In order to prevent the transfer of non-native species and disease, a ship is defined as a vessel which carries more than 12 passengers. It is acknowledged that exceptions to the application of elements of these guidelines may be required, if prior approval has been given by the national competent authority that has approved/permitted the activity in question.

Check the locations and boundaries of ASPAs and ASMAs in advance of visits. Some historic huts have been designated as ASPAs and require a permit to visit. Visit must follow the provisions laid out in the respective management plan. Historic sites and monuments, activities or risks. Specific requirements can be included within ATCM Site Guidelines, Antarctic Specially Protected Areas (ASPA) and Antarctic Specially Managed Areas (ASMA) management plans, or station visit guidelines.

**Protect Antarctic Wildlife**

- **Wildlife**
  - The taking of, or harmful interference with, Antarctic wildlife is prohibited.
  - When in the vicinity of wildlife – either on land or at sea, move or maneuver slowly and carefully and keep noise to a minimum.
  - Maintain an appropriate distance from wildlife to avoid disturbance. While in many cases a greater distance may be necessary, in general keep at least 5 m from wildlife on land. Avoid by any guidance on distances in specie-specific guidelines.
  - Always give animals the right of way and do not block their access to preferred food or water, resting places, or other destinations.
  - Animals may alter their behavior if disturbed. Observe wildlife behavior if sufficient distance is maintained when it is threatened or when its head is turned away or feeding. Observe risk of predation by sea ice and stay outside of areas where they are present. When in the vicinity of wildlife, move or slowly increase your distance.
  - Stay outside the margins of a colony and observe from a safe distance. Animals are particularly sensitive to disturbance when they are breeding (nesting) or rearing young.
  - Every situation is different. Consider the topography and the individual circumstances of the site, as these may have an impact on the vulnerability of wildlife to disturbance.
  - Watch your steps for eggs, chicks or nest materials of auks, penguins, or skuas.
  - Unmanned aerial vehicles must not be used in the vicinity of wildlife.
  - Do not feed wildlife or leave food or scraps lying around.

- **Vegetation**
  - Vegetation, including mosses and lichens, is fragile and very slow growing. Do not walk, drive or stand on any moss beds or lichen covered rocks, in order to avoid damage.
  - When travelling on foot, stay on established tracks whenever possible to minimize the risk of soil or vegetation damage to the soil or vegetated surfaces. Where a track does not exist, choose your route carefully, taking the most direct route while avoiding vegetation, fragile terrain, snow slopes, and wildlife.

- **Introduction of non-native species and pathways**
  - Do not introduce any plants or animals into the Antarctic.
  - In order to prevent the introduction of non-native species and diseases, carefully wash boots and clean all equipment including clothing, bags, tripods, tents and walking sticks before bringing them to Antarctica. Pay particular attention to boot-threads, velcro belts and any other equipment which could contain soil or seeds. Vehicles and aircraft should also be cleaned.
  - Do not store soil or plant samples between locations in Antarctica. Ensure all clothing, boots and equipment are cleaned thoroughly before moving between sites and regions.

**Respect Protected Areas and Structures**

- **Antarctic Specially Managed Areas (ASMA) and Antarctic Specially Protected Areas (ASPA)**
  - Activities in ASPA and ASMA must comply with the provisions of the relevant Management Plan and abide by any restrictions regarding the conduct of activities in these areas.
  - A permit from a National Competent Authority is required for entry into any ASPA. Carry the permit and obey any permit conditions at all times while visiting an ASPA.
  - Check the locations and boundaries of ASPAs and ASMAs in advance and refer to the relevant Site Guidelines (if available). Specific guidelines for the operation of aircraft near concentrations of birds in Antarctica.
  - Do not damage, remove, destroy or change any historic site, monument, or artefact, or other building or emergency refuge (whether occupied or unoccupied).

**Historic Sites and Monuments (HSMS) and other Structures**

- Some historic huts have been designated as ASMA and require a permit to visit. Visit must follow the provisions laid out in the respective management plan.

