

Applicable to all staff of the IFRC deployed or visiting Barbados.

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian network that reaches 150 million people through the activities of 190 National Societies that are supported by over 17 million volunteers.

Together, we act before, during and after disasters and health emergencies to meet the needs and improve the lives of vulnerable people. We do so without discrimination as to nationality, race, religious beliefs, class or political opinions.

Guided by Strategy 2020 – our collective plan of action to tackle the major humanitarian and development challenges of this decade – we are committed, in this fast-changing world, to ‘saving lives and changing minds’.

Our strength is in our volunteer network, our community-based expertise and our ability to give a global voice to vulnerable people. By improving humanitarian standards, working as partners in development, responding to disasters, supporting healthier and safer communities, we help reduce vulnerabilities, strengthen resilience and foster a culture of peace around the world.¹

¹ <http://www.ifrc.org/en/who-we-are/>

Barbados: 'Pride and Industry'²

Barbados is the eastern-most Caribbean island and an independent British Commonwealth nation. It is located at 13.1N, 59.4W and is 21 miles long and 14 miles wide. Bridgetown, the capital, is a cruise-ship port with colonial buildings. Around the island are beaches, botanical gardens, the Harrison's Cave formation, and 17th-century plantation houses. Local traditions include afternoon tea and cricket, the national sport. The estimated population as of July 2017 is 292,336.

Barbados is divided into 11 parishes. They are: Christ Church, St. Lucy, St. Peter, St. James, St. Michael, St. Thomas, St. George, St. Andrew, St. John, St. Joseph, St. Philip.

On 30th November 1966, Barbados gained its [independence](#) from the United Kingdom and its constitution was ratified. Barbados has one of the older Westminster-style parliaments in the western hemisphere.

While officially citizens of Barbados are known as Barbadians, the term 'Bajan' (pronounced BAY-jun) is also commonly used by locals to describe themselves. The 2010 Census shows the Barbadian population as a diverse ethnic mix of people, the majority of whom are of African descent. However, Barbados is also made up of people who are of mixed race, Caucasian or European descent, East Indian, Oriental and Middle Eastern.

Barbados' legal system is derived from English common law and statutes. The courts administer the laws of Barbados, which consist solely of local legislation. The judicial system comprises a lower Magistrates court and the Supreme Court, which includes a Court of Appeal and a High Court. The Attorney General is responsible for the administration of the legal and judicial system. Final appeal from Barbadian courts used to be to the Privy Council in England. Since the establishment of the Caribbean Court of Justice (CCJ), based in Trinidad and Tobago, the CCJ is now the final court of appeal.

General elections in Barbados do not have fixed dates but must be called within five years of the opening of parliament following the last election. Earlier elections can occur in certain situations. Having been a British colony, the elections system is fashioned after the British system. The elections were last held on May 24th, 2018. The current Prime Minister (Head of Government) is the Honourable Mia Amor Mottley, who is also Minister of Finance, Economic Affairs, and Investment and the first female Prime Minister in Barbados' history. The Chief of State is Queen Elizabeth II (since Feb. 6th 1952) and the Governor General is Dame Sandra Mason.

² Barbados' national motto, reflected on the Coat of Arms



Culture & Customs

LAWS AND CUSTOMS

The [Constitution of Barbados](#) is the supreme law of the nation. The constitution was ratified on November 30th 1966 when Barbados became an Independent nation. As Barbados was a British colony from 1625 to 1966, much of Barbadian law is based on English law. After Independence in 1966 the Barbados parliament became responsible for the passage of new laws and amendments. The Barbados court system is comprised of: Magistrates' Courts; Supreme Court (High Court and Court of Appeal); and the Caribbean Court of Justice.

Criminal Laws

Visitors to Barbados should particularly note these activities which are illegal:

- Dressing in, or carrying, items made of camouflage material
- Drugs (marijuana, cocaine, heroin, etc)
- Topless sunbathing
- Prostitution
- Gambling (excluding slots and lotteries)

YOUR ARRIVAL INTO BARBADOS

Visa Requirements

All visitors to Barbados must have a passport and valid return ticket to be allowed entry here. The passport must be valid for the duration of your stay here. Although most countries do not require a visa to visit Barbados, it is recommended that you review the [listing](#) issued by the Ministry of Foreign Affairs and Foreign Trade of Barbados prior to purchasing your ticket. Visas are not issued upon arrival and take approximately two weeks to be processed by the Immigration Department.

The following are also required to ensure a seamless entry to Barbados:

- Valid passport for the duration of your trip
- Return ticket to country of residence
- Intended Address in Barbados
- Evidence of personal support

Guidance on the application process is outlined [here](#). CADRIM, in coordination with the Barbados Red Cross, can facilitate your application process on your behalf upon receipt of your completed application and supporting documentation via express courier.

