

# MU SEA UM

To Registered Medical Practitioner,

HMB Endeavour is an accurate replica of the 18th-century tall ship used by Captain James Cook on his epic 1768-71 voyages.

Endeavour operates around the Australian coast and international waters and may be away from immediate medical support (the ship's crew are trained in marine first aid). The ship's Master holds a Ship Masters Medical Qualification and medical advice can be obtained by radio. The ship meets the medical stores and equipment requirements for a Regulated Australian Vessel.

It is important to realise that this is not a leisure cruise, it is hard work. There is sleep deprivation, strenuous work and your patient will have very little free time. It is also important that your patient is reasonably fit, with no major health concerns, and understands if they take regular medication that this may not be able to be absorbed into their system due to seasickness.

***These are not passive roles;***

**Your Patient** will be fully immersed in life on-board, either as a working crew member or supernumerary. Some of the risks associated with sailing a ship like the Endeavour include;

**Slipping or Falling.** As a result of the ship moving in a seaway, your patient may slip or fall. As a sailing ship, it does not have stabilisers and can sometimes roll heavily, even in relatively calm weather. Your patient will also be required to use steep stairs to access ship's lower decks.

**Falling from the Rigging.** If your patient qualifies, they may be required (but not forced) to climb the rigging, up to a height of 39 metres. They will be taught to climb safely, will always be supervised and will always wear a full body harness while doing so. Should they fall, they will fall only to the length of the lanyard attached to their harness.

**Falling from a Hammock.** Your patient will be taught to sling a hammock correctly and if they are voyage crew, will sleep in one while on-board. While there is rarely a problem with these, they do need to be careful using one.

**Lines, Spars and Sails.** Sailing ships are dynamic. Your patient will be taught how to work safely with lines, spars and sails and will be constantly supervised. A low risk exists that a line, spar or sail may strike them. On rare occasions, they may suffer rope burn, sprain, cut or bruise.

**Falling Overboard.** Falling overboard is extremely rare but Endeavour does operate at sea. When working over the side your patient will always wear either a harness and/ or a lifejacket.

**Sea Sickness.** While at sea, your patient may experience seasickness and dehydration and will be required to counter this by rehydrating.

Please complete the following questionnaire, confirming the patient is a suitable participant in an Endeavour voyage. More information about voyaging on Endeavour can be found at: <https://www.anmm.gov.au/whats-on/vessels/sail-the-endeavour>.

Sincerely,



John Dikkenberg  
Master HMB Endeavour

# DOCTOR'S MEDICAL DECLARATION

Name: \_\_\_\_\_ has applied to sail on-board Endeavour as a:

- Voyage crew** - join Endeavour to learn 18th-century sailing skills. They sleep in hammocks, handle the rigging, climb aloft to a height of 39m, set or furl the ship's sails, stand watch and steer the ship.
- Supernumerary** - prefer not to undertake all the sailing activities, but would still like to experience a tall ship voyage. They choose their level of involvement but are encouraged to take part in sailing the ship.

Does your patient currently suffer from any of the following conditions? Please circle.

Conditions			If yes, please provide more information. Please print clearly.
Diabetes	Yes	No	
Epilepsy/fits/convulsions	Yes	No	
Fainting/blackout spells	Yes	No	
Is currently pregnant	Yes	No	
Ever had a major operation	Yes	No	
Ever had angina, heart attack or any cardio-vascular problems	Yes	No	
Gets fatigued or short of breath easily	Yes	No	
History of High or Low Blood pressure	Yes	No	
Ever had a hip replacement	Yes	No	
Ever had lung or bronchial disorders, asthmas or respiratory problems	Yes	No	
Suffers from arthritis, joint, musculoskeletal or from recurrent dislocation problems	Yes	No	
Suffers from any back problems	Yes	No	
Suffers from any limiting physical disability (including sight/hearing problems)	Yes	No	
Has difficult orientating under reduced lighting	Yes	No	

Suffers from loss of balance/co-ordination problems	Yes	No	
Ever had a head injury or concussion	Yes	No	
Suffers from vertigo or claustrophobia	Yes	No	
Any mental disorders/mental illness including depression and or/anxiety disorder including acrophobia (fear of heights) or panic attacks?	Yes	No	If yes, provide details.
Any allergies or reactions to food or medicines?	Yes	No	
Anything else that we should be aware of that could affect the applicant's ability to undertake the voyage.	Yes	No	If yes, provide detailed allergies.
Does your patient require prescription glasses / prescription contacts on-board?	Yes	No	If yes, provide details.
Does your patient take regular medication?	Yes	No	If yes, what medication, doses and for what condition.

I have examined  (applicant) and find them to be in good health and find no reason why they would not be capable of carrying out the duties as described above.

In the instance, that I have declared my patient has a medical condition; I confirm that this condition is under control and will not prohibit them from carrying out the duties as described above.

Print Name:	Sign :
Date:	Practice Details: Name & Contact Number (inc. Area code):