EMSCom has written this course to require seven two-hour sessions.

* Day 1 - Introduction, Chapter 1: Radio History and Communications, Chapter 2: The Radio Frequency Spectrum, Chapter 3: VHF Communications
* Day 2 - Chapter 4: GMDSS
* Day 3 - Finish Chapter 4, Chapter 5: FCC Rules, Radio Licenses and the Radio Frequency Plan
* Day 4 - Chapter 6: Radiotelephone Operating Procedures
* Day 5 - Chapter 7: Long-Range Radio Communications
* Day 6 - Chapter 8: Other Marine Communications Systems, Chapter 9: Radio Maintenance
* Day 7 - Review and Examination