

## Ocean Racing - Medical Conditions and Best Practices for Hygiene

*Ocean racing involves teams of people working, eating and sleeping in close quarters, in wet and humid conditions, coping with fatigue and stressful situations, over an extended period of time. Participants must be in good health and must maintain a healthy environment onboard the yacht.*

### Best practices, medical conditions

- have medical and dental checkups in advance of the trip
- discuss the nature of the planned trip with your doctor and dentist
- continue or start an appropriate treatment plan for any conditions
- obtain sufficient medication and supplies for the trip and for the abandon ship bag
- disclose any conditions and treatment plans to the boat's medical coordinator
- keep these disclosures up to date before and during the trip

### Best practices, onboard hygiene

#### DO's:

- pro-actively treat any communicable diseases before departure and during the trip
- disclose any communicable diseases and treatment before departure and during the trip, and as conditions change
- maintain good overall personal hygiene
- wash your hands after using the washroom, and before handling food, drinks, ice or galley items
- frequently clean and disinfect galley, washroom and other communal surfaces
- follow "Food Safe" practices as outlined in other documents

#### DON'T:

- prepare or handle food or drinks for others when you have a communicable disease
- share water bottles, drinks, or food in communal servings (e.g. bags of trail mix or chips, bowls/plates of food, etc.)
- keep items that require refrigeration out of the refrigerator any longer than strictly necessary

Some excerpts from ship health related documents are included for informational purposes:

Source: <http://www.medic8.com/travel/cruise-ship-travel.htm>

- "... environmental health and control measures, including 1) water supply, storage, distribution, disinfection, and protection; 2) food-handling practices, including storage, preparation, and service; 3) product temperature control; 4) potential contamination of food, water, and ice; 5) personal hygiene and sanitation practices followed by crew members; 6) general cleanliness, facility repair, and vector control; and 7) training programs in environmental and public health practices."
- "pay particular attention to hand hygiene, either with soap and water or by using an alcohol-based hand sanitizer"

Source: [http://www.who.int/water\\_sanitation\\_health/hygiene/ships/gssanitation8.pdf](http://www.who.int/water_sanitation_health/hygiene/ships/gssanitation8.pdf)

- "Being relatively isolated from medical facilities makes diagnosis and treatment of disease more difficult and potentially increases the risk of serious adverse harm."
- "the relatively crowded nature of ships facilitates the spread of disease and ensure a concentration of foodstuffs and hosts"
- "Waste must not be allowed to accumulate in food handling, food storage, and other working areas"

Source: <http://www.seafarershealth.org/documents/A4-GUIDELINES-FOODSAFETY-LQ.pdf>

Attached document: Guidelines for Food Safety on ... Vessels