

U18s East Coast Cruising

Trip Handbook

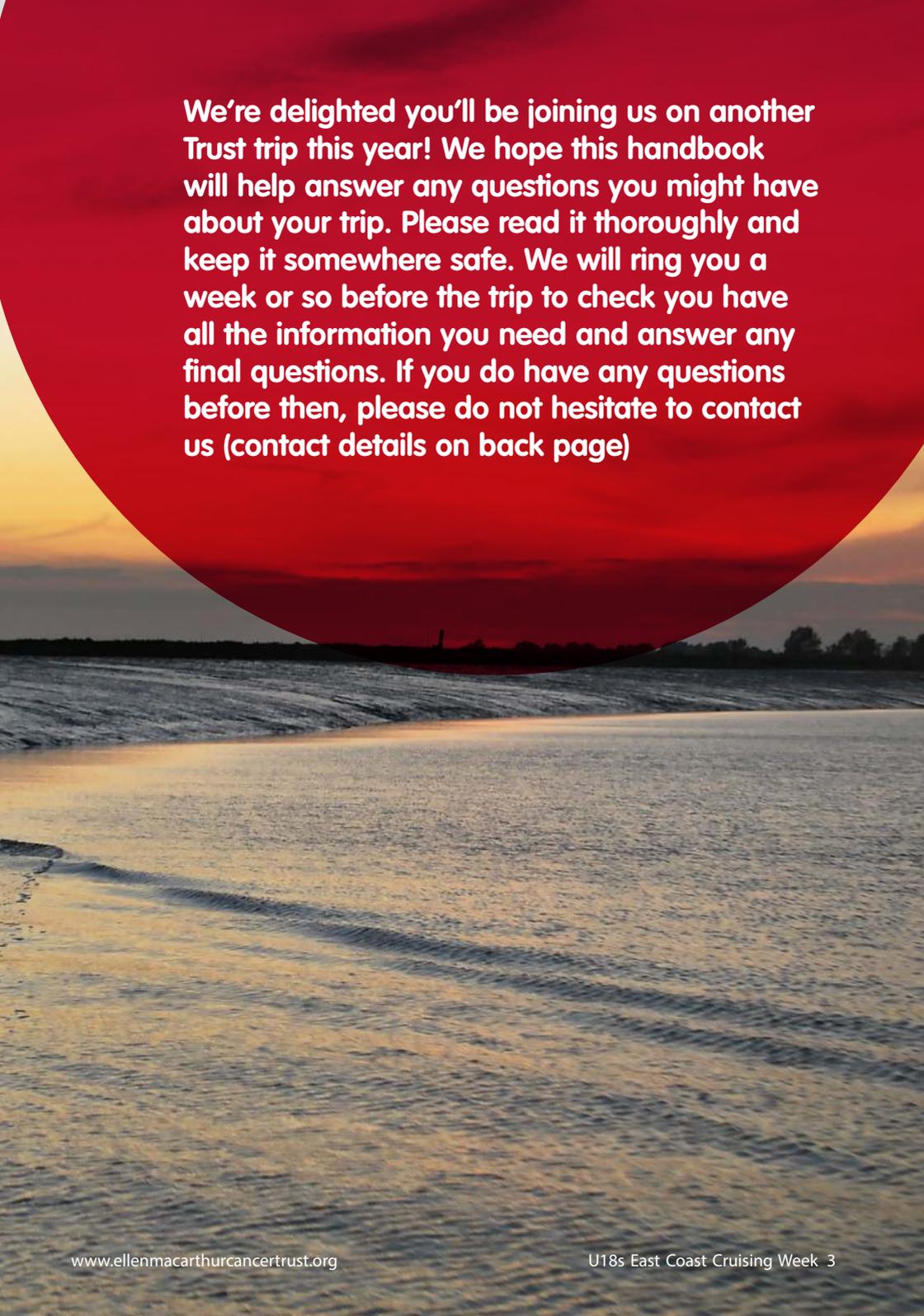


ellen
macarthur
cancer trust

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)

East Coast Cruising

Our East Coast Cruising Week an amazing adventure run on more traditional yachts, a Deep Sea Smack and a Thames Barge.

Both yachts will take ten young people, a couple of Trust volunteers and three of the ship's crew all sleeping in hammocks. One of our volunteers will be a medic. As with all Trust trips, the main aim of the week is to have lots of fun with a bit of adventure thrown in. This will be a chance to experience sailing larger boats and everyone will be involved with all duties on board. We are planning on exploring the backwaters of Essex with stops ashore for games on the beach and other fun activities. Due to the nature of this week we will be planning our exact itinerary based on the weather and tides. It may not be possible to moor up in a marina every night, so bring your dry shampoo and baby wipes as showers could be limited!!

The first day you'll meet the Trust representative at one of the pick up points (at the times specified in the covering letter accompanying this handbook) and make your way to the Bradwell Outdoors Centre. There you will start getting to know everyone and there will be an introduction to the boat,

a health and safety brief, and preparation for the evening meal. You will spend the first night at anchor and the following day you can expect to set sail for your East Coast adventure.

The yachts will sail independently but moor up together each night if possible, and aim to sail to different harbours each day. The itinerary will be dependent on the weather and tides. Whilst on board, you will learn more about sailing, plotting a course to your destination and navigating. There will be on shore activities and sightseeing depending on where the boats will moor up.

There will be a diary on board both boats for crew to write about their day if they wish, which may later be written up on our website, and the crew will be encouraged to document their crew life in photos and video for our website and facebook site.

On the last day, the group will be packing up, cleaning up the boats and saying goodbyes.

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 East Coast Cruising Trip we operate under Pioneer Sailing Trust's safety management. All of their staff have enhanced DBS checks. For more information, visit: www.pioneerck18.org

We will be based from:
Essex Outdoors Bradwell,
Bradwell Waterside,
Southminster, Essex,
CM0 7QY



Everything you need to know

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.

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 and phone number 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 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





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 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)
- Wash Kit
- Towel
- Trousers/Shorts
- Sweatshirts/Hoodies/Fleeces
- T-shirts
- Underwear & Socks
- 2 Pairs of suitable shoes
(1 x old (non-marking) trainers you don't mind getting wet, 1x practical onshore shoes)
- Pyjamas
- Sleeping Bag
(we can provide these if you don't have one)
- Pillow
- Sunglasses
- Woolly Hat and Gloves
(depending on the weather!)
- RYA Log Book
- Wet Wipes
- Dry Shampoo
- Welly boots
- Waterproof coat for travel

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)