yes to both 1 and 2 above, ask costs. If satisfactory, go have it done.
- 4. Make sure that the lab name AND location is on the list provided. If it is not, it is unacceptable. The test can only be for the 7 listed drugs (regulations changed from 5 to 7 during 2010). No more, no less! ONLY the 7 drugs listed can be tested for. The official USCG form still only shows 5, but all approved labs test for the 7 as required.
- 5. Collection personnel send the urine sample (urine, not blood) to one of the approved labs at one of their approved locations.

This test must be done "Blind." That means the lab only has a control number and physician information to return the results to. Labs cannot have your name or address. That's why you need to find a physician or collection organization that knows what to do. Approved drug consortiums are an ideal source to use. You can't go directly to one of the labs on the approved list.

- 6. Lab runs the test and returns the results to the doctor.
- 7. Doctor matches up the lab results with your information and fills out the proper form **completely**.
- 8. Doctor sends the form to you, not to the USCG. Photocopies are acceptable to the USCG.
- 9. You submit the form to the Coast Guard with the rest of your paperwork. Do not send the lab report to the Coast Guard. Drug tests must be less than 6 months old, physicals less than one year old.

SUMMARY:

- 1. Find a doctor willing and ABLE to do the drug test
- 2. Check the form received from the doctor to be sure it is properly and completely filled out
- 3. Submit the form to the Coast Guard with other required paperwork

A list of approved labs and their approved locations is available for your physician by mail or fax. The list is for your physician's use only. You may not contact the approved lab directly.

WHEN DO YOU NEED A DRUG TEST FOR THE COAST GUARD?

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LVAN	/ transa	action	INVA	NAMA
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	,	ac		9

- 1. Original license application
- 2. Renewal of License (except continuity renewal)
- 3. Raise of Grade of License (does not include gross tonnage increase in scope)
- 4. Pilots (every year with physical)
- 5. Original Merchant Mariner Document (MMD) (Ordinary, AB, QMED, Tankerman, etc.)
- 6. First endorsement as AB, QMED, Tankerman, etc.
- 7. Renewal of MMD (except continuity renewal)

Substitute for Drug Test

Letter from company or drug consortium showing:

- 1. Evidence of passing the **proper** test within the previous 6 months with no positive test since,
- 2. Evidence of being subject to a **Maritime** random testing program for at least 60 of the previous 185 days, and did not fail, and did not refuse to test.

NOTE: If employed in the maritime field, mariners need to be subject to random testing. This can be a company sponsored plan or outside consortium (a group of individuals banding together, sponsored by an organization).

Drug tests (or letters of compliance from consortiums) need to be less than 6 months old when submitted. Physicals, when required, need to be less than one year old for most transactions. Raises of Grade require a valid Medical Certificate or, if not available, a new physical.

DEPARTMENT OF HOMELAND SECURITY U.S. Coast Guard

DOT/USCG PERIODIC DRUG TESTING FORM (OPTIONAL CG-719P)

Who must submit this form?

participate in a USCG "i	random or pre-employmen	ify the requirements for "Pe t drug test program," this fo nsibility of the applicant, no	rm may not be necessar			.220. If you			
Section I: Applica	ant Consent								
given in 49 CFR 40. I a	also understand that making	I have provided the specim g in any way, a false or frau ral prosecution and possibl	dulent statement, entry,	or evidence is a violati					
Name Last	First	Middle	Referer	nce Number <i>(if applicat</i>	ble) Social Sec	curity Number			
			L	Data (N	4NA/DD/XXXXX				
Signature of Applicant <i>(I</i>	Required)			Date (N	/M/DD/YYYY)				
Section II: Name	of SAMHSA Accred	ited Laboratory							
Name	Street Add	dress	City		State	Zip Code			
SECTION III: Med	lical Review Officer								
Date Specimen Collecte			y report has been review 6, and the verified test re		, ,	in 49 CFR Part			
Specimen Analyzed For	(Drugs identified by 49 CF	FR 40.85),	NEGATIVE						
including: • Marijuana metat	nolite		CANCELLE	O or					
Cocaine metabo				d/or refusal to test beca	use of adulteration	n or			
AmphetaminesOpiate metaboli	tes		∟ substitution.						
Phencyclidine (F			(Please complete the next block for all non-negative results)						
FOR POSITIVE/ADULT	TERATED/CANCELLED D	RUG TESTS ONLY: (To be	e reported to the neares	t USCG Sector or Unit)	. (Please print)				
This specimen is verifie	ed POSITIVE for								
This specimen was ider	ntified as being SUBSTITU	TED or containing an ADU	LTERANT						
The test was CANCELL	LED because (insert reason	n) 							
			54, 40 OFD 40 404 LL						
	accordance with Title 49 C	view Officer as outlined in T FR 40 Subpart G.	Title 49 CFR 40.121. I na	ave reviewed the result	s and determined t	tnat the applicant's			
MEDICAL R	EVIEW OFFICER CONTA	CT INFORMATION	N	MEDICAL REVIEW OF	FICER AUTHORIT	ΓΥ			
Name Last	First	Middle	Name Last	First	Midd	lle			
Street Address			Signature (MRO sig	nature stamp is author	ized for negative r	esults only)			
City	State	Zip Code	Name of MRO Qua	lifying Organization					
						Annual Committee of the			
Phone:			Registration Number						

