



# 5 DAY VOYAGE (SECONDARY SCHOOL) - TYPICAL ROUTINE

## DAY 1

### MORNING

- Pre joining staff brief: All staff who will be on board for the duration of the programme go through the voyage and programme plan, assigned duties, safety issues and re-cap procedures.
- Prepare Environment: All staff to assist in preparing the environment for trainee arrival. Ensure that all pre-sail checks are completed, safety measures are in place and all equipment is checked and ready for use.

### AFTERNOON (PROCEED TO ANCHOR)

- Trainees arrive: Trainees arrive at pre-determined time, preferably all together. Their bags and kits are stowed away and they are assigned their bunks, life jackets and wet weather gear.
- Welcome and Introductions: The skipper gives a welcome speech to the participants along with a brief explanation of the voyage ahead.
- Initial safety briefs: Crew deliver safety brief, housekeeping brief and galley brief.
- Ice-breakers: Trainees engage in instructor led “getting to know you” and “trust” games to assist in establishing initial team bonds.
- Introduction Training: Basic instruction in lines and fenders tidying the deck. Basic introduction into what is required in order to safely operate the vessel.

### EVENING (AT ANCHOR)

- First Challenge: This is the first major challenge that all trainees face at the start of the voyage. It should be something which has perceived risk and which challenges the

participants to face their fears in a safe environment. It should serve to identify any potential issues prior to going to sea. A good example of this challenge is going out onto the bow sprit or navigating a round of the boat whilst remaining clipped on.

- **Goal Setting:** This is a chance for the new team/watch to set the tone for the up and coming voyage. By setting group and individual goals during this period, they will be able to have a guide that can be called upon during the debriefs to come as well as a reminder of what they hope to achieve during the voyage.

## DAY 2

### MORNING (AT ANCHOR)

- **Morning Brief:** A daily event that brings all trainees and staff together to go through the plan for the day. Should be fun and entertaining as well as informative. On the first day may include information on the do's and don't's of the vessel.
- **Cleaning stations/happy hour:** Another daily event that serves multiple purposes. Not only does it help keep the vessel clean and hygienic, but is also provides the opportunity for trainees to mix into new groups temporarily to help foster inter-watch relations, and it provides a manual labour aspect which helps focus the mind and overcome issues such as seasickness or issues adjusting to the environment.
- **Instruction and Training:** Participants begin to learn-the-ropes. Aspects of operating the vessel are passed on primarily through instructor led training which is repeated as much as possible to help in retention.
- **Watch Keeping:** Trainees are instructed in active watch keeping duties which may include; look outs, helming, navigation, rounds, watch hand-over, etc...

### AFTERNOON (PROCEED TO SEA)

- **Instruction and training:** further instruction as per morning.
- **Competitive learning games:** Games such as rope-races to help assist in retention of knowledge, foster team bonding and provide a goal to achieve (i.e. winning).

### EVENING (AT SEA)

- **Initial Evening Training and Watch Duties:** Watches are taken through the skills and routines required to operate the vessel safely at night. This could include active watch keeping (as above) which could include night time rounds, lights and recognition etc... Evening watches also provide a great opportunity to continue to get to know each other and gain a deeper understanding of each other as well as providing a venue for a debrief to the day's activities.

- Further Challenges: Evening watches are the perfect time to further challenge the trainees now that they are at sea and have gained some further instruction in the operation of the boat. Challenges could include going out on the bow sprit whilst underway or setting and furling sails on deck at night.

## Day 3

### MORNING

- Morning brief: As before
- Cleaning stations/happy hour: As before
- Instruction and Training. As the voyage progresses, instruction and training should move from instructor led through to self-instruction. Training should aim to cover as much of the operations of the boat as possible. This could include; sail handling, setting and furling, deck safety, helming, navigation, tacking, emergency practice procedures, etc...
- Presentation: Where possible formal presentations should be given to the participants. This provides additional theoretical background to what they are learning hands-on as well as providing an opportunity to get all the participants together. Presentations could include, "Rules of the Road", "Navigation", "Meteorology", "Sail Theory" etc...

### AFTERNOON

- Instructions Training: As above
- Competitive Learning: As Above

### EVENING

- Evening training and watches: As above
- Night time Challenges: As Above.

## Day 4

### MORNING

- Morning Brief: As Above
- Cleaning Stations: As Above

- Instruction and Training: As Above
- Presentation: As Above

## **AFTERNOON (PROCEED TO ANCHOR)**

- Instructions training: As above
- Competitive Learning: As Above
- Rest Activities / games: By this time the trainees will be very fatigued. This is an opportunity to go alongside or anchor and provide trainees with a chance to go ashore and have some down time. It allows those still suffering seasickness a chance to finally recover and prepare for the rest of the voyage. Participants may be assigned tasks to accomplish such as finding out information on a member of each of the other watches.
- BBQ: A social aspect which allows watches to mingle and interact in relaxed atmosphere.
- Further Getting to Know You: If earlier in the day participants were instructed to find out information on other members of the crew, this can be an opportunity for participants to discuss what they have learned by way of introducing other members of the crew. An example of this activity is the “Three-Way-Talk.”

## **EVENING (AT ANCHOR)**

- Rest/Anchor Watches: An easy night at anchor will help recuperation.

# Day 5

## **MORNING (AT ANCHOR)**

- Morning Brief: As above
- Cleaning Stations: As above
- Instruction and Training: By now participants should be leading their own training and practice under the supervision of the staff. They should be able to operate the vessel under their own volition with supervisors on the lookout for safety and ready to correct mistakes.
- Presentation: As above

## **AFTERNOON**

- Instruction and Training: As above

- Competitive Learning: As above

## **EVENING (AT ANCHOR)**

- End of Voyage Celebration meal.
- End of voyage celebratory activity.
- Team games

# Day 6

## **MORNING**

- Morning Brief; As Above
- Cleaning Stations: As Above
- Packing and Cabin checks

## **AFTERNOON (ARRIVE ALONGSIDE)**

- Trainees arrive at location: This is an opportunity to make an impressive spectacle of the vessels arrival at the final location, allowing for the welcoming spectators to see the trainees arrive in style.
- End of Voyage presentation: At the completion of the program (possible with friends and family on board), the skipper should present certificates of completion and any particular awards earned during the voyage. This allows for the trainees to walk away with something tangible for their experience.
- Farewells and Departure: After an opportunity for photos, trainees leave the boat to allow staff to begin preparations for the next voyage.

## **EVENING (ALONGSIDE)**

- Ship safety checks and tidy up: Equipment, rigging and safety checks can be done at this stage with any issues being resolved before the next voyage.
- Post voyage staff debrief: This is an opportunity before the staff depart to provide on the spot feedback from their perspective on the voyage. Positives and negatives can be discussed for improvement of the next programme.

**To find out more about our school sails and arrange a meeting with our education co-ordinator, please contact [frankie@maybe-sailing.com](mailto:frankie@maybe-sailing.com).**