

# YOUR PERSONAL SAFETY GUIDE



The Leader in Polar Adventures

POLAR EXPEDITION





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# SAFETY DURING YOUR VOYAGE

*Your safety is our top priority, knowing how to safely move about the ship and participate in off-ship excursions will help ensure you have a fulfilling and problem-free expedition. Follow these safety guidelines to reduce the risk of accidents and injury.*

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## **Welcome Safety Briefing and Lifeboat Drill**

The Expedition Leader will outline onboard safety during their Welcome Briefing. A mandatory evacuation drill will be carried out soon after you board your ship. It will familiarize you with your emergency evacuation route, muster station, life vests and lifeboats. You will be notified in advance of the drill.



## **Safety Communication**

The Expedition Team and ship's crew communicate safety information in various ways, including safety briefings, recaps, PA announcements and in-cabin safety booklets. Please listen and make note of any important safety information provided.



# SAFETY ONBOARD



## SLIPS, TRIPS AND FALLS

Slips and trips are the biggest cause of injuries. Make sure you:



**Hold handrails** when walking about the vessel and navigating staircases as the natural roll of ships is unpredictable.



Doorways leading to outer observation decks often have a raised frame to keep the ship watertight. This can become a tripping hazard so **please take your time and step carefully** when passing through outer doorways.



**Always wear appropriate footwear.**  
Avoid flip flops or other open-heeled shoes.



Outer observation decks and stairways present a greater risk of slips and falls especially when wet or icy. Please ensure you wear appropriate non-slip footwear, hold handrails and take your time.





## Heavy Weather / Crossing the Drake

Open water, heavy weather and rough sea conditions—quite common when crossing the Drake Passage—amplify ship movement. Follow these safety tips:

- ✓ Listen for instructions and follow them closely.
- ✓ Take extra care moving about the vessel. Hold onto the handrails while always keep one hand free.
- ✓ Always wear appropriate footwear.
- ✓ Be mindful when moving around your cabin and bathroom, and secure your belongings prior to entering open water.
- ✗ Elevators may not be accessible during heavy seas; take extra care in stairwells.
- ✗ Never hold onto door frames as doors may swing and injure your fingers.
- ✗ The outer decks may be closed. Follow instructions from the crew, Expedition Team and signage.

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## How to Cope with Seasickness

- ✓ Take any medication before your vessel enters open water.
- ✓ Eat sparingly (we recommend dry toast, biscuits or crackers).
- ✓ Go out onto the deck and look at the horizon.
- ✗ Do not look at waves or anything that's moving.
- ✗ Do not use electronic devices, watch TV or read.
- ✗ Avoid fatty or spicy foods, and alcohol.
- ✓ Contact our medical team if you require assistance.
- ✓ Stay hydrated.





## Communicable Disease Prevention

*Avoid colds, flu and other bugs!*

We ask all guests to maintain good hygiene while on board. This is key in keeping all passengers healthy during the expedition.

Wash your hands with soap and water after using the washroom, before every meal and frequently throughout the day. You can also make use of the hand sanitizer positioned at the entrance to the dining rooms throughout the ship.

- |                                                                                   |                                                      |                                                                                   |                                                   |
|-----------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------|
|  | Avoid shaking hands or touching your face.           |  | Wash or sanitize hands thoroughly and regularly.  |
|  | Cough and sneeze into a tissue or inside your elbow. |  | Maintain distance where possible in public areas. |



## FIRE PREVENTION

Fire is by far the most dangerous risk to our collective safety onboard. It's vital that guests take every precaution to prevent the outbreak of fire.

**Please refrain from cooking and smoking in your cabin.** Should you discover a fire, please raise the alarm immediately.

Inquire at Reception for the location of designated smoking areas and ashtrays.

# ARE YOU PREPARED FOR YOUR OFF-SHIP EXCURSION?

*Due to the harsh conditions in which we operate, weather can change in an instant, potentially exposing you to extremely cold conditions or unfavorable weather conditions. Always dress appropriately for your activity.*

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Listen for any announcements about weather conditions and follow the advice from your Expedition team.

For all excursions you must wear:



1 Waterproof  
outer layers



2 Muck boots  
(provided for the duration  
of your voyage)



3 Life jacket



*If you have any questions on what to wear, or concerns with mobility, please speak to a member of the Expedition Team.*

We also recommend you have extra layers of clothing, a **4** thermal base layer and socks to stay dry and a mid-layer to stay warm. Synthetic material, preferably natural wool, will keep you warm in inclement weather. We also recommend sunscreen, lip balm and **5** sunglasses.