Vaccinations and Vaccines

While there are no specific vaccinations required for visitors travelling to Barbados, you should be up to date on routine immunizations (tetanus-diphtheria, measles, mumps, rubella, chickenpox). Your personal physician may recommend preventative measures. Commonly recommended vaccinations are for Hepatitis A (for all travellers) and Hepatitis B (for long-term visitors). While there is no risk of yellow fever in Barbados. The government of Barbados *requires* proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever.

AIRPORTS & SEA PORTS AND TRAVELING IN BARBADOS

The sole Barbados airport is **Grantley Adams International (IATA Code: BGI)**, a modern airport that has been awarded on more than one occasion as "Caribbean's Leading Airport" at the prestigious World Travel Awards.

The Barbados airport is situated in the south-east of the island, approximately 13km (8 miles) from the capital city of Bridgetown, and also serves as a hub for the islands of the Eastern Caribbean.

On arrival you will pass through immigration and customs before exiting the arrival hall.

Airport Website: <https://www.gaia.bb>

The Barbados Seaport in Bridgetown is managed and operated by the **Barbados Port Inc. (BPI)**, is endowed with one of the most modern and top-rated seaports in the Caribbean.

Seafaring needs for cruise and cargo as well as for private vessels are well serviced through both a deep-water harbour (over 10 metres) and a shallow draft. Marine services are available with 24/7 port staff trained to international standards.

The Port is located at **University Row**, off the **Queen Alice Highway** in Barbados capital city of Bridgetown.

PUBLIC TRANSPORTATION OPTIONS

It's quite easy to get around Barbados by public transport as there is a well established public transportation system as well as private buses and vans.

The standard **bus fare** in Barbados is BDS\$2. This is the equivalent of US\$1, but use local currency; no foreign coins are accepted on the Transport Board buses.

The buses of the government's **Barbados Transport Board** are easily recognized by their blue color with yellow stripe. These buses traverse most of the island and have 3 terminals - 2 in the capital city of Bridgetown (at Fairchild Street and Princess Alice Highway) and 1 in the northern town of Speightstown. **You may peruse the following website to review the bus schedules:**
<https://www.transportboard.com>



These buses will take you across the island including popular visitor sites such as Farley Hill National Park, Bathsheba, Harrison's Cave, Gun Hill Signal Station and Oistins. Look out for the red, white and black signs that indicating scheduled bus stops. Visit the Barbados Transport Board website for schedules and to plan your journey.

The **Rocklyn bus** is a brightly coloured open-sided bus reminiscent of those typically used in Barbados in the 60's and 70's. This is now used by the Transport Board for scenic bus rides and charters.

Private Transportation Options

In addition to the government's buses, there are many privately run Barbados transport options. **Minibuses** are painted yellow with a blue stripe. These are about the same size as the smaller Transport Board buses.

Another option are the **ZR (pronounced Zed-R) vans** which are painted white with a maroon stripe. These vans are much smaller than the minibuses and buses and typically run shorter routes concentrated in highly trafficked and highly populated areas. They are a great choice for travelling along the island's south coast.

Barbados Bus Fare: BBD 2.00

Taxi Services in Barbados

Standard taxis provide a safe and reliable way to explore the island or for transport between the airport/cruise port and your accommodation. Taxis are easily identified by the Z designation on their license plates.

Taxis are readily available at the airport on arrival in Barbados. However for peace of mind why not pre-book round-trip transfers between the airport and your accommodation? [Click here for rates and bookings.](#)

Please note that taxis in Barbados are not equipped with onboard metres and rides vary in cost depending on the distance. Currently, there is no über or similar transportation service in Barbados.

Official Airport Taxis

As you emerge from the Arrivals Hall, let the Taxi Dispatcher know your intended destination. You will be advised of the fare, given a trip form, and directed to an available taxi. Below lists the indicative prices based on various destinations across the island.

Taxi Fares (Per Car) *		
Distances From Airport To:		
	\$US	\$BDS
Atlantic Shores	12.00	24.00
<u>Bathsheba/Cattlewash</u>	36.50	73.00
Belleplaine	32.00	64.00
<u>Bridgetown</u> Harbour	23.00	46.00
Callenders	12.00	24.00
<u>Coverley</u>	6.50	13.00
<u>Crane</u>	15.50	31.00
<u>East Point</u>	20.00	40.00
<u>Garrison Savannah</u>	18.50	37.00
<u>Gibbs</u>	32.00	64.00
<u>Harrison's Cave</u>	26.50	53.00
<u>Holetown/Porters</u>	29.50	58.00
<u>Long Beach/Silver Sands</u>	12.00	24.00
<u>Oistins</u>	12.00	24.00
<u>Prospect/Cave Hill</u>	26.50	53.00
<u>Providence</u>	9.50	19.00
<u>Rockley</u>	17.00	34.00
<u>Sam Lord's Castle / Pollards</u>	17.00	34.00
<u>Speightstown</u>	36.50	73.00
<u>Any point North of Speightstown</u>	43.50	83.00
<u>St. George's Parish Church</u>	18.50	39.00
<u>St. John's Parish Church</u>	23.00	46.00
<u>St. Lawrence</u>	15.00	31.00
<u>Heroes Square (Bridgetown)</u>	21.00	42.00

RENTING A VEHICLE

Here are some tips for getting around the island safely if you are planning to rent a car during your mission to Barbados:

- The **minimum age** for visitors renting a car in Barbados is 21 years. Car rental companies typically require between 2 and 5 years **driving experience**. Drivers over 70 years of age require a medical certificate.
- Bring your **drivers license** with you. You need this to be issued a local driving permit.
- Hired cars can be easily recognized by the 'H' on their license plate.
- Remember that in Barbados we drive on the **left side** of the road. The vast majority of vehicles are right hand drive.
- Wearing of **seatbelts** is compulsory in Barbados for both drivers and passengers. Children under 5 years of age must use an appropriate **child seat**, which can be rented from local car rental companies.
- **Speed limits** are posted in kilometers/hr rather than miles/hr. 1 kilometre = 0.62 miles. Typical Barbados speed limits are: city areas - 40 km/h, rural areas - 60 km/h, major highways - 80 km/h. Always check the signs to be sure you're not exceeding the limit.
- Always park in **well-lit areas** and avoid leaving valuables in your car.
- In Barbados the **honk of a car horn** is often used as 'hello' to a friend or 'thanks' for giving way. When a driver **flashes their lights** at you it generally means that they are giving way to you.
- Local **rush hours** are 7:00 - 8:30am & 4:30 - 5:30pm. Plan your travel times accordingly.
- There is no **Blood Alcohol Concentration limit** in Barbados. Obviously excessive drinking when driving is not wise! If you plan on drinking have a designated driver or take a taxi instead and always adhere to IFRC Code of Conduct.
- **Roundabouts** can be a bit confusing at first. Approach cautiously and follow the signs & road markings carefully at roundabouts always give way to vehicles on your right.
- Check if your car rental company offers or includes **GPS units** in their vehicles. Barbados has an excellent system in place that will be very useful especially if it is your first visit to the island. **Maps** are available from car rental companies, hotels and many locations across the island.
- In the unfortunate event of an **accident**, call your car rental company immediately and the IFRC Office.

DOING BUSINESS IN BARBADOS

When transacting business within Barbados the typical dress code for men is a long-sleeved shirt and tie with a tailored pant for men or a business suit for more formal settings, and conservative and stylish corporate wear for women or a business suit for more formal settings. For meetings with government officials, it is advisable to use formal titles such as Honourable (for Ministers), Mr. Ms. Mrs. Etc. and surnames until advised to do differently. There is no specific ritual surrounding the giving of business cards although it is advisable to treat the card with respect once received. The usual International American/English Business protocol applies when conducting meetings within Barbados.

HOW TO PAY

The currency in Barbados is the Barbadian dollar, also known as the BBD dollar. Barbados banknotes are issued in the following denominations: 2, 5, 10, 20, 50, and 100 Dollars. Barbados coins are issued as 5 cents, 10 cents, 25 cents and 1 Dollar. US dollars are also accepted everywhere. The Barbados Dollar is converted at the rate of **\$2.00 BDS to \$1.00 U.S.** The Barbados Dollar is fixed to the U.S Dollar and does not fluctuate. Its rate to other currencies fluctuates daily based on their fluctuations relative to the U.S. Dollar. Visa and Mastercard credit cards are accepted at many stores. American Express, Diners' Club, Discover, JCB and others are only



accepted in a few places. ATM (ABM) cards using Cirrus and Plus networks will work in local ATMs and will allow you to make withdrawals in BBD dollars converted from your home currency.

N. B. Cash is widely used and accepted for transactions

For all financial transactions, banking hours are as follows: Mon-Thurs 08:00-15:00, Fri 09:00--17:00.

KEEPING IN TOUCH IN BARBADOS

Telephone:

The international dialing code is +246. Within the country, local and international telephone calls can be made from the primary communications providers Flow Barbados and Digicel.

Mobile phone:

Roaming agreements exist with most international mobile phone companies and coverage is available in most areas of the islands. The two major providers of mobile service within the country are FLOW Barbados and Digicel. *In July 2017, Ozone Barbados Ltd launched its Mobile Network, making it the third in the country.*

INTERNET ACCESS

The island also enjoys high-speed Internet access via **wireless** and **ADSL** with transmission speeds up to 4Mbps. The Grantley Adams International Airport, in addition to many merchants and hotels also offer free WIFI and this is usually displayed within the store for your convenience.

In various locations island wide you can find a number of convenient Internet cafes, offering a range of services.

ELECTRICITY

Electricity in Barbados is 110 volts/50 cycles.

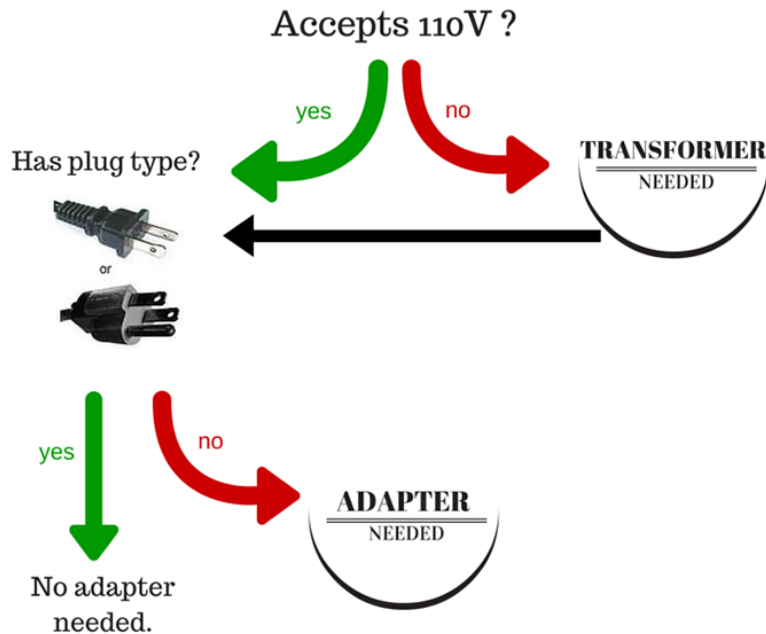
There is a reliable electricity supply, with only the occasional outage.

Standard plug types in Barbados are:

- Flat blade (2 flat blades)
- Flat blades with round grounding pin

If traveling with North American equipment and appliances, you should be able to use them without any problems; however, if travelling with those from UK & Europe, you may need adapters and transformers. Some Barbados hotel can provide adapters and transformers for hair dryers and other appliances - please check with your Barbados accommodation to be sure.

Do you need an adapter or transformer when travelling to Barbados?



LOCAL CUISINE & PLACES AND THINGS TO EAT

Bajan food and drinks make culinary arts in Barbados truly stand out. An amalgamation of a strong English, Indian and African influence fused with the availability of freshly grown local produce has added further impact to what is known as Bajan cuisine.

Barbados is also popularly referred to as "The Land of Flying Fish" with its national dish cou-cou and flying fish, consisting of this very fish. Cou-Cou is a combination of cornmeal and okra that are further combined with salt, pepper and Barbados' very own Hot Pepper Sauce. This unique staple food is complimented with flying fish.



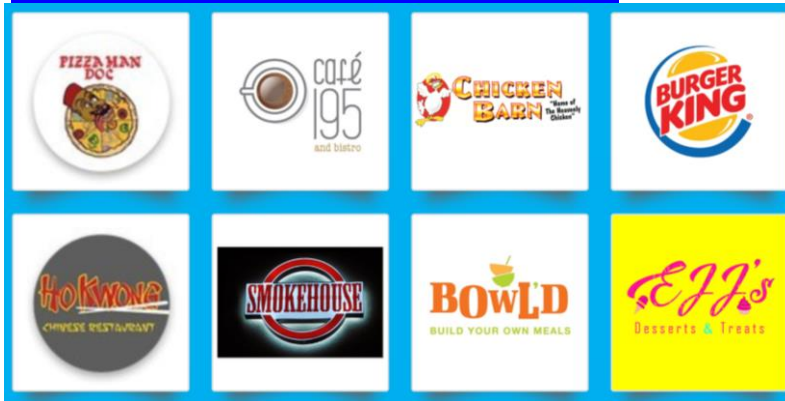
Flying fish are not the only fish available to waters encompassing Barbados. Other fish include Dolphin, Salt Fish, Red Snapper, Kingfish, Tuna, Bill Fish, Barracuda, Tuna, Shark, Salmon and Mackerel. Seafoods found in Barbados' waters are Shrimp, Lobsters, Crabs and Sea Eggs. Also quite prevalent throughout Barbados are meats such as pork, chicken, local black belly sheep and beef. Preparation of these meats could never be complete without the inclusion of the many vegetables that can be found right here in Barbados. Vegetables such as cassava, okras, scotch bonnet peppers, onions, sweet potatoes, breadfruit, yam, eddoes and spinach to name a few.