**Respect Scientific Research**

- Some Antarctic stations may accept visitors where prior arrangements have been made. Obtain permission before visiting Antarctic stations.
  - Review the permit or visa regulations in the country of destination.
  - Before entering any historic structure, check your boots of snow and grit and remove snow and water from clothes, as these can cause damage to structures or artefacts.
  - Take care not to touch on any artefacts which may be observed by sediment or snow when moving around historic sites.
  - If you come across an item that may be of historic value that authorities may not be aware of, do not touch or disturb it. Notify your expedition leader or NCAs.

- A list of the formally designated HSMS can be found at the ATS-Website.

**Keep Antarctica Pristine – Leave No Trace of Your Visit**

- Do not deposit any litter or garbage on land nor discard it into the sea.
  - Do not disturb or pollute lakes, streams, rivers or other water bodies (e.g. by walking, washing yourself or your equipment, throwing waste to the dry environment of Antarctica.

- Do not damage, remove, destroy or change the natural surface in Antarctica.

- Do not take souvenirs, whether man-made, biological or geological, meteorites or fossils.

- Do not paint or engrave names or other graffiti on any man-made or natural surface in Antarctica.

**Wilderness Values**

- Some areas have been designated as wilderness areas, to ensure that these areas are left in their natural or near natural state.

- Do not disturb or pollute lakes, streams, rivers or other water bodies (e.g. by walking, washing yourself or your equipment, throwing waste, using aircraft, vessels, boats, hovercraft or other means of transport). Do not paint or engrave names or other graffiti on any man-made or natural surface in Antarctica.

- Do not take souvenirs, whether man-made, biological or geological, meteorites or fossils.

- Place tents and equipment on snow or at previously used campsites and keep at least 5 m from wildlife on land. Abide by any guidance on distances in specie-specific guidelines.

- Be careful where you walk as seals can be camouflaged on and among rocks. Keep a safety distance from sea ice and be cautious when stepping over cracks in the sea ice.

- Eskimos are very territorial birds and will attack anyone approaching their nests by plummeting down on you. If this happens, retreat away from the point from which the attack started.

- Any wildlife, even penguins, can cause serious harm. Do not underestimate risks.

- If you are traveling in a group, act on the guidance and instructions of your leaders. Do not stay from your group as survival in Antarctica can be a matter of minutes (especially in case of acute hypothermia).

- Do not walk onto glaciers or large snow fields without proper equipment and experience. There is a real danger of falling into hidden crevasses.

- Be vigilant in the vicinity of melting glaciers. Breaking pieces of ice can generate dangerous waves.

- Pay special attention when climbing rocks and/or boulders, as melting perennial ice with changing temperatures lead to an increase in risk of avalanches.

- Do not expect a rescue service. Self-sufficiency is increased and risks reduced by sound planning, quality equipment, and trained personnel.

- Enter emergency refuges only in case of an actual emergency. If you use equipment or food from a refuge, inform the nearest research station or the National Competent Authority that has approved/permitted the visit activity in Antarctica once the emergency is over.

- Respect any smoking restrictions. Use of combustion style lanterns and naked flames or in any area of historically sensitive structures is strictly discouraged. Take great care to safeguard against the danger of fire. This is a real hazard in the dry environment of Antarctica.

**Landing and Transport Requirements**

- Do not use aircraft, vessels, small boats, hovercraft or other means of transport in ways that disturb wildlife, especially birds, seals or marine mammals.

- Avoid flying over concentrations of birds and mammals. Follow the advice in Resolution 2 (2004) Guidelines for the operation of aircraft near concentrations of birds in Antarctica.

- Refilling of fuel tanks for small boats should take place in a way that ensures any spills can be contained, for example onboard a vessel.

- Check small boats are free of all soil, plants or animals prior to the commencement of any ship-to-shore operations.

- Small boats must at all times regulate their course and speed to avoid moving damage to wildlife and to avoid any collisions with wildlife.

- Ships1
  - Only one ship may visit a site at any one time.

- Vessels with more than 500 passengers may not land in Antarctica.

**Landing of Passengers From Vessels**

- A minimum of 100 passengers may be ashore from a vessel at any one time, unless site specific guidelines require fewer passengers.

- During landings from vessels, maintain a 1:30 guide to passenger ratio at all sites, unless site specific advice requires more guides.