



CAL MARITIME

The California
Maritime Academy

A CAMPUS OF THE CALIFORNIA STATE UNIVERSITY

2009
CRUISE HANDBOOK

FOR THE

TRAINING SHIP
GOLDEN BEAR

CMA CADETS
TMA CADETS

Cruise Itinerary - Summer 2009

Port	Arrival	Departure
Vallejo, CA		3 May
Catalina, CA	5 May	5 May
Balboa, Panama	18 May	21 May
Valparaiso, Chile	31 May	3 June
Guayaquil, Ecuador	10 June	13 June
Puerto Vallarta, Mexico	21 June	24 June
Change out	30 June	
Los Angeles, CA		5 July
Catalina, CA	5 July	7 July
Balboa, Panama	18 July	21 July
Valparaiso, Chile	31 July	3 August
Guayaquil, Ecuador	10 August	13 August
Puerto Vallarta, Mexico	22 August	25 August
Vallejo, CA	30 August	

Training Ship GOLDEN BEAR Phone Numbers:

Bridge	1302
Engine Room Operation Station	1312
Quarterdeck Watch Station	1359
Medical Treatment Facility	1366

UHF Walkie -Talkie Base Station Locations:

Bridge
Engine Operating Station
01 Deck Watch Station

Emergency Signals:

Emergency Stations:

Continuous ringing of the general alarm bells and the continuous sounding of the ship's whistle.

Abandon Ship:

More than 6 short rings followed by a long ring on the general alarm bells with the same signal on the ship's whistle and/or a public address message or radio announcement from the Bridge.

Man Overboard:

Three long rings on the general alarm bells and ship's whistle.



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GENERAL CRUISE INFORMATION

EXPECTATIONS

Purpose Of Annual Training Cruise

The annual training cruise of The California Maritime Academy serves several important purposes. First, it provides cadets with the opportunity to put into practice the theoretical knowledge they have been taught in the classroom. Supervised "cruise time" is also required for a U.S. Merchant Marine license. Second, through the annual training cruise, CMA students visit ports in the Pacific Rim, which are vital links in the worldwide maritime industry. Third, students develop and perfect, under close faculty supervision, a broad range of essential maritime competence--professionalism, effective leadership and communication skills, and a keen appreciation for the chain of command, teamwork, and the responsibility of standing watch. The training cruise offers an opportunity for visiting cadets to learn about the maritime industry while enhancing their own educational program with at sea and international exposure.

Authority Of The Master And Ship's Officers

The Master is ultimately responsible for the safe navigation of the TSGB and also the safety of all personnel while embarked on the cruise. The Master also acts as the General Manager and the Owner's Representative. The Chief Mate is responsible for the maintenance of the vessel and for all non-engineering daily operations, and is responsible for the day-to-day safety and security regulations. Should the Master become disabled, the Chief Mate assumes the duties of the Master. The Second Mate serves as the Navigator aboard the vessel and is responsible for the maintenance of all charts and navigation publications and equipment. The Licensed Watch Officer/Instructor typically serves as the watch standing navigation officer, technical faculty and safety officer.

The Chief Engineer is responsible to the Master for the total operation of machinery aboard the vessel and ensures the safe, lawful, efficient and economical operation of this equipment. The First Assistant Engineer is responsible for the general operations of the engineering plant, the work crews, and the maintenance of the Engine Room. If the Chief Engineer should become disabled, the First would assume the duties of the Chief. The Second Assistant Engineer is responsible for the maintenance of the auxiliary equipment. The Engineering Licensed Watch Officers typically serve as the engineering watch officers and technical faculty.

The Master of the Training Ship GOLDEN BEAR shares the same responsibilities and rights as Masters of USA public vessels flying the American flag everywhere. These rights and responsibilities are time-honored and well documented under Federal law. The Master has the right and the responsibility to plan, direct, and control the actions of all officers, crew, and cadets under his command per Federal law, and as such, his authority over activities on the vessel

often goes beyond the common non-seafarer notions of what managers do. The Master has the right and responsibility to implement a chain of command structure and to see that the seafarers under his command honor this structure. Adherence to this chain of command structure by all seafarers is both expected and essential. In regards to non-seafarers embarked aboard the Training Ship, the Master's relationship to these persons is well defined by Federal law, clearly subjects these persons to the authority of the Captain, and also cannot be modified by public or private agreements, nor by state law.

Proper Decorum

It is the intent of the Master that all ship's officers and officer candidates conduct themselves in a way appropriate to the standards of our profession. The use of vulgar or profane language either while conducting business or while being able to be overheard by others is not acceptable on board the training ship. ALL personnel are advised to be attentive to their conduct in this area. The appearance of the vessel and its crew are important as the training ship is a United States Government Public Vessel and as such, the image it creates represents that of the United States, as well as the State of California and the California Maritime Academy.

Laws And Regulations

California Maritime Academy Rules ~ Regulations, all statutes and regulations governing the California State University, as well as the rules, regulations and policies thereof, all effective Collective Bargaining Agreements (MOU's), and US Navigation Laws, each as appropriate, are effective for the duration of the cruise.

General Orders Of The Training Ship GOLDEN BEAR

It is expected that all lawful orders given by officers on the TSGB will be obeyed.

It is the policy of the California Maritime Academy that all Officer Candidates who participate in a training cruise hold a US Coast Guard Lifeboat Certificate, and must have received at least awareness level security training.

In accordance with current USCG regulations, all members of the TSGB complement shall be participants in the Academy's drug testing program. The Master or his designee may require drug testing for cause at any time.

Equality of assignment of duties is essential to our training cruise. All staff and senior cadets are responsible and will be held accountable for assignments under their control. In specific, sexually based or racially based harassment and/or discrimination is forbidden by Federal Law aboard the T.S. GOLDEN BEAR. Every member of the ship's company should be very alert in their area of responsibility and cruise when observing other activities to assure that no

harassment or discrimination is taking place or has the appearance of taking place. Suspected violation or problems should be reported at once either in writing or orally directly to the supervisor, or the Captain of the TSGB. The full force of CMA regulations, the Navigation Laws and other Federal Law will be applied.

All personnel are reminded that the Federal blood alcohol standard for intoxication is 0.04%. The training ship is equipped with a breath-testing device. Any individual who is in a duty status and suspected of intoxication will be tested. Non-duty personnel may be tested for cause. In addition, alcohol is not to be consumed or carried on the training ship. All appropriate action will be taken against anyone who is found to exceed the above stated standard.

The Ship Comes First

The Training Ship GOLDEN BEAR carries no passengers. Every cadet, officer, and staff person are crew. It is up to all of us to operate the ship safely and efficiently, even if your role may seem small or unimportant. As a member of the crew, it is important to understand that one's personal needs or desires may come second to the immediate needs of the ship. In other words, the ship comes first. This means that your workday may be longer than expected, or you remain on watch longer than expected, or that you get liberty later than expected due to operational requirements of the vessel. We try hard to follow schedules, but the ship always comes first.

CHAIN OF COMMAND

Officer Chain Of Command

CRUISE 1

Deck Department Organization

Master: **Captain Paul Leyda** (Commanding Officer Training Ship)

Chief Mate: **Dan Lintz**

Second Mate: **Steve Browne**

Faculty watch officers, permanent by license and seniority

Faculty watch officers, temporary by license

Engineering Department Organization

Chief Engineer: **William Davidson**

First Engineer: **John Coyle**

Faculty watch officers, permanent by license and seniority

Faculty watch officers, temporary by license

CRUISE 2

Deck Department Organization

Master: **Captain Harry Bolton** (Commanding Officer Training Ship)

Chief Mate: **Dan Weinstock**

Second Mate: **Sam Pecota**

Faculty watch officers, permanent by license and seniority
Faculty watch officers, temporary by license

Engineering Department Organization

Chief Engineer: **Tom Mader**

First Engineer: **Lyle Cook**

Faculty watch officers, permanent by license and seniority

Faculty watch officers, temporary by license

Officer Cadet Chain Of Command

Commandant

Assistant Commandant

Company Commander

Company Chief Engineer or Chief Mate (respective to your department)

{Company 2M/Company 1A Engineer}*staff officers

{Company 3M/Company 2A Engineer}*staff officers

Cruise Division Commander

Cruise Division Executive Officer

Using The Chain Of Command

Chain of Command exists so that shipboard operations run smoothly and safely. Whenever you have a question or issue that may need resolution, it is imperative that you raise these issues with your direct supervisor first. For cadets, this means approaching your Cruise Division Executive Officer or Division Commander. If they are unable to resolve your situation, then you should raise the issue with either the Company Chief Engineer or Company Chief Mate, whomever is your respective department head. It is inappropriate to approach the Company Commander, Assistant Commandant or Captain as a first step. If your issue is of a personal or private nature, seek out a cruise resource person.

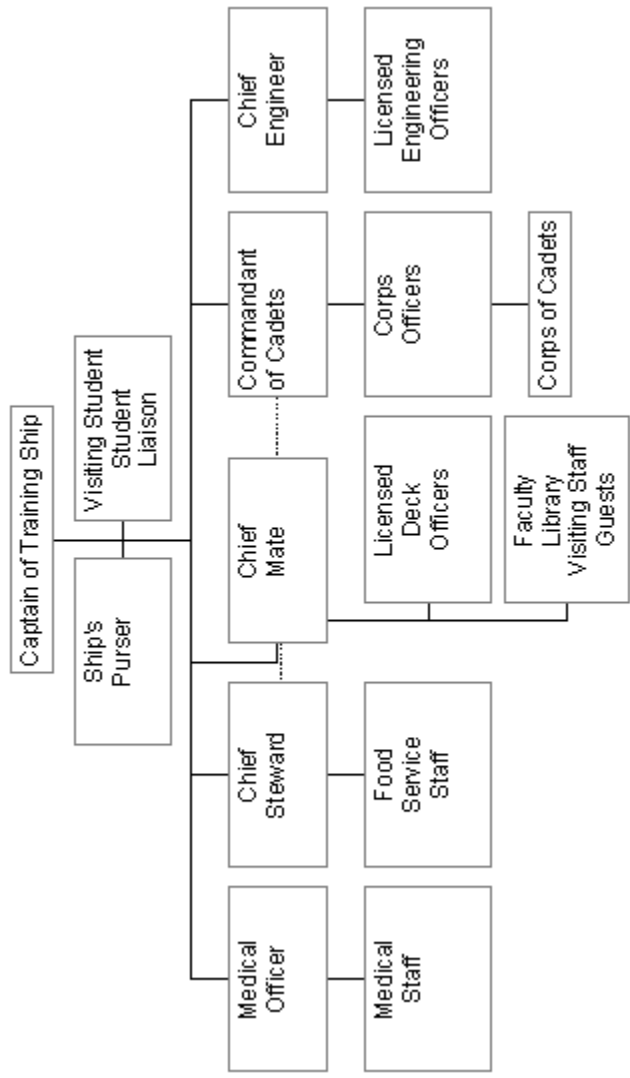
REQUIREMENTS FOR CRUISE

Every person embarked on the training ship is a member of the crew. Unlike passengers on passenger ships, you will be asked to participate in some aspect of operating the vessel. This may include teaching class, emergency drills, watch on the bridge or in the engine room, daily cleaning and many others activities.

