Deep Water Horizon Oil Spill

Incident Action Plan (IAP) #5

(Field Version)

Operational Period: 05/24/2010 through 05/28/2010

Starting: 0600 2010/05/24
Ending: 0600 2010/05/28

United States Environmental Protection Agency

"...to protect human health and to safeguard the natural environment..."

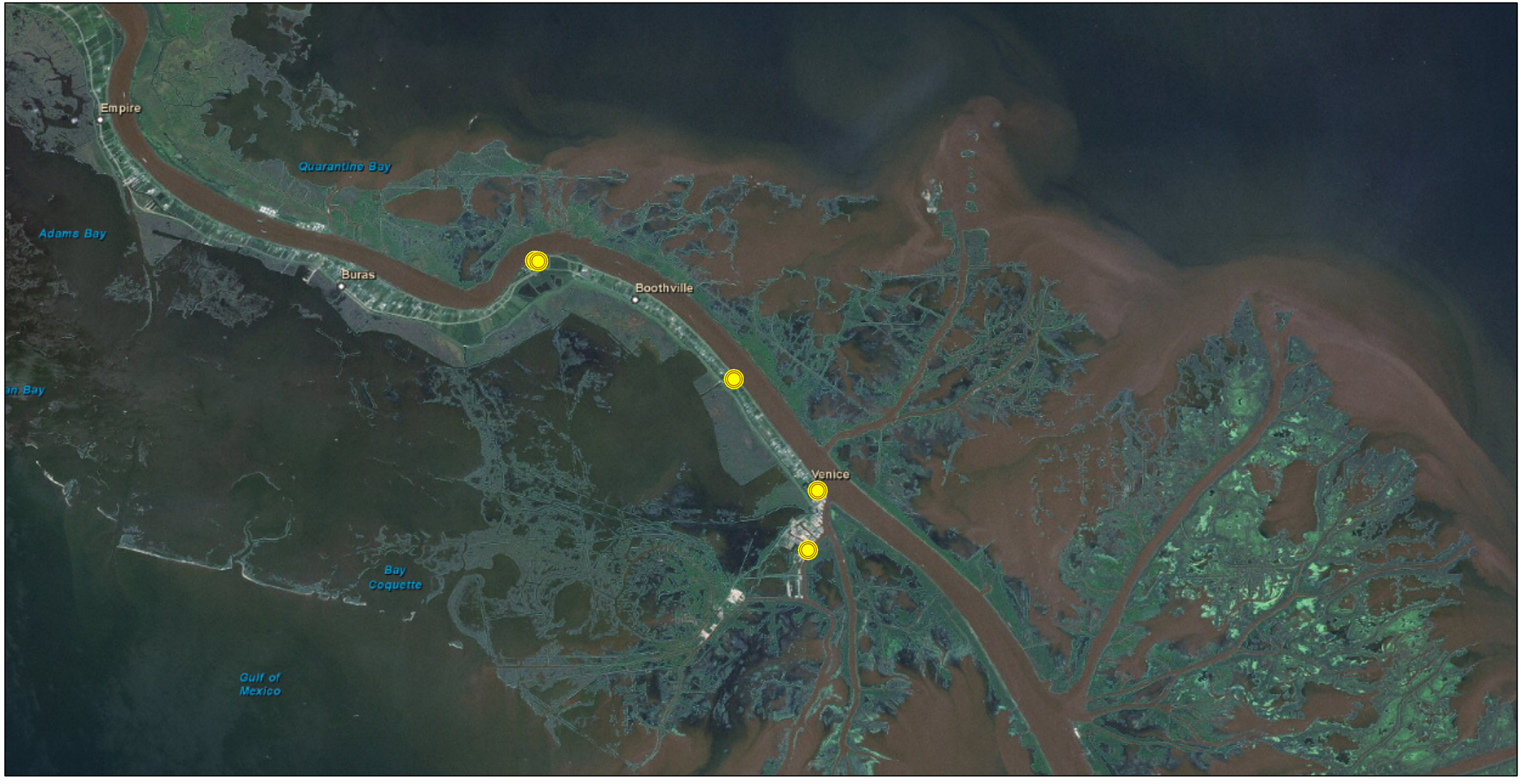
6012334

"Chalmations" "Plaquemine Reds"

INCIDENT BRIEFING	Incident Name	Date	Time
	Deepwater Horizon Oil Spill	05/20/2010	0700

☒ See Attached Map

Page 1 of 8	Prepared by (Name and Position)
	Ruhl/Bordelon/Staudt



Sampling Locations

Air Monitoring Locations

N
W E
S

0 1 2 4 Miles

US EPA REGION 6
Air Monitoring Locations
Venice Division
05/23/2010

Deep Water Horizon Oil Spill

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY
EPA
EMERGENCY RESPONSE

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Legend

Early Detection/Near Shore Sample Locations

N W E S

0 1 2 4 Miles

US EPA REGION 6
Early Detection/Near Shore
Target Sample Locations
Chalmette Division
05/23/2010

Deep Water Horizon Oil Spill

P 560

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Sampling Locations

Air Monitoring Locations

N
W E
S

Miles
0 1 2 4

US EPA REGION 6
Air Monitoring Locations
Chalmette Division
05/23/2010

Deep Water Horizon Oil Spill

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY
EPA
EMERGENCY RESPONSE

P 560

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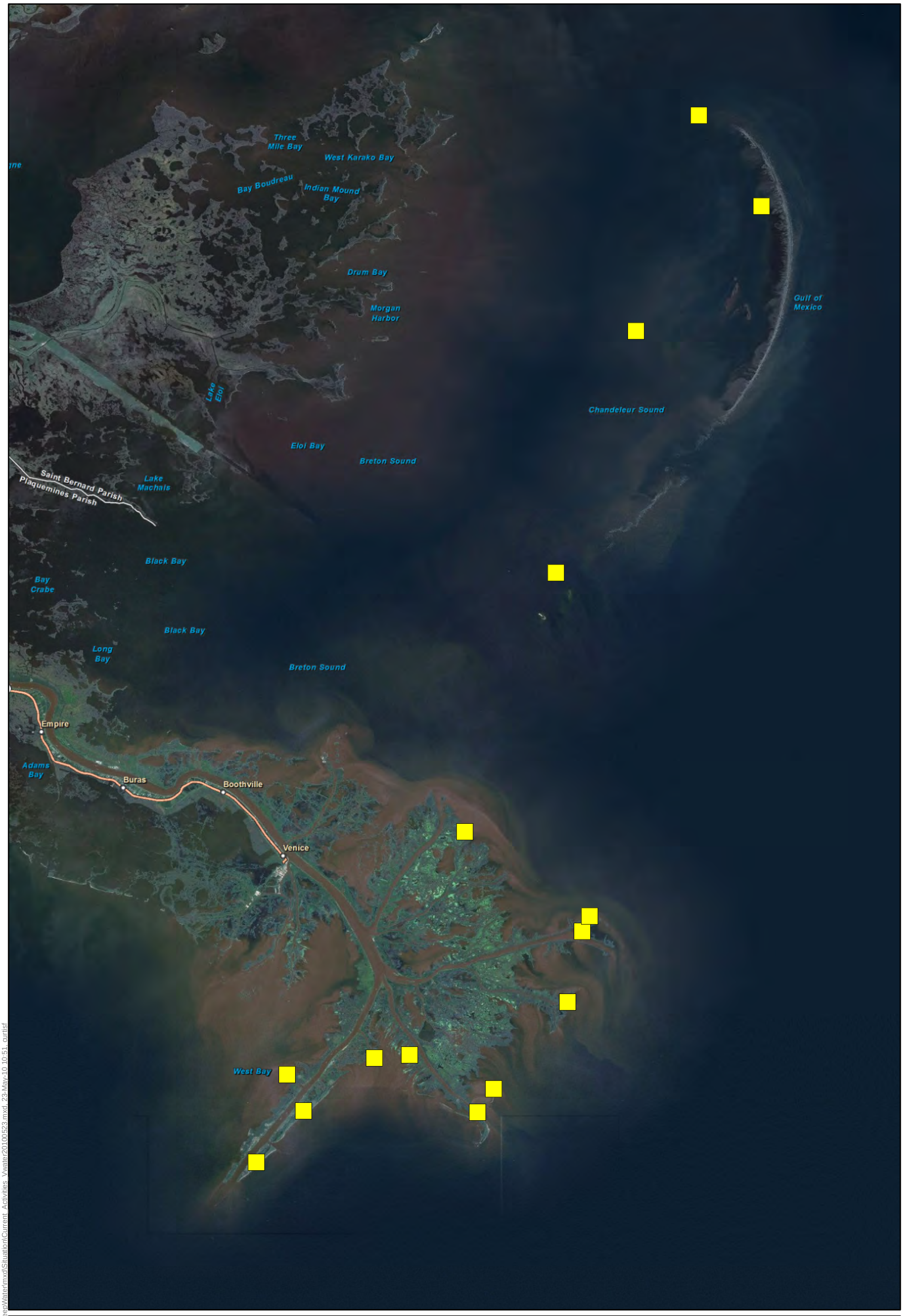

Legend

Early Detection/Near Shore Sample Locations

N W E S

0 1.5 3 6 Miles

US EPA REGION 6
Early Detection/Near Shore
Target Sample Locations
Venice Division
05/23/2010

Deep Water Horizon Oil Spill

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY EPA EMERGENCY RESPONSE

P 560

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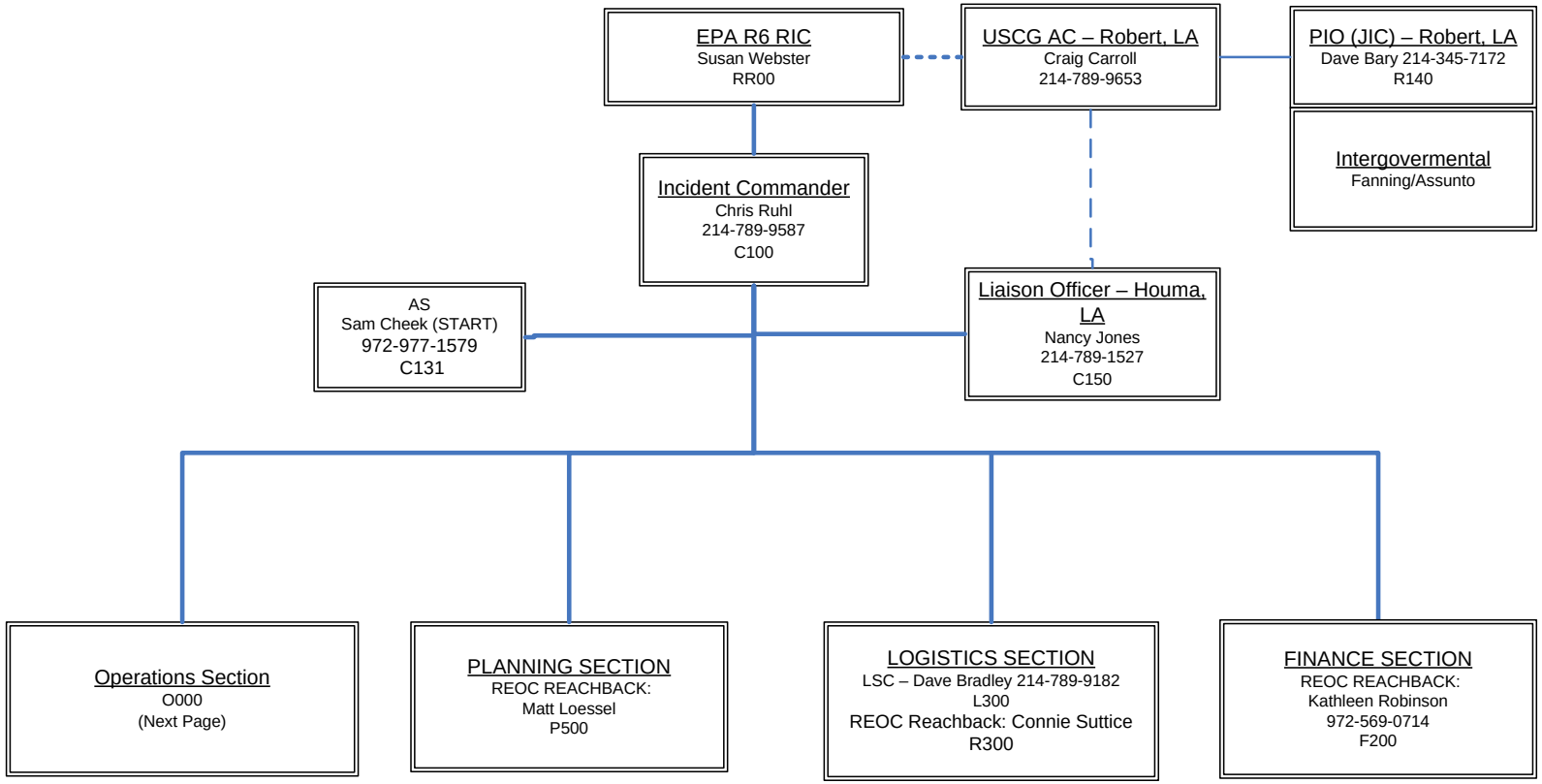
Current Organization
Ruhl/Bordelon/Staudt See Attached

Prepared by (Name and Position)
Chris Ruhl

Deep Water Horizon Oil Spill Command Org Chart



Deep Water Horizon Oil Spill Operations Org Chart

Date: 5/24/2010
Operational Period:
5/24/2010, 06:00 Hours - 5/28/2010, 06:00 Hours

Operation Section Chief:
Chris Ruhl (214) 789-9587
O000

Team Lead: David Bordelon, 225 772-7921; O00C
Data Management: Fran Curtis, 610-999-0989; P57C
FCA: Lupe Cavazos, 210-288-5126; F23C
Resources/Documentation Team: Lauren Pesce, 978-771-8487; P53C

Division Plaquemines
Div Sup-Bill Rhotenberry
214-437-9804
Jeff Wright (START Team Lead)
225-278-8406
O00V

Air Sampling Team
Team Leader:
Paul Clark 920-376-0484
O55V

Shift 1 (0700 – 1500)
Larry Howard 225-205-0885
Mary Boggs 334-332-7127

Shift 2 (1500 – 2300)
Kristin Aljoe 210-416-2686
Paul Novak 717- 587-6146

Shift 3 (2300 – 0700)
Jim Stahling 919-880-6507
Erik Sadusky 678-516-7299

Water Sampling Team
Team Leader:
Andy Kallus 360-508-2493
O65V

Team 1
Andy Kallus 360-508-2493
Garrett Arai 610-701-7367
Patrick Wilkin 225-802-2001

Team Lead:
Jeff Wright 225-278-8406
O00V
Data Management:
Tom Walzer 972-978-6699
P57V
Network:
Jose Cervantes 972-979-2114
L32V
FCA: Margie Fitzgerald
(225) 247-2264
F23V
Resources Team:
Stephanie Staudt
P53V - Documentation/
P511 - IAP

Division Chalmette
Div Sup-Chris Ruhl
214-789-9587
David Bordelon(START)
225-772-7921
O00C/P521-SitRep

Air Sampling Team
Team Leader:
Tom Davis 484-880-5113
O55C

Shift 1 (1800-0200)
Claire Odenweller 937-475-1626
Kevin Johnson 334-728-0126

Shift 2 (0200-1000)
Terry Alexander 410-919-8319
Sheldon Bell 224-717-2799

Shift 3 (1000-1800)
Brendan Hughes 832-367-9260
Randy Mileur 907-230-8612

Division Houma
Division Sup-Nancy Jones
(214)789-1527
Heth Parnel (972)977-8683

TAGA
ERT
David B. Mickunas 609 865 1574
Rebecca Connell 702 506 7172
SERAS
Danielle McCall - 609 865 6414
John Curtis - 702 236 8792
Yi-Hua Lin
Eugene Tsvetkov

ASPECT
Aircraft
O53A
Tim Curry
Paul Kudaraskas
John Cardarelli
David Kappelman
Paul Fletcher (Pilot)
Beorn Leger (Pilot)
David Wagner (Pilot)
Rich Rousseau

DATA MANAGEMENT
Martin McComb
Dan Wainberg
Duane Newell
Neil Nguyen
Brad Morgan
Jim Brinkman
Nick Zhang

Division Cocodrie
Division Sup – Eric Nold
(913) 645-6449
Paul Doherty
913-645-6449

Team 1
Jarrod Redwine 806-438-2464

Plaquemines Shipping Address
The Lighthouse Lodge
42256 Hwy. 23 Venice, LA 70091
Local: 504-534-7424
Fax: 504-534-7424
Margie Fitzgerald: (225) 247-2264

Chalmette Shipping Address
At LDEQ:
201 Evans, Suite 420
Harahan, LA 70123
Contact David Bordelon 225-772-7921

Resources Summary				
Resources Needed	**Resource Identifier**	**ETA**	**On-Scene**	**Notes: (Location / Assignment / Status)**
Personnel Resource List	See Attachment		☐	
Equipment Resource List	See Attachment		☐	
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Page 3 of 8	Prepared by (Name and Position) Samuel Cheek			

Summary of Current Actions

Overall Incident Objectives

☒ Ensure the Safety of Citizens and Responders Personnel

☐ Control the Source of the Spill

☒ Manage a Coordinated Response Effort

☒ Maximize Protection of Environmentally-Sensitive Areas

☐ Contain and Recover Spilled Material

☐ Recover and Rehabilitate Injured Wildlife

☐ Remove Oil from Impacted Areas

☐ Minimize Economic Impacts

☐ Keep Stakeholders and Public Informed of Response Activities

Additional incident Objectives:

➢

Tactical Objectives for Operational Period

➢

Time	Action / Note

Prepared by (Name and Position)

Samuel Cheek

DeepWater Horizon Oil Spill
Personnel Resource List

Last_Name	First_Name	Phone Number	Mob Date	Projected_Demob_ Date	Assignment
Bordelon	David	225-772-7921	4/28/2010	6/2/2010	Mobil CP Task Force-Team Lead
Curtis	Fran	610-999-0989	5/18/2010	6/02/2010	GIS Data Team Lead/ Chamette Data
Fitzgerald	Margie	225-247-2264	4/29/2010	NA	Plaquemines Finance
Howard	Larry	225-205-0885	5/18/2010	6/02/2010	Plaquemines Air Sampler
Boggs	Mary	401-301-3278	5/21/2010	6/08/2010	Plaquemines Air Sampler
Wilkin	Patrick	225-802-2001	4/30/2010	5/25/2010	Plaquemines Water Sampling
Quick	Tyshaun	225-200-4720	4/30/2010	NA	Plaqu/Chalm Environmental Unit Courier
Wright	Jeff	225-278-8406	5/19/2010	6/3/2010	Plaquemines Field Team Lead
Novak	Paul	717-587-6146	5/20/2010	6/04/2010	Plaquemines Air Sampling
Odenweller	Claire	937-475-1626	5/2/2010	5/27/2010	Chalmette Air Sampling
Redwine	Jarrod	806-438-2464	5/2/2010	5/27/2010	Chalmette Water/Sed Sampling
Sena	David	574-261-5413	5/25/2010	6/10/2010	Chalmette Air Team
Smith	Tim	937-367-7475	5/25/2010	6/10/2010	Cocodrie Water Sampling
Alexander	Terry	410-919-8319	5/5/2010	5/27/2010	Chalmette Air Sampling
Clarke	Paul	920-378-0484	5/9/2010	5/27/2010	Plaquemines Air Boss
Pelc	Dayna	484-947-9670	5/26/2010	6/03/2010	Plaquemines Air Boss
Aljoe	Kristin	210-416-2686	5/10/2010	5/26/2010	Plaquemines Air Sampling
Cheek	Sam	972-977-1579	5/12/2010	5/26/2010	Health and Safety
Hughes	Brendan	832-367-9260	5/12/2010	5/28/2010	Chalmette Air Team
Cavazos	Lupe	210-288-5126	5/13/2010	5/28/2010	Chalmette Field Cost Accountant

Cervantes	Jose	972-979-2114	5/13/2010	5/28/2010	Plaquemines Logistics/Coms
Johnson	Kevin	334-728-0126	5/13/2010	5/28/2010	Chalmette Air Team
Stahling	Jim	919-880-6507	5/15/2010	5/29/2010	Plaquemines Air Sampling
Morgan	Brad	972-977-7422	5/18/2010	5/26/2010	REOC; In Houma Unified ICP 5/18-5/26
Pesce	Lauren	978-771-8487	5/18/2010	6/2/2010	Chalmette Doc Unit / Assist. FTL
Davis	Tom	484-880-5113	5/19/2010	6/3/2010	Chalmette Air Boss
Ford	Greg	919-358-9980	5/26/2010	6/10/2010	Chalmette Air Team
Sandusky	Erik	678-516-7299	5/19/2010	6/4/2010	Plaquemines Air Team
Staudt	Stephanie	713-819-5702	5/19/2010	6/5/2010	Plaquemines Doc Unit / Assist. FTL
Mileur	Randy	907-230-8612	5/19/2010	6/6/2010	Chalmette Air Team
Arai	Garrett	225-802-2001	5/21/2010	6/07/2010	Plaquemines Water Sampling
Kallus	Andrew	225-802-2001	5/19/2010	6/06/2010	Plaquemines Water Sampling Team Lead
Walzer	Tom	225-802-2001	5/18/2010	6/02/2010	Plaquemines Data Manager
Wood	Jeremy	334-663-3886	5/26/2010	6/14/2010	Chalmette Air Team
Kiel	Andy	216-409-0821	5/25/2010	6/10/2010	Chalmette Air Team
Cooper	Tray	210-296-7403	5/24/2010	6/09/2010	Plaquemines Air Team
Bryniarski	Jeff	708-284-2490	5/27/2010	6/11/2010	Plaquemines Air Team

