

Discovery
Sailing Project



Crew Handbook

2018

Voyage Details

Voyage Dates

Boat: Thermopylae Clipper / Discovery / Alexander Fairey

Travel Arrangements:

Return Times: Leave DSP base approximately 16:00 hrs on departure day

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Introduction

Welcome to the Discovery Sailing Project (DSP). This handbook has been prepared to give you a better idea about what to expect during your Sail Training voyage with the DSP, and to help you get the best out of your trip.

Whether you have been with us before and have any previous sailing experience, or not, we're sure you will have a great time sailing with us on one of our yachts.

Our voyages are not a holiday but a chance to join in an adventurous team activity. You will get involved in all aspects of running and living on an offshore sailing yacht

Most of this information will be repeated when you arrive on board, but do bring the handbook with you when you come, as it will be a handy reference during the first day or two. If you have any further questions please contact us. We look forward to seeing you!

How do I get there?

Group transport to Project Base or embarkation port

Train – possible pick-up or directions to follow
As special instructions when working away from our River Hamble base.

What do I need to bring

Here's what you need to think about when you pack for your trip:

- Boats can be damp. If you bring anything that must not get wet (phone?), bring a plastic bag or a drybag to protect it.
- It's cold at sea. Bring warm clothes that will still be warm if they are damp. Jeans are bad, fleece or synthetic is good.
- Sun and windburn are uncomfortable. Bring high factor sunscreen, a sunhat, some sunglasses if you can.
- We will provide waterproofs and safety equipment. Please do **not** bring buoyancy aids or lifejackets. But you need to bring your sleeping bag.
- Gloves are a good idea. For footwear, bring non-marking trainers that you don't mind getting wet - unless you have sailing boots of course. Be sure you have another pair of shoes to travel in that you can keep dry.

There is no room for cases or holdalls with rigid bases, and not enough room for framed rucksacks. You must use a soft bag for your kit.

You should definitely bring:

- Sleeping bag
- Pillow (if required)
- Wash kit
- A Towel
- Working trousers (not jeans)
- Sweaters/fleeces
- T-shirts
- Underwear
- Thick socks
- Warm hat and sun hat
- Gloves
- Soft soled shoes/trainers
- Sea boots (not essential) – not wellingtons
- Waterproof or windproof jacket
- Going ashore kit (usually what you travel in)
- Small torch or head torch
- Any medication you need
- Sea Sickness remedies, if you think you'll need them
- Sunscreen and sunglasses.

Lots of thin layers are better than 1 thick layer when it comes to keeping warm. Gear packed in polythene bags does not get wet.

Please do not use a bin bag for your kit. Mistakes can happen, and your black bin bag could easily be mistaken for rubbish for disposal.

Frequently Asked Questions?

Do I need a passport – not for weekend voyages. For longer trips, where we may visit France or the Channel Islands, you will need to bring your passport. This will have been made clear in your joining instructions.

What spending money should I bring? – There are limited opportunities to spend cash on our voyages, as we're too busy sailing. Therefore £10 to £20 should be sufficient for a week, and £5 - £10 for a weekend! If you are on a week voyage where you may visit France you may wish to bring a few Euros if you have some.

What about personal food and snacks? – it's fine to bring a few sweets or snacks. Please keep this to a small amount. Do not bring energy drinks (Red Bull, Monster etc). It's better to bring a few things to share than to hide in your bunk munching private food.

What happens when I arrive?

On arrival you should report to the DSP Headquarters, where we will issue waterproofs. There is then a short launch trip across to where Discovery and Thermopylae are moored. You will be made welcome by your Skipper and the other Sea Staff, and if required introduced to your crewmates. You will be allocated a bunk and a life jacket & harness. You will be shown how and where to stow your gear, be given a tour of the boat and finally assigned to a watch.

Before departing for sea you will receive a safety briefing, covering both domestic points about life on a yacht such as gas, electricity and water, as well as key points on how to move around safely on deck and how to use lifejackets and safety equipment.

After that you will set out to sea and will begin learning how to sail the yacht – don't worry, you are not required to have any prior sailing knowledge.

Life Aboard

Where will we go?

Most voyages take place in the Solent and along the South Coast. In the summer series you may visit foreign ports. The Skipper decides the itinerary at the time of the voyage, taking into account the weather conditions, the tides and the abilities of the crew.



Our weekend cruising ground

Who's who? – the Sea Staff

The Skipper is responsible for the safe running of the yacht and for the people on board during the voyage. The First Mate is second in command. The Second Mate(s) and Watch Leaders help the Skipper and Mate in running the vessel in watches. Their primary responsibility is to help, train and guide you in running the vessel. All the Sea Staff are volunteers, who give up their time to take you sailing.

Who will the other crew members be?

They may be members of your own organisation or group, or they may come from a wide range of organisations and individuals across the UK. We take both males and females on our voyages. It is often about making new friends!

What do we do?

You are important members of the crew and your participation in all activities is essential to the smooth running of the voyage. For example you will help to put the sails up and down and trim them by winding the winches. You will take a turn at steering the boat under supervision. You will be able to learn a bit about how we navigate the boat if you want to. You will help keep the boat clean and tidy and take your turn at cooking and washing up. Feel free to ask any questions and share any problems with a member of the Sea Staff. Above all, sailing is a team adventure activity and we're sure that you will have fun.

What rules are there on board?

Smoking – no smoking is allowed below decks. If you are on watch please ask if you can smoke. Please respect the safety rules and your non-smoking crew members.

Alcohol – Drinking of alcohol is not permitted when the vessel is underway. Drinking ashore in moderation is only permitted if you are over 18 and if you are not going to sea later the same day.

Medication – you should have informed us on your berth booking form about any long term medication but if you are on any prescribed medication that you have not told us about, please inform the Skipper.

Energy Drinks – Except for medical reasons, energy drinks are not permitted for the duration of the voyage even during shore leave.

Drugs – the DSP does not tolerate the use of illegal drugs. If the Skipper has reasonable suspicion that they are being used on board or ashore the person concerned will be sent home immediately or turned over to the appropriate authorities.

Kit – your kit should be kept tidy and stowed at all times.

Behaviour – you are expected to carry out the duties assigned to you by the Skipper and Mates. Any serious behavioural problems will result in immediate dismissal from the voyage. If this happens, your parent/leader will be informed and you will have to get home at your own expense.

Mobile phones – You are welcome to bring these, but be aware of the risk of damage due to damp or the risk of being dropped. You must not use phones during meals, while sailing the boat, or when people are trying to sleep. There is only limited opportunity to charge phones at sea.

How do watches work?

The crewmembers are divided into teams called watches. The watch system allows the activities of the voyage to continue right through the day and night, and you will have times when you are on or off duty (on or off watch). Exactly how the watches are organised will be decided by your Skipper, according to your destination and the weather, but a typical system has watches that are four hours long, with two two-hour watches at the end of the afternoon as follows:

8am-12pm	12-4pm	4-6pm	6-8pm	8pm -12	12-4am	4-8am
Forenoon	Afternoon	1st 'Dog'	2nd 'Dog'	First	Middle	Morning

For week-long cruises where a night passage is made, this means you may need to get up at 23:30, be on deck by midnight to sail the yacht, and not be back in your bed until just after 4am. Night sailing can be an amazing experience, or it can feel cold and horrible. The difference has more to do with how you decide to approach it than with the weather!

What other useful information can you give me?

Space – yes it is a little crowded on board! You will be allocated a locker for your kit, but there is not a lot of room so you will need to keep it tidy and don't bring too much!

Seasickness – even Nelson got seasick! If you know that you suffer from seasickness or travel sickness please bring your usual anti-travel sickness medication with you. If you suffer whilst on board please tell a member of sea staff. It will pass!

Homesickness – being on board is a new and sometimes strange experience. For some of you this is your first time away from home on your own. After the first day you will have started to get used to living on board and to your fellow crewmembers. There is so much going on you will soon feel part of the team.

Wet clothes – be sensible! Keep your wet clothes separate from your dry clothes.

Problems – if you have any problems with anything or anyone don't keep it to yourself, talk to your Watch Leader or Mate.

Lost belongings – you are responsible for your own personal kit. If you forget something at the end of your voyage, please contact the office. Lost property is only kept for 2 months after a voyage and is then disposed of.

Insurance – the DSP carries all the legal liability insurance that it is required to have, but does not carry Personal Accident Cover, and does not insure your possessions. If such insurance is desired you should make your own arrangements. **You are required to carry travel insurance and an European Health Insurance Card (EHIC) if travelling cross-channel.**

Living on a yacht

Fresh water – fresh water is stored in tanks on board, therefore the supply is limited. Be careful only to use the minimum otherwise it will run out!

Food – the food is wholesome and there is plenty of it. You are the cooks but if you have never cooked before, don't worry as the Watch Leaders and Mates will show you how. If you have specific dietary requirements, please inform us as soon as possible.

The heads – the toilet that is! Sea toilets are flushed by seawater hand pumps and are different to the toilets you are used to ashore. You will be shown how to use the toilets when you come aboard. Please remember that the toilets can easily be blocked, so you should not use too much toilet paper and should not put anything else into them unless it has been eaten or drunk first! ie NO wet wipes, and no sanitary products of any description. These need to go in the bin in the heads. Remember, if you are not sure how to work them, or find that there is a problem with them, please ask.

First aid – At least one Sea Staff member will hold a first aid qualification. Please let them know any medical problems that you have, or receive during the voyage.

Awards and Qualifications

There's the opportunity to work towards a number of Scout or Explorer badges on our voyages.

A week voyage can count as the residential section of your Gold Duke of Edinburgh's Award. Please contact the office before your voyage if you are intending to use this trip as a qualifying residential week.

You may have the opportunity to achieve the RYA Start Yachting certificate on voyages of 5 days or more, or the RYA Competent Crew certificate if you have

prior experience of sailing, or come back for another trip. The syllabus for Start Yachting is on the back cover of this handbook.

If you are interested then please speak to your Skipper at the beginning of the voyage. We recommend that you buy an RYA Log Book, available from us for £6.00.

How can I do more?

Other voyages - Each year the DSP has an extended Summer programme often entering Sail Training International Tall Ships Races, or completing a circumnavigation of the UK. You are invited to make up the crews for these.

The Tall Ships Races, which we are entering in 2019, involve around 60 vessels and over 3,000 young people from all over Europe and beyond. The DSP has been entering this event for many years and each time the crew come back having had an amazing time:

“The Tall Ships Race, for instance, is a festival of young people from all over the World coming together to compete, to experience and to learn. After the hard work of the race, we found that we all had another thing in common; we loved a good party.”

Become a Watch Leader (by invitation) - Young people who show promise and leadership are invited to join the Project as Trainee Watch Leaders. The DSP believes in helping young people to progress in their offshore sailing. Trainee Watch Leaders take part in a 5 day training voyage in October, where they complete their RYA Competent Crew certificate, and learn how to lead watches when sailing the boat and going through evolutions such as hoisting, dropping and reefing sail. They will get the opportunity to sail with the DSP the following season, to continue developing their skills while working towards the RYA Watch Leader Certificate.

Watch Leaders also take part in Winter Refits – helping to maintain our boats in good condition, and learning new practical skills at the same time.

With further training and experience Watch Leaders continue to develop becoming Mates and even Skippers with the project.

The Discovery Sailing Project's Vessels

Thermopylae Clipper (Colvic Clipper 60 Cutter built 1996 – 15 persons)

Discovery DSP (Seastream 445 Cutter, built 2001 – 12 persons)

Alexander Fairey (Robertson 34 Sloop, built 1989 – 8 persons)

Bon Voyage!

You will get as much out of this voyage as you put into it. Good luck and have fun.

RYA Start Yachting Syllabus

1. The Yacht,

Knowledge of sea terms, parts of a boat, rigging and sails.

2. Rope Work

Understands bowline.

Can tie figure of eight and round turn & 2 half hitches.

Can secure a rope to a cleat.

Can use winches & jammers.

3. Underway

Knowledge of sailing on all points of sail

Can steer a yacht under sail and power.

4. Rules of the Road

Can keep efficient look out at sea.

5. Meteorology

Understands where to obtain a weather forecast.

6. Man overboard Recovery

Understands action to be taken as crew to recover a man overboard.

Understands effects of cold water shock.

7. Clothing and Equipment

Understands good practice for the wearing of safety harnesses, lifejackets and personal buoyancy aids.

8. Emergency Equipment and Precautions

Understands hazards on board a yacht.

Can carry out actions to be taken in the event of an emergency.

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