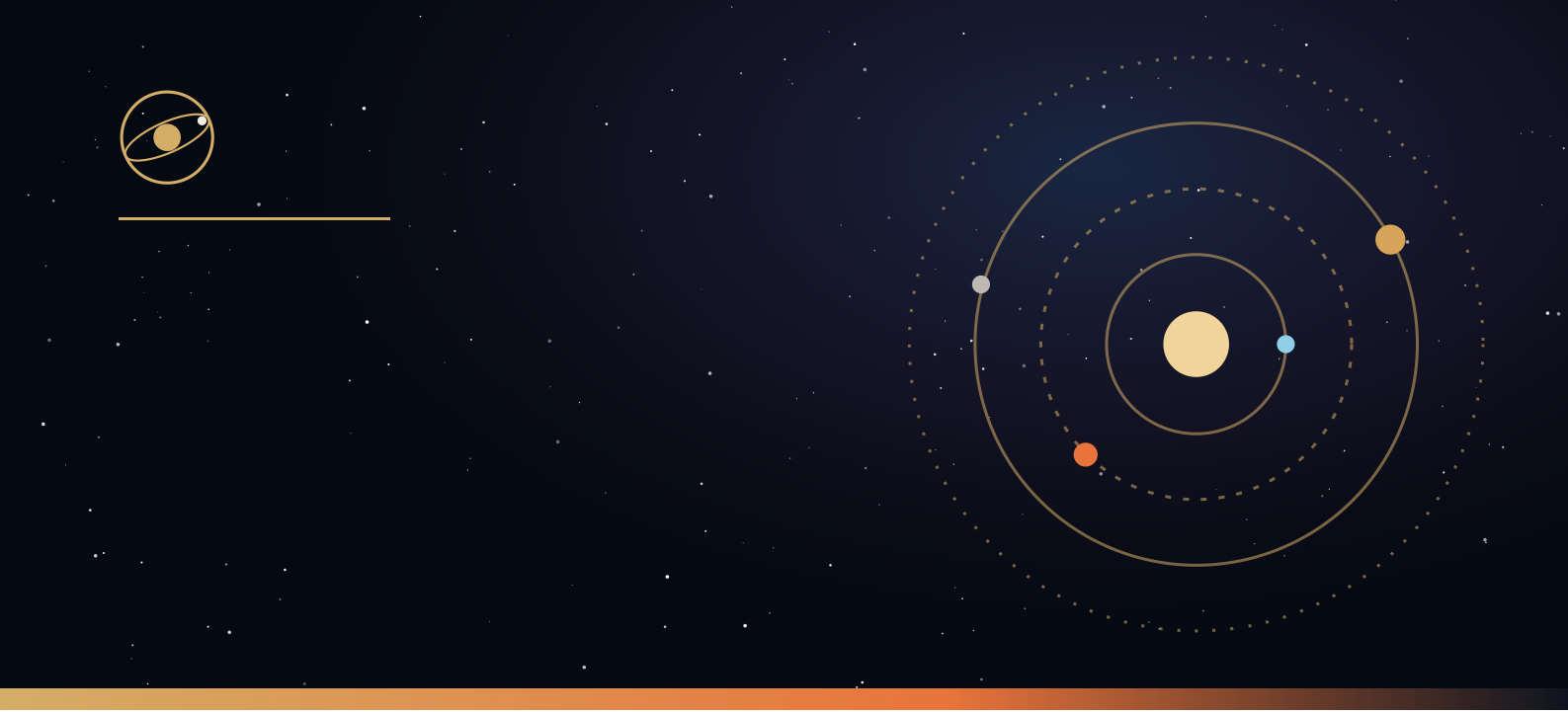


Medical Clearance and Pre-Voyage Fitness Guide

Pelorus Voyages · Medical Services · Edition 4 · Issued 18 January 2042

This guide covers everything related to your health and fitness requirements for a Pelorus Voyages expedition. Read it alongside the Passenger Handbook before booking. Medical preparation typically takes longer than passengers expect — physician appointments, specialist letters, and training programme completion all have their own timelines, and several requirements cannot be rushed or obtained during the voyage.

