

Life and safety on board the RV Mario Ruivo

Welcome to Mário Ruivo research vessel.
This is a short guide to guarantee you have a safe
and pleasant stay onboard IPMA's multidisciplinary
oceanographic research vessel.



Orientation and safety Briefing

Either before departure or soon after departure the First Mate will provide orientation and a safety briefing to the science party. All are expected to participate, and urged to pay close attention, since topics discussed will be critical to everyone's safety in the event of an emergency. Shipboard safety will include information on **(1)** General alarm signals and where and how to proceed to assigned stations, **(2)** Station bills and bunk cards, **(3)** Life jackets and survival suits, **(4)** Procedure in case of man overboard, fire, and other emergencies, and **(5)** Requirements for protective equipment.

Please keep in mind the following general safety guidelines:

- ◇ Ensuring safety at sea is crucial. With major medical services potentially several days away, everyone must be exceptionally vigilant. If you feel unsafe or observe something that appears hazardous, it is your duty to speak up.
- ◇ A ship is an unstable platform. Always keep one hand free to hold onto a railing when navigating stairs or hallways.
- ◇ Rough seas can develop rapidly. Ensure all scientific equipment is secure.
- ◇ It is paramount that all mission activities are planned with the Captain and Ship Manager prior to departure. Anything outside planned should be discussed beforehand.
- ◇ Do not go out on deck alone at night or in rough weather. If you must, first alert the ship's officer on watch or the bridge and assign someone to watch you from inside the ship. The Captain will decide if weather decks should be secured, in which case no one is allowed outside.
- ◇ Protective equipment, including hard hats, life vests and closed toe/heel shoes are required when working on deck. The ship provides life vests. Other protective gear must be brought by the guest.
- ◇ Smoking is prohibited inside the ship. In general, smoking is allowed on open decks.
- ◇ Familiarize yourself with the locations of fire extinguishers and fire alarm pull stations in your area. If you are the first to discover a fire, sound the alarm and notify the Watch Officer immediately.
- ◇ Entry to the engine room, bow thruster room and emergency generator room is not permitted for security and safety reasons.
- ◇ During sea passage, you are welcome on the Bridge. During maneuvers, when there is a pilot on board or the Captain closes the bridge, it is out of bounds.
- ◇ The Data Processing Room is dedicated to preparing operations, surveys and dives, and post-processing data. It is equipped with acoustic computers and workstations and only authorized technicians are allowed to handle the equipment. The rack room is out of bounds.
- ◇ Only authorized personnel may operate the vessel's cranes, winches and other heavy deck equipment.

Responsibilities

The Captain (Master) of the Mario Ruivo has ultimate command of the vessel. The captain is responsible for the vessel's safe and efficient operation, including navigation, science operations, crew management, and ensuring compliance with local and international laws. All persons on board, including officers, crew, the science party, guests, and pilots, are under the captain's authority and are his ultimate responsibility.

The Chief Scientist is in overall charge of the scientific objectives of the cruise. This role includes assigning duties to members of the scientific party and ensuring that all members adhere to shipboard rules of behavior.

IPMA is represented onboard by the Ship Manager, responsible for overseeing activities and guaranteeing communication with shore operations.

Participants must provide proof of health insurance before embarking. All must follow the captain's and chief scientist's instructions to ensure safety and the smooth operation of research activities.



Living facilities and rules

Embarking on long cruises may be demanding and therefore comfortable living facilities are essential to keep a healthy spirit and environment.

Mario Ruivo provides a sauna, gymnasium, a movie lounge with a selection of DVDs, and a lounge with a collection of books. These areas are shared by all. Your help in keeping them clean and comfortable is required for the well-being of all onboard. Books and DVDs should always be returned to where they were found at the end of the cruise.

Please keep in mind that there are two types of electrical sockets on Mário Ruivo: European, 2-pin sockets and British, 3-pin sockets. Scientists should bring their own adapters if needed. In the data processing room, there is an uninterruptible power supply (UPS) for PCs and laptops, and 'normal' sockets for other equipment.

Attention: On Mário Ruivo there are sockets with 115 Volts AC and sockets with 230 volts AC (check before connecting). Be aware that in both sockets the frequency of electrical current is 60 Hz and that your equipment should be prepared for it.



Accommodation and housekeeping

IPMA will assign you a cabin when you move on board – single or double. There is no room service or maid service. The cabins are cleaned thoroughly before departure.

All cabins have their own toilet with shower. Each cabin has sheets, a pillow, a pillowcase, a duvet and the bathroom has towels and toilet paper.

Personal hygiene items such as shampoo, soap, shower gel, toothpaste, dental floss, shaving items, or others are not provided by the ship and must be brought by the guests.

It is suggested that you bring at least 2 pairs of shoes: one for the deck work and one for use in the “clean areas”.

Before disembarking the cabins will be inspected to ensure they are left in a satisfactory condition.



Meal Service

Three main meals are served on the lower deck. Lunch and dinner times will be divided into two periods to ensure that the entire crew and science party are able to eat. Please make sure you respect the meal service times accordingly:

Breakfast:	07:00 – 08:30
Lunch:	11:00 – 12:00 (crew) 12:00 – 13:30 (science party)
Dinner:	18:00 – 19:00 (crew) 19:00 – 20:30 (science party)

The mess is open 24/7, except during scheduled cleaning. Drinks, coffee, teas, assorted fruits, breads and dry cereals are available 24/7. Fresh baked goods will occasionally be available too.

- ◇ Any food allergies or restrictions must be informed before boarding. If you didn't, please inform the Master as soon as possible.
- ◇ All are expected to assist the catering crew by scraping their plates into the suitable bins and placing used plates and cutlery in the assigned place for cleaning.
- ◇ The mess tableware should not leave the mess hall.

Laundry Facilities

General use laundry material is provided on the Lower deck. Soap and bleach are provided.

- ◇ Please do not do laundry when the weather is rough because the machines will shut themselves off, spill water, or fail to drain. Ship's crew will close the laundry when the seas become too rough to operate the machines safely.
- ◇ Because freshwater is a precious commodity on ships, only use full loads.



Internet and Communications

Mário Ruivo has satellite service (STARLINK maritime) as well as GSM mobile service (MEO) while close to shore. In order to maximize cost efficiency, we strongly suggest the use of Smart Phone Apps, such as Viber and WhatsApp.

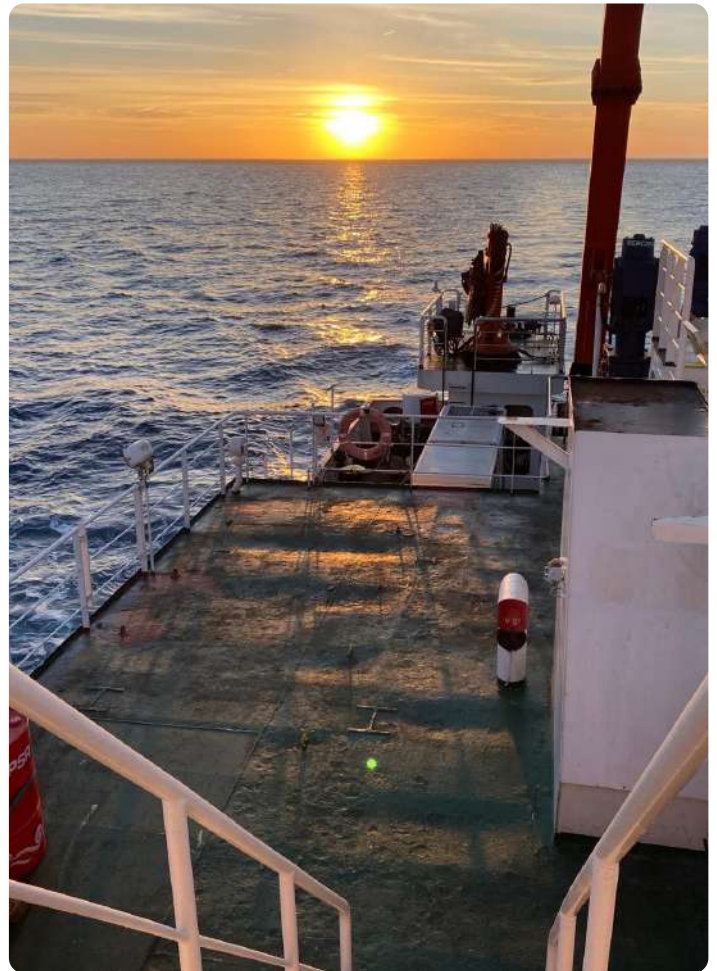
Please be reminded to use the ship's internet services responsibly and moderately to ensure fair access and a safe online environment for everyone.



Zero-Tolerance Policy

Unauthorized introduction, possession, or use of alcoholic beverages, illegal drugs, drug-related paraphernalia, firearms, explosives, weapons, or any other contraband is strictly prohibited on the vessel.

While onboard, it is expected to have the utmost consideration and respect for others' personal space. Any instance of harassment, whether sexual or otherwise, must be reported to the Captain or the Chief Scientist. Harassment, in any form, is illegal and constitutes an assault on an individual's rights and dignity.



Please keep in mind the following general living rules:

- ◇ Do not discard cigarette butts, paper towels, sanitary napkins, etc., into the toilet/wastewater system.
- ◇ Be sure your bathroom door is securely latched when leaving your room. If it is not, the door may swing and latch open, blocking your cabin door from opening.
- ◇ There is a limit on the amount of freshwater that can be loaded aboard ship, so please do your part to conserve water.
- ◇ Ship's crew, marine technicians, and science party members may be sleeping or resting at any time. Please be respectful and keep silent in the corridors, stairwells and avoid slamming doors.
- ◇ When taking pictures onboard, please be sure to respect the crews' privacy and that scientists and technicians onboard give their consent to have their picture taken. Also, it is expected that images do not contain inappropriate or offensive material, nor inaccuracies that might prejudice IPMA's or any of its worker's good name.
- ◇ In order to keep a clean and healthy environment, working clothes should not be worn in the mess room, lounges or dining area. Please remove overalls and work boots before entering communal areas or cabins.

Distress audible signals

UPON HEARING AN ALARM – 7 OR MORE SHORT BLASTS - PROCEED TO MUSTER STATION IMMEDIATELY

Proceed immediately to the Muster Station and await further information and orders from Ch/mate

Take your life jacket, personal protection gear (safety helmet, shoes – if time permits) and wear warm clothing. Head count of survey personnel will be completed at the muster point and further instructions given in accordance with the nature of the Emergency.

During an abandon ship scenario, and after Ch/mate orders, proceed to life rafts as indicated.

General arrangement

Get acquainted with the general arrangement of the vessel, which has 5 decks:

