



# SPIRIT OF ADVENTURE TRUST

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## Spirit of New Zealand ("SoNZ")

### CREW Medical and Physical Standards

#### CREW defined in SOOP's

These physical standards shall apply to all CREW members including paid employees and volunteer staff.

All CREW on board SoNZ shall have a reasonable standard of fitness (as per the guidelines that follow) to ensure they are physically able to consistently manage the rigours of the 10 day Youth Development Voyage throughout the voyage.

Individual CREW members may apply, or a Master or member of the SoAT senior management team may apply on their behalf, for a waiver to a specific requirement the standards noted if they are otherwise able to contribute to the effective delivery of the programme.

A Master must support any application for a waiver. This must be approved by the Marine Manager and the CEO.

On all voyages the Master must make themselves aware of any limitations his / her CREW may have.

#### General Medical Conditions

- ▲ All CREW must fill out the SoAT medical declaration form upon initial application and thereafter annually.
- ▲ Any conditions that are declared at the time of application shall be reviewed by the Marine Manager with the SoAT Doctor. If the Marine Manager considers in his / her discretion that the condition renders the CREW member unsuitable to participate in the operation of the ship, or the delivery of the programme, the Marine Manger may decline that CREW member a position on the ship.
- ▲ In subsequent years, where a CREW member's annual medical declaration form indicates a change in medical circumstances, this will require an assessment to be undertaken, including an assessment of whether this change of medical circumstances will affect their ongoing involvement as CREW.
- ▲ All CREW during each 12 monthly cycle shall immediately declare any conditions that occur to enable an assessment to be undertaken including an assessment of whether this change in medical circumstances shall affect their ongoing involvement as a CREW member.

#### General Physical and Mental Condition.

- ▲ The general physical and mental condition of all CREW should allow them to comfortably undertake the activities on board throughout the 10 days without displaying any undue physical fatigue and ensuring they are able to "keep up".
- ▲ All CREW must be able to move comfortably between the ship (SoNZ), its luggers, rafts, tenders and the shore.
- ▲ All CREW must remain aware of what is going on around them while on duty and be able to supervise and assist where needed.

PRINCIPAL CORPORATE PARTNER



SUPPORTERS



## Swimming

- ▲ All CREW must be:
  - comfortable in deep water;
  - able to swim 50m and otherwise move around unaided;
  - get themselves back up the side of the ship unaided; and
  - provide assistance to others in the water and getting back on to the ship if required.
- ▲ All CREW must be prepared to be involved in all in water activities, especially the 0630 morning swim.

## Walking / Tramping

- ▲ All CREW should comfortably be able to undertake a 4 to 6 hour walk / tramp on a reasonably well formed track, with some steep gradients / steps.

## Running

- ▲ All CREW shall be able to “run around” during beach games / activities in short sessions in order to deliver the programme.

## Climbing / Aloft Activities

- ▲ All CREW must have a “**head for heights**” and comfortably be able to climb the ships rig and spars and whilst remaining aware of their own circumstances be able to supervise others.

## Eye Sight / Hearing

- ▲ All CREW must have eyesight which enables them to work unaided on board and to operate all of the equipment. Colour blindness may inhibit this and must be declared. The wearing of corrective lenses is permitted. The carrying of a spare set of corrective lenses is expected.
- ▲ All CREW hearing must be such that normal conversations can take place without the other party having to do anything special to ensure the CREW member is able to hear. The wearing of hearing aids is permitted.

## Testing

No specific testing of current CREW will be required to be undertaken as it is expected that their ongoing participation in 10 day voyages will demonstrate their ability to meet the required standards. Where a Master detects or feels there maybe a deficiency, he / she must first raise it with the relevant CREW member to see if measures can be undertaken to rectify or correct the deficiency.

Should there be an ongoing concern then the Marine Manger shall arrange for meeting to discuss the best course of action.

## General

The SoAT reserves the right at any time to stand a CREW member down or decline a position on board the ship, Spirit of New Zealand, where there is concern over the current or potential CREW member’s medical, physical or mental well-being and their ability to meet the required standards [**as set out in this policy above**].

The SoAT may require CREW or potential CREW to undertake an independent medical assessment by a Registered Medical practitioner designated by SoAT and paid for by SoAT.