Because of the inherent dangers of being at sea and traveling to foreign destinations, more structure to your daily life will be expected than when in a more normal environment. Be sure that you keep informed as to how the structure applies to you. Knowing things like what time to be back to the ship, what your station for emergency drill is, or what you wear to dinner will make your life much easier. Normally, specific orders will only be given in safety and operationally sensitive situations, but at that time you must understand that it is your responsibility to comply with directives given by the person in authority.

The TSGB is operated like a merchant vessel and is subject to Federal Maritime Law. The position of cadet carries with it greater responsibilities than that of a normal student. ALL shipboard personnel are expected to show proper respect to lawful authority at all times.

TRAINING SHIP GOLDEN BEAR



POLICIES OF THE TRAINING SHIP GOLDEN BEAR

NON-DISCRIMINATION POLICY, TRAINING SHIP GOLDEN BEAR

Policy Statement

It is the policy of the California Maritime Academy to provide a work and study environment free from any form of harassment directed at any departmental employee, student, or member of the public while engaged in business activities for or with the California Maritime Academy.

California Maritime Academy employees are expected to adhere to a standard of conduct that is respectful and courteous to all employees, students and the public we serve. Students are expected to adhere to the same standards as other members of the CMA community.

The Academy cannot function unless each member of the community is accepted as an individual and treated civilly and respectfully, without regard to their assignment within the Academy. Every member of the Academy community must recognize that harassment compromises the integrity of the institution and the tradition of intellectual freedom, as well as the trust placed in the Academy and its members.

It is the position of the Academy to take appropriate and necessary measures to prevent or correct any occasions of harassment. This action will be taken in a timely manner, but must allow adequate time for procedural requirements to ensure compliance with federal and state law, including the due process rights of any accused persons. Violation of CMA's harassment policy is grounds for discipline, including termination.

Cruise Period Decorum

It is important that all persons embarked on the Training Ship recognize the many unique conditions on cruise that may exacerbate otherwise minor problems. It is, therefore, essential that all hands ensure that their shipmates are neither intentionally nor unintentionally exposed to discrimination of any nature. Sometimes innocent conduct can be misinterpreted and injure the reputations of shipmates. Perpetuating rumors and gossip are especially harmful.

To this end, while on board the ship, we must be sensitive to the fact that, because a large number of people are confined to a relatively small space, even the slip of the tongue may be misinterpreted as intentional harassment.

If one feels that he or she has become the subject of unintentional discrimination, such action should be promptly and respectfully brought to the attention of the offending person or persons. A respectful and non-emotional statement describing the offending comment or action should be also received respectfully and, where appropriate, followed by an apology, such as "I am sorry

that my actions have upset you." This open approach between shipmates, where neither side is attacked, should lead to a quick and lasting resolution to unintentional discrimination.

In many cases, faulty perceptions are interpreted as factual. It is important to recognize that even innocent actions can sometimes be misinterpreted. For example, a student faculty interaction should be conducted with discretion and professionalism at all times. This is particularly significant when interacting with faculty or other students in staterooms or berthing areas.

Unfortunately, intentional discrimination normally does not follow this pattern, and will require that additional action be taken by the Academy.

The Captain of the Training Ship will promulgate specific rules, as needed, to ensure that the cruise environment is kept as free as possible from harassment and discrimination.

Discrimination Prevention Procedures

The following procedures are established to implement this policy:

- The Academy will ensure a trained Discrimination & Harassment Advisor is on board during the cruise period. This will ensure the Master will have access to a trained advisor to monitor conditions and/or assist in any situation deemed appropriate. The COTS may also contact the AAO/Director of HR at CMA if needed.
- The Master will promulgate appropriate directives to ensure adequate standards and monitoring procedures are implemented.
- All persons embarked on the Training Ship will receive training in this policy and in the specific directives issued by the Master.

SEXUAL HARASSMENT POLICY STATEMENT

Sexual harassment in the workplace is defined as unsolicited and unwelcome sexual advances, requests for sexual favors and other verbal, physical, or visual conduct of a sexual nature which occur under any of the following circumstances:

- (1) Submission is made either explicitly or implicitly a term or condition of employment.
- (2) Submission or rejection by an employee is used as a basis for employment decisions affecting the employee.
- (3) Such condition has the potential to affect an employee's work performance negatively and/or create an intimidating, hostile, or otherwise offensive working environment.

For the purpose of further clarification, sexual harassment also includes, but is not limited to:

- (4) Making unsolicited written, verbal, physical, and/or visual contact with sexual overtones. (Written examples: suggestive, sexual or obscene letters,

notes, or invitation. Verbal examples: derogatory comments, slurs, jokes, and epithets with sexual overtones. Physical examples: leering, and displaying of sexually suggestive objects, pictures, cartoons, or posters.)

(5) Continuing to express sexual interest after being informed that the interest is unwelcome.

(6) Making reprisals, threats of reprisal or implied threats of reprisal following a negative response. For example, either implying or actually withholding support for an appointment, promotion or change of assignment; suggesting a poor performance report will be prepared or suggesting probation will be failed.

(7) Engaging in implicit or explicit coercive sexual behavior which is used to control, influence, or affect the career, salary, and/or work or learning environment of another employee or student.

(8) Offering favors or employment benefits, such as promotions, favorable performance evaluations, favorable assigned duties or shifts, recommendations, reclassification, etc., in exchange for sexual favors. Offering inflated grades or other academic credit or advantage in exchange for sexual favors.

Sexual harassment conducted by students or against students is also prohibited and subject to this policy. Sexual harassment involving students would include the same kinds of offensive behavior described above.

ANTI-DISCRIMINATION

Discrimination is explicitly prohibited with regard to the following areas: age, veteran's status, disability, gender, marital status, national origin, race, religion, sexual orientation, and gender identity. It is the position of the Academy to take all steps necessary to prevent or correct any discriminatory actions inflicted upon students, faculty or staff.
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RETALIATION PROHIBITED

No member of the CMA community, student or employee, shall take reprisal action against a person who files a complaint or provides information on an incident of alleged harassment.

RESOLUTION

Members of the CMA community have the obligation to immediately report any acts of harassment that they are aware of. Whenever possible, it is preferable to resolve complaints at the informal level, before moving to the formal level. Every attempt will be made to keep the nature of any investigations as confidential as possible.

Students should report incidents of harassment or discrimination to the trained Discrimination & Harassment Advisor. If students initially report such harassment or discrimination to a faculty or staff member, that staff member should take a report and refer the issue to the Discrimination & Harassment Advisor. The Discrimination & Harassment Advisor will then confer with the appropriate people on the Training Ship to determine if the complaint should be

informally handled, mediated, referred, or formally investigated. If a faculty or another member of staff initially hears a complaint, that staff or faculty member should assist the student in referring the issue to the Discrimination & Harassment Advisor or a member of the Leadership Development staff.

ALCOHOL POLICY

All personnel are reminded that the Federal blood alcohol standard for intoxication is 0.04%. The training ship is equipped with a breath-testing device. Any individual who is in a duty status and suspected of intoxication will be tested. Non-duty personnel may be tested for cause. In addition, alcohol is not to be consumed or carried on the training ship with the exception of in port functions approved by the President, CMA. All appropriate action will be taken against anyone who is found to exceed the above-stated standard.

CUSTOMS AND CONTRABAND

U.S. Customs Regulations

All personnel are reminded that the ship is required to conform to all U.S. Customs and Foreign Country Customs regulations. Smuggling is a serious crime, and lack of knowledge of the regulations is not an excuse. New security regulations also prohibit introducing to the vessel any dangerous substances or unauthorized persons.

Master's Responsibility

The Master, T.S. GOLDEN BEAR, has the responsibility under federal law and international customs to ensure that there is no contraband material on board the training ship during the cruise. The Master may at any time order a search of any space including rooms or lockers for contraband materials. By participating in the training cruise, you acknowledge the legal authority of the Master to make warrantless searches of your living spaces and lockers when he believes that such a search is necessary to comply with maritime and federal law.

SECURITY AWARENESS

New mandatory domestic and international vessel security regulations are now in place for every ship in the world. These regulations are new from previous cruises and they are similar to what you now see at almost every airport. The GOLDEN BEAR is subject to these regulations and enforced by both internal and external audits and inspections. Every person aboard the training ship is now expected to contribute to the overall security awareness of the vessel and actively participate in detecting potential security breaches. Every person onboard will receive mandatory security orientation and many crewmembers will receive additional specific training for the security duties they may be assigned. Similar to the ship's safety "station bill", each person onboard now has an associated "security bill" assignment, even if it is nothing more than evacuating the interior of the vessel to your emergency station muster point. All persons are required to familiarize themselves with their "security duty". The

ship's official security officer responsibilities have been assigned to the Chief Mate. They have been assigned the authority to promulgate security instructions to any or all of the crew. Immediate compliance to those instructions is required. If anyone should lose or misplace their vessel or CMA ID card, or if any suspicious activity is witnessed either on the vessel or near it, immediately report this to the ship's security officer via the gangway watch.

