



**SAIL TRAINING
IRELAND**
SAIL, TRAIN, LEARN, LIVE ...



PRE-VOYAGE NOTES - SAILING TRAINING ON *BRIAN BORÚ* - 2023

PRODUCED BY DUBLIN UNDER SAIL, IN ASSOCIATION WITH SAIL TRAINING IRELAND

WELCOME

The Skipper and Crew of *Brian Ború* are all looking forward to welcoming you on board for a Sail Training Voyage with us.

JOINING THE BRIAN BORÚ

Our five-day cruises for Sail Training Ireland start at 0900 on Monday and finish at 1700 (or earlier) the following Friday. (Times may be altered to suit public transport connections). A light breakfast will be served when you arrive.

The most common joining and leaving locations are listed below, and you will receive notice in advance of which to use. Note that the *Brian Ború* may start and finish a cruise at differing locations.

- Belfast Harbour Marina, Titanic Quarter, Belfast BT3
- Drogheda Fiddle Case Pier, North Quay – Eircode A92 R688
- Dublin North Wall (opposite Three Arena) – Eircode D01 EW90
- Dun Laoghaire Marina – Eircode A96 D37
- Wicklow East Pier (near Wicklow Sailing Club) – Eircode A67 WV82
- Arklow Harbour Marina (South Quay, not to be confused with Arklow Marina) – Eircode Y14 E395
- Waterford City Marina (beside Tower Hotel) – Eircode X91 VXE0
- Dunmore East – Yacht Pontoon in Fisheries Harbour – Eircode X91 KX03
- Dungarvan – Davitt’s Quay – Eircode X35 Y409
- Cobh East Ferry Marina (Marlogue, not Midleton side of East Ferry) – Eircode P24 D681
- Cork City Marina (near Clayton Hotel and Port of Cork buildings) – Eircode T12 CY88

ABOUT BRIAN BORÚ

Brian Ború is a gaff rigged sailing ketch (i.e. with two masts). She was a fishing boat (the ‘Investor’), built in Scotland of larch and oak in 1961, and converted to a sailing vessel in 2013. She is 20 metres long (including bow sprit), 5.5 metres beam and draws 2.6 metres. On Sail Training Voyages we usually travel with 10 trainees and 3 or 4 crew (including a mentor).

We normally use the sails for propulsion and there’s a lot of manual work to be done by the trainees hoisting the sails and trimming them to maintain the boat at optimum speed for the wind conditions. We have an auxiliary engine (380hp 6 cylinder Volvo Penta turbo diesel) for entering and leaving ports and for when the wind speed or direction doesn’t suit us.

Brian Ború is authorised by the Irish Dept of Transport, Tourism and Sport to carry 12 passengers on sail training voyages, licenced under *P6 ComSail* regulations and by the UK Marine Coast Guard Agency to conduct sail training