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1. Medical Clearance Overview

All passengers on any Pelorus Voyages itinerary must obtain a medical clearance from a licensed physician before departure. The clearance certifies that the passenger is physically fit for spaceflight — including the launch acceleration profile, sustained low-gravity transit, and the environmental conditions specific to each stop on their itinerary.

Clearance is valid for **90 calendar days** from the date of the physician's sign-off. The departure date must fall within this window. Note that 90 calendar days is not the same as three months — a clearance signed in November may expire before a late February departure even if it feels like "three months" by rough calendar counting. Passengers in any doubt should calculate the date precisely.

A clearance obtained for one itinerary does not automatically cover a different itinerary. An Inner Planets Survey clearance does not cover the environmental and excursion requirements of the Outer Reaches Tour or Grand Solar Tour. Passengers who change itineraries after clearance is issued should confirm with their physician that the original clearance scope covers the new itinerary, or obtain an updated letter.

The physician clearance letter must explicitly address: - The passenger's fitness for the Earth departure acceleration phase (peak 2.2g over 45 minutes) - Fitness for sustained 0.15g transit gravity - Any known medical conditions and their status (controlled, in remission, etc.) - Any medications that require disclosure (see Section 7) - The specific itinerary and any destination-specific requirements flagged in Section 2

A letter that only states "fit to fly" without addressing the spaceflight-specific factors above is typically insufficient for Pelorus Voyages's verification process. Instruct your physician to review Section 2 of this guide before writing the clearance.

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2. Clearance Requirements by Destination

Standard voyage clearance is required for all itineraries. Several destinations also require additional clearance components. These additional requirements cannot be obtained during the voyage and must be arranged before Earth departure unless the table below explicitly states otherwise.

Destination	Standard clearance	Additional clearance	EVA medical check	Cold-suit cardio check	Notes
Earth Launch Terminal	Yes — pre-departure health check within the 72 hours before departure	None	No	No	Pre-departure check is conducted by Pelorus Voyages staff at Terminal 7, Medical Suite B. Separate from physician clearance. Most passengers take it on departure day.

Moon Base 7	Yes	None	Yes — if doing EVA surface excursions	No	EVA medical check is a brief fitness confirmation completed at Moon Base 7 on arrival. Not a full clearance; takes approximately 15 minutes.
Tranquility Base Heritage Site	Yes	None	No — pressurised rover only	No	No EVA involved in this excursion.
Lunar Golf Links	Yes	None	No	No	Surface suit worn but considered low-exertion. Suit donning handled by golf facility staff.
Mars Colony 1 (general stay)	Yes	None	No — pressurised habitat	No	
Mars surface EVA excursions	Yes	None	Yes	No	Cydonia, Hellas Basin, and Terraforming Zone excursions. EVA helmet required even in partially pressurised Terraforming Zone sections.
Olympus Mons Caldera Rim	Yes	**Olympus Fitness Test** — conducted at MC-1, at least 48 hours before excursion	Yes	No	Pathfinder class only. Fitness test is separate from and in addition to standard clearance. Book at MC-1 on arrival.
Venus — The Aphrodite	Yes	None	No	No	Fully pressurised station throughout.
Venus — Glass Floor Tour	Yes	None	No	No	Minimum age 8 applies separately from medical requirements.
Venus — Gondola Descent	Yes	**Gondola cardiovascular clearance** — from certifying physician or Pelorus-approved flight surgeon	No	No	Must be obtained before Earth departure. Cannot be arranged during the voyage.
Ceres Waystation (surface walk)	Yes	None	Yes — tethered surface EVA	No	

Ceres — The Leap	Yes	None	Yes	No	Age 16+. Waiver must be signed at Moon Base 7, not at Ceres.
Saturn Ring Transit	Yes	None	No	No	Passive observation only. No surface stop.
Titan Ice Flats	Yes	**Cold-suit certification** + **cardiovascular fitness check** — both conducted at Moon Base 7	Yes	Yes	Both must be completed before departure from Moon Base 7. Cannot be completed during the voyage after Moon Base 7.
Enceladus Geyser Flyover	Yes	None	No	No	Passive observation only. No surface stop.

Olympus Fitness Test — not the same as standard medical clearance. This assesses sustained exertion capacity at Mars atmospheric pressure levels and requires approximately two hours at Mars Colony 1. It is Pathfinder-only and must be booked at MC-1 upon arrival; slots are limited. The test is pass/fail — failing disqualifies the passenger from the Caldera Rim excursion but does not affect participation in other Mars excursions.

Gondola cardiovascular clearance — specifically assesses the cardiovascular response to the pressure changes during the 3km descent into the Venusian atmosphere. Passengers with any history of cardiovascular events should discuss the gondola specifically with their physician — not just spaceflight in general — as the pressure differential is the relevant risk factor, not the altitude or gravity.

Titan cold-suit certification and cardiovascular check — both conducted at Moon Base 7 and together take approximately 3 hours. ORT and GST passengers intending to do the Titan surface excursion should plan their Moon Base 7 time around these appointments. Both must be completed before the vessel departs Moon Base 7 for the outer system legs; there is no opportunity to complete them later in the voyage.

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3. Pre-Voyage Training Programme

All passengers must complete the pre-voyage training programme before departure. The programme is delivered online through the Pelorus Voyages account portal and must be finished **at least 14 days before the departure window opens**. Passengers who have not completed the programme by this deadline are not permitted to board.

The programme consists of five modules:

Module 1 — Spaceflight Fundamentals (60–90 minutes). The physical environment of low-gravity travel, what to expect during acceleration and deceleration phases, and the physiological changes in the first 48 to 72 hours after departure. Covers fluid redistribution in microgravity and adaptation strategies.

Module 2 — EVA Suit Basics (90 minutes). Introduction to the ClearSuit Pro suits used at surface stops, the mandatory buddy-check procedure, and emergency protocols for pressure loss. Includes an interactive suit-check simulation that must be completed before the module scores as complete.

Module 3 — Destination Briefings (duration varies by itinerary). Overview of each destination on your specific itinerary — surface conditions, heritage site rules, excursion overviews, and what to expect on arrival. Approximate duration: 2 hours for IPS, 3 hours for ORT, 4 hours for GST.

Module 4 — Emergency Procedures (60 minutes + assessment). Vessel emergency protocols, muster station locations, emergency suit donning, and communication procedures during an incident. Includes a mandatory assessment with a passing score of 80 percent or above required. Passengers who do not pass may retake up to three times; after three failed attempts, contact Pelorus Voyages support to arrange a supervised retake session.

Module 5 — Health and Wellness in Space (45 minutes). Nutrition, hydration, exercise recommendations, managing vestibular symptoms in low gravity, and when to contact the medical officer.

Separate in-person certifications — the Olympus Fitness Test (Pathfinder only, at Mars Colony 1) and the Titan cold-suit certification and cardiovascular check (at Moon Base 7) are not part of the online training programme. They are mentioned here because passengers frequently confuse them with training requirements. The online programme prepares passengers conceptually for these assessments but does not substitute for them.

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4. Disqualifying Medical Conditions

The following conditions disqualify a passenger from travelling on any Pelorus Voyages itinerary. The certifying physician must confirm that none of these are present or active at the time of clearance sign-off. The list is not exhaustive: the certifying physician is responsible for judging whether any condition not listed here poses a risk in the spaceflight environment.

Active malignancy undergoing treatment. Passengers in complete remission with no active treatment may be eligible; the clearance letter must specifically address remission status and treatment history.

Uncontrolled cardiovascular disease. Includes uncontrolled hypertension (systolic above 160 mmHg or diastolic above 100 mmHg on treatment), unstable angina, heart failure classified NYHA Grade II or above, and any cardiac arrhythmia not controlled by medication or ablation. Controlled cardiovascular conditions with stable medication regimens may be cleared, but the clearance letter must document the specific condition and a cardiologist's assessment of fitness for sustained low-gravity exposure.

Recent cardiac events. Myocardial infarction within the preceding 12 months is disqualifying regardless of current clinical status. Percutaneous coronary intervention or bypass surgery within the preceding 6 months is disqualifying.

Uncontrolled seizure disorder. Passengers with a history of seizures who have been seizure-free for a minimum of two years on a stable medication regimen may be eligible, but clearance requires a neurologist's written assessment in addition to the standard physician sign-off.

Severe chronic obstructive pulmonary disease (GOLD Stage III or IV). Mild to moderate COPD may be clearable with a pulmonologist's assessment that explicitly addresses the reduced partial pressure of oxygen that can occur in some vessel sections during high-demand operations.

Active psychiatric conditions requiring in-patient treatment within the preceding 12 months. Passengers with managed psychiatric conditions on stable outpatient treatment may be eligible; the clearance letter should address the specific condition and the physician's assessment of the passenger's capacity to manage extended travel in a contained environment with limited retreat options.

Pregnancy of 12 weeks gestation or more on the departure date. Passengers under 12 weeks pregnant at departure may travel with clearance. See Section 5 for full pregnancy policy.

Active tuberculosis or active contagious respiratory infection at the time of the pre-departure health check. A history of treated and completed tuberculosis is not disqualifying.

Severe claustrophobia is not a formal medical disqualification but is effectively disqualifying in practice for most berth configurations. Passengers with claustrophobia should discuss the vessel layout and berth dimensions with Pelorus Voyages accessibility support before booking.

Passengers whose condition falls near a disqualification boundary should ensure their clearance letter addresses that specific condition directly and completely, rather than providing a generic fitness statement. Pelorus Voyages reserves the right to request additional documentation or specialist letters for conditions not addressed with sufficient specificity.

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5. Pregnancy Policy

Passengers who are pregnant at the time of departure may travel with clearance provided the pregnancy is **less than 12 weeks gestation on the departure date**. A pregnancy of 12 weeks or more on the departure date is disqualifying. The 12-week limit is calculated from the first day of the last menstrual period as documented in the medical clearance; it is not an estimate. The clearance letter must state the gestational age explicitly and confirm it will be less than 12 weeks on the departure date.

The 12-week cutoff is absolute and cannot be waived by any physician letter, special clearance, or other mechanism. This policy exists because the vessel's medical infrastructure is not equipped to manage obstetric emergencies beyond very early pregnancy, and because the radiation environment of deep space — while managed for typical passengers — has not been established as safe for fetal development at any gestational stage.

Declare the pregnancy in the medical section of the account portal, and make sure your physician addresses it explicitly in the clearance letter. If a pregnancy is not yet confirmed when you complete the clearance form, note the uncertainty on the form and update it once the pregnancy is confirmed.

If an ultrasound or revised assessment moves the gestational age to 12 weeks or beyond before departure, this constitutes medical disqualification. The passenger is entitled to a full refund of all amounts paid and should not process a standard cancellation — contact bookings support to initiate the medical disqualification claim.

For passengers who become pregnant after booking: if the pregnancy will be at 12 weeks or beyond on the departure date, the booking cannot proceed. Whether the cancellation qualifies as medical disqualification or standard cancellation (with fees) depends on whether the pregnancy itself is the medically documented reason travel is impossible, versus a personal decision not to travel while pregnant. Contact bookings support to discuss your specific situation.

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6. Age Requirements by Activity

Age is assessed at the time of the excursion, not at the time of booking. Identification must be presented at excursion check-in for any activity with a minimum age requirement. For passengers under 18, a parent or guardian must be present at excursion check-in and must co-sign the activity waiver.

Activity	Minimum age	Maximum age	Waiver required	Parental consent under 18	Notes
Voyage travel (any itinerary)	5	None	No	Yes — parent/guardian must be co-passenger	Children under 5 not permitted under any circumstances.
Moon Base 7 layover	5	None	No	Co-passenger parent required	
Tranquility Heritage perimeter tour	5	None	No	Co-passenger parent required	Pressurised rover, low-activity.
Lunar Golf Links	8	None	Yes	Yes	Junior clubs provided for ages 8–11; standard clubs from age 12.
Pressurised Rover Tour (Moon)	5	None	No	Co-passenger parent required	
Mars Colony 1 general stay	5	None	No	Co-passenger parent required	
Mars surface EVA excursions	12	None	Yes	Yes	Full EVA suit required; suit sizing available from age 12.
Olympus Mons Caldera Rim hike	18	None	Yes	N/A — adults only	Pathfinder class only. Fitness test required; no maximum age.
Venus — Glass Floor Tour	8	None	Yes	Yes	Minimum age 8 is firm. Enclosed-toe footwear required.
Venus — Gondola Descent	16	None	Yes	Yes (16–17)	Minimum age 16 is firm. Separate cardiovascular clearance required.

Venus — Pool and Sun Deck	5	None	No	Co-passenger parent required	
Venus — Aqua Volleyball	8	None	No	Co-passenger parent required	
Ceres Surface Walk (tethered)	8	None	Yes	Yes	Tether required at all times; guide-supervised.
Ceres — The Leap	16	None	Yes — signed at Moon Base 7	Yes (16–17)	Minimum age 16 is firm. Waiver must be signed at Moon Base 7, not at Ceres.
Ceres Occator Crater Rim tour	8	None	Yes	Yes	Low-g scramble option available from age 16.
Saturn Ring Transit observation	5	None	No	Co-passenger parent required	Passive only.
Titan Ice Flats surface sports	12	None	Yes	Yes (12–17)	Cold-suit certification and cardio check required regardless of age.
Enceladus Geyser Flyover	5	None	No	Co-passenger parent required	Passive only.

No minimum age is waivable. Ages marked as firm cannot be overridden by parental consent, waiver, or any other mechanism. Passengers presenting at an excursion with a minor below the minimum age will be turned away. The excursion fee is not refunded when the passenger does not meet the age limit, except where the Pelorus Voyages booking system accepted a booking it should have refused; contact support if you believe this occurred.

Children aged 5 to 11 must be accompanied by a parent or guardian at all times during surface excursions. Children aged 12 and above may participate in eligible excursions without a parent present if a parent has co-signed the waiver at check-in.

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7. Medications and Spaceflight

Passengers who take prescription or over-the-counter medications should review this section and discuss their specific medications with their physician when obtaining clearance.

Medications requiring physician review for spaceflight:

Anticoagulants (warfarin/Coumadin, rivaroxaban/Xarelto, apixaban/Eliquis, dabigatran/Pradaxa) — fluid shifts in low gravity affect distribution and the g-load phases add cardiovascular stress. Discuss dosing with the prescribing physician and the Pelorus Voyages flight surgeon in advance.

Diuretics (furosemide/Lasix, hydrochlorothiazide/HCTZ, spironolactone/Aldactone) — the fluid redistribution in low gravity can interact unpredictably with diuretic action. Increased monitoring is

typically required.

Vestibular suppressants (meclizine/Antivert, dimenhydrinate/Dramamine, promethazine/Phenergan, scopolamine patch) — commonly used for motion sickness adaptation. These are stocked in the medical bay; passengers who anticipate needing them may obtain them from the medical bay rather than bringing their own.