DeepWater Horizon Oil Spill

Equipment Resource List

Equipment	Serial Number	Checked Out To	Assignment
SKC CHARGER	RFW23488	D. Bordelon	Chalmette
SKC PUMP	RFW20308	D. Bordelon	Chalmette
SKC PUMP	RFW23468	D. Bordelon	Chalmette
SKC PUMP	RFW23470	D. Bordelon	Chalmette
SKC PUMP	RFW23480	D. Bordelon	Chalmette
SKC PUMP	RFW23482	D. Bordelon	Chalmette
Hanna 1	RFW23664	D. Bordelon	Chalmette
Hanna 1	RFW23663	D. Bordelon	Chalmette
Hanna 1	RFW23662	D. Bordelon	Chalmette
Drager Pump	RFW10601		Chalmette
Drager Pump	RFW10600		Chalmette
Printer	WSH00257		Chalmette
Printer	WSH00258		Chalmette
Camera	WSH00155		Chalmette
Camera	WSH00188		Chalmette
Garmin 60csx	WSH00242		Chalmette
Garmin 60csx	WSH00185		Chalmette
Ponar sampler	RFW24889		Chalmette
Ponar sampler	RFW24898		Chalmette
Water sampler	RFW20423		Chalmette
Pdr	RFW21959		Chalmette
Pdr	RFW21958		Chalmette
Pdr	RFW21983		Chalmette
Pdr	RFW21985		Chalmette
Dataram	4368		Chalmette
Turbidity Meter	9967		Chalmette
Turbidity Meter	13905		Chalmette
Area RAE	9376		Chalmette
Area RAE	7544		Chalmette
Area RAE	7545		Chalmette
Camera	WSH00198		Chalmette
Camera	WSH00082		Chalmette
Data/Ram	RFW21866	B. Latham	Venice
DataRam 7	07243	B. Latham	Venice
Multi-Rae	RFW23713	B. Latham	Venice
Multi-Rae	RFW23673	B. Latham	Venice
Multi-Rae	RFW21154	B. Latham	Venice
Multi-Rae	RFW23115	B. Latham	Venice
Multi-Rae	RFW23676	B. Latham	Venice
NIKON COPIX	WSH00190	B. Latham	Venice
NIKON COPIX	WSH00067	B. Latham	Venice
Rental Vehicle 1		B. Latham	Venice
Rental Vehicle 2		B. Latham	Venice
Rental Vehicle 3		B. Latham	Venice
Rental Vehicle 4		B. Latham	Venice
Rental Vehicle 5		B. Latham	Venice
Rental Vehicle 6		B. Latham	Venice
Satellite	RFW23619	B. Latham	Venice
Satellite	RFW23620	B. Latham	Venice
Satellite	RFW23622	B. Latham	Venice
SKC PUMP	RFW23476	B. Latham	Venice

DeepWater Horizon Oil Spill
Equipment Resource List

SKC PUMP	RFW23472	B. Latham	Venice
SKC PUMP	RFW20310	B. Latham	Venice
SKC PUMP	RFW23474	B. Latham	Venice
SKC PUMP	RFW20328	B. Latham	Venice
TVA#2	EPA724516	B. Latham	Venice
Waders		B. Latham	Venice
YSI 600XL	RFW21199	B. Latham	Venice
YSI 600XL	RFW24849	B. Latham	Venice
Satellite Phone	RFW23623		Venice
SKC Charger	RFW23489	B. Latham	Venice
Fuji Camera	RFW23259	B. Latham	Venice
Garmin 60csx	WSH00244	B. Latham	Venice
SKC Pump	RFW23486	B. Latham	Venice
Drager Pump	RFW20422	B. Latham	Venice
Garmin 60csx	WSH00213	B. Latham	Venice
Ponar sampler	RFW10493	B. Latham	Venice
100' YSI cable	RFW23102	B. Latham	Venice
100' YSI cable	RFW23104	B. Latham	Venice
Dataram	6243	B. Latham	Venice
Dataram	4672	B. Latham	Venice
Dataram	8560	B. Latham	Venice
Dataram	4512		VENICE
Turbidity Meter	7476		Venice
Turbidity Meter	8659		Venice
Battery Charger	RFW21044		Venice
Battery Charger	RFW21047		Venice
Battery Charger	RFW21045		Venice
Dataram	6306		Venice
Multi-Rae	21153		Venice
Multi-Rae	23674		Venice
Multi-Rae	5876		Venice
Multi-Rae	7201		Venice
Multi-Rae	5755		Venice

1. Incident Name	2. Operational Period	ICS 202-EPA INCIDENT OBJECTIVES
Deep Water Horizon Oil Spill	Operation period 05/24/2010 through 05/28/2010	

3. Incident Objectives:

1. Conduct operations in a safe manner
2. Coordinate activities with Federal, State, and locals
3. Conduct monitoring and sampling of water and air to determine impacts of oil discharged and dispersant used
4. Provide USCG data management support

4. Operational Period Command Emphasis:

Air & Water sampling operations

5. Prepared by: (START)	Date / Time
Stephanie Staudt (START)	5/23/2010
6. Approved by: (Incident Commander)	Date / Time
Chris Ruhl(EPA)	05/23/2010

1. Incident Name	2. Operational Period (Date/Time)	Assignment List ICS 204-EPA
Deep Water Horizon Oil Spill	From: 0600, 24 May 10 To: 0600, 28 May 10	

3. Branch	4. Division/Group/Staging
Environmental Branch	Division Plaquemines

5. Operations Personnel

	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Bill Rhotenberry	U.S. EPA	214-437-9804
Division Lead START:	Jeff Wright	START	225-278-8406
Air Sampling Lead START:	Paul Clarke	START	920-378-0484

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Air Sampling Team 1	Paul Clarke	920-378-0484	8	Contact Div Supervisor /Division Lead (START)	☐
START Team Members (6):					
Shift 1 (0600-1400)	Mary Boggs	401-301-3278			
	Larry Howard	225-205-0885			
	Paul Novak	717-587-6146			
Shift 2 (1400-2200)	Kristen Aljoe (DeMob 5/26)	210-416-2686			
	Tray Cooper (Mob 5/24)	210-296-7403			
	Erik Sadusky	678-516-7299			
Shift 3 (2200-0600)	Jim Stahling	919-880-6507			
	Jeff Bryniarski (Mob 5/27)	708-284-2490			

7. Work Assignments

1. Conduct air sampling at the following locations:
   V02(29.25274 N, 89.35750 W) US COAST GUARD STATION, Venice, LA
   V03(29.31449 N, 89.38433 W) Welding Supply Company, Boothville, LA
   V05(29.35699 N, 89.45487 W) Fort Jackson, LA
   Sample for VOCs and PM2.5, Monitor for VOC, H2S, CO
   Monitor for VOCs using colorimetric tubes if VOC action level (10 ppm) is exceeded

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 0900 and 1200.
2. Notify Div Sup if any health and safety issues occur.
3. Shift 1 to check in no later than 1500 at Division Plaquemines Command Post for debrief. Shift 2 to check in no later than 2300 at Division Plaquemines Command Post for debrief. Shift 3 to check in no later than 0700 at Division Plaquemines Command Post for debrief.
4. All media interest should be directed to Division Supervisor.
5. Complete 214B at end of shift and submit to START team lead.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief	214-789-9587
Bill Rhotenberry (EPA), Div Supv	214-437-9804
Jeff Wright, START Div Ld	225-278-8406
Paul Clarke, START Air Ld/ AST Shift 1 Lead	920-378-0484
Kristin Aljoe, START Air Sampling Shift 2 Lead	210-416-2688
Jim Stahling, START Air Sampling Shift 3 Lead	919-880-6507
Jose Cervantes, START MCP/Network Team	972-979-2114
Tom Walzer, START Data Management Team Ld	972-978-6699
Margie Fitzgerald, START Field Cost Accountant	225-247-2264
Stephanie Staudt, START Resources Team	713-819-5702

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by Date/Time	11. Reviewed by (OSC) Date/Time	12. Reviewed by (OSC) Date/Time
Stephanie Staudt 23-May-10 / 16:32 (START)	Chris Ruhl, OSC	

1. Incident Name Deep Water Horizon Oil Spill	2. Operational Period (Date/Time) From: 0600, 24 May 10 To: 0600, 28 May 10	**Assignment List** **ICS 204-EPA**

3. Branch Environmental Branch	4. Division/Group/Staging Division: Plaquemines

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Bill Rhotenberry	U.S. EPA	214-437-9804
Division Lead START:	Jeff Wright	START	225-278-8406

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Mobil CP Task Force	Jeff Wright	225-278-8406	5	Contact Div Supervisor /Division Lead (START)	☐
MCP/Network Team START (1)	Jose Cervantes	972-979-2114			
Data Management Team START (1)	Tom Walzer	713-705-1467			
Field Cost Accountant START (1)	Margie Fitzgerald	225-247-2264			
Resources Team (START (1)	Stephanie Staudt	713-819-5702			

7. Work Assignments

1. Conduct support operations to Division Command Staff and all field teams.
2. Conduct logistics support to MCP and all field operations.
3. Provide field accounting support for cost documentation.