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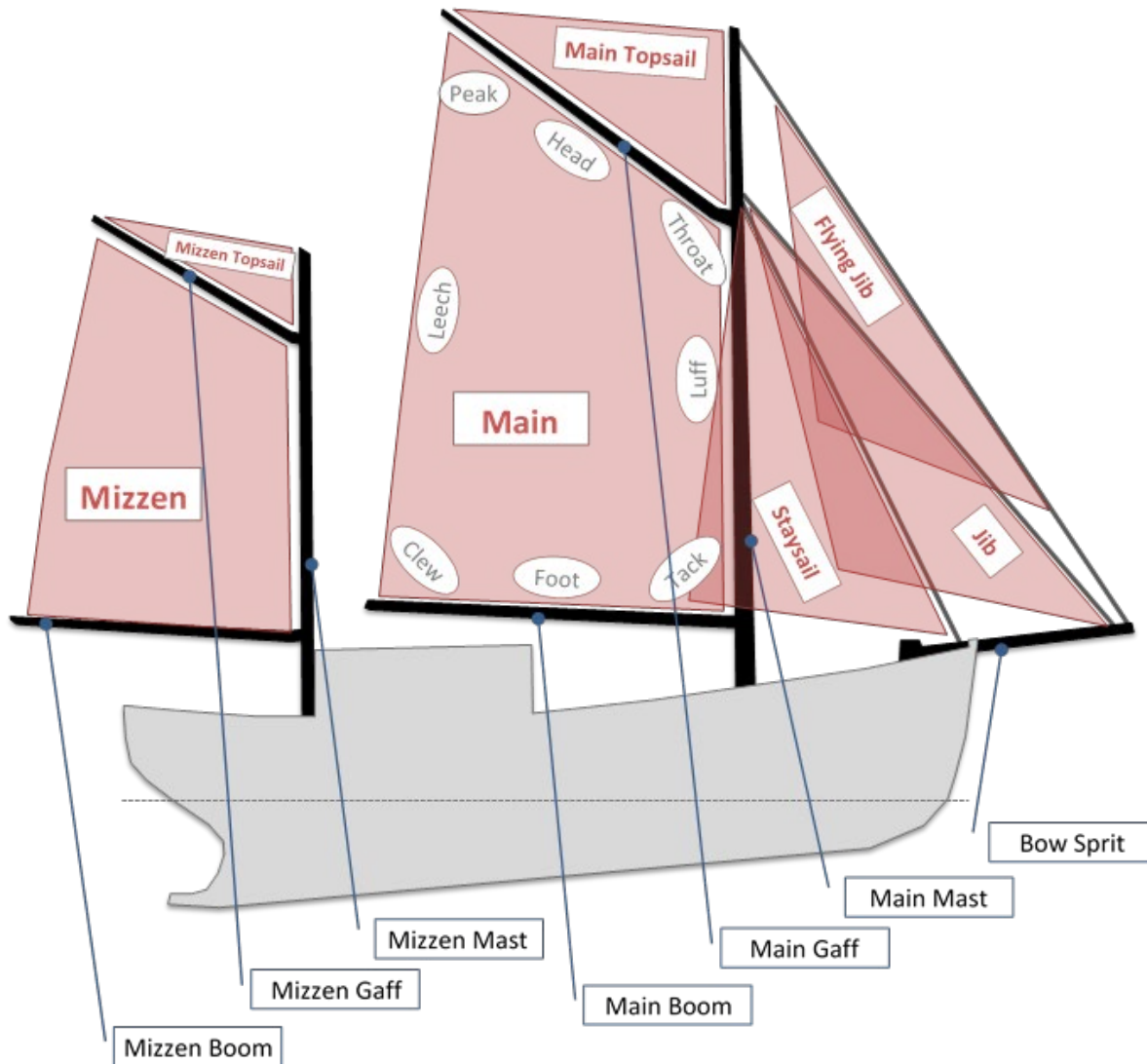
Prepared for *Brian Ború* and *Dublin Under Sail*, March 2023 by Peter Scallan.
Subject to change due to weather and operational requirements.

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with 12 passengers under SCV category 3 regulations. We carry the full set of safety, life-saving and communication equipment required by the Department of Transport and are regularly inspected by the Marine Survey Office and the UK MCA.

The owners of *Brian Ború* are Michael Byrne and Jonathan O'Brian, who acquired the vessel in early 2019. Both Michael and Jonathan have extensive experience of tall ships, sail training and youth development on both the Irish coast and abroad. The crew are professionally trained with the Skipper being licenced to command a vessel carrying passengers for the purpose of sail training by the Dept. of Transport Sport and Communications. See www.dublinundersail.com for more information.



ACCOMMODATION

You will be sleeping in your own bunk (relatively narrow) in a shared space with nine other trainees, mixed genders. Think of it like camping at sea! Storage is limited so bring as little as you can get away with (see [Kit List](#) below). There is a limited water supply, so we will arrange for showers ashore in most places we visit.