All hands will find that there are new security regulations and procedures in place at the gangway where access to the vessel is initiated. All persons are instructed to fully cooperate with those procedures whether they be: ID card swipes, baggage searches, personal scanning or any other authorized action necessary to comply with our Vessel Security Plan. Finally, all hands are prohibited from sharing any ship/school identification documents, misrepresent themselves or others at the gangway or to openly discuss any security procedure or contingency countermeasures with anyone not authorized to have access to this information. This includes your fellow shipmates. This is a requirement of the new regulations. Breach of security measures or failure to follow security protocols established by the Ship's Security Officer will result in possible disciplinary action, including dismissal from the vessel.

CRUISE FEE REFUND POLICY

Policy Statement

It is the policy of the California Maritime Academy to refund cruise fees in accordance with established fee policy, upon receipt of written request from student. The request can be hand delivered, or mailed to: Cashier, c/o California Maritime Academy, 200 Maritime Academy Drive, Vallejo, CA 94590, or faxed to: Attn Cashier, (707) 654-1024.

Principles

- a) **Refunds are made only for students who did not attend cruise.** Refunds are not made if a student leaves the Ship after the cruise has started. Requests for refunds for unforeseeable circumstances beyond the control of the student should be made to the Chief Financial Officer.
- b) Refund requests must be submitted in writing. Forms are available in Accounting.
- c) Requests must be received in Accounting in accordance with the schedule below.
- d) The Records Office must certify the student did not attend cruise.
- e) Refunds for cruise fees will be made as follows:
 - I. Training Ship GOLDEN BEAR Cruise – CMA students
 - 1) Up to 30 calendar days before the start of cruise – full refund
 - 2) From 30 to 15 calendar days before start of cruise – less an administrative charge of \$50
 - 3) Less than 14 calendar days before the start of cruise – less an administrative charge of \$100

4)After the start of cruise during the 60 day period – less an administrative charge of \$250

5)More than 60 days after the start of cruise – no refund

II. Training Ship GOLDEN BEAR Cruise – non-CMA students

1)Non-refundable fees include: Drug testing, document fee, uniform fee.

2)Fee for the Basic Safety Training Course is refundable before the course is taken. After completion of the course, it is non-refundable.

3)The Administrative, ASCMA, Medical (except Drug Testing) and Familiarization course fees are refundable up to the start of cruise. After the start of cruise, they are non-refundable.

4)The Cruise Fee will be refunded as in Section I above.

III. Commercial Cruise and Internships

1)Same as Section I above.

2)Same as Section I above – less an administrative charge of \$25

3)Same as Section I above – less an administrative charge of \$50

5)Same as Section I above – less an administrative charge of \$75

f) Refund requests will be audited by Records, Financial Aid, and Accounting before processing payment.

g)Accounts charged in error will be refunded in full, if requested by deadline.

h)Any outstanding debts owed to the Academy will be deducted by the Academy from any refund.

If there are any questions regarding the refund policy, please contact the Cashier at (707) 654-1030.

STANDARDS OF CONDUCT FOR STUDENTS

All student conduct standards and procedures, as outlined in the Student Handbook ("Standards of Conduct for Students") are in affect during the annual training cruise. For information regarding student conduct and discipline violations and Discipline Review and Investigating Committee procedures, please consult the Student Handbook. Copies are available in the Commandant's Office and Library.

STANDARDS of CONDUCT for the CORPS OF CADETS

All standards of conduct for the Corps of Cadets, as outlined in the Student Handbook ("Standards of Conduct for the Corps of Cadets") are in affect during the annual training cruise. For information concerning these standards or the policies and procedures of the hearing boards, please consult the Student Handbook. Copies are available in the Commandant's Office and Library.

CRUISE SERVICES

Medical Treatment Facility

Clinic Phone: 1366
Clinic Hours: 0815 to 1700 at sea
Closed for lunch 1200 - 1315
0815 in port

Galley Services

Meals aboard the ship are served according to the following schedule:

Breakfast: 0630 - 0800 Anyone
0800 - 0815 Off-going watch personnel only

Lunch: 1100 - 1115 On-going watch personnel only
1115 - 1130 First class cadets only
1130 - 1230 Anyone

Dinner: 1700 - 1715 On-going watch personnel only
1715 - 1730 First class cadets only
1730 - 1830 Anyone

Night Meals: 2400 - For watch personnel ONLY

Dinner In Port:

In port, dinner will be served 1/2 hour earlier and will end 1/2 hour earlier.

Removing plates, cups, glasses, silverware or food from the mess deck is not allowed. Food is not allowed in classrooms. If you wish to take coffee or juice out of the mess deck, then you need to supply your own mug or cup. We recommend plastic mugs with your name on them.

Library

The ship's Library will be made available to cadets, faculty, and ship's staff. Library hours will be announced at the beginning of cruise. Reading materials will include adventure stories, classic and popular fiction, historical works on port countries, marine science fiction, sports, travel, and other literature. A limited number of academic reference books, magazines, full-text CD-ROMs and videos will also be available. A staff librarian will manage the Library.

Laundry

Laundry rooms located on the 01 and 02 levels in the forward house, the 03 level in the aft house and the lower berthing area on the 2nd deck are **for officers and staff only**. Cadets may only use the laundries in their berthing areas. A schedule may be posted for laundry room use if the ship is full or water levels

are limited; cadets may not be able to use the laundry everyday. Laundry soap will be provided. Only approved laundry soap without bleach or phosphates may be used in Ship's Laundries. Laundry soap provided on the ship is concentrated and should be used sparingly. Written instructions will be provided in the laundry rooms. **While in port, laundry facilities will not normally be available. CONSERVE WATER - CONSOLIDATE LOADS, WEAR CLOTHING MORE THAN ONCE.**

Gymnasium

The **Ben Davis Court Memorial Gym** is well equipped with strength equipment, treadmills, elliptical trainers, exercise bikes, rowing machines, and exercise mats. The gym is always open during cruise, but students and staff are urged to use common sense and sound judgment when using equipment. It will be the student gym attendant's responsibility (or their designee) to ensure that all equipment is in good repair and running order. It is the duty of all patrons to clean equipment after use, store and re-rack all strength equipment. Do not bring free weights on board under any circumstances. Other recreational or exercise equipment such as balls, bats, jump ropes, etc., will be available for checkout from the Athletic Locker.

Computer Lab

The computer lab is open 24-hours a day and is shared with everyone aboard the training ship. Loading additional programs or games is not allowed at any time. The computers in the computer lab may not be used for games. If there are any problems with a computer, notify the network administrator immediately.

Communication To Home

U.S. Mail

Due to security regulations, the ship is unable to accept mail.

In Case Of Emergency

For emergency messages during business hours, contact the Office of Marine Programs & Leadership Development at 707-654-1211 or the Office of Maritime Operations at 707-654-1252. Messages will be forwarded to the ship.

For emergency messages during non-business hours, you may contact the ship via e-mail at purser@csum.edu. You may not receive an immediate response but someone will reply as soon as possible.

E-Mail

E-mail is the best means of communication. Electronic mail will be available aboard the ship and you will use your on-campus address. Accounts may be established with the CMA Cashier prior to departure or on board the ship. The cost is \$25.00/month. Your e-mail along with any attachments can not exceed 200ks.

Cruise Information

Family and friends may also stay in contact by going to the cruise website, www.csum.edu under "Follow the Voyage '09". This site has information about the ship's arrival and departure from ports of call, "Bear's Tale" and Captain's Log".

Phone Service

Phone cards are available through Pirate's Cove Café on board the ship. With these phone cards you may call anywhere in the world from your berthing area or phones in public areas.

Pirates Cove Café

Pirates Cove Café will be open during posted hours. Hours will reflect the needs of shipboard personnel. Personal hygiene and sundry items are available for sale, as well as snack food, sodas and phone cards. Students or staff may establish a credit balance with the Cove through the CMA cashier prior to cruise. On board, you may also use your credit card at the Cove. A minimum of \$25 per credit card transaction is required.

Discrimination & Harassment Advisor

The Academy will ensure trained discrimination & harassment advisors are on board during the cruise period. This will ensure the Master will have access to trained advisors to monitor conditions and/or assist in any investigation or policy changes that may be dictated by a particular situation.

Conflict/Complaint Resolution: On cruise, procedures for resolving problems among two or more individuals or complaints about the conduct of students, faculty, or staff are as follows. The cadets' chain of command and the Assistant Commandant of Cadets can assist in the resolution of student complaints or concerns at the informal level. Should these avenues prove ineffective, formal complaints should be addressed to the Commanding Officer. Faculty and staff should bring any concerns to the attention of their immediate supervisors. Complainants are also encouraged to approach any of the following persons for advice or assistance.

Cruise Resource Persons

CRUISE 1: Captain Ledy
 Bill Davidson
 David Spadoni

CRUISE 2: Captain Bolton
 Tom Mader
 Pat Harper

Leisure Time

Cruise Activities and Programs

A rich variety of activities, for both individuals and groups, have been planned for the training cruise. Coffeehouses, bingo nights, and barbecues on the fantail are examples of the activities that will occur. Times for these events will be announced in the Bear's Tale. Some activities will also be arranged in some port stops. The Associated Students will underwrite the full or partial cost of sponsored events.

Movie Schedule

Movies are shown nightly on the ship's cable system while at sea. Watch the Bear's Tale for evening showings. A movie rental service will be available from the Ship's Store. Movies are also shown each night in the Pirate's Cove.

Bear's Tale

The Bear's Tale is the official form of communication aboard the Training Ship GOLDEN BEAR. It is important cadets read the document each day to receive important information regarding academics, ship operations, and port information.

HEALTH AND WELLNESS INFORMATION

As the Medical Treatment Facility aboard the Training Ship GOLDEN BEAR, our mission is to provide high quality and easily accessible health care to all Cal Maritime and visiting students, faculty and staff. This service is funded by cruise fees and the general fund. There is no additional onsite fee for service.

