

# Explore with Confidence

## Lindblad/National Geographic

### Health & Safety Protocols

We have always believed in the healing Tonic of Wildness. Now, more than ever, we need the restorative hug of remote wild places. As industry pioneers, we have been bringing travelers to the farthest reaches of the planet for over 50 years. We have decades of experience balancing adventure and safety, plus deep-rooted networks in the communities where we explore. That, along with our intimately sized ships and the remoteness of our voyages, makes us uniquely positioned for a successful re-entry to the wild.

Our dedicated COVID-19 Global Policy Team has consulted with top medical experts as well as U.S. and international authorities to ensure every detail has been carefully considered—from the moment you depart your local airport to the day we disembark. Based on these collective efforts, we've enhanced all of our health and safety protocols to best minimize risk aboard our small ships.\*

All of our guidelines were developed under the expert counsel of:

- **David B. Lorber, M.D., Lindblad's Consulting Physician**
- **World Health Organization (WHO)**
- **Centers for Disease Control & Prevention (CDC)**
- **University of Washington**
- **Association of Arctic Expedition Cruise Operators' Clean Ships Healthy People**
- **Several external medical consultants including epidemiologists & infectious disease experts**

Daily meetings keep our finger on the pulse of what's happening globally, and as the latest research and public health recommendations evolve, so will our policies. We will continue to update our protocols for all operating voyages in accordance with local, state, federal, and international regulations and guidelines.

### Setting A Higher Standard

We are working to make your voyage as safe as possible, while staying true to the unparalleled Lindblad experience our guests expect. Our protocols feature these unique elements:

- **Proof of COVID-19 vaccination for all guests 16 years of age and above**
- **2 negative COVID-19 tests prior to boarding**
- **From start to finish, travel exclusively with your expedition community of fellow guests and staff, all equally tested**
- **Fluid & flexible itineraries—We can deftly avoid ports and crowds as needed**
- **ACT CleanCoat™ —Sail aboard the world's first self-disinfecting ships!**
- **Upgraded HVAC systems utilizing a combination of Bipolar Ionization, maximized fresh air intake and advanced UVC light purification**

## Welcome Mat Approach

Before greenlighting any destination, it must be open to tourism and we must meet or exceed all requirements for entry. Candid and transparent dialogue has been key to our Welcome Mat approach. In many cases, we have been on the frontline, blazing paths to help communities get their protocols in place.



Prior to arriving, you will receive the most up-to-date guidelines specific to your ship and destination. All of our procedures meet or exceed local laws as well as all [WHO](#) & [CDC guidelines](#). Voyage extensions and optional pre- or post-voyage hotel overnight stays will not operate through summer of 2021. The health and wellbeing of our guests, as well as our staff, vendors, and regional partners, has always been top priority. We will ask that all guests review and acknowledge the following requirements.

- **Present proof of COVID-19 vaccination for all guests 16 years of age and above**
- **Present a negative COVID-19 PCR test result for all guests prior to embarkation**
- **Take reasonable measures to reduce the risk of exposure and follow all CDC guidelines five days prior to embarkation**
- **Receive a second rapid antigen COVID-19 test, administered by our staff, prior to boarding**
- **Undergo a temperature and symptom check at embarkation**
- **Complete two health questionnaires: one prior to leaving home & one before boarding to confirm no changes**
- **Wear a face covering and follow all CDC travel guidelines while en route to the vessel: All booked guests will receive a Travel Shield™ personal protection kit complete with disposable face coverings, gloves & sanitizing wipes; plus, a complimentary poly-cotton blend neck/face gaiter for use on board**
- **Guest temperatures will be taken daily via contactless thermometers**

**Our goal is to stay healthy through proactive testing and thorough sanitation protocols. In the unlikely event of a confirmed case on board we have a precise plan of action.**

**See our [QUARANTINE PROTOCOL FAQs](#) for more.**



## Staff Requirements

Anyone who has traveled with us before knows our expedition team will do whatever it takes to ensure exhilarating discoveries run smoothly and safely. And our small scale, plus high staff to guest ratios, allow us to provide extra attention to all our sanitation efforts. All staff, crew and third-party operators have received training on COVID-19 safety and sanitation protocols, and they are ready and eager to welcome you aboard.



## Testing & Safety Protocols For All Staff & Crew

- Proof of vaccination for COVID-19 and influenza\*\*
- Testing prior to their arrival to the vessel
- Regular COVID-19 testing as an added precaution, as well as twice daily temperature & symptom checks
- Appropriate PPE must be worn in adherence with state and local regulations and guidance
- PPE is provided for all staff, crew, and third-party operators
- Enhanced PPE requirements for all cabin and common space cleaning
- Increased sanitation protocols for all shipboard spaces
- Enhanced visitor policy restricted to essential visits only

## ACT CLEANCOAT

Long before the advent of the novel coronavirus we trialed a new onboard cleaning and disinfecting system called ACT CleanCoat. It proved so effective, we rolled it out across the fleet, and today it offers an added layer of protection as we head back aboard.