FOOD

We (or rather you) will cook all meals from scratch using fresh meat, eggs, dairy, vegetables and fruit. Each trainee is required to do a full 24 hours on galley duty (kitchen), two trainees at a time. Part of the galley duties will be shopping for food at the beginning of the trip and at ports along the way. The mentor or a member of the professional crew will support you and guide you in your galley duties. If you have a favourite recipe, why not scale it up for 14 people, we can buy the supplies and you can cook it on board.

If for medical reasons, you need to avoid certain foods, ensure that the crew are aware at the beginning of the trip. Similarly, if you prefer vegetarian options, we will do our best to cater for you.

The Crew and Trainees eat communally around the same table every day with breakfast, a substantial lunch and a big dinner. We will all eat the same meals, with no menu choice (other than mentioned above). It's an opportunity to try food you don't normally eat. Hard work at sea working the ropes will make you very hungry, and hunger is a good sauce!



THE ENVIRONMENT

On *Brian Ború* we work to be in tune with the environment. Sailing coastal waters, you will become aware of how fragile our ecosystem is, and the damage that thoughtlessness and carelessness can do to wildlife both fauna and flora.

- Please do not bring single-use plastic on board (other than that required by medicine and personal hygiene). E.g. no single use plastic bottles, plastic bags etc.
- Do not bring on board any cosmetics or hygiene products containing microbeads.
- The only fresh water available is what we can carry in the tank on board, so we promote good practice in conserving use of water. Do not leave a tap running when washing hands or brushing teeth. Turn shower on only to wet yourself and rinse off, turn it off when washing yourself.



- Do not throw anything overboard other than certain easily biodegradable food waste, and only then when offshore and with permission of the skipper. Cigarette butts and tea bags contain plastics and should never be thrown overboard.
- Smoke only in the designated area on board (aft, beside mizzen mast) and only when off watch.
- We try and use the sails as much as possible and minimise engine use. Our electricity also comes from the engine, and is required for navigation instruments, communication equipment, lights and the fridge. This means that charging phones and other devices on board is not possible. There is a “ship’s phone”, the number of which you can give to family so that you can be contacted. This phone will always be kept charged but bear in mind that there may not be reception when we are any distance from the coast.
- We only anchor in designated areas, to avoid damage to the seabed.
- We support the work of Clean Coasts, Tidy Towns and other organisations by ensuring no waste and by removing other people’s litter from coastal areas as part of our training.



TRAINING

During your voyage with us, we will train you in:

- Mooring line handling
- Basic rope work and line safety
- Using fenders
- Using halyards, sheets, downhauls, topping lifts and preventers
- Trimming sails
- Using lifejackets and safety harnesses
- Knowledge of basic sea terminology
- Maintaining a proper lookout at sea
- Etiquette, customs and courtesy at sea
- Respect of and caring for the maritime ecosystem
- Cooking and food management on board
- Cleaning and daily maintenance on board
- Helming (i.e. steering) to direction of the navigation officer
- How to read a compass and follow a compass course
- Living in a small space with lots of people!
- Personal safety on board

If you have an interest in a particular subject area and at your request we can do additional training in:

- Ropework and knots
- Menu and meal planning, recipe creation
- Navigation
- International Rules for the Prevention of Collision at Sea (ColRegs)
- Buoyage and navigation lights
- Boat handling
- Using the tender (small boat) with both oars and outboard engine
- Climbing the rigging and working aloft
- Engine checks and daily maintenance
- Woodwork
- Rigging adjustment and maintenance

WATCH SYSTEM

We will operate a 'watch' or shift system. When you join the *Brian Ború* you will be allocated to Red or Green watch. This will be your team for the whole voyage. The crew will appoint a watch leader for each watch. He/she is responsible for making sure that all on the watch do their duties. From 0700 to 2200 you will be on duty for three hours on and three hours off. You are expected to be ready and dressed appropriately at least five minutes before your watch starts.

When on-watch when at sea, you and your watch-mates will:

- Helm (or steer)
- Lookout for hazards such as other boats, lobster pot buoys etc.
- Handle and adjust the sails
- Plot the position on the chart and maintain navigation records

When on-watch at anchor or in harbour, you and watch mates will:

- Maintain a position watch (when at anchor)
- Meet and greet people at the gangway and only permit authorised visitors on board (when in harbour)
- Note who is on and off the boat at all times
- Conduct regular checks on the boat and systems
- Prepare, launch and recover the tender (small boat)
- Ferry off-watch personnel to and from the shore using the tender (when at anchor)

When off-watch this is generally personal time though you will be on call for:

- 'Happy Hour' or daily maintenance, cleaning and tidying all areas of the boat for one hour each day
- Sail changes requiring the muscle power of the full crew
- Leaving and arriving at a berth (i.e. a quay wall or marina)
- Assisting in the Galley where there is too much work for the two Galley trainees



"Happy Hour" on Brian Ború with trainees scrubbing the wheelhouse roof

You will be on Galley watch for on 24 hour term during the voyage, with one other trainee. You will be excused from your normal on-watch duties during this period. Galley duty starts & finishes after the lunch clean-up each day. You will be first out of the bunk in the morning to prepare breakfast for all on board. Galley duties include:

- Preparing three meals from scratch, using recipes provided and under guidance of the crew or mentor.
- Serving meals, and when at sea this is done in two shifts as a crew has to operate the boat at all times.
- Preparing snacks when required, and keeping a continuous flow of tea/coffee for the on-watch crew
- Keeping the galley and saloon area clean and tidy on a clean-as-you-go principal
- Check the food inventory and plan shopping requirements
- Do the shopping when required and we are in harbour (crew or mentor will assist, organise payment etc)
- Store the food and manage food storage, including removing out of date food
- Manage refuse and dispose properly in harbour when available
- Monitor water and bottled gas usage.

PHONES AND CAMERAS

Sailing and the sea can be hostile environments for phones and cameras. Salt water and sea air will damage electronics. Anything dropped overboard cannot be retrieved – it will be gone forever! Having said all of that, coastal sailing often presents wonderful opportunities for photography and videography, and on most trips dolphins accompany the *Brian Ború* at some stage, playing with the bow wave as we sail along.

Please note the following:

- We don't have facilities to charge trainee's phones or other electronic equipment on board.
- When you are on watch, your phone should be packed away safely and not on your person. Never use a phone when you are on duty. (In the event of an exciting event, such as passing a particular lighthouse, dolphins or other wildlife nearby, the Skipper may temporarily excuse you from your duties to take photos).
- There is no WiFi on board, and when at sea we will often be out of range of mobile phone signal.
- The Skipper reserves the right to retain trainee's phones locked away securely and return only during pre-arranged personal time.

KIT LIST

Space is tight, so bring as little with you as you can get away with. Bring only soft bags (no wheeled bags, frame rucksacks or suitcases).

