



Buddies

How to be a good buddy:

1. It is not possible to meet your buddy in advance of the voyage, as buddies are not allocated until a couple of days before the voyage. The Permanent Crew cannot decide on the most suitable pairings until they have the complete crew list.
2. If you arrive before your buddy and need assistance from someone else, please ask but please also be aware that joining time is usually very busy, so people might not be able to help out immediately”.
3. Speak with each other around what help may be needed (if any). Remember all people have differing abilities.
4. If you are buddying a non-disabled person, please remember that they may not have any experience of working alongside disabled people before. Please tell them of help you may require. Remember, some people feel embarrassed to ask, so they may need a little help to speak freely!
5. If you are buddying a disabled person, do not take over or ‘mollycoddle’- none of us appreciate that.
6. Some find getting a duvet cover onto the duvet the most difficult part of a JST voyage, do feel free to ask you buddy for help if you need it. Likewise, for stowing your gear away as some stowage can be awkward to access.
7. Don’t be afraid to ask your buddy what their abilities are but respect their wishes if they only wish to impart relevant information.
8. If it’s a real pain for you to go back to the cabin to get that hat you forgot and your head is turning blue don’t be embarrassed to ask your Buddy (or someone else) to go fetch it for you- but be reasonable though.
9. The ships work on routine and the crew being where they are needed when they are needed. There’s not much point in you turning up without your buddy, so do assist each other to be at the right place at the right time. Such as getting to bridge, sail setting stations etc. especially when the sea is rough.
10. If you are buddied with a visually impaired ship mate, explore the ship together so you both understand the potential hazards, features on board, how to find heads, bunk, bridge, etc. If you invest that time together at the start of the voyage, you’ll soon find visually impaired people are able to find their way around the ship



unassisted. Only 3% of visually impaired people are totally blind, so do chat with each other about what assistance may be needed. If you are visually impaired, please remember your buddy will probably have never guided a visually impaired person and will not know how to explain your new surroundings properly, please to teach them how to do it properly, it may well be a skill they use after the voyage too.

11. If you are buddied with a hearing impaired ship mate, then do find out the level of hearing and what assistance may be needed. The ship's tannoy announcements can be particularly garbled and difficult to understand even with perfect hearing, so please do take the time to repeat them if needed. And likewise for any briefings, do check that they have been understood. With very good lip readers it can be very easy to forget that they have a hearing impairment at all and carry on talking while looking away. You'll find you'll be reminded to look directly at them!

12. If you are buddied with a wheelchair user, be prepared to help them with moving round ship if required, especially in rough weather. You will both need to familiarise yourself with securing the wheelchair to deck using Unwin straps during periods of inclement weather (ask the permanent crew for help if unsure). Please don't take the straps home when you leave ship, it's easy to forget and we've lost loads of them!

13. If you are sharing a cabin, work out a routine that suits both of you during busy times such as waking up/bedtime and respect each other's privacy needs.

14. If you need some assistance, it is ok to ask other voyage crew members for help too if your buddy is not available, or simply to give them a break. As the voyage goes on people, especially those in your watch usually muck in together.

15. During happy hour, try and work with someone other than your buddy, so you get to meet, work and chat with more of your ship mates.

16. When going out on shore leave, make sure your buddy is not forgotten about and left on the ship on their own. You are not expected to stick to each other like glue, so if you wish to go out alone or with another group of people, feel free to do so, just make sure your buddy has plans or inform your watch leader.

17. If you are feeling unwell due to sea sickness, don't worry about telling your buddy you need a bit of 'me time' staring at the horizon! If you need a bit of assistance to get around the ship if your buddy is ill, then just ask a ship mate or mention it to your Watch Leader. Remember, it is a two way process, so just make sure your buddy is OK from time to time. Top tip – the world's best cure for sea sickness is to sit under a tree!



18. If you offer to help your Buddy or another member of Voyage Crew and they say no, please don't be offended. All of us like our independence and aboard our ships we encourage everyone to step outside their comfort zone and discover the things they can do (but thought they couldn't). Maybe just tell your buddy "please ask me if you do need any help" and then keep an eye out.

If you are unsure of what to do, or are unhappy with the buddying arrangements then please talk to your Watch Leader and/or Medical Purser or any other Permanent Crew member. Do not suffer in silence. Most problems can be resolved if the Permanent Crew are aware of it. The voyage and buddying should be an enriching experience for both of you.