



## Coxswain's Order

### Instructions to Trip Participants

***Each participant will be considered a part of the crew while he or she is aboard and will be expected to participate in all activities under the instruction of the Coxswain or the instructors at his or her own risk.***

#### 1. Personal Clothing & Equipment

##### Day Trip:

- Towel
- Swimming costumes
- Change of clothing
- Suntan lotion
- Hat
- Sandals or rubber shoes
- Medication (if necessary)
- Warm jacket (for winter or adverse weather)

##### Overnight Trip:

- All of the items listed above for a Day Trip
- Bedding  
(participants must bring their own bedding, e.g. bed sheet, straw mat or sleeping bag)
- Personal toiletries
- Torch and spare batteries

Participants have to be responsible for the safety of their personal property and should avoid bringing with them any articles of value abroad.

#### 2. Medical Precautions

You have to make health declaration before the trip. While Adventure-Ship welcomes people with disabilities and history of chronic illness, we cannot be held responsible for a sudden deterioration of any participant's physical condition. If you have any health problems or not feeling well during the course of the training, you should inform your group leaders or the instructors immediately. As a precaution against seasickness, appropriate medicine may be taken at least one hour before boarding.

#### 3. Destination

The Coxswain will decide on the destination. He will take the environment, weather information, physical fitness of group members, and the requirements of the group leader into account.

#### **4. Rules & Order**

The Coxswain is in command of the ship and instructions from him and the instructors must be obeyed at all times. If anyone behaves in a disorderly, dangerous or uncooperative manner in any way that endangers the ship, crew, or members of his group, the Coxswain may put that person ashore.

#### **5. Forbidden**

- Gambling at any time
- Drinking alcohol on board
- Smoking at any time
- Leaving the ship without the Coxswain's permission
- Bringing transistor radios, tape recorders, I-pods, MP3 players etc. (except those with earphones) and any of these are brought at the owners' own risk.