OMB No. 1625-0040

Exp. Date: 03/31/2021

DOT/USCG PERIODIC DRUG TESTING FORM (OPTIONAL CG-719P) A drug test is required for all transactions EXCEPT endorsements, documents of continuity, duplicates, and STCW certificates. REQUIREMENTS Only a chemical test meeting the requirements of 49 CFR Part 40 will be accepted. A DOT Chemical test conducted within the past 185 days by a laboratory accredited by Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services. **COLLECTION** of a sample may be conducted by an independent medical facility, private physician or at an employer-designated site as long as the collection agent **OPTION I** meets the qualification requirements to be a collection agent given in Title 49 CFR Part 40 Subpart C. It is CRITICAL that the sample is sent to an accredited SAMHSA PERIODIC TESTING PROGRAM laboratory for ANALYSIS or the drug test is invalid. The ORIGINAL results are required. A FACSIMILE is acceptable, if it is originated from the Medical Review Officer (MRO) or the Service Agent assisting the mariner, and sent directly from the office. The drug test result must be signed and dated by the MRO. **EXAMPLE (From Mariner Employers):** APPLICANT'S NAME/SSN has been subject to a random testing program meeting the criteria of Title 46 CFR 16.230 for at least 60 days **OPTION II** during the previous 185 days and has not failed nor refused to participate in a chemical test for dangerous drugs. **RANDOM TESTING** EXAMPLE (Active Duty Military/Military Sealift Command/N.O.A.A./Army Corps of Engineers): APPLICANT'S NAME/SSN has been subject to a random testing program with no subsequent positive drug test results during the remainder of the six month period. An ORIGINAL DATED letter on mariner employer stationary signed by a company official, stating that they hold evidence that mariner either passed a chemical test for **OPTION III** dangerous drugs within the past 185 days or has been subject to a random testing program. PRE-EMPLOYMENT TESTING **EXAMPLE**: APPLICANT'S NAME/SSN passed a chemical test for dangerous drugs, required under Title 46 CFR 16.210 within the previous six months of the date of this letter with no subsequent positive drug test results during the remainder of the six month period.

PRIVACY NOTICE

Authority: 14 U.S.C. 632; 46 U.S.C. 2103, 7101, 7302, 7502, 46 C.F.R. 10.301

Purpose: The information is collected by the Coast Guard to determine whether an applicant meets the regulatory standards for issuance of a U.S. Merchant Mariner Credential (MMC). The Coast Guard evaluates an applicant's qualifications to determine compliance with the national and international requirements for issuance of the MMC, any endorsement within the MMC, and medical certificate.

Routine Uses: The information is used by authorized Coast Guard personnel who have a need for the record to determine whether an applicant is a safe and suitable person and qualifies for the MMC, any endorsement within the MMC, and medical certificate. In addition, the Coast Guard uses this information to maintain and update records of merchant mariner documentation transactions. The information will not be shared outside of DHS except in accordance with the provisions of DHS/USCG-030 Merchant Seamen's Records System of Records, 74 FR 30308 (June 25, 2009).

Disclosure: Furnishing this information (including your SSN) is voluntary; however, failure to furnish the requested information may result in the non-issuance of the MMC, any endorsement within the MMC, and medical certificate.

An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a valid OMB control number. The United States Coast Guard estimates that the average burden for this report is 5 minutes. You may submit any comments concerning the accuracy of this burden estimate or any suggestions for reducing the burden to: Chief, Office of Merchant Mariner Credentialing, 2703 Martin Luther King, Jr. Ave, S.E., STOP 7509, Washington, D.C., 20593-7509 or Office of Management and Budget, Paperwork Reduction Project (1625-0040), Washington, D.C 20503.

