

OPTIONAL ACTIVITY: POLAR PLUNGE

During your Antarctic adventure, we may offer the exhilarating Polar Plunge experience, weather and conditions permitting.

The Polar Plunge is an optional activity where you will jump from the gangway into the ocean, secured with a belt and rope tethered to the ship. A safety Zodiac will be present in the water for emergencies or assistance. While this is a memorable experience, it does involve certain risks.

Important Information Before Participation:

- **Medical Considerations:** If you have any pre-existing medical conditions, especially related to the heart, lungs, or circulation, consult your Doctor/GP before leaving home to ensure you are fit to participate.
- **Medical Facilities Onboard:** Our expeditions travel to remote locations with limited medical facilities. Although the Ocean Endeavour is equipped with a qualified physician and basic medical supplies, advanced treatment is hours or even days away. Evacuation by helicopter or plane is rarely possible.

Risks to Consider:

- **Cold Shock Response:** Immersing your body in cold water triggers a rapid increase in breathing, heart rate, and blood pressure, which can stress the heart and potentially lead to arrhythmias or cardiac arrest.
- **Involuntary Inhalation:** Cold shock can cause involuntary gasping, increasing the risk of inhaling water.
- **Hypothermia:** After exiting the water, the risk of hypothermia persists. Ensure you change into warm, dry clothes immediately.
- **Other Responses:** Muscle cramps or spasms may occur, making swimming difficult. Some individuals may experience panic attacks.

Pre-Existing Medical Conditions:

Risks are higher for individuals with:

- Coronary artery disease
- Previous heart attack
- Angina
- Heart failure
- Pre-existing arrhythmias
- Airway issues
- Raynaud's syndrome
- Pregnancy
- Uncontrolled high blood pressure
- Use of beta blockers



Special caution is advised for older adults, minors, those with low body weight or body fat, asthma, and circulatory issues. **This is not a complete list.** If you have a chronic condition, please discuss your participation with your Doctor/GP in advance.

Minors:

Young children, individuals with smaller frames, and those with lower body weight or body fat are at higher risk. All minors under 16 must complete a Minor Activity Exemption and receive pre-approval for the Polar Plunge before embarkation.

For More Information:

If you have any concerns or medical conditions, please provide this information sheet to your Doctor/GP and discuss your participation in the Polar Plunge before departure.

Version: 08AUG2024