

Prolific Trip

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 about your trip, and help with your preparation to join us. Please read it thoroughly, and keep the Trust team's contact numbers somewhere safe so your family can get in touch during your trip if necessary. 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 need to contact us before then, please don't hesitate to ring or email.

Prolific – a bit more info...

Prolific is a 105ft yacht built in 2005 in the design of a Norwegian herring-fishing vessel. The vessel will take 12 young people sailing, for the 5 day trip.

On board you will be split into teams, called watches, and each group will have a member of staff as their watch leader. In your watches you will be sailing the boat, putting sails up and down, keeping lookout and helping with navigation. You will be a part of a watch pattern with one watch in charge of the boat, while the other watches relax, this will change every few hours. You will be taking part in the daily running of the boat including cooking for the crew.

You will be sleeping in bunks where you will have space to store your stuff and sleep. Your bunk will have a light and a curtain and you will need to bring your own pillow case and sleeping bag (sleeping bags can be provided by the Trust).

Your sailing route will be determined by the weather conditions that week, so the team will

brief you on the plan once everyone has arrived. By the end of the trip, you should be confidently playing your part in the team and helping to sail the boat back to Southampton.

The boat will sail Southampton to Southampton and the main point of contact will be our East Cowes office.

Phone: 01983 297750

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. On our Prolific Trip we operate under Ocean Youth Trust South's safety management.

All of their staff have enhanced DBS checks.

For more information, visit www.oypsouth.org/prolific.asp



Everything you

Medical Support

On all of our trips we have a qualified medic to help cover all necessary medical needs of our young people.

The medic 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.



need to know

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 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 brought 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 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 on social media!

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 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.



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. 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 the Trust



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

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Way, East Cowes, Isle of Wight, PO32 6DG

returertosail@emcancertrust.org

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