

## **Insurance Guidance**

This summary of insurance relates to 2022 only. Raleigh Costa Rica requests that each participant (Volunteer and Volunteer Manager) coming on the expedition have insurance with a minimum coverage of US\$1 million for medical care, accident, COVID-19, sickness, return home, disability, and death.

### **Details of the insurance you need to have**

**Protection and assistance:** If your medical insurance does not include travel coverage, we recommend that you purchase additional travel insurance.

**Insurer:** Ensure it covers Costa Rica.

**Assistance Providers:** Raleigh Costa Rica staff or Volunteer Manager will accompany you for required medical attention during Expedition. You will be accompanied by at least one person who can communicate in English or Spanish.

**Policy Period:** The coverage must cover from the day you arrive in the country until the day the Expedition ends. We recommend that it be done for the ideal length of time from departure from home to return to the home country.

### **What Raleigh Costa Rica does not provide for your Expedition programme.**

Unless these are covered by a separate (e.g. bursary) agreement, you are solely responsible for purchasing and/or obtaining:

- Medical insurance
- Personal equipment
- International flights
- Costs associated with travel, such as Government required quarantine
- Costs associated with you not adhering to Raleigh Costa Rica's requirements of participation
- Vaccinations (read below)
- Medical checks, tests or certificates
- Background checks (e.g. DBS)
- Medicine for pre-existing conditions
- Additional insurance if required
- Visas (if applicable)

## You must disclose medical information.

You must disclose to us complete and accurate details of all pre-existing physical or mental health considerations and anything else that may affect your ability to partake in the Expedition including confirmation that you have received the mandatory vaccinations that we consider essential for travel to the Expedition country. Medical disclosure information must be provided by the Medical Form as notified to you in your Welcome email from us, otherwise we may withdraw your offer. You must receive medical clearance from us prior to booking your flights to travel and prior to partaking in the Expedition. The medical clearance process may involve you obtaining a medical check, test, certificate, or treatment from a registered doctor at your own expense. We will confirm by email once clearance is confirmed by Raleigh Costa Rica.

## You are responsible for vaccinations.

It is your responsibility to make sure that you have had the appropriate and adequate vaccinations prior to going abroad and, if necessary, are taking the appropriate anti-malarial medications. We accept no responsibility for your decision not to obtain the mandatory or recommended vaccinations. In the event you were to arrive on Expedition without the mandatory vaccinations or anti-malarial medications, you will be required to obtain these at your own cost before you will be allowed to continue with the Expedition programme. Raleigh Costa Rica reserves the right to exclude anyone from participating in the Expedition if they have not obtained the mandatory vaccinations and/or are not taking the appropriate anti-malarial medication.

## Vaccines required:

- Hepatitis A and B
- Measles, Mumps and Rubella
- Typhoid
- COVID-19 (at least 2 doses)
- Yellow fever (if applicable)
- Diphtheria, Tetanus and Polio

You are required to meet a minimum fitness level.

For health and safety reasons you must have a reasonable level of physical fitness to partake in any Expedition. If we consider that your physical fitness is inadequate, we may refuse your participation in some or all the Expedition. However, Raleigh Costa Rica is committed to Equity, Diversity, and Inclusion and therefore if you have any concerns, we ask you to discuss them with staff.