Most of the foods found throughout Barbados carry names that you probably wouldn't hear of anywhere else. Foods such as Bajan Macaroni Pie, Jug Jug, Pudding and Souse, Conkies and Nut Cake to name a few.

These restaurants listed below are each within a 2-10 mins walk/drive of the CADRIM office/Barbados Red Cross.

Multi-cuisine

- Open Kitchen (**5 minutes drive from the office**): Millhouse 1, Canewood, Warrens, Barbados: 1 (246) 828-6510
- Food court and restaurants in Dome Mall (2 minutes walk from the office)
<http://m.domemall.digicelmore.mobi/?ix=83088>



- The Walk: Welches, St. Thomas (5-7 minutes drive from the office)

Chutney's

Indian: Rotis – Curry Platters



RB's Rotisserie

Fast Food: Chicken – Ribs – Fries



Urban Kitchen

Fast Food: Pizza – Burgers – Wings



Wok Up

Asian: rice & noodle bowl **restaurant**



Jenn's

Vegetarian - Shakes



- **Chefette (7 minutes walk from the office)**

Fast Food (Vegetarian options)



WHERE TO STAY

<p>BARBADOS</p> <p>Rostrevor Hotel St Lawrence Gap Oistins Barbados Tel: +1 246-628-9298 Fax: +1 246-428-7705 Email: reservations@rostrevorbarbados.com Website: http://www.rostrevorbarbados.com</p> <p>Radisson Aquatica Barbados Resort Carlisle Bay Aquatic Gap St. Michael Barbados Tel: +1 246-426-4000 Fax: +1 246-429-2400 Email: admin@aquaticabarbados.com Website: https://www.radisson.com/st-michael-hotel-bb/brbbdds</p> <p>Courtyard by Marriott Bridgetown The Garrison Historic Area Hastings Christ Church Bridgetown Barbados Tel: +1 246-625-0000 Fax: +1 246-625-0100 Email: Website: https://www.marriott.com/hotels/travel/bgicy-courtyard-bridgetown-barbados/</p>	<p>Southern Palms Beach Club St. Lawrence Gap Dover Christ Church Barbados Tel: +1 246-428-7171 Fax: +1 246-428-7175 Email: reservations@southernpalms.net Website: http://www.southernpalms.net/</p> <p>Silver Point Hotel Silver Sands Christ Church Barbados Tel: +1 246-420-4416 Fax: +1 246-428-8346 Email: reserve@silverpointhotel.com Website: www.silverpointhotel.com</p>
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THREAT ASSESSMENT

Security incidents can appear anywhere and at any time and security problems tend to appear when least expected. Therefore, RC Personnel must never let down their guard, and must always keep a high security awareness both individually and collectively. All RC Personnel should take care of their own security and take all possible measures to minimize or eliminate potential risks. Always share security information with your colleagues.

When on foot, do not carry valuables in an open way, especially mobile phones, money or bags. If on official business, tell colleagues where you are going and when you expect to return. If an incident of violence occurs near you do not get involved! **Walk away. If stopped, do not resist, give up everything but your life.**

These days, the main risk/threats to RC Personnel in Barbados are:

- **Road Accidents**

Generally, drivers in Barbados are polite, letting each other out of side streets and allowing them to make turns across traffic. However, there are exceptions to these rules, and these are usually drivers of taxis and smaller vans (known as 'ZR's). On the main highways, cars moving in excess

of the speed limit of 80 kilometres per hour are not unusual whilst not common resulting in fender-benders or more severe accidents. During peaks in festivals when the consumption of alcohol is higher, driving at night can be somewhat hazardous due to the number of persons driving under the influence of alcohol.

- **Crime**

As in many countries there is always a threat of opportunistic theft. While pickpockets do operate, there has been an increase in the numbers of home invasions, robbery and vehicle theft. All RC personnel are therefore recommended to secure their personal belongings and to be mindful when carrying wallets, cellular phones and other valuables.

The US Department of State country information on Barbados (last updated in June 2016) has also advised its staff to avoid the following areas at all times: Crab Hill, St. Lucy and The Ivy, and St. Michael, and to avoid Nelson Street, Wellington Street, and Jolly Rogers Cruises at night. It has also advised them to exercise extreme caution in New Orleans, Deacons, Black Rock, Pine, Carrington Village, and Green Fields.

