



Boat Travel and Health and Safety

This is a summarized briefing for volunteers in the field who will be traveling via boat and/or visiting remote villages for any period of time. For further information, please see your Team Leader or Health and Safety Officer (HSO).

On the Boat

Please have a small bag or backpack with the following contents with you at your seat on the boat:

1. Sun block
2. Insect repellent
3. Drinking water
4. Sun hat
5. Rain gear
6. Passport and other documents (in plastic)
7. Snacks
8. Medicine
9. Sun glasses
10. If wearing flip-flops or sandals, please have shoes or boots readily available
11. Long trousers
12. Long sleeve shirt, preferably with a collar

Boat Safety

1. All passengers will wear life-jackets while on the boat
2. If you cannot swim or have concerns about boat travel please tell your Team Leader or HSO
3. Keep hands and feet in the boat to avoid injury
4. Please don't stand up while the boat is traveling at high speed
5. Please be prepared to change seats when asked by your team leader in order to balance the boat
6. When boarding and disembarking, please wait for your Team Leader's instructions
7. Please use the kit mentioned in the above list whilst on the boat...sun block, hat...etc.
8. Stay hydrated, but remember, one may have to wait a couple of hours before a "comfort stop"