Benzodiazepines (diazepam/Valium, lorazepam/Ativan, alprazolam/Xanax) — acceptable for occasional use but not recommended as the sole management strategy for an extended voyage. Discuss with prescribing physician.

Medications prohibited aboard Pelorus Voyages vessels:

Aerosol inhalers using flammable propellants — dry powder inhalers and soft mist inhalers are acceptable alternatives. *Liquid oxygen concentrators* — solid-state supplemental oxygen is available from the medical bay as an alternative. *Injectable controlled substances unless declared in advance and transported in certified sealed containers.*

Documentation requirements: All prescription medications must be in original pharmacy-labelled containers. If the medication name on the label differs from what appears in medical documents (brand vs generic, international naming conventions), carry a physician letter clarifying the equivalence. Customs authorities at interplanetary waypoints have varied pharmacopeias; original containers plus a physician letter are the most reliable documentation.

Mass allowance exemption: Medications for personal use carried in original pharmacy containers and supported by a prescription or physician letter are mass-exempt. The case or bag used to carry them counts toward your allowance; the medications themselves do not.

Controlled substances require the original prescription and may need additional transit documentation at interplanetary waypoints. Requirements vary by waypoint authority; check Moon Base 7 and Ceres Waystation customs desk publications well before departure. Pelorus Voyages cannot advise on third-party waypoint controlled substance requirements.

Pack essential medications in your carry-on, not checked baggage, with a 14-day supply buffer beyond the voyage duration. The buffer accounts for the possibility of a scrub, diversion, or leg extension. Medications in checked baggage separated from the passenger are not replaceable mid-voyage.

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8. G-Force Tolerance and Acceleration Phases

The fusion drive maintains a sustained 0.15g acceleration throughout transit — low enough to be comfortable and high enough to prevent the bone density and fluid shift problems of true microgravity. Brief higher-acceleration phases occur at Earth departure and at each destination arrival.

Earth departure burn — approximately 45 minutes; peak of 2.2g during the first 8 minutes before throttling to transit level. This is the highest g-load of the voyage. At 2.2g, passengers feel roughly twice their normal body weight. Most healthy adults experience it as firm pressure and mild shortness of breath. Passengers with cardiovascular conditions should discuss this specific peak with their physician — not just "spaceflight" generally.

Arrival burns at each stop:

Destination	Burn duration	Peak g-load
Moon Base 7	20 minutes	1.8g
Mars Colony 1	35 minutes	1.9g
The Aphrodite (Venus)	25 minutes	1.7g
Ceres Waystation	25 minutes	1.6g
Saturn / Titan / Enceladus	40 minutes	1.4g

All passengers must be secured in their berths with acceleration harnesses during departure and arrival burns. The burn schedule is announced 30 minutes before execution via vessel intercom. The observation deck and outer corridors are closed during burns.

Sustained transit gravity (0.15g) — approximately one-seventh of Earth's surface gravity. Walking, eating, and all normal activities function with minor adjustments. Liquids require sealed containers; unsecured objects drift slowly toward the stern. Passengers adapt within 24 to 72 hours of arriving in each new gravity environment — most within 48 hours. The outer deck is restricted for the first 48 hours after departure to allow adaptation.

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9. Pre-Departure Health Check

The pre-departure health check is a mandatory assessment conducted by Pelorus Voyages medical staff at **Earth Launch Terminal 7, Medical Suite B**, within 72 hours before the departure window opens. It is separate from and in addition to the physician clearance. It cannot be completed more than 72 hours in advance, and cannot be done remotely or at a third-party facility.

The check takes approximately 20 minutes and covers: blood pressure, resting heart rate, oxygen saturation, a visual inspection for acute illness signs, and confirmation that no new symptoms have appeared since the physician clearance was issued. It is not a full medical examination — it is specifically designed to catch health changes since clearance.