It's also important to wear a warm **6** hat, gloves and scarf. Extremities such as fingers, ears, nose and cheeks are often the first to become cold and are prone to injury if exposed to cold temperatures for extended periods. Be mindful of the increased risks of sun and wind burn, as well as frostbite, in the Polar Regions.

Ideally, you should pack extra layers and other items in a **7** waterproof backpack.



## HELICOPTER SAFETY

*Ultramarine* guests who participate in helicopter excursions will be required to wear a flight dry suit. The flight dry suit will be provided onboard and your Expedition Team will brief you on its use.

# ZODIAC SAFETY TIPS

*Exercise extreme caution when boarding and exiting the Zodiacs: hold onto handrails, and take care on the stairs on the gangway and marina deck. We advise you take the gangway stairs one step at a time. Always follow the instructions of the driver and crew at all times.*

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## Boarding the Zodiac



- 1 When entering the Zodiacs, always use the forearm-to-forearm grip, also called the 'sailors grip'.



- 2 When boarding the Zodiac, step onto sponson (on the outer side of the Zodiac) and then the yellow box.



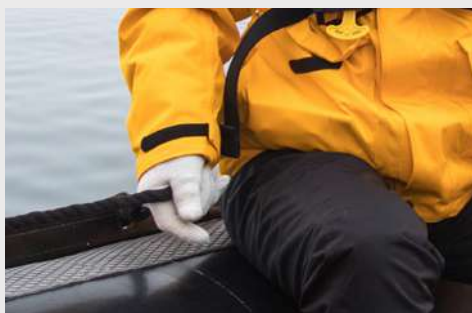
- 3 In swell conditions, wait until the driver tells you to step then follow instructions promptly.



- 4 Sit immediately once in the boat and slide to the position as instructed by the driver.



- 5 Remove backpack (and place at your feet).



- 6 Hold onto the grablines provided.



- 7 Follow driver's instructions at all times.



## MOB (Man Over Board)

During your first Zodiac excursion, drivers will carry out a MOB briefing.



### IN THE EVENT OF A MOB

If close to the shore and safe to do so, get out of the water. Otherwise, stay with the Zodiac and adopt **HELP** position.

If in the water with others, hold onto the grab lines, remain with the Zodiac and adopt **HUDDLE** position.

#### Capsize situation:

If underneath the Zodiac, then wait for assistance or, if able, move under the pontoon to the outside and hold on.

If you witness a MOB, get down on the floor of the Zodiac. If possible, keep eyes on person in the water, follow driver's instructions.







## Disembarking Zodiac to Shore

When disembarking the Zodiac on shore, sit and slide to the sponson, legs to the sea and swing around.

Procedure may differ depending on landing site.

Always follow driver's instructions.



## Disembarking Zodiac to Ship

Follow the reverse procedure when reboarding the ship from Zodiac.



Please take your time when moving in slippery conditions and feel free to ask our Expedition Team members for assistance.

# HOW TO STAY SAFE DURING SHORE LANDINGS





Please listen to the safety briefing onshore and always follow any instructions from the expedition staff.



Consider if landings/hike difficulty are right for you. On your first hiking excursion, consider a lower level of difficulty you think you can manage and work up on subsequent hiking excursions.



Be mindful of any flagged hazards and follow instructions from our staff on avoiding these hazardous areas.



The terrain will be different from what you are used to at home. It may be icy, rocky, uneven and steep. Go slowly and judge your own abilities cautiously, and use a walking pole(s) if needed. If at any point you feel unsteady or think you may fall, please ask for assistance.



Follow the flagged route, stay within any defined free roaming areas, or follow your guide as instructed.



**Always follow IAATO and AECO guidelines.**

Feel free to ask for assistance from a member of the expedition team at any time.





# THE POLAR PLUNGE

Taking a plunge into the polar waters is a popular ritual for our guests. If you would like to participate but you're not a confident swimmer, please inform the Expedition Team.

Cold water immersion can be a risk for those with underlying medical conditions. Please talk to the ship doctor if you are concerned.





Should you have any further questions regarding any of our safety content, feel free to ask a member of the Expedition Team.



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