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 1000 and 1500.
2. Notify Div Sup if any health and safety issues occur.
3. All teams check in no later than 2000 at Division Plaquemines Command Post for debrief.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief	214-789-9587
Bill Rhotenberry (EPA), Div Supv	214-437-9804
Jeff Wright, START Div Ld	225-278-8406
Paul Clarke, START Air Sampling Team Ld	334-332-7127

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by Date/Time	11. Reviewed by (OSC) Date/Time	12. Reviewed by (OSC) Date/Time
Stephanie Staudt 23-May-10 / 14:62 (START)	Chris Ruhl, OSC	

1. Incident Name Deep Water Horizon Oil Spill	2. Operational Period (Date/Time) From: 0600, 24 May 10 To: 0600, 28 May 10	Assignment List ICS 204-EPA

3. Branch Environmental Branch	4. Division/Group/Staging Division Plaquemines

5. Operations Personnel

	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Bill Rhotenberry	U.S. EPA	214-437-9804
Division Lead START:	Jeff Wright	START	225-278-8406

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Water Sampling Team START	Andy Kallus (Task 1)	360-508-2493	1	Contact Div Supervisor /Division Lead (START)	☐
Team Members: START (2)	Garrett Arai (Task 1) Patrick Wilkin (Task 2 - Demob 5/24)	610-209-2062 225-802-2001	2		
Boat Captain (Task 1 & 2) Boat Captain * Boat Captain *	Cpt. Allen Moreau Cpt. Troy Wetzel Cpt. Billy Wells	504-382-0794 504-701-3474 504-329-7451	3	Charter Boat Captain Charter Boat Captain Charter Boat Captain	

7. Work Assignments

1. Conduct water sampling at previous sampling locations as requested by Environmental Unit and directed by the Division Sup.
2. Collect oil/dispersant samples as directed by the Division Sup.
3. Conduct oil spill reconnaissance activities in oil areas.

*As necessary

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 0600.
2. Notify Div Sup if any health and safety issues occur.
1. Task Forces to be off the water by 1630
2. Water sampling team to check in no later than 2000 at Division: Plaquemines Command Post for debrief.
3. All media interest should be directed to Division Supervisor.
4. Use satellite phone 881641476533 as needed: (While using phone, dial 001 then phone number you are trying to reach)

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone	Satellite Phone
Chris Ruhl, Ops Chief	214-789-9587	
Bill Rhotenberry (EPA), Div Supv	214-437-9804	881641476533
Jeff Wright, START Div Ld	225-278-8406	
Tom Walzer, START Data Management Team Ld	972-978-6699	
Jose Cervantes, START MCP/Network Team	972-979-2114	
Margie Fitzgerald, START Field Cost Accountant	225-247-2264	
Stephanie Staudt, START Resources Team	713-819-5702	

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by Date/Time	11. Reviewed by (OSC) Date/Time	12. Reviewed by (OSC) Date/Time
Stephanie Staudt 23-May-10 / 16:32 (START)	Chris Ruhl, OSC	

1. Incident Name	2. Operational Period (Date/Time)	Assignment List ICS 204-EPA
Deep Water Horizon Oil Spill	From: 0600, 24 May 10 To: 0600, 28 May 10	

3. Branch	4. Division/Group/Staging
Environmental Branch	Division Chalmette

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Chris Ruhl	U.S. EPA	214-789-9587
Division Lead START:	David Bordelon	START	972-213-6618
Air Sampling Lead START:	Tom Davis	START	484-880-5113

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Air Sampling Team	Tom Davis	484-880-5113	7	Contact Div Supervisor /Division Lead (START)	☐
START Team Members (6):				Air Sampling Lead (START)	
Shift 1 (1800-0200)	Kevin Johnson	334-728-0126			
	Claire Odenweller	937-475-1626			
Mobilizing	Andy Kiel	216-409-0821			
Mobilizing	Greg Ford	919-358-9980			
Shift 2 (0200-1000)	Terry Alexander	410-919-8319			
	Sheldon Bell	224-717-4698			
Mobilizing	David Sena	574-261-5413			
Shift 3 (1000-1800)	Brendan Hughes	832-367-9260			
	Randy Mileur	907-230-8612			
Mobilizing	Jeremy Wood	334-663-3886			

7. Work Assignments

1. Conduct air sampling at the following locations:
   C02 - located at Fire Station number 8, Poydras LA 29.86609 -89.89108
   C04 – located at Fire Station on Aycock St in Chalmette, LA 29.96082, -90.00132
   C05 – located at Fire Station number 11, Hopedale, LA, 29.84049, -89.68980
   Sample for VOCs and PM2.5, Monitor for VOC and PM10
   Monitor for VOCs using colorimetric tubes if VOC action level (10 ppm) is exceeded

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 1300 & 1700 for Shift 1, 2000 for Shift 2 and 1000 for Shift 3.
2. Notify Div Sup if any health and safety issues occur.
3. Shift 1 to check in at 1000 and 1800 at Chalmette LRV Command Post for debrief. Shift 2 to check in at 1800 and 0200 at Chalmette LRV Command Post for debrief. Shift 3 to check in at 0200 and 1000 at Chalmette LRV Command Post for debrief.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief/Div Supv	214-789-9587
David Bordelon, START Div Ld	225-772-7921
Tom Davis, START	484-880-5113
Fran Curtis, START IT Team Ld	610-999-0989
Lupe Cavazos, START Field Cost Accountant	210-288-5126
Lauren Pesce, START Resources Team	978-771-8487

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by Date/Time	11. Reviewed by (PSC) Date/Time	12. Reviewed by (OSC) Date/Time
David Bordelon 23-May-10 / 13:20	Chris Ruhl, OSC	

1. Incident Name	2. Operational Period (Date/Time)	Assignment List ICS 204-EPA
Deep Water Horizon Oil Spill	From: 0600, 24 May 10 To: 0600, 28 May 10	

3. Branch	4. Division/Group/Staging
Environmental Branch	**Division Cocodrie**

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Eric Nold	U.S. EPA	816-718-4274
Water Sampling Team Lead EPA	Paul Doherty	U.S. EPA	913-645-6449
Division Lead START	David Bordelon	START	225-772-7921
Water Sampling Team Lead START	Jarrod Redwine	START	806-438-2464

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Water Sampling Team 1	Eric Nold	816-718-4274		Contact Div Supervisor /Division Lead (EPA)	☐
Team Members: EPA	Paul Doherty Eric Nold	913-645-6449 816-718-4274	2	Water Sampling Group Lead (EPA)	
Team Members: START (1) Mobilizing Boat Captain	Jarrod Redwine Tim Smith Cpt. Eugene Foret	806-438-2464 937-367-7475 985-594-6626	2	Water Sampling Group Lead (START) Strike Team Leader	

7. Work Assignments

1. Conduct water sampling at 3-5 locations in the Timbalier, Terrebonne and Barataria Bay systems in the Gulf of Mexico and coastal marshes in Terrebonne, Lafourche, and Jefferson Parishes. Water sampling locations include Early Detection sampling points 0009, and NCA10 points 1336, and 1332 as well targets of opportunity provided by the Environmental Unit.
2. Collect oil samples as directed by the Division Sup.
3. Complete 214b.

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 0800.
2. Notify Div Sup if any health and safety issues occur.
3. All Teams off the water by 1630.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief/Div Supv	214-789-9587
Eric Nold, Division Supervisor	816-718-4274
Paul Doherty, Water Sampling Team Lead	913-645-6449
David Bordelon, START Div Ld	225-772-7921
Jarrod Redwine, START Water Sampling Team 1	248-939-7824
Fran Curtis, START IT Team Ld	610-999-0989
Lupe Cavazos, START Field Cost Accountant	210-288-5126
Lauren Pesce, START Resources Team	978-771-8487

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer

10. Prepared by Date/Time	11. Reviewed by (PSC) Date/Time	12. Reviewed by (OSC) Date/Time
David Bordelon 23-May-10 / 13:20	Chris Ruhl, OSC	

1. Incident Name	2. Operational Period (Date/Time)	Assignment List
Deep Water Horizon Oil Spill	**From: 0600, 24 May 10 To: 0600, 28 May 10**	**ICS 204-EPA**

3. Branch	4. Division/Group/Staging
Environmental Branch	**Division Houma**

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Nancy Jones	U.S. EPA	214-789-1527
Division Lead START:	Brad Morgan	START	972-977-7422

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Houma Incident Command Task Force	Nancy Jones	214-789-1527	8	Contact Div Supervisor /Division Lead	☐
Data Management (EPA)	Marty McComb Dan Wainberg				
Data Management (START)	Brad Morgan Jim Brinkman Nick Zhang	972-977-7422 505-550-5024 512.517.0538			
Technical Specialist (EPA)	Duane Newell Neil Nguyen	832-860-2956			
Technical Specialist (START)	Heth Parnel (5/26/10)	972-977-8683			

7. Work Assignments

1. Conduct support operations to Division Command Staff.
2. Assist with data management as directed.
3. Conduct air sampling aboard USCG vessels as needed.
4. Provide Vietnamese translation as needed.

8. Special Instructions

1. Team Supervisors give status reports to Division Supervisor.
2. Notify Div Sup if any health and safety issues occur.
3. All teams check in no later than 0800 at the Houma Incident Command Post.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief/Div Sup	214-789-9587
Nancy Jones, Div Sup	214-789-1527
Martin McComb	
Dan Wainberg	
Duane Newell	
Neil Nguyen	
Brad Morgan, START Div Ld	972-977-7422
Jim Brinkman	
Ma Long	

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by	Date/Time	11. Reviewed by (OSC)	Date/Time	12. Reviewed by (OSC) Date/Time
David Bordelon	23-May-10 / 22:31	Chris Ruhl, OSC		

1. Incident Name	2. Operational Period (Date/Time)	Assignment List
Deep Water Horizon Oil Spill	From: 0600, 24 May 2010 To: 0600, 28 May 2010	ICS 204-EPA

3. Branch	**4. Division/Group/Staging**
Environmental Branch	**Division TAGA**

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Nancy Jones	U.S. EPA	214-789-1527
Division Lead :	Dave Mickunas	U.S. EPA	609-865-1574

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
TAGA Task Force	Dave Mickunas	609-865-1574	6	Contact Div Supervisor /Division Lead	☐
ERT SERAS	Rebecca Connell - Danielle McCall John Curtis Yi-Hua Lin Eugene Tsvetkov	702 506 7172 609 865 6414 702 236 8792			

7. Work Assignments

1. Conduct support operations to Division Command Staff.
2. Conduct air monitoring/sampling within areas of public receptors.
3. Respond to complaints of odors and petroleum/dispersant related VOCs.
4. Conduct mobile air sampling and monitoring as needed.
5. Asset will be shared between Regions 4 and 6.
6. Complete daily summaries to Division Sup and Ops Chief.

8. Special Instructions

1. Team Supervisors give status reports to Division Supervisor.
2. Notify Div Sup if any health and safety issues occur.
3. All teams check with the Houma Incident Command Post upon completion of mission.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief/Div Sup	214-789-9587
Nancy Jones, Div Sup	214-789-1527
Dave Mickunas, Task Force Leader	609-865-1574

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer

10. Prepared by	**Date/Time**	**11. Reviewed by (OSC)**	**Date/Time**	**12. Reviewed by (OSC)** **Date/Time**
David Bordelon	23-May-10 / 22:31	Chris Ruhl, OSC		

1. Incident Name	2. Operational Period (Date/Time)	Assignment List
Deep Water Horizon Oil Spill	**From: 0600, 24 May 10 To: 0600, 28 May 10**	**ICS 204-EPA**

3. Branch	4. Division/Group/Staging
Environmental Branch	**Division Aspect**

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Nancy Jones	U.S. EPA	214-789-1527
Division Lead:	Mark Thomas	U.S. EPA	513-675-4753

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Task Force ASPECT	Mark Thomas	513-675-4753	6	Contact Div Supervisor /Division Lead	☐
Aerial over flights for aerial survey, monitoring and sampling (EPA)	Tim Curry Paul Kudaraskas John Cardarelli David Kappelman	816-718-4281 202-344-5382 513-675-4745 334-546-7064			
Aerial over flights for aerial survey, monitoring and sampling (ARRAE)	Paul Fletcher (Pilot) Beorn Leger (Pilot) David Wagner (Pilot) Rich Rousseau (Pilot)	214-632-4987 972-921-1893 469-693-9906 972-825-6953			

7. Work Assignments

1. Conduct support operations to Division Command Staff.
2. Conduct over flight operations as directed by Division Sup.
3. Conduct photographic documentation as directed by Division Sup.
4. Conduct air monitoring and sampling as requested by the Environmental Unit and directed by Division Sup.
5. Complete daily summaries to Division Sup and Ops Chief.

8. Special Instructions

1. Team Supervisors give comms/status reports to Division Sup at the end of each mission.
2. Notify Div Sup if any health and safety issues occur.
3. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief	214-789-9587
Nancy Jones, Div Sup	214-789-1527
Mark Thomas, Division Lead	513-675-4753

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer

10. Prepared by	Date/Time	11. Reviewed by (OSC)	Date/Time	12. Reviewed by (OSC) Date/Time
David Bordelon	23-May-10 / 22:31	Chris Ruhl, OSC		

1. Incident Name Deep Water Horizon Oil Spill	2. Operational Period (Date/Time) From: 0600, 24 May 10 To: 0600, 28 May 10	**Assignment List** **ICS 204-EPA**

3. Branch Environmental Branch	4. Division/Group/Staging Division Chalmette

5. Operations Personnel	Name	Affiliation	Contact # (s)
Operations Chief:	Chris Ruhl	U.S. EPA	214-789-9587
Division Supervisor:	Chris Ruhl	U.S. EPA	214-789-9587
Division Lead START:	David Bordelon	START	225-772-7921

6. Resources Assigned "X" indicates 204a attachment with additional instructions

Strike Team/Task Force/Resource Identifier	Leader	Contact Info. #	# of Persons	Reporting Info/Notes/Remarks	
Mobil CP Task Force	David Bordelon	225-772-7921	6	Contact Div Supervisor /Division Lead (START)	☐
MCP/Network Team START (1)	Jose Cervantes	972-979-2114			
Data Management Team START (1)	Fran Curtis	610-999-0989			
Field Cost Accountant START (1)	Lupe Cavazos	210-288-5126			
Resources Team (START (1)	Lauren Pesce	978-771-8487			

7. Work Assignments

7. Conduct support operations to Division Command Staff and all field teams.
8. Conduct logistics support to MCP and all field operations.
9. Provide field accounting support for cost documentation.

