

RISKS ASSOCIATED WITH PROGRAM-SPECIFIC ACTIVITIES

In addition to the general travel risks outlined in the [Study Abroad Risk Advisory](#) this program, Ecology in Antarctica, (hereinafter “Program”) has specific activities which may pose a heightened level of risk for participants. UC Davis Study Abroad provides this information so that students can make an informed decision about consenting to participate in the Program. Participants in the Ecology in Antarctica program will be expected to participate in the activities below.

If participants do not want to participate in an activity, they must inform the Faculty Leader or Program Coordinator immediately and ask to opt out. In some cases, an activity may be a required in order to participate on the Program (e.g. travel to another site). In these instances, participants wishing to opt out may not be able to participate in the Program at all and may need to choose another program. Study Abroad will try to keep opt out decisions confidential, but due to the group nature of certain activities (such as group travel/tours), it may be impossible for the decision to be kept confidential.

By participating in in a UC Davis Study Abroad Program, participants voluntarily assume these additional associated risks, both known and unknown. If participants do not ask to opt out, UC Davis Study Abroad will assume they consent to the risks associated with participating in the activities.

- **This Program includes transportation or tours on boats or other marine vessels.** These vessels may be public conveyances or private charters, subject to oversight by marine regulatory bodies of Argentina. UC Davis Study Abroad cannot certify pilot training or licensure, vessel integrity, or mechanical service. UC Davis Study Abroad cannot anticipate water conditions but where possible will postpone travel or change itineraries under inclement conditions (may not be possible for public conveyance). All travelers should ensure appropriate life-saving/personal floatation devices are available before boarding, review and understand all safety procedures, and ask questions about the use of safety devices.
 - Seasickness is a common complaint of cruise ship passengers. If you are (or think you might be) prone to seasickness, talk to your doctor about medicine to decrease your symptoms. Note that many common medications (including some antidepressants, painkillers, and birth control pills) can worsen the nausea of seasickness.
 - Cruise ship outbreaks of vomiting and diarrhea, primarily caused by norovirus, have been reported. The best way to prevent illness is frequent handwashing with soap and water. For more information about vomiting and diarrhea on cruise ships, visit CDC’s Vessel Sanitation Program website.
 - Respiratory diseases are also common on cruise ships. Frequent handwashing can keep you from getting sick, and coughing or sneezing into a tissue (not your hand) can prevent you from spreading germs. Getting a flu shot is the best way to keep from getting the flu.
- **This Program includes transportation by rudimentary or primitive marine vessels such as canoe (powered or unpowered) or raft.** These vessels may or may not be subject to oversight by marine regulatory bodies. At minimum, these vessels should have personal floatation devices but may not have additional forms of safety devices. Travel on these vessels may be subject to marine conditions (e.g. currents, debris); participants may be expected to use paddles

in some situations. Participants may need to enter the water in order to board the vessel. UC Davis Study Abroad does not certify pilot training or licensure, vessel integrity, or mechanical service. UC Davis Study Abroad cannot anticipate water conditions but where possible will postpone travel or change itineraries under inclement conditions (may not be possible for public conveyance). All travelers should ensure appropriate life-saving/personal floatation devices are available before boarding, review and understand all safety procedures, and ask questions about the use of safety devices.

- **This Program includes hiking and/or camping.** Hiking and/or camping includes additional risk of injury or death related to physical exertion, accident, or exposure to insects/animals, the environment or weather. These activities are supervised, travelers will be provided with necessary equipment and will take place in relatively safe locations, but weather and environmental conditions are unpredictable and can change quickly. Travelers may be required to: hike/walk for distances of a few miles; hike/walk over uneven, slippery, inclining/declining, or rocky terrain (which increases risk of falls, accidents); carry or lift gear or supplies; and tolerate mild but possibly uncomfortable weather conditions (cold temperatures, rain, wind, very high or very low humidity, periods of sun without shade, etc.)
- **This Program includes a prolonged stay in a remote, rural environment.** Although the Program site is not inherently dangerous, travelers will be staying in a remote area for a prolonged period of time. There may be limited or no access to immediate medical facilities (major incidents would require evacuation), pharmacy and grocery stores may be limited or non-existent (travelers will need to bring their own personal supplies), transportation to and at the site may be limited and subject to weather or environmental conditions, and travelers may have limited or no access to phone/cellular/internet services or reliable electricity.
- **This Program includes outdoor work in a cold climate.** Travelers may be required to tolerate possibly uncomfortable weather conditions (cold temperatures, rain, high winds, etc.). While preventative measures are taken, travelers are nevertheless at elevated risk for physical injury, and exposure to cold.
 - For travelers to Antarctica, severe low temperatures and high winds are the primary health hazards. Antarctica is the coldest, windiest, and driest place on earth. Temperature patterns vary widely because the continent is covered in continuous darkness during the winter and continuous sunlight during the summer, with a few weeks of sunrises and sunsets between seasons. When traveling in cold climates:
 - Wear warm clothing in several loose layers.
 - Wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; and scarves.
 - In wet conditions, shoes should be waterproof and have good traction.
 - Wear safety equipment to keep you warm and dry when engaging in adventure activities in cold weather or around cold water.
 - Stay dry—wet clothing chills the body rapidly. Too much perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.
 - Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

- The effects of the sun in Antarctica (because of the sun's reflecting off the snow) can be damaging to the eyes and skin, and protective measures should be taken.