## Cleaning products & protocols:

- The frequency of cleaning and sanitizing has been increased in all public spaces with an emphasis on high-touch surfaces including, but not limited to, elevator buttons, door handles, public bathrooms, and handrails
- Industry-leading sanitizing protocols are used to clean guest rooms, with particular attention paid to high-touch items including
- Dirty linens will be bagged in the guest cabin to eliminate excess contact while being transported
- Increased sanitation protocols are in place for all back of house operations including, but not limited to, meal preparation, loading provisions, and storage of consumables

- doors, furniture and faucet handles, telephones, light switches, temperature controls, and luggage racks
- Minimized contact with guests; hotel staff will offer to return at an alternate time for occupied rooms
- All bed linen and laundry are changed before and during each voyage and, as always, washed at a high temperature and in accordance with CDC guidelines
- All shared expedition equipment, including Zodiacs, kayaks, and stand-up paddleboards are sanitized before and after each operation
- Electrostatic sprayers used nightly will cover broader areas and ensure ships are fully sanitized for the next morning

## Disclaimer

Daily meetings keep our finger on the pulse of what’s happening globally, and as the latest research and public health recommendations evolve, so will our policies. We will continue to update our protocols for all operating voyages in accordance with local, state, federal, and international regulations and guidelines.

*\* There are certain unavoidable risks to passengers and property associated with expedition travel, including, among others, traveling with other people and illness or disease caused by exposure to bacteria, pathogens, and viruses, including the coronavirus that causes COVID-19, despite screening and testing and other steps taken by Lindblad Expeditions and passengers in response to these risks. In the event any passenger, crew, staff or others on the vessel were to test positive for COVID-19 and/or develop symptoms consistent with COVID-19, governmental authorities may require a 14-day or longer quarantine of all individuals on the vessel either on the vessel or elsewhere. Lindblad Expeditions shall not be liable for any claims, demands, and/or damages arising from or relating to any exposure to the coronavirus and/or the contraction of any illness or disease as a result of any such exposure, including but not limited to COVID-19, by passenger or any other person, including claims and damages due or allegedly due to inaccurate test results (including possible false negative test results) and/or the negligence of any Independent Contractor providing any medical screening or testing services, laboratory services, medical evaluation, diagnosis, treatment, advice, and/or recommendations, or any supplies and services for sanitation purposes.*

*\*\*Lindblad Expeditions will also require all Crew to be vaccinated, with limited exception for individual Crew members who are unable to obtain vaccines due to limitations in their country of residence. All Crew will be required at all times to strictly comply with Lindblad Protocols which require, among other things, multiple negative tests and quarantine prior to entering service, routine continued testing, mask-wearing, and restrictions interacting and engaging with anyone outside the Lindblad Expeditions voyage.*

## COVID-19 Protocol FAQs

### Testing & Travel to the Ship

#### **What steps are being taken by Lindblad Expeditions to keep me safe en route to the ship?**

Lindblad Expeditions requires two negative COVID-19 tests before boarding—this two-step testing adds increased protection and helps reduce the chance of a false negative result. We will be taking guests’ temperatures daily via contactless thermometers. We have implemented strict sanitation policies for all transportation and dining en route to the vessel in accordance with CDC recommendations. All third-party operators are subject to enhanced sanitation protocols and every effort is taken to eliminate

contact with outside sources. All vehicles are deep cleaned prior to use and dedicated exclusively to Lindblad.

### **Where can I get my COVID-19 test?**

You will need to take a PCR test 3 to 5 days prior to embarkation and submit your negative test result no later than 24 hours prior to departing for your expedition. Most local communities are now offering testing and local health organizations can provide testing locations, or ask your doctor for a referral. We recommend your local CVS Pharmacy—they have close to 4,000 Minute Clinic locations offering testing with a 2 to 3-day turnaround for results. If your local community is not offering testing, both LabCorp, Vault Health and Unimed have at-home testing kits for your convenience with a 1 to 2-day turnaround. If these options do not work for you, please let us know as soon as possible and we can assist. Test results must be uploaded into the guest portal on our website.

### **What precautions do you recommend I take while traveling?**

Many airlines have instituted travel guidelines and requirements aboard their flights. We recommend you check with your airline to determine their specific protocols. The CDC provides guidance for travel, including frequent handwashing, avoiding touching your face, keeping ample distance from others where possible, covering coughs and sneezes, and wearing a mask. More information can be found on the CDC website. Guests will also be provided with a Travel Shield™ personal protection kit—see question on PPE for more information.

### **How are you testing for COVID-19 at the departure city and on board? Do you have enough tests?**

Select crew, in conjunction with our onboard Doctor, have been trained to administer state-of-the-art COVID-19 testing onboard. In some locations, we may partner with local health partners for test administration.

### **What happens if I test positive for COVID-19 in our departure city?**

If you test positive for COVID-19 on arrival in our departure city, local health authorities will be notified and will determine the subsequent course of action. Lindblad Expeditions will assist you on your return; will issue a Future Travel Credit in the amount of your paid cabin fare; and will cover any air change fees.

### **I was planning to explore the embarkation port a few days before the trip. Can I still do that?**

For the safety of all guests, it is highly recommended you avoid arriving to the embarkation port early since you are expected to take reasonable measures to reduce the risk of exposure and follow all CDC guidelines five days prior to departing your hometown. Until further notice, opportunities to explore on your own during an expedition have also been put on hold—all guests will need to remain with Lindblad Expeditions-organized outings that take place ashore.

### **Effective January 26th, the Centers for Disease Control now requires proof of a negative COVID-19 test administered no more than 72 hours prior to boarding my flight to the United States. How am I going to get tested?**

We have a supply of FDA-authorized COVID-19 tests onboard our vessels that will be administered within 48 hours of disembarkation on all international voyages, at no cost. We will provide you with documentation of the test result. We have confirmed with the Centers for Disease Control that our testing and documentation is acceptable for entry to the United States.

**Which vaccines are accepted? What proof do I need?**

All guests 16 years of age and over must present proof of vaccination of an FDA-recommended and/or WHO-recommended vaccination at least 14 days prior to their embarkation date. Children under the age of 16 will be permitted to travel in accordance with Lindblad Expeditions Protocols. Vaccination cards showing proof of FDA-recommended and/or WHO-recommended vaccines are acceptable.

**If I'm vaccinated, why do I still need to wear a mask?**

Federal mandate currently requires face coverings on all modes of transportation, including cruise vessels. There is no exception for vaccinated persons.

**If I'm vaccinated, why do I still need to get tested prior to boarding?**

Vaccinations are not 100% effective and vaccinated individuals can still get and transmit COVID-19. Therefore, for the safety of our guests and crew, it is important that we mitigate the risk of COVID-19 coming aboard our vessels. Required testing for all guests provides an added layer in these efforts and increases the likelihood that all guests are COVID-19 negative prior to boarding. In addition, many destinations require proof of COVID-19 testing prior to entry.

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**PPE & Social Distancing****Will you be providing essential PPE for guests before and during the voyage?**

Most guests likely have preferred protective gear at home already, or it can be easily procured locally. However, all booked guests will receive a Travel Shield™ personal protection kit in their Final Documents. The kit includes a disposable mask, gloves, and sanitizing wipes; plus, a complimentary neck/face gaiter for use on board. Our gaiter is custom designed with a breathable poly-cotton blend for enhanced protection. We will have PPE supplies on hand in our departure city and we have increased our shipboard supply for those that need.

**How will we social distance on board? Will we need to wear face coverings?**

Our goal is to mitigate risk on board through proactive testing and thorough sanitation protocols. However, we recognize the importance of social distancing and utilizing face coverings, in accordance with CDC guidelines and current federal mandates. As a general rule, much of our expedition is spent outside, whether that is ashore in small groups for hiking or kayaking, or out on the various decks of the ship to view wildlife and landscapes. Therefore, our modus operandi naturally allows for social distancing. However, you will be required to wear a face covering while indoors on board the vessel and when social distancing is not possible while outdoors or off the vessel. Some destinations may require face coverings while ashore, in accordance to local regulations.

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**Quarantine Protocol****What happens if someone gets sick on board?**

Our goal is to limit exposure as much as possible to ensure everyone is safe on board the ship. We have implemented stringent testing, increased our medical presence on board, and laid out detailed protocols in the event of a positive, or suspected positive, COVID-19 test. Should a confirmed case happen on

board, we will be under the jurisdiction of the local governing Department of Health or the CDC who will provide guidance on how to proceed. Our team will work with them to ensure the best course of action. We have shared our operational plans with all local authorities in advance of traveling and continue to monitor the latest guidance from the CDC and other governing authorities.

**With the limited size of your ships, what are your capabilities for quarantining a sick guest should it be necessary?**

We have set aside a number of cabins in the unlikely event of a positive COVID-19 test result.

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## Miscellaneous

**How are your cleaning and sanitation protocols different from other hotels and ships?**

Our partnership with [ACT CleanCoat A/S](#) and implementation of their revolutionary products offers an added layer of protection during these challenging times. With a high staff to guest ratio we are able to provide extra attention to all our sanitation efforts. And the nature of our expedition—small ships, remote destinations, fresh air & wide-open spaces—also limits our potential for contamination. We were very encouraged by the fact that we did not have a single case of COVID-19 among our guest or staff and crew populations during the height of the outbreak this past spring and were able to transfer everyone safely home from our ships.

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