The current security phase in Barbados is **WHITE**

General Conduct

All RC Personnel are bound by the Code of Conduct and the Fundamental Principles of the Red Cross and Red Crescent, 24 hours a day, 7 days a week, with no exceptions.

To act in a coherent manner within the given environment, non-Barbados nationals must understand and respect the local culture and traditions. It is everyone's duty to be aware of the political, social, religious and cultural specificity of the environment and try to adapt to the society in which he/she lives and works. Adaptation requires common sense, feeling and respect for local sensitivities and determines the way we are perceived, i.e. our institutional image.

Honour system

Dress is generally casual on both Barbados, but skimpy clothing should be restricted to the beach. When visiting communities with strong ethnic identities, be sensitive to local traditions and customs.

Relationships

As in other delegations, intimate relationships between delegates and local employed staff are strongly discouraged. Such relationships can be interpreted as an "abuse of power". The Federation's Code of Conduct states that abuse of power includes all forms of exploitation, including sexual. The Code states that acts that will be considered an abuse of power include:

- a) Any act which could be considered harassment, discriminatory or racist.
- b) All forms of exploitation, abuse, neglect or violence.
- c) All forms of sexual activity with children (persons under the age of 18), including contact and non-contact sexual abuse, regardless of the age of majority or age of consent locally (Mistaken belief of the age of a child is not a defence).
- d) Exchange of money, employment, goods, or services for sex, including sexual favours or other forms of humiliating, degrading, compromising or exploitative behaviour.
- e) Sexual relationships with those who look to the Federation for protection or assistance.
- f) Not reporting concerns or suspicions regarding power abuse, for example sexual abuse or exploitation, by a fellow worker, whether or not in the same agency.

Under no circumstances is there to be any sexual relations/contact of any kind between Federation personnel and those who look to the Federation for protection or assistance. This includes beneficiaries, children, and vulnerable local people. Sexual relations/contact with commercial sex workers is also strictly forbidden. Any breach of these rules may result in summary dismissal, or even criminal prosecution.

Curfew

There is no official or unofficial curfew Barbados.

Federation Residences

Federation delegates will be provided with accommodation in Bridgetown or its immediate environs. These residences will be approved by the Head CCO and CADRIM Coordinator, based on location and cost.

Personal Documents

At all times, non-Barbados nationals must carry:

- Copy of passport
- Federation ID card
- ID card issued by the Ministry of Foreign Affairs
- Federation badge (must be worn during all field activities, and when representing the Federation)
- International and national drivers' license.
- List of key addresses and phone numbers.
- Some local currency and USD in case of unforeseen expenses.

Cameras

Common sense must be used when carrying a camera. Never take pictures of military, police or security people. Always ask before taking pictures of persons or areas, even for professional purposes, if in doubt - do not take pictures and put away your camera.

GUIDELINES IN AN EMERGENCY

The Caribbean is prone to a high number of disasters such as floods, hurricanes, volcanoes, earthquakes and landslides. The following provides some general guidelines which should always be followed:

Before the event:

1. Listen to radio or television for the latest information.
2. Plan and practice an evacuation route. This plan should include information on the safest routes to shelters, roads in and out of the vicinity may be blocked, so pick more than one evacuation route.
3. Know the location of the nearest hospital or health post.
4. Agree on a regrouping point in a safe area, and make sure this is known to all delegates.
5. Make sure you have the following emergency equipment in store:
 - Flashlight and extra batteries
 - Hand-held radios and extra batteries
 - First aid kit and manual
 - Emergency food and water
 - Essential medicines
 - Basic tools (spade, axe, rope, nails hammer etc.)
 - Maps of the area

During the event:

1. Keep yourself updated. If possible, listen to radio or television for the latest information.
2. Stay out of damaged buildings.

After the event:

1. Inform your colleagues of your whereabouts and your condition AS SOON AS POSSIBLE.
2. Regroup in the safe area, and conduct a head count. Make sure that all staff are accounted for, or their whereabouts and condition are known.
3. Inform the Secretariat immediately after an incident.
4. Stay out of damaged buildings.

5. Look out for fire hazards, flammable or explosive materials.
6. Check for gas leaks. If you smell gas or hear a blowing or hissing noise, quickly leave the area! Warn others!
7. Look for electrical system damage. If you see sparks, broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker – BUT ONLY IF YOU CONSIDER IT SAFE TO DO SO! Do not attempt to do so if there is a possibility that you will have to step in water. Carefully leave the area and call for professional advice.
8. Keep yourself updated. If possible, listen to radio or television for the latest information.

