



GENERAL GUIDELINES

Unless informed otherwise by government ruling, the current action plan for covid affected individuals is **“suggest self isolation for 5 days”**

However as we are on board a vessel with days of great diving ahead, many people involved and in close quarters, Mermaid Liveboards has declared that it imperative to be courteous to your fellow man and it is mandatory to inform the Cruise Director/Captain if you have any covid/swine flu related symptoms.

Protecting each other

Hand washing and cleaning procedures



Hand washing stations

are available at the dive platform, upper deck area and in all the cabins



Hand-sanitizer

is available throughout the vessel and in all cabins



Disinfect surfaces

Regularly cleaning and disinfecting frequently touched surfaces throughout the vessel, especially doorknobs, light switches, tables, chairs and open surfaces, or at least 3 times/day

Preparing guest cabins before boarding



Guests cabins will be sterilized using **UV Light** if there is any incidence of covid on board



Increase **ventilation** by opening windows and / or adjusting air conditioning



Personalized drinking water bottle

Keeping the kitchen safe

Kitchen crew are required to use masks and gloves whilst preparing food



- Food supplies are fresh and locally sourced and disinfected before storage on board
- Kitchen area is disinfected daily Kitchen tools are cleaned and disinfected after every use



ESSENTIALS AVAILABLE

Protecting each other



Washing stations are available at the dive platform, upper deck area and in all the cabins



Hand-sanitizer available throughout the vessel and in all cabins



Disinfectant solution for surfaces, dive gear etc.



Face masks are available for guests and crew



Face shields are currently not required



Medical Mask to be used in emergency only



Rubber gloves available



Temperature gun available for daily non-contact body temperature checks



A **pulse oximeter** provides a quick read on the saturation of oxygen in your blood



UV Light for sterilizing areas, cabins, kitchen utensils etc.



Plastic PPE available on board



First Aid Box available on the main deck and at the bridge



Quarantine Cabin will be dedicated in case of emergency



Emergency Contact Numbers and **Medical evacuation information** are available in our Emergency Action Plan



Prevention, Quarantine & EAP

- In case of any incidence of covid on board, Crew members are being checked using rapid test/PCR
- Guests boarding Mermaid Liveboards are requested to take all necessary care when travelling to and within Indonesia to prevent bringing covid on board .
- Cruise Director and Captain will be in charge if any emergency arises. Dedicated cabin for quarantine available if necessary and proceed with [Emergency Action Plan](#)

GENERAL GUIDELINES FOR CREW

Protecting each other

Practice strict personal hygiene



Stop handshakes and use **no contact greeting methods**. Practice social distancing as much as possible



Trace and track your activity to be aware of potential contamination



Wash hands regularly with soap and water for 20 seconds after using the bathroom, before eating and preparing food, after blowing one's nose, coughing or sneezing. Schedule regular hand **washing** reminders



Cough and sneeze in your elbow and away from others. Avoid coughing or sneezing in the direction of people and wash your hands after. Wear a mask



Use **hand sanitizer** when you cannot wash your hands



Disinfect all bags/boxes and all things you bring onboard



Disinfect surfaces like doorknobs, tables, chairs regularly, minimum 3 times/day



Reduce mobility between boats and mainland

Stay onboard and use call/videocall to coordinate with agents, port authorities and suppliers



Avoid touching your face, mouth, nose and eyes, especially with unwashed hands.



Use protection (**mask, face shield**) always when going on shore



Immediately self-isolate if...

- Experience any of the symptoms associated to COVID-19 such as fever, cough, headache, shortness of breath etc
- If there is the possibility you were in contact with an infected person

Take care of your emotional and mental well-being

Covid is still stressful and anxious time for everyone who are looking forward to a trouble free dive holiday. Keep your sanity, remain calm, keep faith, talk about your concerns with your Cruise Director and/or Captain and take care of each other. Importantly, always BE KIND.