Failing the pre-departure check: Passengers presenting with symptoms of acute respiratory infection (fever above 37.5°C, significant productive cough, oxygen saturation below 95%) will not be cleared to board. The departure is treated as a voluntary cancellation and standard fees apply, unless the passenger pursues a medical disqualification claim — which requires a physician's documentation of the specific condition. The Pelorus Voyages technician cannot issue a disqualification letter; only the passenger's physician can initiate that process.

The check result is transmitted directly to the vessel's flight surgeon. Passengers are told verbally whether they passed or failed but do not receive a copy of the result.

Arrival timing: Most passengers take the check on departure day. Plan to arrive at Terminal 7 four hours before the departure window. This provides time for the health check, biometric check-in, and Gate 22

muster. Passengers with mobility requirements that slow terminal transit should arrive five hours in advance. Accessibility assistance is available on request through the portal.

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10. Medical Events During the Voyage

Medical emergencies during a transit leg — between destinations — are handled by the vessel's medical bay as the first response. The flight surgeon assesses whether the condition can be managed aboard or whether the vessel needs to divert to the nearest appropriate facility. The captain makes the final diversion decision on the flight surgeon's recommendation.

Diversion is a serious decision affecting all passengers on board: it extends the voyage for everyone and can cause missed downstream transfer windows. The threshold is a condition that cannot be safely managed by the medical bay for the expected transit duration and that poses a serious risk to the passenger's life or long-term health without higher-level care.

Nearest diversion points by leg:

- *Moon–Mars and Mars–Venus legs*: reverse to last stop or continue to next stop, whichever is closer at the time of the event.
- *Ceres–Enceladus legs*: Ceres Waystation maintains a permanent emergency medical dock and is the primary diversion point for the outer system sequence. The Ceres facility provides stabilisation and telemedicine consultation with Earth-based specialists and can hold a patient up to 30 days while awaiting medical repatriation.

Diversion options by leg:

Leg	Diversion options
Earth–Moon	Return to Earth (2 days) or Moon Base 7 (less than 1 day on most of the transit)
Moon–Mars	Moon Base 7 (up to 4 days back) or Mars Colony 1 (up to 4 days forward)
Mars–Venus	Mars Colony 1 (up to 3 days back) or The Aphrodite (up to 3 days forward; limited medical capability)
Outer system legs beyond Ceres	Ceres Waystation emergency medical dock — 1 to 8 days away from the Ceres–Saturn leg, depending on position
Saturn–Enceladus	The vessel may continue to Enceladus for emergency pickup coordination rather than reversing to Ceres; the flight surgeon and captain assess case by case

Diversion costs and unused voyage days are covered by standard travel insurance when the flight surgeon documents the event as a genuine medical emergency. Passengers who are diverted receive a proportional refund of unused voyage days under the trip interruption coverage.

Next-of-kin notification: The flight surgeon contacts the passenger's emergency contact via the vessel communications system as soon as bandwidth allows. Light delay from the outer system may mean the notification takes 2 to 3 hours to reach Earth. Notifications confirm the passenger's status and planned course of action; they do not request family input into medical decisions.

Ensure your emergency contact details in the account portal are current before departure. The system accepts one primary and one secondary emergency contact. Both should be reachable at Earth-based or high-reliability communications links.

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11. Conditioning Standards for the Outer System Legs

This section applies to the Outer Reaches Tour and the Grand Solar Tour only. These are the two itineraries that carry passengers beyond the asteroid belt, and they are the only itineraries whose outer-system excursions carry the conditioning standards set out below. Inner Planets Survey passengers are assessed under Sections 1, 2 and 9, and nothing set out below is asked of them, expected of them, or applied to them at any point. If you hold an Inner Planets Survey booking and a physician has quoted you a figure from this section, the figure is from the wrong section; ask them to review Section 1 instead.