Office Medical Safety and Security:

First Aid Kits

- A First Aid Kit is located in the CADRIM main Office and Training Room
- All Federation vehicles must have a First Aid kit.
- All Federation residences must have a First Aid kit.

First Aid training for RC Personnel will be organised on an annual basis through the Barbados Red Cross. The Administrative Assistant will be responsible for arranging same.

PEP-Kit

The PEP KIT will be located within the First Aid Station in the Central Training Room on the upper level of the Barbados Red Cross between the main office of the National Society and CADRIM. If any additional PEP Kits are needed (might be found with UN clinic and at the National Hospital.) PEP Kits will be administered by a qualified physician and/or emergency room nurse ONLY. IF, none of these can be contacted quickly, the PEP Kit may be started by contacting International SOS.

EMERGENCY CONTACT NUMBERS

1. EMERGENCY CLINICS	
<ul style="list-style-type: none"> • F M H Emergency Medical Clinic – 4A 3rd Ave Belleville, St. Michael – 228-6120, 228-6121 • Sandy Crest Medical Centre – Sunset Crest, Holetown, St. James – 419-4911 	
2. GENERAL FAMILY PRACTICE	
Dr. Lynda Williams Address: Jireh Medical Centre – 17A Pine Rd, Belleville, St. Michael, Barbados Tel: +1-246-436-7795	Dr. Carolyn Tull Address: Sky Mall, Haggatt Hall Tel: +1-246-426-3267, 228-3670, 228-2777 (Res)
3. DENTISTRY	
Aesthetic Dental of Barbados Pine Medical Centre, 3rd Avenue Pine Road, Bridgetown Tel: +1 246-429-5310	Dr. Maria Agard Address: 1st Floor Bank Hall House, Bank Hall, St Michael, Barbados Tel: +1-246-426-4545 Fax: 246-426-4517
4. OPHTHALMOLOGY	
Dr. Nigel Barker Address: Warrens Eye Care Centre, Manor Lodge, Green Hill, St. Michael, Barbados Tel: +1-246-437-8858	
5. PEDIATRICS	
Dr. Ranita Jhagroo	Dr. J Marina Soo Ping Chow

Address: Wildey Medical Centre, St. Michael, Barbados Tel: +1-246-436-5606, 436-5609, 436-5446 (Bayview)	Address: The Specialist Centre, Black Rock, St. Michael Tel: +1-246-421-9598
6. GYNECOLOGY	
Dr. Garth McIntyre Address: Kingsley, 2 nd Ave, Bellville, St. Michael, Barbados Tel: +1-246-426-1229	Dr. Tracy Archer Address: St. Clair Gardens, Perry Gap, Roebuck St., St. Michael, Barbados Tel: +1-246-426-2752
7. DERMATOLOGIST	
Dr. Blondelle Durant Address: Caribbean Dermatology & Laser Centre, Pine Medical Centre, 3 rd Ave Belleville, Barbados Tel: +1-246-436-0804	

Emergency Contact Information
IFRC staff:

Contact	Position	Office Number	Cell Number	Email
Ariel Kersens	Head of Country Cluster Office (Based in Trinidad and Tobago)	(868) 622-4700 or (868) 628-2439 ext. 31	(868) 722-3662	ariel.kersens@ifrc.org
Reynette Royer-Thomas	CADRIIM Coordinator	(246) 417-2727 or (246) 417-1530	(246) 233-6832	reynette.royer@ifrc.org
Chamara Hollingsworth	CADRIIM Admin Finance Assistant	(246) 417-2727 or (246) 417-1530	(246) 237-2920	chamara.hollingsworth@ifrc.org
Arlini Timal	CADRIIM Technical Officer	(246) 417-2727 or (246) 417-1530	(246) 232-4972	arlini.timal@ifrc.org
Jorge Zequeira	Regional Security Coordinator	(507) 317-3050 ext 369	(507) 6949 - 5546	jorge.zequeira@ifrc.org
Security Unit	Lars Tangen		+41 79 217 33 71	security.unit@ifrc.org

Office Information:

Office Address: Barbados Red Cross, Warrens, St. Michael, Barbados

Office Phones: +1.246.417.2727/417.1530

Office Fax: +1.246.417.1540

Office Hours: Monday through Friday – 0830 to 1630 HRS.

Weekends and Holidays – Closed unless disaster, crisis or emergency.

