

ASTO Small Ships Race

Trip Handbook



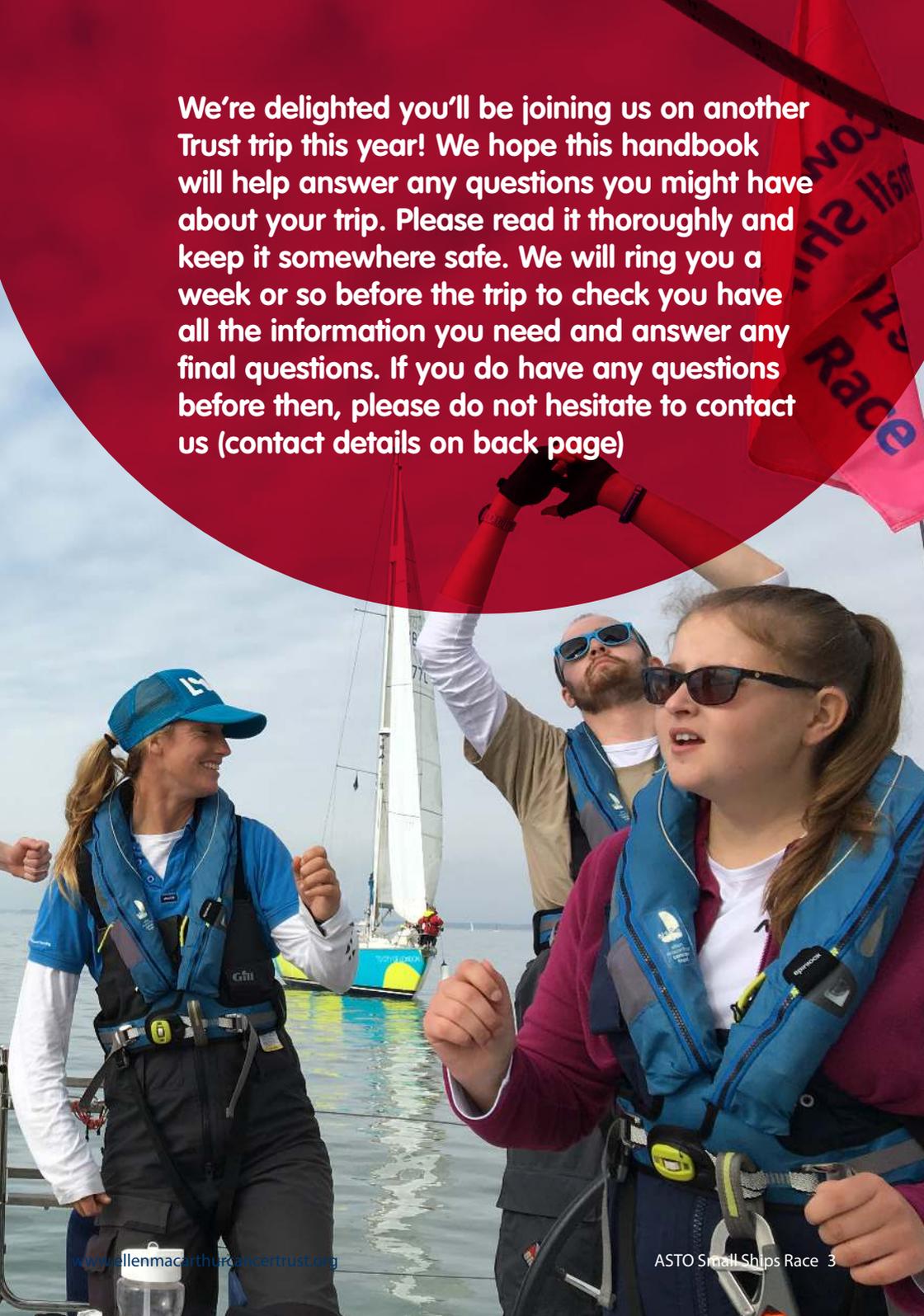
ellen
macarthur
cancer trust

rebuilding young
people's confidence





We're delighted you'll be joining us on another Trust trip this year! We hope this handbook will help answer any questions you might have about your trip. Please read it thoroughly and keep it somewhere safe. We will ring you a week or so before the trip to check you have all the information you need and answer any final questions. If you do have any questions before then, please do not hesitate to contact us (contact details on back page)



ASTO Small Ships Race

A Bit More Info

The ASTO Small Ships Race is an annual event in which around 25 boats take part each year, organised by the Association of Sail Training Organisations. It is an exciting race which takes place in the Solent and is unique in the fact all the boats are crewed by young people from various sail training organisations. As well as improving your sailing skills in the race, you'll also represent the Ellen MacArthur Cancer Trust for the 'best dressed crew' and the 'spirit of the race' awards. To find out more you can visit www.uksailtraining.org.uk

After arriving in East Cowes you will be shown aboard the boat for a safety brief and refamiliarisation before heading out on the water for a practice sail to prepare for race day, followed by a meal on board with the crew. Saturday is race day so look forward to an action-packed day with lots of excitement and fun! There will be plenty of food and snacks on

board to keep you full of energy for the race! After the race it's time to celebrate your achievements at the prize giving party. On the last day, after a race team debrief, you will help clean and pack up the boat before saying goodbyes and travelling home.

Health & Safety

Whichever trip you join with the Trust, our aim is for it to be a safe and happy one! Safety is paramount to us and we make sure all the correct procedures and precautions are in place.

Our ASTO Small Ships Race trip operates under our own safety management. We have been taking young people to sea for a good number of years and developed our safety management system with the guidance of ASTO.

All of our yacht skippers are highly qualified and experienced at working with young people. We only set sail if the weather conditions are suitable.

We will be based at
our East Cowes office –
 01983 297750.



Everything you need to know

The Yachts

You will be on yachts similar to those from your first time trip. All of our boats are designed for leisure sailing and training purposes. Each yacht will have a commercially endorsed Yachtmaster as the skipper, as well as an experienced mate and crew leader. Every yacht is fitted with all necessary safety equipment and fully licenced for commercial use. You will be living onboard in single sex shared cabins. Accommodation can be snug. If you have any problems, please bring it up with your skipper or crew.

Medical Support

On this trip there will be a qualified medic to help cover all necessary medical needs of our young people.

The medics will collect in any medication on the first evening and store it safely in a locked medical box until needed, supervising any use. If meds need refrigerating or ice packs freezing for the return journey, this is not a problem.

The medical information we have is taken from the medical and consent form filled in prior to the trip, so when filling in these forms, please ensure you include all relevant, up to date medical and non-medical information that you feel we should know about.

It is essential that you ensure all medication is in date and in its original packaging with the dispensary label.

Spending Money

You should not need to spend any money whilst on a Trust trip as everything is provided. However

you may wish to bring along enough to buy extra snacks or souvenirs so we suggest no more than £20.

Volunteers

The Trust relies on volunteers to help run our trips. All those involved are trained to a high standard and have an enhanced DBS check. All are friendly and approachable and are there to make sure you have the best time possible. If you have any questions, concerns or worries whilst on your trip, please talk to one of our staff or volunteers. If we don't know there's a problem, we can't help! Many of our volunteers are young adults who have sailed with the Trust as young people themselves. They can be very inspiring role models!

Rules & Regulations

We don't have many rules at the Trust, but those we do have are in place to ensure that everyone involved, young people and volunteers alike, are safe and happy.

During your welcome we will have a short discussion about acceptable behaviour on the trip, which everyone is expected to agree and adhere to.

Any form of bullying, be it verbal or physical will not be tolerated. Please talk to a member of staff or volunteer if you feel uncomfortable with anything said to yourself or anyone else on your trip, to enable us to deal with the situation as soon as possible.

Our staff and volunteers work extremely hard to try and make



sure you have the best time possible whilst on your trip. We'd like to make it very clear that any abusive language or behaviour towards our staff, skippers and volunteers will not be tolerated.

We often charter and borrow yachts from other organisations. We ask that you please respect your home for the week, along with the equipment and your surroundings and leave it the way you found it.

As with all Trust trips there is a no smoking and no alcohol policy.

Travel

You will have received a letter with this handbook giving details of where and when you need to be at your pick up location. During your pre-trip phone call we will give you the name of the volunteer who will be meeting you. The cost of all transport is covered and if you need to be reimbursed for any travel to get you to the pick up location, please let us know.

If your travel time is over lunch time please ensure you bring a snack and pack lunch or money to buy some.

Food & Drink

You will be given a Trust water bottle to use whilst on the trip. We will make sure you drink plenty of liquids whilst on and off the water. Any dietary requirements will be catered for providing you have noted them on your medical forms. You will be preparing some of your own meals whilst onboard, with everyone mucking in. If there is a meal you don't like, please let your skipper or crew know and they can organise an alternative.

Mobile Phones & Valuables

Please be aware that any mobile phones or valuable electronic equipment are bought along to our trips entirely at your own risk. We recommend that these items should be left at home, as they tend to cause a distraction and could potentially get damaged. We do understand that you may want to bring these along for the journey. We will not prevent anyone from bringing these items along, however it is done so at your own risk and we will not be responsible for any loss or damage. Our staff and volunteers will have phones that can be used to phone home if necessary and Trust contact numbers are on the back of this booklet should family or friends need to get in touch while you're away.

Cameras

There will be a number of waterproof digital cameras available to use whilst on your trip. Please feel free to take as many photos as you like. These photos will then be emailed to you or your parents after the trip. If taking photos on your own personal camera or phone, please be aware that if other young people are in the photos they may not be happy for you to share these. Please make sure you get their permission before sharing!

Photos, Social Media & Press

The Trust respects the privacy of everyone who sails with us, but also knows that the more people that know about us, the more young people we can help. On your medical and consent forms there is a section about consenting



to the Trust using images of you on social media sites, using video and images for promotional material, having interviews and sending press releases to your local media. We would only do this with your permission. Please fill in the relevant 'yes'/'no' answers. Please feel free to like our Facebook page, follow us on Instagram, Twitter etc and become friends with other young people on your trip, however we ask that you please do not ask to become friends with, follow or add any of our staff or volunteers on any social media. You can contact volunteers via the Trust Facebook page or through a Trust member of staff by email.

After the Trip

After the trip we will ask you for some feedback, this is to help us to improve what we do. We will also email a link to you or your parents so that you can download the photos from the trip. We recognise that the recovery process can often last long after treatment ends. If you are under 18 you will receive a return to sail invite every year until you are 18. If you are over 18, you will receive at least two return to sail invites. Following this, there may then be opportunities to become a volunteer for the Trust.

What to Bring

Firstly we ask everyone to bring a sense of FUN! On a practical level however, the Trust will provide waterproof jacket and trousers and all safety equipment. We also always have plenty of high-factor sun cream on all of our trips. Please note that space onboard can be quite tight, so please bear this in mind when packing.

We recommend packing clothes that can be layered depending on weather conditions and suggest you don't bring your best clothes as they may get ruined.

kit checklist

- All medication
(in original packaging with dispensary label, please make sure all emergency medication is in date)
- Washkit
- Towel
- Trousers/shorts
- Sweatshirts/hoodies/fleeces
- T-shirts
- Underwear & socks
- 2 pairs of suitable shoes
(1 x old trainers/wetsuit boots you don't mind getting wet, 1 x practical onshore shoes)
- Nightwear
- Sunglasses
- 2 large polythene bags to take home any damp clothing
- Wooly hat and gloves
(depending on the weather!)
- Sleeping bag
(we can provide if necessary)
- Pillow
(if needed, we do not supply)
- Flip flops/sandals for the shower
- Waterproof coat for travel
- RYA Log Book

Visit www.ellenmacarthurcancertrust.org
to find out more about our trips



Contact us

We hope you have a fantastic time sailing with the Trust!

If you have any questions or problems before, during or after your trips,
please don't hesitate to contact us

Cowes, Isle of Wight Office: 01983 297750

Address: Ellen MacArthur Cancer Trust,
Unit 53, East Cowes Marina, Britannia
Way, East Cowes, Isle of Wight, PO32 6DG

returntosail@emcancertrust.org

   [@EMCTrust](https://www.instagram.com/emctrust) [#confidenceaftercancer](https://twitter.com/emctrust)