The reason for the difference is the nature of the excursions rather than the length of the voyage. Tethered surface work at very low gravity and sustained exertion inside a cold suit both place demands on a passenger that a pressurised habitat stay does not. Those demands are assessed in person, at Moon Base 7, before the vessel departs for the legs on which they arise — at the same appointment as the Titan cold-suit certification and cardiovascular check described in Section 2. What this section adds is the part passengers have historically had no way to find out in advance: what that appointment actually measures, and what a pass looks like.

What this section is not. It is not the online pre-voyage training programme in Section 3, which every passenger on every itinerary completes and which measures knowledge rather than fitness. It is not the physician clearance in Section 1, which is a medical judgement rather than a performance measure. It is not the pre-departure health check in Section 9. A passenger can complete all three and still not meet the standards below, and the assessments are conducted separately for exactly that reason.

Pelorus Voyages publishes these standards because the alternative is worse. Passengers who first encounter them at Moon Base 7, with a few hours of layover and no preparation behind them, have no remedy; passengers who see them in advance almost always meet them.

Begin conditioning sixteen weeks out

Sixteen weeks before the departure window is the point at which a passenger of ordinary fitness can expect to reach the standards comfortably. It is a recommendation rather than a deadline — nobody is asked for a training log, and no record of preparation is kept. Passengers who are already physically active may need considerably less. Passengers who have been sedentary for a year or more should allow longer and should raise it with their physician at the clearance appointment rather than assuming sixteen weeks will be enough.

The benchmarks are assessed within that Moon Base 7 appointment and need no separate booking; each itinerary guide gives the appointment's length for its tour. Slots are limited and are allocated in booking order. Treat the appointment as the first priority of the layover.

The three benchmarks

Each benchmark is assessed once. There is no aggregate score and no trade-off between them: a passenger who exceeds one standard comfortably is not credited against another they miss.

Benchmark	Standard	Assessed as
Sustained aerobic effort	30 minutes continuous at 70 percent of age-predicted maximum heart rate	Cycle ergometer, monitored
Grip endurance	90 seconds sustained at 25 kg per hand	Dual dynamometer, both hands simultaneously
Loaded carry	20 kg carried 200 metres without setting the load down	Weighted vest, marked course

The aerobic standard is the one that matters most and the one passengers most often underestimate. It is set where it is because a cold suit is worked rather than worn: the joints resist, and an eight-hour surface excursion is closer to a long hill walk than to a stroll.

Grip endurance is assessed with both hands at once because both hands are what a tether line needs. Passengers with arthritis, a previous hand or wrist injury, or any condition affecting grip should raise it at the clearance appointment; an adapted assessment is available and is arranged in advance rather than on the day.

The loaded carry is the least demanding of the three in absolute terms and the one most affected by preparation. Twenty kilograms is roughly the mass of a charged life-support pack.

Re-demonstration and validity

A benchmark result stands for 18 months from the date it was recorded. A passenger who was assessed on a previous voyage inside that window is not reassessed and should say so when booking the layover appointment, since an unnecessary reassessment consumes a slot another passenger needs.

A result older than 18 months lapses and the benchmark is assessed again in full. There is no partial renewal and no paper route: a lapsed result cannot be refreshed by a letter from a physician, a gym assessment, or a certificate from another operator.

Standards that are not affected by any of the above

Two thresholds are frequently assumed to move with the standards in this section, and neither does.

The departure-burn tolerance screen is identical on every Pelorus Voyages itinerary. The Earth departure burn peaks at 2.2g regardless of where the vessel is going, so the screen for it does not vary by itinerary, by cabin class, or by the benchmarks above. It is covered in Section 8 and is assessed as part of the physician clearance.

The pre-departure health check threshold is also fleet-wide. Oxygen saturation below 95 percent bars boarding on every Pelorus Voyages itinerary without exception, and meeting or missing any benchmark in this section changes nothing about it. A passenger who meets all three standards comfortably and presents at Terminal 7 with an acute respiratory infection does not board.

Pelorus Voyages Passenger Services. Questions about this guide can be raised through the account portal. Guides are reviewed each year; the version published in the account portal is the current one.