- Sleeping Bag
- Pillow (or pillowcase that you stuff with fleeces!)
- Towel – big enough to use after a shower or swim
- 2 complete changes of clothes. Synthetic (sports) clothes are best. Try to avoid cotton, especially jeans as they are too difficult to dry.
- Underwear – enough for the week
- Warm socks
- Warm, waterproof, windproof jacket.
- Fleeces or wool jumpers (avoid cotton). It is always a bit colder at sea than on land
- T-shirts – long sleeve and short sleeve
- Shoes with good grip that are either waterproof or dry quickly.
- Warm hat
- Gloves – sailing gloves, gardening gloves or work gloves for handling traditional ropework.
- Swimsuit and/or wetsuit – we generally get to swim off the boat at least once during the voyage. We have facilities to dry wetsuits.
- Personal wash bag
- Sun protection and lip balm (use a high SPF, as the reflection off the sea makes the sun stronger)
- Small bag or soft back pack for going ashore, especially for carrying towel and change of clothes when using shore based showers.
- Medication with full instructions for use
- Small amount of pocket money (there won't be many opportunities to spend it)
- Camera (but not an expensive one – salt water and expensive cameras don't mix)
- Phone and charger and power pack (see mobile phone policy)
- A reusable drinking water bottle with your name written on it. You can refill using the water supply on board *Brian Ború*
- Notebook and pen (see [Logbook](#) below)
- Optional: Musical instrument, suitable for use on a boat, and not too fragile (so leave the piano at home!)
- Optional: Painting or drawing equipment
- **DO NOT BRING**
 - Plug in electrical items – there's no where to plug them in!
 - Games consoles, DVD players etc.
 - Expensive electrical items
 - Expensive cameras
 - Spray deodorants

- Large amount of sweets, crisps etc.
- Energy drinks
- Single use plastic bottles or cans

YOUR CREATIVE SELF

LOGBOOK

Traditionally at sea, a logbook (a ship's log or simply log) is a record of important events in the management, operation, and navigation of a ship. It is essential to traditional navigation, and the *Brian Ború's* log is updated at least every hour when at sea.

All trainees are encouraged to keep a personal logbook. What you create and how you do it is up to you. Some suggestions are:



- Write a blog of your experiences
- Write a formal navigation log, which goes towards a marine qualification (such as Watch Leader)
- Develop rig diagrams, pin diagrams and engineering diagrams of the *Brian Ború*
- Paint or draw the boat, life on board, wildlife or the seascapes
- Write poetry, a short story
- Write a song or compose music
- Create a photo essay of your experiences
- Create a scrap book
- Create a piece of art from recycled or waste material collected on the shore
- Or a combination of any or all of the above

Each evening two trainees will be asked to present to the crew, extracts from their log or creative work.

SAIL TRAINING IRELAND

There is a great tradition of sail training in Ireland and on *Brian Ború* you will follow in the footsteps of crews who have trained on Irish tall ships such as *Asgard*, *Creidne*, *Asgard II* and *Spirit of Oysterhaven*, as well as tall ships of other nationalities. Did you know that most of the tall ship captains and other professional crew had their first experience at sea as a trainee on a voyage similar to the one you are about to join. **Sail Training Ireland** (www.sailtrainingireland.com) continues that tradition with a mission to:



STV Asgard II

- To promote the development and education of young people through the Sail Training experience.
- To make Sail Training widely available to people of all backgrounds and abilities, with an emphasis on 15 – 30 year old's from the island of Ireland.
- To support Sail Training vessels registered in Ireland by recruiting and funding trainees.
- In the absence of Irish vessels, to seek international vessels of good standing for trainees from Ireland.
- To develop a community of Sail Training participants and supporters.



- For our programmes to act as a stepping stone into employment, particularly in the maritime industry.
- To preserve and protect the maritime heritage of Ireland.

SHARING YOUR EXPERIENCE

Sail Training Ireland is looking for trainees to give feedback on their experience. This can be in your own words, pictures, posts etc.

These will provide material for posts to social media and also provide Sail Training Ireland with the content for a newsletter in September detailing the Summer voyages. Each Mentor has been asked to provide a short summary of their voyages also, so you may like to support the mentor in preparing this.

Trainees can send / post as follows:

- Instagram: Sailtrainingireland
- email: info@sailtrainingireland.com
- Facebook : sailtrainingirelandforyouth
- Twitter : SailTrainingIre



**Dolphins playing with the bow wave of Brian Ború
Irish Sea, June 2018**

Note that all use of phones and social media comes second to the safe operation of the Brian Ború, and that phones and other devices cannot be used by a duty watch unless specifically authorised by the Skipper.

