

Group Leader's Responsibilities

The Senior Leader is the person:

- Nominated by the applicant on booking.
- With whom The Trust will conduct all communications before, during and after the trip.

Induction Day	<p>At the beginning of the season the Trust runs an Induction Day, usually at the end of March. This provides you with an opportunity to look over the vessel and ask the skipper any questions you may have about the trip. The skipper will also discuss where the trip commences/ends and the ports you may visit.</p> <p>If you cannot attend the induction day, we strongly urge you to make an appointment to see over the vessel and meet the skipper.</p> <p>The Trust aims to provide you with a challenging and exciting environment in which to build on your work with young people.</p> <p>An essential ingredient of The Trust's work is to give you a major role in the structure of the sailing trip.</p>
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Your Responsibilities are:

General	<ul style="list-style-type: none"> • The welfare of the group at all times. • To set particular objectives for the sailing trip in conjunction with the skipper and discuss how best these can be achieved. • To help the officers involve the group in the work of the ship. • To support the Cirdan Trust sailing staff in their duties and actively encourage the involvement of the young people.
Finance	<ul style="list-style-type: none"> • <i>To ensure payments reach the Trust by the scheduled dates.</i> <p>If you experience any difficulties with meeting the scheduled payment dates, PLEASE contact our Reservations Department.</p> <p>We are very experienced with regard to fund raising and will happily discuss methods with you to help you with your own efforts</p>
Medical Conditions	<ul style="list-style-type: none"> • To inform The Trust and the skipper of any illnesses, allergies or conditions which might affect the duties or safety of individuals whilst on board. • To ensure that people requiring regular medication bring adequate supplies with them and suitable arrangements are made with regard to their storage and dispensing. The effectiveness of certain medication may be affected by seasickness, please consult your medical practitioner for advice. <p>No responsibility can be accepted by The Trust for medical bills.</p> <p>All Cirdan sea staff are trained in first aid and know how to summon assistance in the case of emergencies. Each vessel is fully equipped with first aid medical supplies.</p>

Communication	<ul style="list-style-type: none"> To provide an emergency contact number that can be reached 24 hours a day, seven days a week for the duration of the voyage.
Transport	<ul style="list-style-type: none"> To provide transport to and from the vessel for the group. <p>The Trust will make every effort to ensure the group is picked up and returned to the point agreed in the sailing instructions.</p>
Food & Cleaning	<ul style="list-style-type: none"> To organise the food and provisions for both The Trust staff and the group for the duration of the trip (the sea staff are unable to prepare their own food whilst taking responsibility for the sailing & safety of the vessel and all on board). Please note that, for safety reasons, deep fat frying is not allowed. Care should be taken with storage of food in fridges, eg raw and cooked food to be stored separately. Care should be taken to check dietary requirements and food allergies of members of the group. To supply cleaning materials and organise the group within the agreed rotas to maintain the vessel as a hygienic and pleasant environment. A final clean up on the last day must be undertaken by the group to ensure the vessel is ready for the next group. It is essential for group morale that this clean up is approached positively and well led by the group leaders. <p>The voyage is an ideal opportunity for the young people to learn about budgets, healthy diets, food hygiene and domestic necessities. With good planning and leadership the domestic chores can be made into a very valuable part of the residential.</p>
On Shore & Non-Sailing Activities	<ul style="list-style-type: none"> Care and responsibility for the group when not on board the vessel. Organisation of activities when not sailing both on and off the vessel. <p>Please ensure you have planned some non-sailing activities to maintain motivation amongst the group once the sailing is over for the day (see Project Work). If you want your group to undertake additional theoretical sail training please speak to your Skipper so that he is aware of your requirements.</p> <p>Depending upon their work schedule, the sea staff may or may not accompany you when you go ashore. Either way they cannot take responsibility for young people once off the vessel as The Trust is only insured for the responsibility of members of the group when afloat on a Trust vessel or tender.</p> <ul style="list-style-type: none">
Briefings	<p>On arrival you will meet the skipper and discuss the group and individual aims for the voyage. A flexible itinerary will be discussed according to weather conditions and the group's general ability and needs.</p> <p>There will be safety and domestic briefings, which emphasise personal responsibility within the group and what life aboard is about.</p> <p>You will work out, in conjunction with the vessel's officers, the rotas for watch keeping (shifts for running the vessel when sailing), cooking, washing up, cleaning and assigning bunks. You will assist the Skipper in briefing the group in regards to this and ensuring the rotas and rules are followed.</p> <p>The initial safety brief is vitally important for the safety of everyone on board – at this early stage, the sea staff will not know the young people and will therefore be unaware of any behaviour difficulties. Please offer</p>

	<p>your assistance where necessary to ensure the safety brief is concise and effective. A good safety brief can make the difference to a really successful voyage.</p>
<p>Discipline</p>	<ul style="list-style-type: none"> • The Trust recognises two types of discipline - external and internal. • You will liaise with the skipper regarding discipline aboard the vessel, any problems that may arise and what can be done to best benefit the group. • External discipline is when a member of the group imperils the safety of the vessel or others by misbehaviour or by misuse of the vessel or its equipment. The sea staff are directly responsible for external discipline. A serious lapse in external discipline may mean that a young person may have to be sent home before the end of the voyage. Depending on age, this may or may not be with one of the group leaders. In particular this applies to the flouting of safety rules regarding the wearing of life jackets and harnesses. Your support in this respect will be appreciated. • Internal discipline is when a member misbehaves at other times or in other ways including below deck. This is your responsibility. <p>Discipline on board is there for safety reasons or for helping the practicalities of a group of people living together.</p>
<p>Shore Contact</p>	<p>Skippers report in to at least every two days to notify the office as to the location of their vessel and the welfare of all on board.</p> <p>We prefer the young people not to keep reporting home via their mobile telephones - it can be detrimental to the work of the Youth Leader. A mobile amnesty often works well with phone use only permitted during an agreed time each day. If parents/carers have a particular concern they are welcome to contact our office in Maldon who will update them on the voyage and relay any messages.</p> <p>Mobiles must not be used on deck whilst the vessel is sailing for safety reasons.</p>
<p style="text-align: center;">Sea Staff Responsibilities:</p>	
<p>Sea Staff</p>	<ul style="list-style-type: none"> • Each vessel is officered by persons qualified and approved to be Skipper or Mate aboard their vessel by the Department of Transport. • All Cirdan Sailing Trust staff in a position of trust have been cleared by the Criminal Records Bureau and are employed in line with The Trust's <i>Child Protection Policy</i>. • Their purpose is to sail the vessel and to maintain it as appropriate to assure the safety of those aboard, to consult with the group regarding the type of trip that would most benefit those aboard and to involve the group with all aspects of the working of the vessel (taking into account the general ability of the group and the weather conditions). <p>The sea staff are not responsible for entertainment during non-sailing periods, cooking for the group or themselves, cleaning of the accommodation areas, shore parties, moral welfare of the group or for educational activities other than sailing instruction.</p>

On Board Safety

<p>Smoking</p>	<ul style="list-style-type: none"> • For safety reasons, a strict no smoking policy operates below decks. • Smoking is permitted on deck, in certain circumstances and in designated areas, providing the skipper says it is safe to do so. <p>Some groups are covered by a no smoking policy within their institution and may choose to maintain this on board.</p>
<p>Alcohol</p>	<p>No alcohol is allowed on board for any youth charter.</p> <p>Anyone under the influence of alcohol may become disorientated and a danger to themselves and others. The Skipper has the right to refuse to sail with anyone in this condition.</p>
<p>Drugs</p>	<p>No drugs are allowed on board unless prescribed by a Medical Practitioner. A zero tolerance policy is applied to any illegal substances found and to the misuse of any substance on The Trust's vessels. The persons responsible will not be allowed to continue on the trip.</p>
<p>Insurance</p>	<p>The Trust assumes responsibility for members of a group, individuals and other passengers only when afloat in a Cirdan Sailing Trust vessel or tender and holds insurance to cover The Trust's legal liability in the event of injury or mishaps only during these periods.</p> <p>Passenger Liability is arranged through the P&I Club which specialises in third party liability insurance for shipowners, operators and charterers. Passenger Liability under The Trust's insurance policy is without limit within the confines of English Law.</p> <p>We do not hold insurance to cover loss or damage to personal property, personal injury or medical needs (other than where our negligence is involved). In this respect we recommend that group leaders and individuals seek advice for insurance cover to meet any medical needs, for loss or damage to personal property and when off the vessel.</p>

Benefits of a Ship's Environment

<p>After safety, fun is the most important aspect of the voyage. The young people will learn more, achieve more and benefit more if they enjoy the experience as a whole. The group leaders will also achieve more and be at their best if they enjoy themselves so have FUN – it is what your voyage is all about</p>	
<p>Project Work</p>	<p>An endless supply of inspiration for all sorts of projects, from sailing itself, to cooking, hygiene, geography, mathematics, science, literacy and environmental studies. If you need to tailor the voyage to incorporate specific studies, please discuss this with your Skipper so that he can adapt the passage planning and sailing schedule accordingly.</p> <p>We recommend keeping a group or individual logbook or diary to include activities, places visited, weather conditions, menus and personal achievements. This information is very useful for report writing once back on dry land.</p> <p>REMEMBER – <i>If you have received a bursary for your voyage, The Trust will require a report to be submitted along with a letter of thanks.</i></p>

	<i>These are incorporated into presentation folders along with the reports submitted by other groups and forwarded to the relevant bursary funder. This feedback from the groups is vitally important in securing funding for future voyages – the funders really do appreciate your efforts.</i>
Record of Achievement	<p>At the end of the voyage members of the group are awarded a certificate by the Skipper to acknowledge their achievement; it details where they've been and how long they were at sea.</p> <p>Leaders are encouraged to award additional certificates to acknowledge particular participation, new skills and achievements.</p>
Life Skills	<ul style="list-style-type: none"> • The society created within the confines of a boat is a reflection of real life. • All of the non-sailing skills learnt on board can be applied elsewhere if reviewed in such a way. • The environment naturally helps to break down barriers. • There is a huge capacity to try different methods of learning and communication.

Life on Board

Every trip is different, not least because of the weather and tides, and every group is unique. Consequently there is a lot of flexibility in what we do and how we do it. Nevertheless there are some general points that can be made:

Regime	<ul style="list-style-type: none"> • We try to create an atmosphere where people feel at home on board. • For many, the experience of being with others is as important as the activity itself. • There have to be rules and boundaries – the reasons for them are explained and in return we ask for a responsible attitude. • Voices should not be raised except where safety is at stake. • We ask leaders to help in their preparation of the group to stress that listening is essential for safety in a strange environment.
Environment	<ul style="list-style-type: none"> • Life on board a vessel is very different from routine life on dry land. • The pace of life varies from extreme activity and involvement to periods of quiet watch keeping. Accepting this variety can take time. • Keeping groups occupied is important to make the most of the trip. • There are a variety of roles available on board to occupy groups and individuals. • With a flexible outlook on what might happen, the experience will be one to enjoy and remember.
Ship's Needs	<ul style="list-style-type: none"> • If a member of your group is given a task by the crew, they must do it – it may be of vital importance! • An explanation will be given if possible, but for safety reasons there may not be time for talk first. • Always complete the tasks as instructed and ask questions afterwards.
Leader's Role – a challenge	<ul style="list-style-type: none"> • Compared to working with a group ashore, the commitment is much greater, more demanding and more tiring but it is worth it. • You are there 24 hour a day, everyday. • This is why the right ratio of leaders to suit the demands of the group is essential. • Leaders need to be ready to accompany and work with their team whenever they are on deck, ashore or engaged in activities below. • You should have group activities prepared the evenings, in the event of bad weather and when ashore eg treasure hunts, competitions etc.

