Ocean Youth Trust South
Preparing for your voyage in *Prolific*

Name: 

Voyage Dates:
Kit List

Please pack your kit in a soft bag, we have no space to store hard suitcases!

✓ Tick as you pack!

☐ Single duvet cover and single bedsheet (we will provide a duvet if you bring a cover and sheet – otherwise please bring a sleeping bag)

☐ Pillow case (we will provide one pillow for everyone who brings a pillow case – if you’d like more than one pillow, please bring your own)

☐ Warm clothing (even in summer it can be cold at sea)

☐ Warm hat and gloves

☐ Waterproof footwear (wellies are fine if soles are non-slip)

☐ Trainers or deck shoes with non-slip soles

☐ Underwear

☐ Clothes to wear ashore

☐ Wash kit (aerosols are a serious fire hazard and are NOT allowed on board – bring roll-on deodorant)

☐ Wet wipes (optional – but there are limited opportunities for showers)

☐ Towel

☐ Any regular medication / inhalers (you MUST tell our office in advance what you are taking)

☐ Seasickness pills

☐ Glasses or contact lenses if needed (bring spares; contact lens cleaning solution; a strap to hold your glasses on)

☐ Swimming kit (you can’t swim off the boat or beach with no lifeguard, but we may go to a pool)

☐ Sun cream, sunhat (e.g. baseball cap), sunglasses, shorts

☐ Personal belongings such as a camera, torch, diary

☐ Pocket money (English money certainly, and Euros if you like)

☐ RYA logbook (if you have one. Useful for building sailing qualifications. Available on board for £6)

☐ Duke of Edinburgh Award Book (if you have one)

☐ Passport or Identity Card (we may go abroad, even on a short trip – but check with the office first if you are concerned about the trouble or expense of getting a passport – some voyages can be designated UK-only, especially if lots of people don’t have passports)

☐ EU health insurance card (for medical cover in Europe, if available – apply at the post office)

Waterproof clothing, safety harnesses and lifejackets are provided on board. There are also a few warm fleeces for people to borrow if you get really cold.

If you choose to bring a device for listening to music, please make sure you pack some headphones!
Introduction

We hope you will have a fantastic time sailing on board *Prolific*. Every voyage is different, but whether you have sailed before or not, whether you are coming on your own or with a group of friends, and whatever happens on your voyage, we hope that you will learn a lot, stay safe, and above all have fun!

This booklet is here to give you some idea of what to expect when you come on board. Don’t worry about learning it all, but take a few moments to have a read through it. There is also a lot of useful information on our website (www.oytsouth.org).

Please do your best to arrive on time for your voyage. If you are too early you may not be able to get on board (if we are finishing essential maintenance and voyage preparations); but if everyone’s there for the official start time, we can do the welcome and safety briefings all together and get sailing as soon as possible. If you are delayed, please let us know - call the boat on 07990 518915.

Make sure you let us know in advance if you have any medical or other conditions or allergies; if you are taking any medication; if you have any faith-based food restrictions; or anything else which will make it easier for us to help you enjoy the voyage. If you are not sure if something is relevant, contact our office on 02392 602278 or office@oytsouth.org to ask.
Life on board *Prolific*

Once on board, you will be split into teams (called watches) and have a staff member as your watch leader. In these teams you will be sailing the boat, putting the sails up and down, keeping lookout and helping with navigation. One watch will take charge of the boat whilst the other watch can relax, and then the watches swap every few hours. You will also be involved in cooking for everyone on board at some point during the voyage.

The voyage is yours: we don’t make all the decisions before you arrive! We will start by looking at where people want to go, considering the weather, tide, the time available and the strength of the crew. On a weekend voyage we will probably just take a short hop along the coast. A week-long voyage might go further along the English coast, or perhaps across to France or the Channel Islands; or you might have booked a place on an overseas adventure. Wherever your voyage goes, we will aim to give you a chance to explore the harbour or perhaps organise a trip to a beach for a BBQ.

You will be able to choose a bunk where you will store your things and sleep.

In your bunk you will have a light, a curtain, a duvet and a pillow (you will need to bring your own pillow case, sheet and duvet cover – or else a sleeping bag).

“Loved the trip, nice crew and fabulous boat. Loved the experience and hope to sail with OYT South again in the future”  *Harry, 15*

“One of the best trips I have been on. I got to learn new things I had never done before, I would recommend it to anyone!”  *Beauty, 13*
Some Important Things You Need To Know…

Smoking (and vaping) is not allowed below deck - and anyone caught smoking inside the boat will be sent home with no further warning. If you must smoke or vape, it is allowed in certain areas on deck, at the skipper’s discretion.

Alcohol is not allowed on board Prolific. Those aged over 18 may only drink ashore at the skipper’s discretion. Nobody should exceed the drink-driving limit, or consume any alcohol within 8 hours of sailing.

Illegal drugs and legal highs are not acceptable on board. Anyone found with drugs and legal highs will be sent home and the police will be informed.

Crew members are not encouraged to bring mobile phones. They will not work when the boat is offshore; they can easily get wet or damaged; and they cannot be used on deck when the boat is under way as it can be dangerous (e.g. you may miss a vital instruction). Any phones will be collected in on arrival and handed back at certain times when it is suitable to use them.

Energy drinks (e.g. Monster and Red Bull) are not allowed on the boat because they have a bad effect on some people’s behaviour.

Chewing gum is also not allowed.

“I loved meeting new people, seeing dolphins and getting involved in the sailing. I have enjoyed everything!”

Niamh, 18
Common Questions and Answers

I’ve never been sailing before and I’m worried about not knowing what to do
We have several complete beginners almost every week. The staff will explain things, show you how to join in, and let you practise. There will always be something you can enjoy and which you can get quite good at during a voyage.

What’s the food like?
Everyone helps with the cooking but don’t worry if you can’t cook – you won’t have to do it on your own. We eat things like spaghetti bolognese, pasties and beans, fajitas or curry. Make sure you tell us in advance if you have any dietary requirements.

What about toilets and showers?
Boat toilets look just like normal toilets but are flushed in a different way to toilets ashore – it will all be explained when you arrive. There are no showers on board but there are showers you can use in many harbours.

What if I get ill?
At least one of the staff will be trained in dealing with illness or injury at sea; and we’ll get you to a doctor ashore as quickly as possible if necessary. You do need to tell us in advance about any condition you already have and bring any medication with you. Some people may be seasick but it hardly ever lasts more than a day or two. Bring your own seasickness pills from your chemist. Some medication can make you drowsy so make sure you let staff know what you’re taking.

How fast does the boat go?
Our average speed is about 6 knots (nautical miles per hour) – that’s almost 7 land miles per hour. The maximum speed under sail can be well over 10 knots. Under engine the maximum speed is actually less: only 7 or 8 knots.
How can I build up sailing qualifications?
Bring your RYA logbook if you have one (if not, you can buy one on board for £6.00). It allows you to keep track of all your sailing and the qualifications you earn. You can work for a Competent Crew or Start Yachting certificate on board *Prolific*, and the sea staff will be able to advise you on how to go on from there.

Where will we go?
This totally depends on wind and weather, and what the crew (that’s you) want to do. At the start of the voyage we will talk through what might influence where we go and begin to make a rough plan.

I have special interest in navigation / engines / weather etc.
Tell your watch leader at the start of the trip, and we’ll make every effort to help you learn more about anything which particularly appeals to you.

“Amazing trip and I crossed several things off my bucket list. Made some great friends and memories!” *Caitlin, 17*

Can I work towards my Duke of Edinburgh Gold Award on board?
The voyage can count as your residential. Make sure you bring your record book along, and tell the skipper or your watch leader at the START of your trip – then we can set you some goals and watch your progress.

Can we go ashore?
There are normally opportunities to go ashore in harbour, for showers, shopping, beach BBQs or visits to local sights.

“I loved it and had lots of fun, the week went too fast!” *Euan, 13*
Living and working together

The main thing we ask of you is that you come prepared to join in and have a good time.

We’re a big community on the boat and decisions are made in the best interests of the whole crew. Therefore you might find that you have less personal freedom than usual. The more you become involved in the voyage, the more opportunity there is to have a say in the decisions that affect everyone.

We want to ensure that everyone has a safe and enjoyable voyage, and therefore we all (including the sea staff) agree to the following – both on the boat and when we go ashore.

☐ Treat others with respect and consideration
☐ Always abide by safety instructions
☐ No criminal or anti-social behaviour
☐ No bullying, threats or violence
☐ Play a full part in everything going on
☐ Take responsibility for yourself and look out for the welfare of others
☐ Take responsibility for the things that we say or do
☐ No illegal drugs or legal highs
☐ There is a no-alcohol policy on board. Those aged over 18 may drink ashore at the skipper’s discretion, provided no-one (staff or crew) exceeds the drink-driving limit. No-one should drink alcohol within 8 hours of sailing
☐ No offensive behaviour / attitudes i.e. sexism, racism, homophobia, transphobia
☐ Allow others to sleep at appropriate times – it can be dangerous to sail if staff or crew are over-tired
☐ Learn as much as possible
☐ Have fun!

I understand that the skipper has the final say in all disputes and can send anyone home who does not co-operate with the smooth running of the vessel.

The sea staff also make you an extra promise:

Whatever enthusiasm and effort you put into the voyage, the sea staff will match and beat it

“I don’t think I have laughed so much in one week and it has made me want to sail in the future” Fionn, 19
Any problems?

If you are unhappy or anxious about anything at all during your voyage, or you are not enjoying the experience for any reason, please talk to someone – your watch leader, the skipper, the engineer or bosun – as soon as possible. If you don’t feel able to discuss the problem directly with a member of staff, perhaps you could talk to another crew member, and then go together to see one of the staff?

We want everyone to have the best time possible during the voyage. We will always try to sort out any problems if we can. Please don’t be nervous about raising complaints or concerns – we can only try to put things right, or give a better explanation of why things are done in a certain way, if we know what you are unhappy about!

Please also feel free to contact the office if the problem persists – it may help us to improve things for future voyages.

However, most people thoroughly enjoy sailing with OYT South, and many return year after year. We hope you will be one of them!

“A really great trip with amazing people. I learnt so much about myself”

Freddy, 18

“I loved the experience of crossing the Channel with amazing new friends that I will never forget”

Libby, 14
Chris Ellis Award

You have the chance to win a discount off the price of a second voyage!

Chris Ellis was one of the founders of the Ocean Youth Club in 1960, and he left a fund to be used to help fund a trip for crew members each year. To enter for this award, simply produce a piece of work based on any OYT South voyage. This could be a logbook, a diary, a picture, a story, a poem – whatever you like!

We will award up to £500 in the form of a discount off a future voyage to one entrant, or split between two or three individuals.

Any Questions?

If you have any questions about your voyage that are not answered in this booklet, please visit www.oytsouth.org where you will find further information about Prolific, how the voyages will run, and see some more pictures of the boat so you know what to expect.

If you can’t find the answer on our website, contact our office by emailing office@oytsouth.org or phone us on 02392 602278.

There is information on our website for parents and guardians: www.oytsouth.org/parents-guardians.asp. Please contact the office if you need any further information or you have any questions.

“Really good experience, helped me overcome some of my fears. Everyone was really friendly and helpful”

Jamie, 19
Ocean Youth Trust South would like to thank the Graham High Charitable Trust for their support in making this handbook available to all young people who sail with us.

facebook.com/oytsouth

twitter.com/oytsouth

Instagram.com/oyt_south

8 North Meadow, Weevil Lane, Gosport, Hampshire, PO12 1BP
Tel: 02392 602278    Fax: 02392 525829
Website: www.oytsouth.org   Email: office@oytsouth.org
A Company limited by Guarantee No.3898084    Registered Charity No.1079959