CG-719P (04/17) Page 2 of 2



8440 - 4th Street North, St. Petersburg, FL 33702, (727) 577-3992, Fax (727) 522-3155

IF YOU HAVE NEVER HAD A TWIC CARD, OR HAVE ONE ABOUT TO EXPIRE OR RECENTLY EXPIRED, USE THE INFORMATION PROVIDED TO CONTACT THE APPROPRIATE TWIC OFFICES. INFORMATION ON THE REVERSE IS THE LATEST FROM THE USCG.

For more information, call or visit the TWIC program websites:

TSA

http://www.twicinformation.com

http://www.tsa.gov/twic

1-866-DHS-TWIC (1-866-347-8942)

Pre-enroll

Enrollment Information

Enrollment locations & schedules

U.S. Coast Guard

http://homeport.uscg.mil

1-877-MTSA-AID (1-877-687-2243

USCG-TWIC-Helpdesk@uscg.mil

U.S. Coast Guard National Maritime Center

http://www.uscg.mil/stcw

1-888-I-ASK-NMC (1-888-427-5662)

IASKNMC@uscg.mil

The Coast Guard is allowing mariners without a valid TWIC who operate on-board vessels that do not have a VSP to acquire and renew an MMC. The applicant must have held prapplied and been qualified to hold a TWIC from the Transportation Security Administration (TSA). This policy wil apply to mariners who are inactive or not operating under the authority of their credential, as well as those who serve on vessels that are not required to have a VSP. (See "Denial of Need" form enclosed.)

Vessels include:

- Uninspected passenger vessels of less than 100 gross register tons (GRT)
- Vessels inspected under subchapter T of Title 46 Code of Federal Regulations, except those on international voyages
 - towing vessels not involved in towing barges inspected under 46 CFR subchapters D, I, or O.
- Towing vessels involved in fleeting, docking or ship assist as excepted in Title 33 CFR, Section 104. 105(a)(11).

NOTE: This list is not all inclusive.

Mariners on such vessels will be permitted to renew an existing credential without submitting proof of holding a valid TWIC.

Vessels that are required to have a VSP include:

- Mobile Offshore Drilling Unit (MODU)
- Cargo or passenger vessel subject to the International Convention of Safety of Life at Sea, 1974 (SOLAS) Chapter XI-1 or Chapter XI-2
- Towing vessels greater than eight meters in registered length engaged in towing bardes
- Passenger vessels certified to carry more than 150 passengers.

NOTE: This list is not all inclusive.



Mariners who are being issued an *initial* MMC, or who never held a TWIC, will need to enroll for a TWIC at a TWIC enrollment center. They will also have to pay all applicable fees associated with getting a TWIC. This is required because the TWIC enrollment center is the only place where the Coast Guard can obtain biometric information (fingerprints) from the applicant. The Transportation Security Administration (TSA) will also continue to conduct all screenings. Mariners associated with vessels not required to have a VSP will not b required to return to the TWIC enrollment center to pick up their TWIC as a precondition for receiving their initial MMC.

For mariners renewing their MMC, who do not require a TWIC, they may skip the TWIC enrollment process and apply for an MMC at a Regional Exam Center (REC). If a mariner chooses to do this, only criinal background data from previous applications will be available.

The Safety and Suitability "background check" conducted by the NMC will be name based. If the mariner chooses this option, they will need to affirmatively indicate that they do not desire a TWIC and that they understand that they understand that on that they and that they understand that one based processing could significantly delay their credential processing. A sample statement for this may be found at

http://www.uscg.mil/nmc/twic/sample_b.pdf.

With regard to inspection enforcement, the Coast Guard will change its enforcement policies so that a mariner who does not hold a TWIC, or holds an expired TWIC but a current MMC, will not be considered in violation of the applicable regulations.

The Coast Guard is considering a regulatory project that would propose to adjust a portion of the MMC fees to compensate mariners for costs associated with enrolling for a TWIC. This regulation is still in development, but the Coast Guard intends to compete the rule in accordance with the timeline set forth in the Unified Agenda of Regulatory and Deregulatory Action (http://www.reginfo.gov/public/do/eAgendaMain). The Coast Guard welcomes feedback on this process, and intends to seek and respond to public comments on the regulation. Until such a regulation becomes effective, the existing MMC and TWIC fee structure s remain in

For a list of Frequently Asked Questions and answers, please visit http://wwwluscg.mil/nmc/faz.asp.