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

Name:

Voyage Dates:
Welcome

Please use this logbook to record what happens during your voyage and to show people afterwards what you have achieved.

Voyage summary

To be completed at the end of the voyage

Name: ..............................................................................................................

Sailed on board Prolific from ........... (start date) to ............ (end date)

Days on board: .........................

Distance logged: ....................... 

Night hours: ............................. 

Principal ports of call: ..............................................................

..............................................................................................................

..............................................................................................................

Maximum wind force: ..................... 

Capacity in which sailing: ..............................
Your voyage team

Write in their names – or collect their autographs!

Skipper ..............................................................................................................

First mate .........................................................................................................

Second mate .....................................................................................................

Third mate .........................................................................................................

Engineer .............................................................................................................

Bosun ................................................................................................................

Other sea staff .................................................................................................

Other sea staff .................................................................................................

Crew 1 ................................................................................................................

Crew 2 ................................................................................................................

Crew 3 ................................................................................................................

Crew 4 ................................................................................................................

Crew 5 ................................................................................................................

Crew 6 ................................................................................................................

Crew 7 ................................................................................................................

Crew 8 ................................................................................................................

Crew 9 ................................................................................................................

Crew 10 ..............................................................................................................

Crew 11 ..............................................................................................................

Crew 12 ..............................................................................................................
Day 1

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

Calm

Moderate

Rough

Circle some things you did today

Hoisted a sail

Went out on the bowsprit

Was seasick

Handled a rope

Cooked a meal

Talked to someone you didn't know

Navigated

Filled in the logbook

Tied a knot

Steered

Used a roving fender

Used a winch

Sailed in the dark

What was the funniest thing that happened today?

What was the most exciting thing that happened today?
How do you feel about today? Mark on the scale below

Not so good  Not sure  Great

A goal for tomorrow?

Space for your comments or pictures about Day 1
Day 2

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

- Calm
- Moderate
- Rough

Circle some things you did today

- Hoisted a sail
- Cleaned the boat
- Navigated
- Went out on the bowsprit
- Filled in the logbook
- Tied a knot
- Used a roving fender
- Used a winch
- Sailed in the dark
- Was seasick
- Cooked a meal
- Handled a rope
- Talked to someone you didn’t know
- Steered

What was the funniest thing that happened today?

What was the most exciting thing that happened today?
How do you feel about today? Mark on the scale below

[Scale with three emojis: Not so good, Not sure, Great]

A goal for tomorrow?

Space for your comments or pictures about Day 2
Day 3

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

Calm    Moderate    Rough

Circle some things you did today

Hoisted a sail  Cleaned the boat  Navigated  Went out on the bowsprit  Filled in the logbook  Tied a knot  Used a roving fender  Used a winch  Sailed in the dark  Was seasick

Talked to someone you didn’t know  Handled a rope  Cooked a meal  Steered

What was the funniest thing that happened today?

What was the most exciting thing that happened today?
How do you feel about today? Mark on the scale below

Not so good  Not sure  Great

A goal for tomorrow?

Space for your comments or pictures about Day 3
Day 4

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

Circle some things you did today

What was the funniest thing that happened today?

What was the most exciting thing that happened today?

Hoisted a sail  Went on the bowsprit  Filled in the logbook  Tied a knot  Used a roving fender

Navigated  Used a winch  Sailed in the dark

Was seasick  Handled a rope  Cooked a meal

Talked to someone you didn’t know  Steered

Used a roving fender
How do you feel about today? Mark on the scale below

Not so good  Not sure  Great

A goal for tomorrow?

Space for your comments or pictures about Day 4
Day 5

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

Calm

Moderate

Rough

Circle some things you did today

Hoisted a sail

Went out on the bowsprit

Was seasick

Washed the boat

Filled in the logbook

Tied a knot

Used a roving fender

Used a winch

Sailed in the dark

Cooked a meal

Talked to someone you didn’t know

Handled a rope

Steered

What was the funniest thing that happened today?

What was the most exciting thing that happened today?
How do you feel about today? Mark on the scale below

- Not so good
- Not sure
- Great

A goal for tomorrow?

Space for your comments or pictures about Day 5
Day 6

Where did the boat start?

Where did the boat finish?

What sails did you help to hoist today?

What did you eat for the best meal of the day? Who cooked it?

What was the sea like? Mark on the scale below:

- Calm
- Moderate
- Rough

Circle some things you did today

- Hoisted a sail
- Cleared the deck
- Navigated
- Filled in the logbook
- Tied a knot
- Used a roving fender
- Used a winch
- Sailed in the dark
- Was seasick
- Handled a rope
- Cooked a meal
- Talked to someone you didn’t know
- Steered

What was the funniest thing that happened today?

What was the most exciting thing that happened today?
How do you feel about today? Mark on the scale below

Not so good  Not sure  Great

A goal for tomorrow?

Space for your comments or pictures about Day 6
Day 7

Where did the boat start? .................................................................

Where did the boat finish? ..............................................................

What sails did you help to hoist today? .............................................

What did you eat for the best meal of the day? Who cooked it? ..........

What was the sea like? Mark on the scale below:

Calm .............................. Moderate .................................................. Rough

Circle some things you did today

Hoisted a sail  Cleaned the boat  Navigated
Went out on the bowsprit  Filled in the logbook  Tied a knot
Used a roving fender  Was seasick  Used a winch

Cooked a meal  Talked to someone you didn’t know
Handled a rope  Steered
Sailed in the dark

What was the funniest thing that happened today? .........................

What was the most exciting thing that happened today? ...............
How do you feel about today? Mark on the scale below

- Not so good
- Not sure
- Great

A goal for tomorrow?

Space for your comments or pictures about Day 7
End of voyage

What was your best bit?

What was your least favourite bit?

What will be your most lasting memory?

How do you feel about the whole voyage? Mark on the scale below

Not so good

Not sure

Great

Circle some things you achieved, improved or learned during the voyage

Coping with new experiences

Learning from experience

Cooking and healthy eating

Independence

Having fun

Learning new skills

Dealing with setbacks

Getting on with people

Looking after myself

Getting out of bed on time!

Joining in

Overcoming fears and worries

Challenging myself to do something that seemed difficult or daunting

Working in a team

Communication (speaking and listening)

Taking responsibility

Being away from home

Cleaning the boat

Compromise and negotiation when living with different people

Making new friends

Doing what I was asked to do

Following safety instructions

Feeling more confident

Having an exciting adventure

......
Where did you go?
Mark your journey on the map, and add the names of places you visited

This map for local voyages around Southampton, Poole or Weymouth
This map for voyages around Devon and Cornwall
This map for cross-Channel voyages and longer passages
Can you put the labels in the right places? – *Prolific* (below deck)

Add these labels:

- Bunks
- Saloon
- Seat
- Stern
- Workshop
- Forepeak
- Skipper’s cabin
- Heads
- Breakfast bar
- Wet locker
- Port
- Engine Room
- Main mast
- Galley
- Table
- Bow
- Starboard
- Companionway
- Mizzen mast
- Aft galley
Can you put the labels in the right places? – *Prolific* (above deck)

Add these labels

- Mainsail
- Jib
- Mizzen (mast)
- Staysail
- Dinghy
- Mainmast
- Main boom
- Bow
- Shrouds
- Forestay
- Helm
- Stern
- Mizzen sheet
- Nav area
- Bulwarks
- Mizzen (sail)
- Ensign
- Whaleback
- Radar reflector
- Hull
- Bowsprit

Parts of a sail

- Luff
- Leech
- Foot
- Head
- Tack
- Clew
Which knots can you tie?

And can you name a use for each knot on board *Prolific*?

**Figure of eight**
Used for:

**Round turn and two half-hitches**
Used for:

**Bowline**
Used for:

**Sheet bend**
Used for:

**Double sheet bend**
Used for:

**Clove hitch**
Used for:

**Reef knot**
Used for:

**Roling hitch**
Used for:
Space for your comments or pictures about the whole voyage – or use the page to collect comments and contact details for any friends you have made on board, or a comment from your watchleader or the skipper about what you achieved!
Do you think you will remember anything about this voyage in five or ten years’ time?

If so, what would it be?
Want to keep sailing?
Keep a record of all your voyages

<table>
<thead>
<tr>
<th>Dates</th>
<th>Name of vessel</th>
<th>Details (ports visited, maximum wind force, capacity in which sailing)</th>
<th>Number of days on board</th>
<th>Distance logged</th>
<th>Night hours</th>
<th>Skipper’s signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Stay involved with Ocean Youth Trust South

If you enjoyed the voyage, there are plenty of ways to keep in touch.

**Sail again:** You can book on your own or with a group of friends. Voyages are listed here: [www.oytsouth.org/availability.asp](http://www.oytsouth.org/availability.asp), and if you can’t afford the voyage fee, contact us to ask about bursary funding. If the skipper reports that you joined in and tried your best on your first voyage, you might qualify for financial help to sail again.

**Email bulletin:** We run an email newsletter which will tell you what’s been happening on the boat and where we’ve been sailing. It will also tell you about last-minute vacancies on board, forthcoming events, and other activities. Just leave your email address in the Comments Book on board (make sure we can read your writing!) or email office@oytsouth.org and ask to be added to the mailing list. You can read back issues here: [www.oytsouth.org/oyt-south-newsletter.asp](http://www.oytsouth.org/oyt-south-newsletter.asp). We really do like to hear from you and if you are not sure what events or activities are suitable for you, please ask!

**Join the sea staff:** Junior bosuns must be aged 16 or over; watch leaders have to be 18 or over. If you think this might be for you, talk to the skipper. We are always looking for enthusiastic, reliable people who can work well with other young crew members.

**Refit:** We spend part of each winter doing essential maintenance on board our boat, and we need as much help as we can get. Refit helpers are normally aged 18+, but 16 and 17 year olds may be invited on the skipper’s recommendation. You can come for a day, or for several weeks (there will be somewhere to stay).

**Keep in touch:** Ocean Youth Trust South is on Facebook (facebook.com/oytsouth), Twitter (twitter.com/oytsouth) and Instagram (Instagram.com/oyt_south). Please contact us immediately if you have any concerns about inappropriate content, online bullying etc. on any page managed by OYT South.

**Local shore support:** Can you encourage your friends, school, college or club to book voyages with us? Or could you help to organise a fundraising event for us? Contact the office (02392 602278, office@oytsouth.org).

**Website:** Our website is at [www.oytsouth.org](http://www.oytsouth.org) – keep an eye on it for new information. If you have good photos of your trip, maybe we can add them to the site? Or perhaps you could write an account of the voyage which could be posted there?
Chris Ellis Fund

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

This is an ideal opportunity for people who enjoy sailing with us and would like to come again, but who might not easily be able to afford another trip.

Chris Ellis was one of the founders of the Ocean Youth Club in 1960, and he left a fund to be used to encourage crew members to produce a piece of work based on any OYT voyage. This can be a logbook, a diary, a picture, a story, computer art – whatever you like.

OYT South can award up to £200 (to one entrant, or split between two or three individuals) in the form of a discount off a future voyage.

The key thing is that the Chris Ellis Fund is designed to reward effort: crew members with a physical or learning difficulty stand as much chance of winning as anyone else, if your entry is all your own work.

Contact the office for details: 02392 602278, office@oytsouth.org.

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 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!
Sailing Qualifications

The Royal Yachting Association runs a system of sailing qualifications which will take you all the way from novice crew member to ocean yachtmaster. (These are quite different from the RYA dinghy sailing qualifications).

Full details are listed in the RYA G15 cruising logbook which can be bought on board for £6.

Voyages on board *Prolific*, other than day sails and weekends, will generally give you the opportunity to earn the RYA Start Yachting certificate.

On longer voyages, weather and passage plans permitting, enthusiastic crew members and those with previous sailing experience may be able to complete the more advanced RYA Competent Crew certificate.

Anyone who comes prepared to join in and co-operate has every chance of completing a qualification and earning a certificate – you just need to get the sections signed off.

If you don’t complete all the sections, you can finish the rest on another voyage.

If you don’t want the logbook or certificate, you can still get the sections signed off on these sheets so you’ll have something to show for your efforts on board.
### Start Yachting qualification
(minimum 2 days on board)

<table>
<thead>
<tr>
<th>Section</th>
<th>Details</th>
<th>Skipper’s signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 The yacht</td>
<td>Knowledge of sea terms, parts of a boat, her rigging and sails.</td>
<td></td>
</tr>
<tr>
<td>2 Ropework</td>
<td>Understands the bowline. Can tie the following knots: figure of eight, round turn and two half hitches. Can secure a rope to a cleat. Use of winches and jamming cleats.</td>
<td></td>
</tr>
<tr>
<td>3 Underway</td>
<td>Knowledge of sailing a yacht on all points of sail. Can steer a yacht under sail or power.</td>
<td></td>
</tr>
<tr>
<td>4 Rules of the Road</td>
<td>Can keep an efficient lookout at sea.</td>
<td></td>
</tr>
<tr>
<td>5 Meteorology</td>
<td>Understands where to obtain a weather forecast.</td>
<td></td>
</tr>
<tr>
<td>6 Man overboard recovery</td>
<td>Understands the action to be taken to recover a man overboard. Understands the effects of cold-water shock on a casualty.</td>
<td></td>
</tr>
<tr>
<td>7 Clothing and equipment</td>
<td>Understands good practice for the wearing of safety harnesses, lifejackets and personal buoyancy aids.</td>
<td></td>
</tr>
<tr>
<td>8 Emergency equipment and precautions</td>
<td>Understands hazards on board a yacht. Can carry out actions to be taken in the event of an emergency.</td>
<td></td>
</tr>
</tbody>
</table>
# Competent Crew qualification

(minimum 5 days on board)

<table>
<thead>
<tr>
<th>Section</th>
<th>Details</th>
<th>Skipper’s signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Sea terms and parts of the boat, her rigging and sails.</td>
<td>Can understand orders given concerning the sailing and day to day running of the boat.</td>
<td></td>
</tr>
<tr>
<td>2 Sail handling</td>
<td>Can bend, set, reef and handle sails. Can use sheets and halyards and their associated winches.</td>
<td></td>
</tr>
</tbody>
</table>
| 3 Ropework                                   | Understands how to tie a rolling hitch, single and double sheet bend, and knows their correct use.  

Can use sheets, halyards and their associated winches.  
Can handle ropes, including coiling, stowing, securing to cleats and single and double bollards.  
Can handle warps.  
Can tie the following knots and know their correct use: figure of eight, clove hitch, bowline, round turn and two half hitches, reef knot. |                     |
| 4 Fire precautions and fighting.             | Understands the hazards of fire and the precautions necessary to prevent it.  

Can carry out the action to be taken in the event of fire. |                     |
| 5 Personal safety equipment                  | Understands how to comply with guidance for the wearing of safety harnesses, lifejackets and personal buoyancy aids. |                     |
| 6 Man overboard                              | Understands the action to be taken to recover a man overboard.  

Understands how cold-water shock can affect a casualty in the water. |                     |
|   | **Emergency equipment** | Understands how to launch and board a liferaft.  
Can operate distress flares and knows when they should be used. |
|---|-------------------------|-----------------------------------------------------------------|
|   | **Manners and customs** | Understands accepted practice with regard to: use of burgees and ensigns, prevention of unnecessary noise or disturbance in harbour including courtesies to other berthed craft.  
Understands the responsibility of the boating community to protect the environment. |
|   | **Rules of the Road**   | Can keep an efficient lookout at sea. |
|   | **Tender usage**        | Understands the loading rules and complies with them.  
Understands the use and importance of a kill cord.  
Understands safety equipment for tenders.  
Can handle a dinghy under oars. |
|   | **Meteorology**         | Knowledge of the Beaufort Scale.  
Understands the forecasting services and where to obtain a forecast. |
|   | **Seasickness**         | Working efficiency unaffected/partially affected/severely affected by seasickness (delete as applicable). |
|   | **Helmsmanship and Sailing** | Understands the basic principles of sailing.  
Can steer and trim sails on all points of sailing. Can steer a compass course, under sail and power. |
|   | **General duties**      | Can carry out general duties satisfactorily on deck and below decks in connection with the daily routine of the vessel. |
Insert your Royal Yachting Association Certificate here
Ocean Youth Trust South would like to thank the Graham High Charitable Trust for their support in making this handbook available to our crew members.

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