Additional contact information:

Police Service: 211

Division	Station/Post	Address	Telephone No.
Bridgetown Division	Central	Coleridge Street, St. Michael	(246) 430-7676
	District A	Station Hill, St. Michael	(246) 430-7242
	Worthing	Worthing, Christ Church	(246) 430-7614

Fire:311

Ambulance: 511

DISCLAIMER: The International Federation of Red Cross and Red Crescent Societies, represented through its Red Cross Caribbean Disaster Risk Management Reference Centre (CADRIM) and the CCST personnel in Barbados, assumes no responsibility or liability for the professional ability or reputation of, or the quality of services provided by, the medical professionals whose names appear on the following list. Inclusion on this list is in no way an endorsement by the IFRC. You may, and the organization suggests, that you receive additional information about the individuals and facilities on the list by contacting the local medical board or local licensing authorities.

**ACKNOWLEDGEMENT
OF
FEDERATION SECURITY RULES & REGULATIONS
For Barbados**

I _____, declare that I have received, read and understood the Federation Security Rules & Regulations for Barbados and agree to abide by them.

Signature: _____

Place: _____

Date: _____

Acknowledgement of risk: security in the field

In accordance with the mandate of the International Federation of Red Cross and Red Crescent Societies (IFRC), you may be asked to work in complex political or social environments, or in countries in which you might encounter dangerous conditions. Although the degree of risk will vary from country to country, security incidents can occur in all delegations.

Please read the information below carefully. This document must be signed by all IFRC Staff and personnel under the IFRC security umbrella³.

Risks

You may be exposed not only to the risks associated with armed conflict but also to crime, abduction, illness, natural disasters and accidents. Unfortunately, physical and psychological harm, with possibly fatal results, are part of the possible risks associated with humanitarian work.

You should also be aware that the IFRC's policy in the event of abduction is not to pay any ransom. However, the IFRC has established Critical Incident Management (CIM) procedures and will work closely with other components of the International Red Cross and Red Crescent movement to assist in the resolution of any such event to the best of its ability.

Neither the National Society in country nor the IFRC accept any liability for any loss, injury or death sustained by IFRC personnel.

Duty of Care and support provided by IFRC to all personnel:

- Training on personal security including e-learning courses on the IFRC Learning Platform;
- Appropriate security briefing at the start of your mission, and during your mission if required, including country-specific security plans and emergency procedures for the delegation / sub office / team;
- Regular information on security issues, including weekly Security Unit Hot Spots updates sent via email, and access to the Security pages on FedNet containing various security support tools;
- 24/7 security advice
- Access to stress counsellors;
- Repatriation support (if required).

Security is a personal responsibility and IFRC personnel are responsible to take adequate security measures to ensure their own personal security.

All IFRC personnel are required to:

- Successfully complete the "Stay safe – IFRC Personal Security" e-learning course and familiarise themselves with the security guidelines in "Stay Safe: The International Federation's guide to a safer mission". Personnel with managerial responsibilities must also successfully complete the "Stay safe – IFRC Security Management" e-learning course;
- Be aware of and fully comply with the country-specific security plans and emergency procedures for the delegation / sub office / team they are working with;
- Ensure they are aware of the security context in their environment, any changes therein and report such information to their manager;

³ This shall include IFRC Staff: IFRC contracted national and international staff and seconded staff, as well as those under IFRC security umbrella: consultants of IFRC, official visitors of the IFRC, IFRC interns, IFRC volunteers, personnel of integrated Partner National Societies, family members of IFRC employees and integrated Partner National Societies.

- Raise any concerns regarding the security information they have been provided with and/or security in the delegation immediately with the head of delegation.

Deliberate breach of security procedures or instructions is considered as gross misconduct. Personnel found to have breached security procedures may be subject to disciplinary action.

If you have any doubts about the risks you are prepared to accept, you should seek the support and advice of your manager. You are also entitled to ask to be repatriated at any time.

For the IFRC Staff, in the event of a serious incident, the IFRC reserves the right to communicate only with the contact persons named by the IFRC staff at the time of your engagement. It is the responsibility of the employee to update your contact information in *MyHR* or relevant form as indicated by relevant delegation.

For individuals, other than IFRC Staff falling under the security umbrella of the IFRC, please provide below the contact information of the person to be contacted in case of an emergency.

Any dispute with respect to or in connection with this Acknowledgement of risk shall be exclusively and finally settled by means of arbitration, to the exclusion of national jurisdiction.

Acknowledgement

I confirm that I have been informed of the potential security risks associated with working with the IFRC, as well as the support I may obtain and the security requirements identified above. I also acknowledge the risks inherent to humanitarian work.

Read and accepted,

.....(signed)..... (name)

..... (place)(date)

Emergency contact information of personnel under IFRC umbrella other than IFRC Staff:

Name:

Relationship:

Contact Number:

Address:

Email: