

## Planning a one day expedition with students on a day sailing course

### **Before you begin:**

- Insurance regulations
- Centre operating procedures/specific regulations
- Health & safety, child protection procedures

### **Students:**

- Group type/level/size
- Students ability/previous experience
- Craft used
- Medical issues
- Decide who to pair up according to experience

### **Tides:**

- High/low, Spring/Neap
- Direction
- Tidal flow & Streams
- Tide going with or against during trip?

### **Weather:**

- Wind strength/direction
- Sun/rain
- Sea state
- 24hr forecast
- Wind against tide?

### **Briefing:**

- Intros, pairing up group
- Clothing/personal & boat equip (incl. Food & drink)
- Orientation, briefing on route, hazards, awareness, lookout
- Timings incl. When break/lunch stops are
- Sound/hand signals. Lead/follow up boat
- Location of instructors/safety boat drivers
- 'Staying together' – what to do if you are ahead/behind
- Aims/goals/safety – how to gain attention if need assistance
- How to set up for a tow if required
- Road rules/Byelaws

### **Equipment:**

- Clothing/spare clothing
- Personal buoyancy/additional boat buoyancy
- Food/drinks/Medication
- Safety equipment (powerboat & dinghy)
- Alternative means of propulsion
- Different sails, Working order of craft, Craft Suitability
- Make sure all equipment is secure & attached
- Mobile & VHF
- Chart, Compass, Plotter, GPS
- Number of safety boats & staff required

### **Passage plan:**

- Hazards, shelter, safe haven (backup for bad weather)
- Route
- Craft movement in main channels
- Tides/weather
- Timings
- Breaks (Lunch/toilet stop)
- Road rules/Byelaws

### **Tell your Senior Instructor:**

- How long the trip is, where you are going
- What you intend to do if anything goes wrong
- Departure time & ETA back at base
- Who is going & what equipment/craft you are using
- Contact arrangements with base/S.I.
- Leave a copy of your route/passage plan with base/S.I.

### **Debrief:**

- Enjoyment factor
- Feedback about partners/crew-mates performance
- Strengths/weaknesses, how to improve (further training)
- What students thought/felt