

# SAILING INTO HEALTH

## Refresher Training

This training is designed for returning crew who have already attended the full "Sailing into Health" training.

This is to be delivered to joining crew by their line Manager within 7 days of the crew member's release from quarantine.

If Managers prefer, they may communicate with crew during their quarantine period to provide updated information over the telephone, via the television or by leaving information in the quarantine suite. This is at the discretion of onboard management to implement the training in the most efficient manner for them.

### **Remind returning crew members of the following points:**

- Viruses spread from droplets from the nose or mouth transferring from person to person
- Viruses spread via surfaces and person to person
- Rules regarding wearing masks; demonstrate the correct way of wearing the mask and remind crew of protocols for not touching the mask, changing the mask and not keeping masks in pockets
- Physical distancing rules
- The importance of hand hygiene
- The importance of reporting if you are unwell
- Recognising if someone else is unwell
- The current situation regarding crew life onboard i.e. crew welfare activities, crew bar, shoreleave restrictions etc.
- Dining protocols
- Cabin cleaning and workspace cleaning protocols
- Any changes to guest services
- Any new information to be shared
- Any relevant information regarding testing and vaccines
- Any ship specific information
- Answer any questions crew members might have
- A reminder that as Silversea Crew, we must lead the way and be ambassadors of sailing into health.

Infection Control Officer will support and spot check this training where required.

Managers must record training attendance using the SAF111 training record form which must be sent to the HR Manager.

HR Manager will ensure that a record of this training is saved in Fidelio.