<h2 style="color: blue;">Swimming</h2>	<ul style="list-style-type: none"> Swimming from the vessel may be possible at certain times of the year under the strict control and permission of the Skipper, who must be satisfied with the sea conditions and life saving resources available. We recommend that the Group Leader should have written consent from a parent or guardian for each young person intending to swim, together with assurance that they are competent in deep water. Swimming from the shore is the responsibility of the Group Leader however; the onus is on the Skipper to advise of any known dangers.
<h2 style="color: blue;">Cleaning</h2>	<ul style="list-style-type: none"> With a large group of people living in the confines of a boat, domestic chores are essential to maintain a pleasant and healthy environment. Time must be taken each day to clean the boat to maintain standards. Cleaning should take the form of a rota to include cleaning the toilets and wash basins, floors, galley and fridge, as well as swabbing the decks. At the end of the trip a full clean up is carried out by the group under the direction of the Cirdan sea staff and with the cooperation of the group leaders to ensure the vessel is left in the condition you would wish to find it. This is done most successfully when approached positively and as a challenge.
<h2 style="color: blue;">Socialising</h2>	<p>In our experience, it is important to structure a voyage to include time together on board, around the table, perhaps after supper in a port of call. This does not have to involve anything to do with sailing the boat directly. For many of the young people, spending time enjoying the company of others (especially mixed ages and gender) is a new experience and can be an essential part of their development.</p> <ul style="list-style-type: none"> Evenings spent singing and playing parlour games can be fun. If you or the young people play musical instruments, suitable to be brought on board, please bring them. Form your own band and practise for a last night concert - work to your own standards! Talent shows can put together or fashion shows staged showing outfits made from items on board eg bin liners and newspapers. Time ashore is also important for young people but, from a safety point of view, it is important that no one returns to the vessel on their own. They could fall over board without anyone's knowledge. The vessel may lie alongside a quay or be anchored in sheltered water overnight. This may mean a trip ashore using the tender (this can be fun, but a responsible attitude to safety is necessary in the smaller boat).
<h2 style="color: blue;">Watch Keeping</h2>	<ul style="list-style-type: none"> Sometimes it is necessary to sail at night. Once on board, the group become active members of the crew. The crew are divided into teams called watches. The watch system is designed to allow the activities on board to continue right throughout the day and night (if this is part of the sailing plan) in a way that is fair to everyone. The Skipper will decide exactly how the watches are organised, taking into account weather conditions, the destination and the needs of the group on board. The group leader's co-operation may be needed to encourage successful operation of the watch system.
<h2 style="color: blue;">Marinas</h2>	<ul style="list-style-type: none"> You may berth overnight in a marina where you will be able to make use of the toilet and shower facilities. A responsible leader must accompany the young people when using the facilities if there is any chance they will misuse them. DAMAGE TO MARINA FACILITIES MAY BE CHARGED TOTHE GROUP. It is important to respect the property and privacy of the berth

	<p>holders and use the facilities appropriately.</p> <p>MARINA FACILITIES ARE A PRIVILEGE AND MISUSE OF THEM MAY JEOPARDISE THE TRUST'S WELCOME</p>
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What to Bring

<p>Food</p>	<ul style="list-style-type: none"> • We recommend working out a menu prior to the trip and making a list of the ingredients required. • When thinking about the menu and portions always think on the generous side and don't forget to cater for snacks. • Sailing always seems to make people hungry! • As the galley is adequately equipped, we encourage groups to be adventurous in their cooking and ensure the menu is healthy and balanced. <p>Provisioning and cooking for each is an ideal way to learn explore healthy eating, cultural needs and culinary skills.</p>	
<p>Cleaning</p> <p>Suggested items per group based on a 7 day charter – please adjust accordingly.</p>	<p>2 Large bottles disinfectant Thick Toilet Cleaner Lots of J-cloths 1 Large bottle washing up liquid Scourers Antibacterial spray Matches (only required on Duet) Disposable Rubber Gloves Lots of black bin liners!</p>	<p>1Tea towel per person Economy toilet rolls Kitchen towel Metal polish (Brasso Wadding) Oven Cleaner (odourless, non-caustic) NO BLEACH Furniture Polish Dusters</p>

We suggest you discuss cleaning material requirements with your skipper prior to your trip to avoid duplication of existing on-board supplies.

<p>Kit List</p> <p>Each Person</p>	<p><u>ESSENTIAL</u></p> <p>Sleeping bag & Pillow Warm sleeping gear Underwear and socks Toiletries and large towel Shirts, tee-shirts Trousers x 2/3 (preferably not jeans) Jerseys (warm) x 3 Two pairs of non-slip shoes Modest amount of pocket money Warm hat & gloves even in summer Jacket - preferably waterproof Bin liners – to keep gear dry Sun tan lotion</p>	<p><u>DESIRABLE</u></p> <p>Wellington boots Pencil and paper Cards and/or small board games Books Swimming costume Binoculars Camera Musical Instruments As a group - Games / Football Sea sickness medication eg Stugeron</p>
<p>Passports & EHIC - If your voyage is likely to sail to foreign shores group/individual passports and European Health Insurance Card (EHIC) will be required. The EHIC is a replacement for the old E111 and is free of charge - application forms are available from the Post Office or via the internet. Your voyage may not leave British waters so please discuss the need for passports with your Skipper. If individuals within your group have difficulty in obtaining passports or the cost is prohibitive your Skipper will plan your voyage accordingly.</p>		
<p>Electrical items - hair dryers, straighteners and razors can be brought on board although use may be restricted to times when the vessel is connected to mains electricity when alongside. However, we recommend they are left at home except on longer voyages – hair styling is not a priority for crew members on a sailing vessel.</p>		
<p>Do Not Bring</p>	<ul style="list-style-type: none"> • Alcohol. • Any illegal substance. • Anything that be considered a lethal weapon. • Radio, recorders & computerised games unless for communal use. • Jewellery and other non-essential valuables. 	
<p>MP3 players etc may be allowed for personal use below deck if not on watch or involved in activities.</p>		

Food

A guide on how to victual the vessel during your forth-coming sailing trip.

- **Cooking is very important on any vessel** and is really just as important as the sailing itself. We suggest that at the beginning of the trip, you emphasise that **proper meals** should be prepared and that snacking has to be limited to whatever quantities are available. Cooking and eating together is a group experience, whereas snacking is an individual one.
- **We hope that the young people (of either gender) will use the experience to learn how to prepare good wholesome food** - more adventurous and healthy than learning to cook a 'tin of beans'. Fresh food, properly prepared, can be more economical and certainly more healthy than processed foods. A good meal eaten at the beginning or end of the day contributes greatly to the sense of enjoyment. Planning menus, budgeting and shopping for food can be a group activity with valuable learning outcomes.
- **Well prepared meals at the beginning of the voyage will set a precedent for the rest of the week.** We recommend you bring a ready cooked supper on the first night, so that everyone has a chance to get to know the vessel and find out where things are. Cooked chickens or home made lasagnes are ideal for the first night.
- **Normally the vessel will be at sea during the day so a large breakfast, sandwich/light lunch and evening meal is recommended.** However, sailing is unpredictable and the

weather and sea conditions may result in you having to adapt your plans. Flexibility is essential as is liaising with the Skipper to ensure you all know what to expect and how to manage the situation. The young people should be as involved as possible with the cooking - you are there to guide and assist them.

Remember you are also responsible for providing food for The Trust's sea staff.

The Galley

Each of our vessels is different therefore the layout of the galleys will vary. However they are all well equipped with everything you will need to prepare and serve meals. Each galley is equipped with :

Cutlery and crockery
Knives, large and small
Ladles and serving spoons
Cheese grater
Measuring jug
Kitchen utensils
Saucepans and frying pans of different sizes
Cooker
Refrigerator
Sink

The larger vessels have more fridge / freezer space, larger cookers and more storage.

You may wish to bring additional items such as:

Pressure cookers
Measuring scales
Your preferred knives or utensils

DEEP FRYING is not permitted aboard because of the potential fire and burn risk from boiling fat. Do not forget to store raw and cooked foods separately.

Quantities

Quantities are difficult to estimate - bear in mind that at sea people get hungry and eat more than on dry land. A well fed crew is a happy crew.

There are usually opportunities to go ashore to stock up, but forward planning is the best method! The quantities below are just guidelines. Bear in mind that Cash and Carry prices are sometimes not as low as some of the budget supermarkets.

Tins	A 400g tin will serve approximately 2 – 3 people
Meat	Allow 4 - 6oz (120g) per person off the bone or 6 - 8oz (160g – 220g) per person for chops etc.
Vegetables	<i>Potatoes per person: 8oz (220g) un-peeled 10 – 12oz (280g – 330g) for jackets</i> Allow 3oz (80g) fresh vegetables per portion
Dry Goods	Dry Pasta: 120g per person Dry Rice: 50 – 60g per person



Suggested Menus

You may wish to try some of these menus - recipes can be obtained via the internet. Remember to discuss the dietary requirements and preferences of individuals within your group.

Breakfast		
Toast and Cereal	Sausages with Eggy Bread	Bacon Butties
Scrambled Egg on Toast	Porridge and Toast	Croissants and Jam
Full English Breakfast	Filled Toasted Bagels	Scrambled Egg 'n' Bacon
Tomatoes on Toast	Bacon 'n Egg Waffles	Mushrooms on Toast
Lunch		
Pie & Baked Beans	Cheesy Pasta	Beefburgers in Rolls
Filled Jacket Potatoes	Corned Beef Hash	Fish Cakes 'n Wedges
Fish Finger Rolls	DIY Sandwiches	Quiche and Salad
Toad in the Hole	Cold Meats 'n Cheesy Mash	Hearty Soup and Rolls
Sailor's Omelette & Salad	Beans & Cheese on Toast	Sausages in Rolls
Supper		
Ready Cooked Chicken & Veg	Pork Chops 'n Veg	Pasta Bolognese
Sausage Casserole	Chilli Con Carne with Rice	Veggie Pasta Bake
Curry 'n Rice	Chicken Caesar Salad	Beef Stew 'n Dumplings
Chicken & Bacon Pittas	Roast Dinner	Sweet 'n Sour Chicken with noodles
Desserts		
Cake 'n Custard	Angel Delight	Apple Pie & Custard
Rice Pudding	<i>Bread 'n Butter Pudding</i>	Fruit Crumble
Fruit Salad	Baked Apples & Cream	Banana Splits
Trifle	Home Made Cakes	Cheesecake

Suggested Provision List

Here is a suggested, but not comprehensive guide to the **type of provisions** you may wish to bring on board. There may be an opportunity during the trip to restock provisions such as bread, milk, meat and vegetables. Please discuss this with your Skipper during your initial briefing session. If you need any help with provisioning for your voyage, you are welcome to contact our Reservations Office for advice.

Fruit & Veg		
Bananas	Carrots	Iceberg Lettuce
Apples	Courgettes	Cucumbers
Oranges	Long Beans	Tomatoes
Pears	Onions	Red & Green Peppers
Potatoes	Heads of Broccoli	Garlic bulbs

Meat

Minced meat	Ham	Chicken Pieces
Bacon	Sausages	Stewing Beef

Sundries

Drinks	Sauces & Condiments	Miscellaneous
Instant coffee granules	Salt & Pepper	Sugar
Hot chocolate	Sauce – Tomato/Brown	Vegetable Oil
Cup a soups	Stock Cubes – all types	Instant Potato
Fresh & Long Life Milk	Cook in sauces	Tomato Puree
Squash	Pickle	Custard Powder
Fruit juice	Mayonnaise / salad cream	Jam, Marmalade, Honey,
Tea bags	Gravy / thickening granules	Peanut Butter
	Herbs & Spices	Marmite

Bakery	Cereals etc	Dairy
Sliced bread – long life	Rice	Cheese
Bread mix	Pasta Shapes	Yoghurts (long life)
Rolls (part-baked)	Cornflakes	Butter / margarine
Dumpling Mixes	Weetabix	Eggs
Pastry mixes	Muesli	Milk
Crumble Mixes	Porridge	

Tins		Snacks
Ham	Evaporated milk	Crisps
Tuna	Rice pudding	Chocolate bars
Soup	Fruit salad, peaches etc	Biscuits *
Sweetcorn	Red kidney beans	Cereal Bars
Baked Beans	Tomatoes	Nuts

*** Ginger is reputed to prevent sea-sickness so stock up on ginger biscuits**

Shopping is often easier in your local familiar supermarket but if you are travelling by public transport you may like to consider shopping via the internet. Whilst this does have its bonuses, please be aware that you may not get exactly what you order and delivery times are restricted. If you do wish to arrange an internet delivery, please contact our Reservations Office or your Skipper to obtain a delivery postcode.



REMEMBER

- **Group Leaders are responsible for the young people and their behaviour. The Trust is responsible for their on board safety. Please read the relevant section of this Guide.**
- **The group is responsible for provisioning and cooking for everyone on board throughout the voyage. They also have domestic responsibilities which must be taken seriously.**
- **Sailing can be a cold and wet activity (even in summer) – so bring lots of warm clothing and bedding (including a pillow).**
- **Waterproof trousers and tops are supplied by The Trust. Wellington boots are not supplied – they can be useful while sailing and for going ashore.**
- **There is very little opportunity for drying clothes on board so bring spares.**
- **All sailing vessels have limited space. Kit should be brought in soft bags or frameless rucksacks (preferably water resistant). Black bin sacks will do. Suitcases and other hard-edged containers are not suitable.**
- **Parental / Guardian consent should be obtained by the group leader for the sailing residential and for all proposed activities on or off the vessel (including swimming).**
- **If your voyage is likely to sail to foreign shores group / individual passports and European Health Insurance Card (EHIC) will be required. These are free of charge and application forms are available from the Post Office or via the internet.**
- **Safety is of utmost importance. If any member of the group compromises their own safety or that of anyone else on board they will be removed from the vessel and their actions may jeopardise the continuation of the voyage.**
- **The Trust offers a telephone advice and guidance service to answer any queries you may have with regard to the planning and organisation of your charter.**
- **The Trust maintains the vessels to a very high standard for your safety and enjoyment; please encourage your group to respect this as you may be asked to pay for any wilful damage.**