GENERAL GUIDELINES FOR GUESTS

Protecting each other



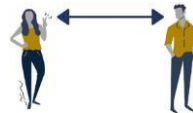
No handshakes and only **no contact** greetings. Apply social distancing rules



Avoid touching your face and cover your coughs and sneezes with your elbow. Wash your hands after



Daily temperature checks with **non-contact thermometer**



Keep **social distancing**, wear a face mask during all briefings and when gathering



Disinfect your hands when boarding and practice regular hand-washing routine throughout the day



Wear a **face mask** and follow **social distancing rules** for all land excursion along the trip



Disinfect your personal belongings and dive gear regularly. Disinfectant spray is on board



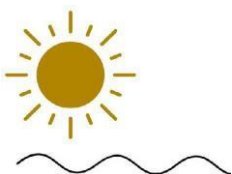
Inform immediately to Cruise Director if you start feeling unwell

Service adjustment



- Scheduled meals/snack service
- Meals will be served by crew wearing masks and gloves
- All cabins will be cleaned and disinfected everyday by crew wearing masks, and gloves with special products design for it
- Laundry for bedsheets and towels will be done following disinfecting procedures

Enjoy the breeze ...



We all by now know that being locked up is no fun, spend time outdoors, feel the breeze, enjoy the sunrise/sunset, appreciate what nature offers us and the freedom we enjoy today, keep each other safe and take care of one another with these simple extra measurements.



GENERAL GUIDELINES FOR DIVING

Protecting each other

Let's gear up!



- We strongly recommend guests to use their own equipment and store it in personalized baskets available onboard
 - Do not touch other people equipment
 - During the Buddy Checks, inform divers to avoid touching their buddy's equipment. DAN recommends a visual buddy check with self-demonstration and verbal confirmation
 - For air sharing in emergencies in diving, DAN recommends using an alternative air source to avoid donating the main regulator if possible
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Dive Deck



- Only authorized crew is allowed to be in the filling station and rental equipment - storage area
 - Cylinders and gear are handled with care by designated crew who wear gloves and masks
 - Two groups of divers in the dive deck at the time, social distancing rules apply
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Getting in and out of the dinghy



- Ensure that physical distancing is respected also when on board
 - Avoid taking any unnecessary materials that are not needed
 - All diving equipment must be fully assembled before being loaded onto the dinghy
 - Use defogging products to defog masks (available on board). Do not to use saliva
 - Allow space on the back deck when entering and exiting the dinghy
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After the dive

Guests are strongly recommended to rinse their own equipment.

Do not use buckets to rinse masks, snorkels and regulators. Equipment should be rinsed using running water. Only cameras and other gadgets are allowed in the rinsing tanks.

Covid-19 in sea water?

Research is still ongoing and it is not clear how long the SARS-CoV-2 virus can survive in sea water. It is therefore recommended that care should be taken both when in and out the water. Social distancing protocol will be followed as much as possible while on the surface. After dive showers are encouraged to be done only in your cabins.



GENERAL GUIDELINES FOR DIVING

Protecting each other

Diving after a Covid-19 Infection

- Divers who have tested positive with COVID-19 but have remained completely asymptomatic, should wait ONE month before resuming diving
- Divers who have had symptomatic COVID-19, should wait at least THREE months before applying for fit-to-dive clearance conducted by a diving medicine specialist
- Divers who have been hospitalized with or because of pulmonary symptoms in relation to COVID-19, should wait at least THREE months before applying for fit-to-dive clearance conducted or coordinated by a diving medicine specialist, with complete pulmonary function testing (at least FVC, FEV1, PEF25-50-75, RV and FEV1/FVC, and an exercise test with peripheral oxygen saturation measurement) as well as a high resolution CT scanning of the lungs
- Divers who have been hospitalized with or because of cardiac problems in relation to COVID-19, should wait at least THREE months before applying for fit-to-dive clearance conducted or coordinated by a diving medicine specialist with cardiac evaluation, including echocardiography and exercise test (exercise electrocardiography)