The TSGB Medical Treatment Facility offers general health care for:

Acute Illness & Injury
Basic Lab
Pharmacy
Basic X-Ray
Senior Licensing Physicals
Health Education
Psychological Counseling*

Our Medical/Counseling Staff for Cruise 2009

Cruise Part I

May 3 – June 1

Chief Medical Officer	Jack Ellis MD
Medical Officer	Joan Keane, MA

June 1 – June 30

Chief Medical Officer	Joanne Feldman, MD
Medical Officer	Carole McClain, RN

Cruise Part II

July 4 – August 1

Chief Medical Officer	TBA
Medical Officer	Danielle Ellison, MA

August 1 – August 30

Chief Medical Officer	Eric Swann, MD
Medical Officer	Christina Cooper-Swann, RN

Carlton Purviance, PhD* Ship's Psychologist

Cruise Part I: June 1- June 30

Cruise Part II: TBD

- Psychological Counseling Services will be provided during a portion of the training cruise period. Dr. Purviance will join the medical staff during the second month of Cruise 1 2009. The psychological services provided will continue to be confidential. NO information will be given to anyone without their explicit consent. To make an appointment with the psychologist onboard the TSGB contact ext. 1364 and leave a

short message. For all emergencies contact the Bridge and speak to the on-duty licensed officer to access the clinical psychologist and medical staff.

- Mental fitness seminars at sea will be posted on the Bulletin Board in the passageway opposite the Medical Treatment Facility or the Bear's Tale. Check for the updated schedule of all Health and Wellness seminars.

1. ESSENTIAL INFORMATION

A. MEDICAL EMERGENCIES ON-CRUISE, AT SEA AND IN-PORT

Once the ship sets sail, our medical staff will be available to assist you with your health care. The Medical Treatment Facility is located on the 01-deck, aft house, port side. The Medical Treatment Facility is equipped with medical supplies and pharmaceuticals as well as x-ray and basic laboratory testing equipment. *Should equipment break or more sophisticated lab, x-ray, etc. be required, you will be sent to the next in-port hospital and will need to use YOUR OWN PERSONAL HEALTH INSURANCE, CASH OR CREDIT CARD.*

For daily drop-in clinics, the Medical Treatment Facility is open:

Clinic Phone:	1366
Clinic Hours:	At Sea: 0815 – 1700*
	In Port: 0815 in port

*Closed for lunch 1200-1315

In the event of a sudden injury or severe onset of illness, the medical staff is available 24-hours a day while the ship is at sea. Contact the bridge and speak to the on-duty licensed watch officer to access the medical staff after hours.

If a medical emergency arises while you are off the TSGB:

- 1.) immediately return to the TSGB, or
- 2.) access local hospital/emergency room, and get a message to the on-duty licensed watch officer.

It is always a good idea to travel with a companion, and to let members of your division know your destination and estimated time of return.

B. CRUISE MEDICAL AND HEALTH INFORMATION

The incidence of communicable diseases this cruise is unlikely to prove a hazard greater than that found at home. There are, of course, health risks, but in general, the precautions required are minimal this year. Our greatest health

concern this cruise will be the food and water borne diseases you may be exposed to while in port.

1) Immunizations

- None required for urban travel and short stay.
- The following immunizations are recommended by the Center of Disease Control (CDC) to have current for foreign travel from the USA to our destinations:

DIPHTHERIA /TETANUS booster

MMR (2-dose series if born 1957 or later or seropositivity to measles)

OPV (POLIO BOOSTER)

TYPHOID (mainly recommended if visiting smaller cities, villages or rural areas and staying with friends or relatives where exposure might occur through food or water. Contact your primary care physician if you elect to take this vaccine.)

HEPATITIS A

HEPATITIS B

RABIES (mainly recommended if you plan to visit rural areas and/or play with animals while in Tonga).

- **Additional Guidelines**

Anyone with a fever or feeling ill must report to the Medical Treatment Facility immediately!

- For information about outbreaks of infectious diseases abroad, consult the WHO's web site at: <http://www.who.int/en>.
- **YELLOW FEVER:** There is no risk for Yellow Fever for the Cruise 2009 Ports of Call. It is important to be aware that yellow fever in South America is evolving and may change. The crew will be notified of any changes to this information.
- **DENGUE FEVER PROPALXIS:** Dengue fever is the most common cause of fever for travelers returning from the Caribbean, central America, and south Central Asia. Dengue Fever is spread through insect bites usually during day time hours. One of the best protections against Dengue is to prevent insect bites altogether by using insect repellent (bug spray) with 30-50% DEET. Picaridin, is also available in 7% and 15% concentrations but needs more frequent applications and less information is known regarding its effectiveness against the many variety of mosquitoes and biting insects. Preventative drugs are not considered necessary for travelers to the major city and resort areas. Travelers to those areas should use an insect repellent and take other personal protection measures to reduce contact with mosquitoes, particularly from dusk to dawn when transmission is most likely. Wear long-sleeved shirts, long pants, hats.
- **SARS: Currently there are no known SARS transmissions anywhere in the world.**

- **AVIAN FLU: Currently there are no known cases of avian flu in the geographic region for Cruise 2009.** A number of countries have reported cases of avian influenza, commonly referred to as “bird flu” in their domestic and wild bird populations. This H5N1 strain of influenza causes severe disease in domesticated fowl. In addition, there continues to be a number of confirmed cases of bird-to-human transmissions of avian influenza, many of which have resulted in death. The vast majority of the known human cases have resulted from direct contact with infected poultry in affected countries. Contact with sick or dead poultry as well as poultry that have no apparent symptoms should be avoided. Contact with surfaces that may have been contaminated by poultry feces or secretions should also be avoided. Transmission of H5N1 viruses to two persons through consumption of uncooked duck blood may have also occurred in Vietnam in 2005. Uncooked poultry or poultry products, including blood should not be consumed. As with other infectious illnesses, one of the most important and appropriate preventive practices is careful and frequent hand washing. Influenza viruses are destroyed by heat; therefore as an additional precaution make sure all foods from poultry, including eggs should be thoroughly cooked.
 - The CDC offers additional information regarding avian flu at: <http://www.cdc.gov/flu/avian/index.htm>
 - The WHO offers additional information regarding avian flu at: http://www.who.int/csr/disease/avian_influenza/en/
- **TYPHOID FEVER: is an acute, life-threatening febrile illness caused by bacterium *Salmonella enterica* Typhi.** Typhoid vaccination is not required for international travel, but CDC recommends it for travelers to areas where there is a recognized risk of exposure to *S. Typhi*. For Cruise 2009 the risk is low in the ports the TSGB is visiting. The greatest risk is in will be for those who travel to the smaller cities, villages, and rural areas off the usual tourist itineraries, where food and beverage choices may be limited. Travelers have acquired typhoid fever even during brief visits of < 1 week to countries where the disease is endemic. While immunization is recommended by the CDC, travelers should be cautioned that none of the available typhoid vaccines is 100% effective nor do they provide cross protection against other common causes of gastrointestinal infections. Typhoid vaccination is not a substitute for careful selection of food and drink.

2) Food and Water Precautions

Food and water-borne diseases are the number one cause of illness in travelers. In areas with poor sanitation, only the following beverages may be safe to drink: bottled or boiled water, or carbonated beverages in cans or bottles. Avoid tap water, fountain drinks and ice cubes. Use fresh straws and disposable cups if possible. However, water on the surface of a beverage can or bottle may

also be contaminated. Therefore, the area of a can or bottle that will touch the mouth should be wiped clean and dry. Do not brush teeth or clean contacts in un-boiled local water. If no other water for drinking and brushing teeth is available, tap water that is uncomfortably hot to the touch is usually safe. Although some fish and shellfish are not guaranteed to be safe when cooked because of the toxins in their flesh; Tropical reef fish, red snapper, amber jack, grouper, and sea bass can occasionally be toxic at unpredictable times if they are caught on tropical reefs rather than open ocean. The barracuda and puffer fish are often toxic, and should generally not be eaten.

Food should be selected with care in all ports. Any raw food is subject to contamination, particularly in areas of poor sanitation. Foods of particular concern include; salads, uncooked vegetables and fruit (fruit that you peel yourself is generally safe), creamy deserts, and food sold by street vendors. Make sure that milk, cheese, and other dairy products have been pasteurized. Uncooked and raw meat, fish, and shellfish may carry various intestinal pathogens. Cooked food that is still hot is generally safe.

Remember: Boil it, Cook it, Peel it, or Forget it! Remember, you can always return to the TSGB for your meals.

WASH YOUR HANDS FREQUENTLY WITH SOAP AND WATER. IF HANDS ARE NOT VISIBLY SOILED, USE A WATERLESS, ALCOHOL-BASED HAND SANITIZER GEL TO REMOVE POTENTIALLY INFECTIOUS MATERIALS FROM YOUR SKIN TO HELP DISEASE TRANSMISSION.

3) Traveler's Diarrhea (TD)

The chances of acquiring traveler's diarrhea are significantly reduced by following standard recommendations for ingestion of food and water. TD diarrhea can be infectious or non-infectious. TD is usually acquired through ingestion of fecally contaminated food and water. Non-infectious TD has generally mild symptoms of diarrhea, nausea, bloating, urgency, and malaise. TD usually lasts from 3-7 days. The infectious variety is usually more severe and frequently accompanied by a fever under 101F. The risk of infection varies by the type of eating establishment you visit - from low risk on the ship and in private homes, to high-risk food from street vendors. TD is more common in young adults than in older people, with no difference between males and females.

For treatment, Pepto-Bismol may be helpful with additional oral fluids. Avoid dairy products, and all beverages that contain water of questionable quality. Most episodes of TD resolve in a few days. As with all diseases, it is best to consult a physician rather than attempt self-medication. Please consult with the TSGB medical staff for any questions regarding TD. Report immediately to the TSGB Medical Treatment Facility if you are experiencing

diarrhea that is severe, bloody, or does not resolve within a few days, or if it is accompanied by fever chills, or you are unable to keep fluid intake up and you become dehydrated.

4) Insect-borne Disease Precautions

Many diseases are transmitted through the bite of infected insects such as mosquitoes, flies, fleas, ticks, and lice. In general, it is recommended you protect yourself from insect bites by using appropriate repellents, nets, screens, clothing and caution. Many insect-transmitted diseases are not prevented by vaccines or drugs. Some insect-borne diseases like dengue fever are transmitted during the day, but others are transmitted from dusk to dawn, such as malaria. Avoid rural side trips if possible, leave rural areas before dusk, avoid still water ponds and lagoons, use insect repellents, such as a 35% non-absorbable formulation of N,N diethyl-m-toluamide, DEET (Ultrathon, 3M), and stay indoors in screened rooms from sunset until dawn. Malarial risks for this cruise are limited to rural areas only (including tourist areas). Check with your instructor as to whether special educational visits include evening and nighttime exposures in any risk areas.

5) Bathing and Swimming

Swimming in contaminated water may result in skin, eye, ear, and certain intestinal infections, particularly if the swimmer's head is submerged. Generally, for infectious disease prevention, only pools that contain chlorinated water can be considered safe places to swim. The 2009 training cruise itinerary has minimal risk and is considered generally safe, except near sewage outlets. Other hazards for sea bathers can include coelenterates (corals and jellyfish). Contact with some species can result in sting injuries. Never swim alone or under the influence of alcohol or drugs. Never dive in headfirst into an unfamiliar body of water.

To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

6) Heat and Sun Exposure

Avoid sun between 1000 and 1400, wear protective clothing/hats and sunglasses, drink lots of fluids, avoid alcohol, use air conditioning, if available, and always use lip balm and sunblock (or sunscreens and with UVA and UVB sun protective factor of at least 15).

7) Motion Sickness - Seasickness – Mal de Mar

If you are susceptible to this condition, you may avoid symptoms by taking drugs like Dramamine (Adult dose is 50mg every 4-6 hours) or other antihistamine medications. You may bring motion sickness medication for your own medical kit or check with the cruise medical staff. Appropriate medications are available from the Training Ship GOLDEN BEAR'S Medical Treatment Facility. *The TSGB's medical staff recommends starting your anti-motion*

sickness medication 48-72 hours prior to boarding the ship in Vallejo or Los Angeles in preparation of your first departure port in order to allow your body time to adjust to the mild side-effects of the medication. Stop by the Medical Treatment Facility to pick up your supply.

8) Sexually Transmitted Infections (STI's)

To avoid the risks of acquiring a Sexually Transmitted Infection (STI), including the human immunodeficiency virus (HIV, the cause of AIDS) and Hepatitis B, travelers should not have sexual contact of any kind with persons who may be infected. Avoid contact with blood or body fluids of other individuals. Do not share needles or have sex with individuals that are injecting drug users. Practice safe sex and always use condoms and spermicides. Should you be concerned about possible exposure, contact the medical staff immediately.

HOW YOU CAN PROTECT YOURSELF FROM STI's...

- If you choose to drink alcoholic beverages. Watch how much alcohol you consume so that your thought processes are able to clearly evaluate a situation and not place your health or life in jeopardy.
- If you choose to be sexually active: use a condom! Carry your own condoms. Condoms will protect you from STI's most of the time.
- Use birth control, foam or jelly. These chemicals kill most STI germs.
- Avoid contact with potentially infected people who have open skin lesions due to impetigo, scabs, and scratched insect bites.
- Be careful about your partner(s). Before you have sex, look closely at your partner. Look for any signs of STI (rash, a sore, redness or discharge); if you see anything that you are worried about do not have sex.
- Ask your partner about past sexual partners and about needle drug use.
- Know the signs and symptoms of STI's. If you notice a symptom that worries you, get it checked out by the medical staff.
- If you have a STI, your partner(s) must get treated when you do.
- If you have a STI, do not have sex until your health care provider says you can safely do so without risk of infecting your partner.

9) Rabies

Rabies is a viral infection that affects the central nervous system. It is transmitted by animal bites, which introduces the virus into the wound. Although dogs are the main reservoir of the disease, all warm-blooded animal bites should be suspect. **While in port Do Not handle any animals.** If you are bitten, wounds should be thoroughly cleaned with large amounts of soap and water and exposed individuals should receive prompt medical attention. Remember any animal bite should receive prompt medical attention and advice on post-exposure preventive treatment.

10) Other Health Risks

- Do not share needles or tattoos, body piercings or injections to prevent infections such as HIV and Hepatitis B.
- Motor vehicle crashes are a leading cause of injury among travelers. Protect yourself from motor vehicle injuries: avoid drinking and driving; wear your safety belt and follow the local customs and laws regarding pedestrian safety and vehicle speed; obey the rules of the road; and use helmets on bikes, motorcycles, and motor bikes. Avoid boarding an overloaded bus or mini-bus. Where and when possible, hire a local driver and remember to buckle-up!

11) What to Bring

Although the Medical Treatment Facility is well-stocked, there is always the possibility of running out of supplies while at sea. To reduce any potential inconvenience to you it is recommended that you bring the following medical and health items*:

- a) Prescription medication: If you are advised to take prescription medication, keep it in its original container and be sure to carry an adequate supply to last the duration of the trip. **NOTE: The actual bottle label must be intact. If the medication requires refrigeration contact the Cal Maritime Student Health Center at least one week prior to departure to arrange for the rental of a small individual refrigerator.**
- b) Glasses: It is advisable to take along an extra pair of glasses or contact lenses, and be sure to carry the prescription for your lenses with you.
- c) Personal medical kit: It is recommended that you take along a small, personal medical kit to treat minor ailments and personal needs. It is advisable to carry:
 - For motion sickness: Meclizine, Dramamine, Bonine, etc.
 - Instant hand-sanitizing gel
 - For stomach upset: Pepto-Bismol and antacids
 - For minor pains: Aspirin, Tylenol, and/or Advil
 - For insect bites: insect repellent with at least 30% DEET, Cortisone cream, Calamine lotion, instant ice packs, antihistamines
 - For minor cuts and scrapes: Band-Aides and antibiotic ointment
 - For chapped lips: protective lip balm
 - Head congestion/allergies: decongestant and antihistamine
 - For coughs due to common cold: cough suppressant syrup and drops
 - For dehydration: powdered Gatorade and a container to mix
 - For athlete's foot: flip-flops to wear in the shower and an anti-fungal cream or powder (Lotrimin)
 - For sunburn: sun block (minimum 15), aloe gel, protective lip balm
 - For safe sex: latex condoms and spermicides

*The Medical Treatment Facility is stocked with a limited supply of over-the-counter pharmaceuticals and supplies.

12) Guidelines for Responsible Drinking

If you choose to drink alcoholic beverages while in port, the following guidelines can greatly reduce over-indulgence and associated health and behavior risks.

- Immediately report your concerns to the medical staff if you know of a shipmate that is over-intoxicated.
- Limit the amount you drink.
- Sip drinks slowly.
- Keep track of how many drinks you consume. A twelve-ounce can of beer, a five-ounce glass of wine, and a mixed drink with one ounce of "hard liquor" all have about the same alcoholic content.
- Dilute alcohol with bottled water or juices to slow down absorption into the blood stream. Carbonated beverages speed up absorption.
- Eat before drinking. Your stomach lining absorbs alcohol directly into the blood stream. Food blocks that absorption. Fat does not absorb alcohol, so salads, healthy sandwiches, etc., are a lot better than greasy fries.
- Know how alcohol affects you. Smaller people are usually affected more quickly than larger people. However, people "in shape" can usually handle alcohol better than those with a higher percentage of body fat. Fat does not absorb alcohol! In addition, women have less body fluids and more body fat than men do, and fewer enzymes that process alcohol. Therefore, alcohol usually affects them more quickly, even if they weigh the same and drink similar amounts.
- Do not mix alcohol with other drugs. Alcohol and other drugs (over-the-counter, prescription, or illicit) can combine for dangerous effects.
- Do not drink and drive or get in a vehicle with a driver who has been drinking.

13) Appropriate Response to Illness after Returning Home

Make certain that you inform your primary health care provider that you have traveled recently and provide the itinerary, share your knowledge of the diseases to which you have been exposed. If you have been advised to seek additional follow-up medical care (i.e. your own primary care physician or a specialist) by one of the members of the cruise medical staff prior to returning home, please stop by the Medical Treatment Facility to sign a release and pick up the pertinent information that will be helpful for further care.

If you become ill - even as long as a year after your trip - be sure to tell your physician the areas that you visited.

All students should always take the following precautions, no matter the destination:

- Wash hands often with soap and water
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid or attempt to minimize travel at night and always use seatbelts. Never drink and drive, always appoint a designated driver.
- Know and follow the local driving requirements.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- Do not eat or drink dairy products unless you know they have been pasteurized.
- Do not share needles with anyone.
- Eat only thoroughly cooked food, fruits, and vegetables you have peeled yourself. **Remember: boil it, cook it, peel it, or forget it.**
- Never eat undercooked ground beef and poultry, raw eggs and unpasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.

○ **CRUISE MEDICAL STAFF**

The 2009 Medical Staff assignments will be posted on the bulletin board outside the TSGB Medical Treatment Facility. Make a habit of checking this bulletin board and the Bear's Tale for Updates and Health Seminars presented by the medical/psychological staff during cruise*.

**Please note that all Health Seminars are subject to change – watch the daily Bear's Tale for the time and location of each seminar.*

○ **MEDICAL INSURANCE COVERAGE**

Prior to the 2009 Cruise departure date, check with your insurance company to determine your medical insurance coverage during international travel. Frequently physicians and hospitals overseas do not accept U.S. medical insurance, even if the policy applies overseas. They normally expect immediate cash payment for health services. Carry a copy of you insurance card and a claim form. Reconciliation with your insurance company and foreign medical care generally takes place after your return home to the United States.

○ **HEALTH VIDEOS**

The following free educational videos are available for viewing from the medical staff, through the TSGB's Medical Treatment Facility. Stop by during clinic hours to check one out:

- A Shock to the Heart
- A Women's Guide to Breast Self-Examination
- About Aids
- AIDS: The Surgeon General's Update
- An Elephant on the Chest
- Back Care for Maritime Industry
- Be Prepared
- Breast Self Examination
- Clinical Depression
- Cocaine Blues: The Myth and Reality of Cocaine
- Cooking up Trouble
- Coping with Stress in the Real World
- Date Rape: It Happened to Me
- Don't be a Fall Guy
- Don't Get Choked Up
- Eye Emergency
- Fighting Depression
- Green with Envy
- One Hand for the Ship
- Salt and Hypertension: How to Save Your Own Life
- Smoking: How to stop
- Surviving Depression
- The Eyes Have It
- The Fat Film Cholesterol Lowering the Risk
- The Target Zone: Aiming for Whole Body Fitness
- Herpes
- Use Your Head
- Vitamins and Your Health
- Ecstasy: When the Party's Over
- Back Health

UNIFORMS & GROOMING

All uniform and grooming standards while aboard the training cruises are as written in the CMA Student Handbook. Uniform issues pertaining directly to the training cruise and/or specific departments are addressed below.

WHAT TO WEAR WHEN – At Sea

- **Day work:** Approved maritime academy's work uniform or boiler suits shall be worn. If working in the engine room, L/S working blues or coveralls shall be worn. The CMA logo work tee or approved maritime academy work tee may be worn (tucked-in) in lieu of a blue work shirt. All work uniforms are to have name patches and be hemmed.
- **On Watch:** Deck cadets shall wear the khaki uniform. Engineers shall wear boiler suits or L/S working blues. Engineering watch uniforms are to have name patches. NOTE: A uniform will be prescribed for deck cadets when on watch at anchor in port.
- **CC Watch:** First class cadets on MAA watch shall wear the khaki uniform. All other cadets shall wear any approved work uniform.
- **In Class:** The khaki uniform is required in class for deck, engine and business/global studies cadets UNLESS the instructor authorizes a work uniform. White socks and white tennis shoes may be worn with the khaki uniform when prescribed by COTS.
- **At Meals:** Approved work or watch uniforms may be worn to breakfast and lunch. Khaki uniforms shall be worn at dinner by all cadets, except those cadets on CC or on meal relief from the engine room.
- **Clean Sweep Down:** Any approved work uniform may be worn.
- **Quarters:** Any approved work or watch uniform may be worn. CMA ball cap or the authorized ball cap from the cadet's assigned maritime academy shall be worn at Quarters. Other uniforms may be prescribed.
- **Arrival and Departure Formation:** The uniform for arrival and departure formations will be announced prior to arrival in port.
- **Leisure Time:** Leisure wear may be worn AFTER 1830 AND UNTIL 0700. Leisure wear consists of clothing as authorized for liberty. (refer to next page). Leisure wear may not be worn to the Bridge, EOS/Engine Room, Ship's Office, evening classes or anytime when conducting official business. Substantial sandals with a back strap are allowed as part of leisure wear and for boarding boats in anchor ports. Flip flops are not authorized at any time.
- **Working Out:** Workout clothing may be worn while working out in the gymnasium and while transiting to and from the gym area only. Workout clothing must be in accordance with the Liberty Clothing policy.
- **Sunbathing:** Swimwear may be worn while sunbathing on the 04 level of the aft house or the fantail. Thongs are not authorized. Footwear may be removed while lying out but must be replaced when moving about. Flip flops are not authorized at any time.

- **Sunday BBQ:** During Sunday BBQ's or other outdoor food service events, the COTS **may** authorize leisure wear. Leisure wear, as described is required for during meal service. Shirts with sleeves are required during meal service. (No sunbathing attire during meals)

WHAT TO WEAR WHEN - In Port Aboard the TSGB

- **Day Work:** Same as when at sea. EXCEPTION: if the ship is moored alongside a dock or pier, the work tee is not authorized. Cadets are not allowed on deck unless performing work while in the work uniform.
- **On Watch:** Deck cadets will be required to wear the prescribed dress uniform with combination cover while standing the quarterdeck watch. Deck cadets operating launches will be in the prescribed khaki uniform with CMA ball cap. Between the hours of 2000 and 0800, the khaki uniform with long trousers and combination cover is required. The watch uniform is the same for the engineers in port as it is at sea. Engine Cadets are reminded that they are not to be on deck in the work uniform unless performing assigned work.
- **CC Watch:** Same as when at sea.
- **At Meals:** Same as when at sea. All Cadets **MUST** be in uniform during meals.
- **Quarters:** The uniform for quarters will be announced in advance.
- **Other:** Cadets aboard the ship, regardless of status, are required to be in the khaki uniform whenever they are in a public area of the ship, to include mess decks, quarterdeck area, fantail area, etc. The only exception is for those currently on watch or daywork in the prescribed uniform.

WHAT TO WEAR WHEN – In Port On Liberty

- **Civilian Clothes:** Civilian clothing is authorized for wear ashore. The Captain reserves the right to restrict clothing ashore consistent with local custom. The following items are not authorized for wear ashore: cut-off jeans or shorts, tie-dyed clothing, clothing that is ripped, stained or in bad repair, low fitting shorts or trousers, overly baggy shorts or trousers, white undershirts, and clothing that has words or pictures that are sexually explicit, profane, refer to drug or gang paraphernalia, or with negative connotations with regard to race, religion, color, ancestry, ethnicity, gender, or sexual orientation. Specialty activity clothing may be taken ashore.
- **Footwear:** When going and coming at anchor, closed-toed shoes or substantial sandals with a back strap may be worn. Flip flops are not authorized at any time.
- **Returning from Liberty:** Upon returning from liberty, cadets need to shift into the khaki uniform when outside their stateroom or lounge. Cadets aboard the ship, regardless of status, are required to be in the khaki uniform whenever they are in a public area of the ship, to include mess decks, quarterdeck area, fantail area, etc.

SHIPBOARD SAFETY, DRILLS, SECURITY & EMERGENCIES

When at sea, there will be two practice emergency drills or safety demonstrations per week. Drills are not usually conducted while in port or on weekends, but they may be. These drills are normally held during the Master's hour at 1230 and are required by law. All hands must participate in them. Sometimes there will be additional drills outside of the normal time but these do not usually involve visiting program students.

As a crewmember though, you play an integral part in the ship's overall safety and security system. The safety system includes a new security bill and procedures. Each person on board is a small cog in a bigger emergency response machine. You will be required to learn the emergency signals and the duties you are assigned to. These duties are found on the ship's "Station Bill" and "Security Bill" which you will learn about during your safety course. You must also learn to develop a keen awareness for recognizing general onboard dangers, especially recognizing potential fire hazards. You are probably not used to doing this.

Station Bill, Emergency Signals & Procedures

Know your emergency duty station and survival craft assignment. All of these may be found on the ship's STATION BILL posted throughout the vessel. Each crewmember should know the emergency signals from the Bridge.

EMERGENCY STATIONS: Continuous ringing of the general alarm bells and the continuous sounding of the ship's whistle for not less than 10 seconds.

ABANDON SHIP: After call to emergency stations, a supplemental signal of more than six (6) short rings followed by a long ring on the general alarm bells with the same signal on the ship's whistle and/or a public address message or radio announcement from the Bridge.

MAN-OVER-BOARD: Three long rings on the general alarm bells (Morse code for "O" -Oscar) and ship's whistle.

Report Anything Unusual Immediately

Be constantly aware of fire or other safety hazards and report any you observe to your immediate supervisor or the Chief Mate. Know how to pass the word or to contact someone in the case of an emergency such as:

- * Smoke - do you smell it only or can you see it too?
- * Observed flames.
- * Someone falling overboard.

- * Something suspicious in the water.
- * Observing an accident or discovering someone who appears to be hurt.
- * People engaging in dangerous behavior. The best way to pass the word is by telephone to the Bridge (at sea) or to the watch station (docked). Methods of reporting emergencies are:

Bridge phone	1302
Engine Room Operating Station (EOS)	1312
Medical Treatment Facility	1366

When the Bridge answers the phone - state your name, duty position, where you are calling from, and then state your report. If you are reporting a suspected fire situation, be sure to indicate whether you see smoke or just smell it and how it smells; e.g. electrical, trash, petroleum, etc. Fire Pull-box alarms are located throughout the vessel to report an emergency situation (just like a hotel). UHF walkie-talkie base stations are located in the Wheelhouse, EOS and 01 deck watch station.

Musters

Musters are taken during drills, before departure and at quarters to be sure that we account for everyone aboard and that nobody is missing. It is important that you answer these musters "positively," that is, clearly and loudly to the person taking the muster. Otherwise, others have to conduct a search for you. This is especially true during drills when there is a lot of noise and commotion at and around muster stations.

Reporting To Your Station

- **Lifejackets**
Lifejackets should be brought to all drills and shall be worn whenever one is in a lifeboat or at a lifeboat station. All ties should be tied and all hooks secured facing inward. Life jackets are either worn completely on or are completely off and should not be used as a cushion. Check to see that you have a water light and a whistle. Stow your lifejacket neatly in your cabin after each drill.
- **Clothing**
Long sleeved shirts and long pants should be worn at all drills. If one doesn't have enough time to change clothing, then the appropriate clothing shall be brought to the drill, such as coveralls. In cold climates, wear warm clothing to protect against hypothermia.
- **Hard Hat/Cover**
Hard hats should be worn at all drills, except for those individuals whose assignment is in the engine room or those individuals whose duties prohibit

the wearing of the hard hat. These individuals should wear CMA ballcap, as hats are required at all drills. Hardhat colors are assigned as follows:

White – Officers/Staff

Blue – CMA Cadet

Green – Visiting Program Students

- **Equipment**

Bring a flashlight and pocketknife to drills.

Drill Etiquette

- **Serious Business**

Drills are a required part of our training evolution as required by the USCG through the CFR's, by the IMO, and by the Convention for the Safety of Life at Sea (SOLAS). By practicing firefighting techniques and procedures, damage control, emergency repairs, and how to abandon ship, we become better prepared to deal with real emergencies at sea. For these reasons, drills are serious business at Cal Maritime, and it is essential to have the right equipment and right attitude during all drills. Remember: Safety first at all drills.

- **Attitude**

It is important to have a positive attitude during a drill and learn as much as possible. Not everyone can be the person in charge or be in the Emergency-Squad. There is an opportunity to learn by watching the activities around you, asking questions, and reviewing your zone or areas of responsibility during your free time. The more you know about your duties and the duties of others at your station, the better prepared you will be to deal with a real emergency. We all depend on each other during an emergency.

- **Please Do Not**

Eating, smoking and sitting down are not allowed during drills. Roughhousing, fooling and joking around are distracting during drills and any emergency. Many of the procedures and activities we do during drills are inherently dangerous, and one needs to stay focused on the task at hand. Injuries happen when people goof off or stop taking the drill seriously. Talking is discouraged because it is important to be able to hear directions and orders from the persons-in-charge.

- **Be Prepared**

Keep all of your drill gear and abandon ship gear together in your cabins in a location that is easily accessible.

- **Safety First**

Safety is always the first priority during drills.

Personal Emergency Survival Kit

One should always come to drills as if it were a real emergency. Many seasoned mariners keep a 'Drill Kit' with all of their equipment for drill. If you take medication or have other needs, keep a small supply in your drill kit. Stow all of your gear together in the same place in a location that is easily accessible. When the emergency signal sounds, it easy to grab your kit and lifejacket and go to your station knowing you have what you need.

General Shipboard Safety Rules

- Know your way into and out of your work and living spaces. Practice until you can do it blindfolded.
- Know all the routes to your emergency station and survival craft.
- Never run on deck or through passageways.
- Always use handrails when transiting stairs. One hand for you, one hand for the ship.
- Never shout down the open deck or through passageways, except in an emergency.
- Always keep a flashlight either with you or at-hand in your cabin.
- **Close-toed shoes must always be worn aboard the ship except as defined regarding leisure wear.**

SHIPBOARD PRACTICES

Public Areas & General Information

Bicycles

Due to the logistical problems of bringing a bike ashore and storage space, cadets are not allowed to bring bikes on cruise.

Bridge, Engine Room, Offices

It is important to ask permission of the officer on watch when visiting the bridge and engine room. You should be in the appropriate uniform when you visit. Knock before entering offices.

Computer Lab

Computer games are not allowed on the computers in the computer lab.

Doors

The doors on the ship are constructed especially for the ship and for fire protection. Unfortunately, spare parts are hard to come by. If you open a door, please close it carefully and DO NOT allow the door to slam. This not only makes a lot of noise and may injure an unsuspecting passer-by, but it also damages the door. Never let doors slam shut. Close them by hand. For safety, hatches and doors should either be closed all the way or latched open.

Fishing

Fishing may take place only when the 'Fishing' sign is posted and the fishing flag is flying. Fishing lines and gear pose a potential safety hazard to the vessel and surrounding vessels.

- * If there is an emergency signal, reel in all gear immediately.
- * Only one fishing pole or reel per person is allowed.
- * Fishermen must clean up their own mess.
- * Fishing is not allowed during maneuvering.
- * Fishermen must be present when gear is on deck or lines are out.

IPODs/MP3 Players/Cell Phones

Portable music devices are not authorized for use while on watch, duty, at quarters, or during drills and classes.

Knives (as per Student Handbook Section 3: Uniform Regulations)

- * Authorized knives with blades up to 4 inches long are allowed on the training ship.
- * Fixed blade knives are prohibited.
- * Fillet knives, fishing knives or other utility knives with blades exceeding 4 inches are prohibited.

Luggage

Cadets and Visiting Students will leave or join the ship in a distant port. You will only be allowed two (2) bags. Don't pack more than you can carry!

Marine Sanitation Device

We process all of the sewage generated on the ship. The system used is biological. In other words, we use microorganisms to break down human waste. This system is extremely sensitive.

- * The only material that should ever be flushed down the commode is human waste and toilet paper.
- * Do not put tampons or chemicals or Q-tips down the commode or the system will not work.
- * Report any malfunction to the engineering department immediately.
- * As a common rule, if you didn't eat it first, it doesn't go down the toilet.

Motor Scooter

Cadets are not allowed to rent/use motor scooter type conveyances in port.

Noise

Cadets and officers are operating the ship 24-hours a day, every day. There is always someone who is asleep and resting before his or her next duties. Be courteous to your shipmates.

- * Refrain from yelling and loud noise at all times.
- * 24-hour quiet policy is in effect in the berthing areas to include port time.
- * Keep your music down low or bring earphones.
- * Tread up and down stairs and ladders lightly.

Officers

As a matter of professional courtesy to officers and faculty, it is customary to yield the right of way to them in passageways.

Officers Only Areas

There are several spaces on the ship that are reserved for officers and faculty. These areas are called Officers Country. As a courtesy we ask that you not pass through these spaces or visit officers or faculty in these areas. If you need to contact an officer or faculty member, try using a phone, finding them during posted office hours or using a watch messenger from the bridge. Officers Only Areas include:

- * The Wardroom
- * 01, 02 and 03 level of the forward house, including raft deck.
- * 03 level of the aft house.
- * The patio deck on the 03 level of the aft house.

Phones

The ship is equipped with both electric and sound powered phones. When answering a phone or when calling, it is necessary to identify yourself by position and name as well as where you are. Always state your name, your duty station (if applicable) AND the name of the compartment that you are in. For example, when the phone rings while you are eating, you would answer, "Cadet Jones, upper class mess." The phone system is not for casual conversations or for visiting with your friends. Try to keep the phones as free as possible.

Public Displays of Affection

The Training Ship GOLDEN BEAR is a professional work and academic setting. As such, the public display of affection is not appropriate in this environment. Please be aware and considerate of your surroundings.

Smoking

- * Smoking is only allowed in authorized areas.
- * Do not smoke inside under any circumstances.
- * If we are refueling, smoking will be prohibited everywhere.
- * Do not throw your cigarette butts overboard or stomp them out on deck.
- * Always use a butt can, which are located throughout the deck.

Surfboards

Cadets may bring one surfboard with them on cruise. The boards will be stowed in a safe place and may not be kept in rooms. Retrieving your surfboard may mean that you will be delayed in going on liberty. Surfboards, boogie boards, etc; will not be transported to or from the TSGB via charter air service.

Trash Policy

The training ship has a legal obligation to control the dumping of trash at sea and in port. The ship is required by law to record the disposal or transfer of all trash. Try to leave as much packing material at home before you come on cruise.

- * Plastic should never be dumped overboard.
- * Plastic trash should only be put in plastic bags and in indicated receptacles.
- * Paper trash should only be placed in paper bags.
- * Never dump your own garbage over the side. Only the CC watch is authorized to dump trash.
- * All trash should be collected into large cans located in laundry rooms.
- * Segregate your garbage and put in the appropriate cans.

Water Consumption

Fresh water is a precious commodity aboard the TSGB. We make water as fast as we can and have only limited storage capability. When we are at anchor or in port, we cannot make any water at all. It is essential that everyone conserve water when possible.

- * Take short showers or better yet, turn off the water when soaping up.
- * Laundry is our biggest use of water. Only wash with a full load. Wear clothing more than once.
- * Don't let the water run in the sink while brushing your teeth.
- * If you see a leaky faucet or pipe, report it immediately to the engineering department.

Windows

Windows shall be closed at all times unless there is an emergency onboard that requires you to open it. Keeping your windows closed maintains fire and smoke boundaries, assists in controlling humidity inside the ship, and assists in maintaining air conditioning and heating boundaries.

Berthing Areas

Bedding and Linens

Towels, sheets and pillows are not provided on the ship. You will need to bring a bath towel, washcloth, sheets, pillow, and blanket. Sleeping bags may be used as comforters, but may not be used without other linens. Bedspreads will be issued for all beds.

Clocks

Battery operated alarm clocks are preferred over electric alarm clocks. They are more reliable, easier to stow and pose no electric hazard due to the overloading of circuits.

Electrical Equipment

- The misuse of electrical outlets on board ship can cause the entire community extreme hazard. Outlets are shared by all occupants of a stateroom or berthing area and must not be overloaded. The chance of an electrical fire is a real possibility.
- Large capacity electrical appliances such as refrigerators, air conditioners, microwaves, toaster ovens and other similar equipment are prohibited.
- Extension cords and outlet doublers are not authorized.
- Surge protectors or power strips, if used, must have a fault interrupting capability (a fuse).
- Any electrical problems should be reported to the Chief Engineer's office immediately using an AVO.

Entertainment Equipment

- Each room is allowed one stereo. Speakers may not be larger than 12" in any dimension. Remember that there is a 24-quiet policy in effect at all times in the berthing areas. Bring a pair of earphones.
- Each room is allowed a computer and a television. No television may be larger than 13".

- All electronic equipment must be secured for sea at all times.

In Case of Illness

If you are on bed rest, you do not have to keep your door open during inspection times. Post the bed rest sheet on the outside of the door. Your room or berth will be inspected when you are off bed rest.

Inspection Standards

- The deck should be swept clean. There should be no open food containers or dishes/cups from the galley in your room.
- Bunks must be made neatly with provided brown cover tucked in-covering pillows.
- Lockers, beds, and drawers must be neatly labeled with the cadet's name.
- Alarm clocks may be placed on top of the bed with a lifejacket and an additional blanket or sleeping bag folded at the foot of the bed.
- Shoes and boots may be lined up against the bulkhead. One pair per student on deck.
- Toolboxes and sextant boxes may be stowed on deck against the bulkhead.
- Towels and washcloths must be hung from the provided towel racks.
- Chairs should be pushed into desks or against the bulkhead unless in use.
- Trash cans must be empty.
- Clothing items must be stowed in the provided lockers or drawers. No posters or banners may be put up on the bulkheads or doors.
- Pictures of a personal nature may be posted on individual lockers so long as material is tasteful.
- Heads need to be clean and sanitary. Toilets and sinks must be wiped and clean. All items in the head must be secured. The deck must be swept and free of water.
- Lockers must be shut unless in use. Windows should be closed.
- Only one item may be hung from each hook provided on the locker bulkheads.
- Multiple electronic equipment on one circuit needs to be protected by a surge protector.
- Empty baggage and suitcases, if not already stowed, must be placed in the cadet baggage lockers. Other excess belongings such as beach chairs will be stowed in divisional gear lockers.
- Each room may have a doormat directly inside the room and a shower mat in the head. All mats must have a rubber backing.
- Surfboards will not be stowed in rooms.
- Refrigerators, coffee makers, toaster ovens, air conditioners and other similar equipment are prohibited.

Inspection Times

- All berthing areas are subject to inspections between the hours of 1100 and 1400 or at any time deemed necessary by the Captain.

- Doors to cadet staterooms and berthing areas should be latched open between the hours of 1100 and 1330.
- Captain's inspections may be earlier as announced in Bear's Tale.

Safe Practices

- It is important to keep your room or berthing area neat and 'ship shape'. This is important in the case of an actual emergency. All items should be secure for sea whether in or out of port.
- Stow everything in its proper place and not on the deck.
- Due to space limitations, it is imperative that cadets bring the bare minimum.
- Each room may have a doormat directly inside the room and a shower mat in the head. All mats must have a rubber backing.
- Surfboards are not to be stowed in student rooms, lounges or other public areas.

Searches

Rooms, lockers, desks, drawers, etc. may be subject to search by the Master of the ship or his agent AT ANY TIME. **We recommend that you bring a small lock for your locker and store your valuables there.**

Storage

It is important to bring the BARE MINIMUM on the ship. Do not bring footlockers or storage bins. Some baggage may be stowed in the baggage storerooms as per the Chief Mate. Access to these lockers will be limited. Persons berthed on the 2nd deck will be issued additional locker storage.

Visitation Policy

Visitation is prohibited between the hours of 2300 and 0800, unless on official ship's business. During visitation hours when mixed genders are present in a cadet room, the door shall remain in an open position. Employees, students, and visiting staff or faculty are not allowed to engage in sexual activities on the ship. Only married couples or registered domestic partners who are staff may cohabitate on the ship, and only if they are berthed together in rooms designed for double occupancy. Double occupancy rooms are not available for cadets. Since the ship is a work environment, violation of any part of the visitation policy will result in disciplinary action, and both individuals being sent home from cruise at their own expense.

Liberty Information

Sailing Board

The sailing board is posted at the head of the gangway. It contains information about when the ship is departing or shifting to another location. **ALWAYS check the sailing board for the latest information before you leave the ship.**

Granting Liberty

Liberty is a privilege, not a right. Remember that the ship comes first. Liberty will only be granted after the needs of the ship have been met. Liberty is granted after each division has fulfilled its duties aboard the ship. A Liberty slip must be signed by the appropriate ship's officer in order to be granted liberty. The division must clean its clean sweep down area, finish its required work, clean their staterooms and be inspected (for appropriate civilian attire) by the Division Commander and Assistant Commandant.

Expiration Of Liberty

All cadets must be on board the training ship or the liberty launch by the time liberty expires. Liberty expires at different times depending on class and officer status.

Liberty Launch

When aboard the liberty launch, you must obey the commands of the launch coxswain. He or she will tell you when you may and may not board or disembark the launch. When going ashore, rank has its privilege. *****WHEN COMING BACK TO THE SHIP, THOSE CADETS WITH THE EARLIEST LIBERTY EXPIRATION TIME HAVE PRIORITY OVER OTHER CADETS.** Swimming to or from the ship is strictly forbidden.

Loss Of Liberty

Cadets may lose liberty for any serious breach of conduct or prior liberty infractions.

Special Liberty Request

A cadet wishing special liberty due to family, emergency or other compelling reason will need to complete a special liberty request. The form is much like a watch exchange form in which another cadet must agree to cover the duty of the one requesting liberty.

The Division Commander and Department Head must approve the special liberty request. Completed requests are turned into the assistant commandant for inclusion in the Liberty Book.

Liberty Radius

Most countries have a limit to the distance a crewmember may travel from the vessel. Information for each port will be disseminated prior to the granting of liberty.

Expectations Ashore

You are a representative of the United States, the State of California, the California State University, and the California Maritime Academy. We are American guests in the cities and countries that we visit. It is important to be on

your best behavior and respect local customs and laws. When ashore, you are subject to local laws and regulations.

Wallets/Passports/ID

It is strongly suggested that students carry only those documents necessary ashore. You will need your Merchant Mariner Document (Z-card) to gain entry to port areas. Do not carry your passport ashore unless absolutely necessary. Make a copy of your passport and Merchant Mariner Document.

Decorum In Foreign Ports

Once again, as a crewman on the training ship, you are not simply an ordinary American citizen and college student. You are certainly that, but because you are a crewman aboard a U.S. public vessel (usually on a diplomatic port clearance) you are also ambassadors of our country. Your normal dress and behavior that may be perfectly acceptable at home may be inappropriate or even offensive in some foreign countries. In other words, we have to be sensitive to the cultural and social norms of the places we go. What we do or say, our body language, how you approach or speak to female citizens, traffic laws (to name a few) are all examples of things you will have to be sensitive to when representing the ship in a foreign country. Since we are guests of our foreign hosts, all persons aboard the training ship are expected to dress and behave appropriate to the standards of the country we are visiting. Being humble and respectful while ashore is always good practice. Interacting with foreign cultures is an integral part of the cruise experience. Most people around the world still like Americans. Remember though, that their view of Americans and American culture is usually what they have seen or heard in movies, music, or on the news (rightly or wrongly). Be nice and be respectful to your hosts and you will enjoy whatever country we are visiting.

Meeting People In Port

You will undoubtedly meet many interesting people while in different ports. As you strike up casual friendships with people you meet, it is natural to want to bring them back to the ship to show them where you live. New security requirements imposed on the Training Ship GOLDEN BEAR forbid casual visiting. There are certain times and places where visiting hours are permitted as designated by the Captain.

We ask that you do not make promises to people or otherwise obligate the ship for meals or other charity services when you are ashore. There are many less fortunate people in the world that you will meet, but we ask you not to bring persons back to the ship for food, medical attention or other services that the ship could potentially provide (such as parts or tools to fix their boats). There are cost, insurance and liability issues that prevent the ship from rendering humanitarian services in foreign ports. We are simply not authorized to obligate the State of California or the U.S. Federal Government. However, the

GOLDEN BEAR does occasionally transport relief donations to orphanages and hospitals on behalf of recognized charity organizations, but this is accomplished through formal official channels.

Upon Return

When returning from liberty, you and your belongings are subject to inspection for contraband. If there is cause, you may be tested for alcohol. When you return, shift into the appropriate uniform immediately. Civilian wear is not authorized outside the berthing area while in port at any time. This includes the fantail.

SHIPBOARD DUTIES

Bed Rest

If you are sick or injured, you **MUST** report to the Medical Treatment Facility immediately. Once you report to the Facility, you may be issued bed rest. Only those cadets who have been issued bed rest may be excused from assigned daily activities.

Class

Most classes aboard the Training Ship are STCW requirements and are considered assigned duties. All classes aboard the Training Ship carry with them mandatory attendance. Failure to attend class may result in referral to the conduct system. Class is considered to be an assigned duty during the training cruise.

Cleaning Formations

Cleaning formations may be called occasionally for extra cleaning to be performed. These formations will be mandatory and occur after dinner.

Clean Sweep Down

Clean Sweep Down (CSD) is required for all cadets and visiting students. First class cadets provide supervision to the other cadets. CSD occurs each day at 1600 for approximately a half hour.

Daywork

Cadets should arrive to day work in the appropriate clothing and be ready to work. After day work begins is not the time to retrieve your pocketknife, sunglasses or tool bag. Come prepared.

Quarters

At Sea

Quarters occur every day at sea at 1230, with the exception of Sunday. First call will be at 1220. Cadets should be at quarters and formed up no later than 1230. Cadets should be in the appropriate work, watch or class uniform. Leisure attire is never allowed at quarters. Periodic inspections may occur.

In Port

Quarters occur every day in port at 0755 for all cadets. First call will be at 0745. Cadets should be in the appropriate work or watch uniform. All others should be in khaki uniform. When first arriving in port, Quarters may be called at a different time in order to expedite the passing of information critical to granting liberty.

Watch

All watches begin 15 minutes before the hour. Cadets should show up prior to this time so that they are prepared to assume the watch at 15 minutes before the hour. Cadets showing up after this time will be considered late to watch. Watch takes priority over all other shipboard functions.

GLOSSARY

Visiting students from previous cruises have indicated that a preliminary simple glossary would be helpful for those trying to learn this new sea-going lexicon. So, here are a few terms that might help you.

Aft - Direction toward the stern.

Aloft - Up from the highest deck.

Bridge - Control center of ship comprised of the wheelhouse, chartroom, radio station and gyro room.

CC - Compartment cleaner.

Celestial - Navigation method by heavenly body observations.

Engine Room - Main machinery space comprised of main engine room, auxiliary machinery room and shaft alley.

EOS - Engine Operating Station - Engine Control Room.

Forward - Direction toward the bow.

Foxtail - Small hand broom.

Galley - Kitchen.

Gyro - Gyroscopic compass that indicates true north versus magnetic north from a normal compass.

Head - Bathroom.

Medical Treatment Facility - Medical treatment room and Doctor's office.

Mess Deck - A dining room.

Mustert Station - Place you are supposed to go when the emergency signal sounds.

Port - The left side of the ship when looking towards the bow, but not the left side when looking towards the stern.

Scullery - Dishwashing room.

Sextant - Instrument used to measure angles in celestial observations.

SSDG - Ship's Service Diesel Generator.

Starboard - Opposite of port. The right side of the ship when looking forward.

Station Bill - A large matrix placard that lists everyone and their emergency duties.

Steering Eng. - Machinery that controls the movement of the rudder.

Swab - Mop.

Ward Room - Officer's dining room.

SHIP'S PARTICULARS PRINCIPLE CHARACTERISTICS

Length overall	499.8 ft
Length between perpendiculars	462.1 ft
Beam (molded)	72 ft
Height of ship (keel to mast top)	151 ft
Maximum operating draft	30.5 ft
Air draft (at maximum operating draft)	120.5 ft
Displacement tonnage, design draft	15,928 lt
Gross registered tonnage	10,939 lt

Type of machinery (2 main engines) medium speed diesels

Manufacturer and model	Enterprise r5 v-16
Maximum continuous rating	8,500 bhp ea
Speed, sustained operating	20 knots
Endurance at design draft and 20 knots	17,820 nm
Generator output	2700 kw
Propeller	5 bladed, 19.5 ft diameter
Anchor	baldt stockless, 10,000 lbs each
Year built	1989
Total accommodations	288

Capacities

Fuel Oil (Diesel)	3600 Lt 1,098,000 Gallons
Lube Oil	95 Lt 28,215 Gallons
Fresh Water (Potable)	136 Lt 36,500 Gallons
Salt Water Ballast	3736 Lt 978,800 Gallons
Permanent Ballast	1864 Lt

Tankage, the Golden Bear is essentially a small tanker.

There are 61 various types of tanks:

Salt Water Ballast Tanks	28
Permanent Ballast (Driller's Mud)	5
Fuel Tanks	13
Lube Oil Tanks	5
Misc. Engineer's Tanks	6
Fresh Water (Distilled And Potable)	4