8. Special Instructions

1. Team Supervisors give comms/status reports to START Div Ld at 1000 and 1500.
2. Notify Div Sup if any health and safety issues occur.
3. All teams check in no later than 2000 at Chalmette Division Command Post for debrief.
4. All media interest should be directed to Division Supervisor.

9. Communications (radio and/or phone contact numbers needed for this assignment)

Name/Function	Phone
Chris Ruhl, Ops Chief/Div Supv	214-789-9587
David Bordelon, START Div Ld \	225-772-7921
Fran Curtis, Data Management Ld	610-999-0989
Tom Davis, START Air Sampling Team Ld	484-880-5113
Lupe Cavazos, START Field Cost Accountant	210-288-5126
Lauren Pesce, Resources Team Ld	978-771-8487

See communications list for additional contact numbers

Emergency Communications

Medical 911 Evacuation _____ Other Safety Officer _____

10. Prepared by Date/Time	11. Reviewed by (OSC) Date/Time	12. Reviewed by (OSC) Date/Time
David Bordelon 23-May-10 / 13:20	Chris Ruhl, OSC	

Contact List			Incident Name Deepwater Horizon Oil Spill	2. Operational Period Date/Time Starting: 0700 2010/05/24 Ending: 0700 2010/05/28
Last Name	First Name	Cell #		Activity
USEPA				
Zehner	Warren	214.789.1585		Incident Commander
Ruhl	Chris	214.789.9587		Deputy Incident Commander
McAteer	Mike	214.354.9371		Division Sup-Plaquemines
Rhotenberry	William	214.437.9804		Division Sup-Plaquemines
Brescia	Nick	214.665.2291		Division Sup-Plaquemines
Bradley	Dave	214-789-9182		Logistics
Paisley	Eric	214-789-8750		Logistics
START 3				
Bordelon	David	225-772-7921		Mobil CP Task Force- Team Lead -Chalmette
Latham	Janine	215-620-5664		Mobil CP Task Force-Data Management-Chalmette
Curtis	Fran	610.999.0989		Mobil CP Task Force-Data Management-Chalmette
Latham	Ben	972-213-6618		Mobil CP Task Force- Team Lead -Venice
Wright	Jeff	225-278-8406		Mobil CP Task Force- Team Lead -Venice
Franklin	Curtis	817-229-1222		Water Sampling Team- Team Lead -Chalmette
Redwine	Jarrod	806-438-2464		Water Sampling Team-1-Chalmette
Bryniarski	Jeff	708-284-2490		Air Sampling Team-1-Plaquemines
Pelc	Dayna	484-947-9670		Air Sampling Team- Lead-Plaquemines
Davis	Tom	484-880-5113		Air Sampling Team- Lead-Chalmette
Wilson	Mark	337-581-8430		Air Sampling Team-Chalmette
Sylveria	Warren	302-462-0164		Air Sampling Team-Chalmette
Turner	Pat	843-469-5811		Air Sampling Team-Chalmette
Alexander	Terry	410-919-8319		Air Sampling Team-Chalmette
Wood	Jeremy	334-663-3886		Air Sampling Team-Chalmette
Odenweller	Claire	937-475-1626		Air Sampling Team-Chalmette
Johnson	Kevin	334-728-0126		Air Sampling Team-Chalmette
Thomason	Greg	512-417-5543		Mobil CP Task Force-GIS-Chalmette
Hughes	Brendan	832-367-9260		Mobil CP Task Force-GIS-Chalmette
Brown	Jean	400-406-2813		Mobil CP Task Force-Finance-Chalmette
Cavazos	Lupe	210-288-5126		Mobil CP Task Force-Finance-Chalmette
Cook	Lauren	978-771-8487		Mobil CP Task Force- Resources-Chalmette
Ambrosio	Lorie	248-798-4089		Mobil CP Task Force- Resources-Chalmette
Cheek	Sam	972.977.1579		Asst. Health and Safety Officer-Chalmette
Clarke	Paul	920-378-0484		Air Sampling Team- Lead -Plaquemines
Wallis	Jim	334-332-7127		Air Sampling Team-Plaquemines
Wilken	Patrick	225-802-2001		Air Sampling Team-Plaquemines
Navarro	Nata	361-443-5323		Air Sampling Team-Plaquemines
Beer	Matt	248-939-7824		Air Sampling Team-Plaquemines
Boggs	Mary	401-301-3278		Air Sampling Team-Plaquemines
Howard	Larry	225-205-0885		Air Sampling Team-Plaquemines
Novak	Paul	717-587-6146		Air Sampling Team-Plaquemines
Aljoe	Kristen	210-416-2686		Air Sampling Team-Plaquemines
Sadusky	Erik	678-516-7299		Air Sampling Team-Plaquemines
Stahling	Jim	919-880-6507		Air Sampling Team-Plaquemines
Arai	Garrett	610-209-2062		Water Sampling Team-Plaquemines
Kallus	Andy	360-508-2493		Water Sampling Team-Plaquemines
Smith	Tim	937-367-7475		Water Sampling Team-Cocodrie

Contact List Cont.			Incident Name Deepwater Horizon Oil Spill	2. Operational Period Date/Time Starting: 0700 2010/05/24 Ending: 0700 2010/05/28
Last Name	First Name	Cell #		Activity

START

Cooper	Tray	210-296-7403		Air Sampling Team-Plaquemines
Cervantes	Jose	972-979-2114		Network Admin
Ma	Long	972-978-6699		Mobil CP Task Force-Data Management-Plaquemines
Staudt	Stephanie	713-819-5702		Mobil CP Task Force- Resources-Venice
Sena	David	574-261-5413		Air Sampling Team-Chamette
Kiel	Andy	216-409-0821		Air Sampling Team-Chamette
Ford	Greg	919-358-9980		Air Sampling Team-Chamette
Alaniz	Deborah	512-423-8209		Mobil CP Task Force- Resources-Venice
Fitzgerald	Margie	225-247-2254		Mobil CP Task Force-Finance-Plaquemines

Address

Plaquemines-	42256 HWY 23	Venice, LA 70091		
LDEQ	201 EVANS, Suite 420	Harahan, LA 70123		
Chalmette	St. Bernard Fire Station #8	Violet, LA		
Prepared by (Communications Unit)	Approved by (Logistics Section Chief)	Date	Time	
Samuel Cheek	Chris Ruhl	5/23/2010	1430	

1. Incident Name: Deep Water Horizon Oil Spill	2. Operational Period: From 05/24/10 0700 To 05/28/10 0700	MEDICAL PLAN ICS 206 - EPA

3. Incident Medical Aid Station

Medical Aid Stations	Location	Paramedics Yes	Paramedics No
		☐	☐
		☐	☐
		☐	☐

4. Transportation

A. Ambulance Services

Name	Address	Phone	Paramedics Yes	Paramedics No
Houma- Acadian Ambulance Service	1018 Bond Street, Houma, LA 70363	337-291-3333	☒	☐
Chalmette- Acadian Ambulance Service	7532 West Judge Perez, Arabi, LA 70032	504-682-9550	☒	☐
Venice- Plaquemines Parish Government	28028 HWY 23, Port Sulphur, LA 70083	504-564-1787	☒	☐

B. Incident Ambulances

			☐	☐
			☐	☐

7. Hospitals

Name	Address	Travel Time Air	Travel Time Ground	Phone	Helipad Yes	Helipad No	Burn Center Yes	Burn Center No
Houma-Leonard J. Chabert Medical	1978 Industrial Blvd, Houma, LA 70363		15 min from CP	985-873-2200	☒	☐	☐	☒
Chalmette-Tulane Hospital	1415 Tulane Ave., New Orleans, LA 70112		30 min from CP	504-988-5863	☒	☐	☒	☐
Venice- Oschner Medical Center-WB	2500 Belle Chasse Hwy, Terrytown, LA 70056		1 hr from CP	504-391-5454	☐	☒	☐	☒
Plaqumines Medical Center	26851 Highway 23, Port Sulphur, LA 70083		.5 hr from CP	504-564-3344	☐	☒	☐	☒

8. Medical Emergency Procedures

Water operations: In the event of a medical emergency at sea personnel will contact the United States Coast Guard.

Coast Guard contact information:
VHF Radio-

Channel 16	Ship Transmit MHZ 156.800	Ship Receive MHZ 156.800	International Distress, Safety and Calling. Ships required to carry radio, USCG, and most coast stations maintain a listening watch on this channel

In the event of a medical emergency at air monitoring locations and/or during land operations personnel will contact 911 and provide directions to the incident location if necessary.

9. Prepared by (Medical Unit Leader) Date/Time 10. Reviewed by (Safety Officer) Date/Time

1. Incident Name	2. Operational Period Date / Time	INCIDENT ACTION PLAN SAFETY ANALYSIS ICS 215a - EPA
Deepwater Horizon Oil Spill – Gulf of Mexico	Starting: 05/24/2010 0700 Ending: 05/28/2010 0700	

4. Risk																	5. Risk Mitigations
Division / Group	Heat Stress	Communications	Slips/Trips/Falls	Water Safety	Animals	HAZMAT Operations	Proper PPE	Personal Hygiene	Chemical Hazards								
Protective Booming/ Water Ops	☒	☒	☒	☒	☒	☒	☐	☒	☐	☐							Minimum Level D. Following proper protocol when working over water. Beware of emerged debris and sharp objects that can strike water craft. Watch out for snakes and other wildlife. Attempt to minimize slips, trips, and falls by making use of hand holds and appropriate nonslip footwear. Watch for bubbles and unusual odors around gas pipelines. Minimize contact with water, do not swallow the water. Insure all personnel wear approved US Coast Guard PFDs. Equip boat with USCG approved water rescue equipment. Apply sunscreen to exposed areas prior to launch. Apply mosquito repellant as needed. Bring water for hydration. Insure all personnel have emergency numbers and appropriate evacuation procedures and training on communication equipment. For any chemical hazards, review the HASP.

6. Prepared By: (Name and Position)	Date	Time
George P. Brozowski – IMT Safety Officer	05/18/2010	1600

Sea Sickness Precautions

Motion sickness can occur when the sensory inputs about body position contradict what is expected. It can be provoked by abrupt changes in movement, such as during bumpy rides, turbulent flights, and rough seas. It can also occur when one is exposed to moving visual scenes while the body is in a relatively fixed state.

Early signs of motion sickness include pallor, restlessness, and cold sweat. In later stages, nausea, excessive salivating, and vomiting occur. The degrees of symptoms that result from an acute exposure to provocative stimuli vary with the intensity of the stimulus and one's susceptibility to this condition.

About one third of the population is highly susceptible to motion sickness, a third experience it in fairly rough conditions, and another third become sick only in extreme conditions. Selected groups seem particularly susceptible; including children aged 3 to 12 years, people who experience migraine headaches, and women, particularly during menstruation and pregnancy.

Prevention Is Better Than Cure

Various precautionary medicines and devices are available these days to fight sea sickness. Some work well for some people and not so well for others. If it's your first trip it might be a bit of a "hit and miss" situation, but one of these should do the trick:

1. **Diet** - to start off with, eat "safe" foods for about a day before boarding (nothing acidic, spicy or fatty) … and don't over indulge (food/alcohol). Eating a light "safe" meal before you board will also help reduce the risk and/or effects of seasickness. Ginger is a great choice!
2. The motion sickness **patch** is probably the most popular these days - to be placed behind your ear 4 hours before boarding and changed if necessary after 72 hours. This is quite an effective way to prevent seasickness but causes things like a dry mouth and blurry vision. Better to be thirsty than sick, though! The active ingredient, scopolamine, is absorbed through the skin.
3. **Over the counter medication** (usually causes some drowsiness) - to be taken 1-2 hours before boarding. The most recommended are pills with the active ingredient meclizine (less-drowsy *Dramamine, Bonine, Antivert*), then pills with the active ingredient Dimenhydrinate (*Dramamine* regular). *Marezine* (cyclizine) and *Stugeron* (cinnarizine) seem to be less sleep inducing than all of the above. Other popular antihistamines (*Benadryl* - diphenhydramine based) also work for some people. *(**Money saving tip**: ask your pharmacist for the generic version of the medication you wish to take.)*
4. **Homeopathic medicines** - *Trip Ease* should be taken 2 hours before boarding but also works if you're already feeling seasick (contains 6 natural active ingredients and has no drowsiness or other side effects); or *Sea Sik Oral Spray* to be sprayed under your tongue 3 times a day or more if needed (contains 7 natural active ingredients and has no drowsiness or other side effects). *On The Move* capsules (contains ginger root, licorice root and cayenne) also help alleviate motion sickness and can also be used to combat headaches.

5. **Acupressure bracelets** - a drug-free product causing no side effects - the motion sickness band is worn one on each wrist for the duration of your trip. Some contain small magnets, others just a stud, which should be aligned with a pressure point (P6) on your wrist and pressure applied periodically. This won't work very well if you "miss" the pressure point.
6. *Motion Eaze* **natural oil** - to be applied behind the ear and is absorbed through the skin. Also effective if feeling nauseas already. No side effects.
7. The electronic, drug-free motion sickness ***ReliefBand®*** is worn on the wrist, a kind of motion sickness watch. It emits low-level electrical pulses to avoid and treat motion sickness by calming the stomach.

**For children, elderly folk, those using other medication, pregnant or breast feeding women - it's best to consult your doctor before taking new medication.*

To The Rescue!

Should you have forgotten to swallow, stick, rub or sniff your chosen anti-sea sickness remedy or the seas are extremely rough and you suddenly start to sweat, turn pale, salivate and have a general feeling of discomfort, hopefully your brain will recall the file in which you stored the following information and you can still enjoy your cruise until you find your sea legs:

DO:

1. Look out the window (or better yet, go onto the deck and to the centre of the ship, facing forward) at a distant, stable object, like the **horizon**. The centre of the ship, close to the waterline, is the most stable part of the ship.
2. Use a **fan** or listen to some **music**… this will get your mind off things.
3. Eat some **salty snacks** with regular intervals to help dry up your stomach.
4. **Relax** if you can - lying down and closing your eyes might help.
5. **Ginger** is a natural remedy to general nausea and sea sickness. Drink ginger beer or tea, or eat fresh ginger, a cookie or suck on a ginger sweet (like Gin Gins) to help combat your green cheeks. Try Sailor's Secret, a branded ginger capsule or Quesy Pops, popsicles containing essential oils from natural herbs and aromatherapy in ginger flavor but also others like lavender, peppermint, etc. Any ginger product is most effective if taken before boarding.
6. **Some motion sickness medicine** (e.g. Dramamine patches) may help to reduce the nausea at this stage. Maybe one of the most effective if you're severely seasick and vomiting, are heavy duty Phenergan Suppositories.
7. Bitters, mint, citrus, apricot juice, carrot juice, unroasted pumpkin or squash seeds, parsley and peppermint tea are also said to help combat sea sickness but there doesn't seem to be much proof out there.

DON'T:

1. Read or watch television once the sea sickness has kicked in, it will make you feel worse.
2. Drink big gulps of water. Tiny sips at intervals are better.
3. Face backwards (you’ll continue to become nauseous and feel worse)!