



TURN TO STARBOARD

THE FORCES' SAILING CHARITY

TALL SHIP SAILING EXPERIENCE

Joining Instructions

Thank you for booking a sailing experience with Turn to Starboard.
In this guide you will find information about your trip.



WHAT TO BRING

- Sleeping Bag and Pillow
- Wind proof jacket
- Layered clothing to keep you warm
- 2 pairs of shoes (in case one gets wet). Trainers or wellington boots are suitable, or sailing boots if you have them. Open-toe sandals are unsuitable for sailing
- Sunglasses
- Hat/cap
- Swimming Kit (if you're feeling brave)
- Suncream and after sun
- Reusable water bottle (water on the boat is safe to drink)
- Wash kit
- Towel
- Medication (if needed)

*** Waterproof clothing;** We provide all adults with waterproof jackets and trousers, however, we do not hold items for children. Please bring warm waterproof jackets (and waterproof trousers if you have them) for each child.

**** Please bring your items in a small soft bag (no suitcases as storage is limited).**

***** Safety life jackets are provided to ALL participants.**



ACTIVITY:

'*Spirit of Falmouth*' is our flagship vessel - a 92-foot replica Mersey Pilot Schooner. Weighing in at 88 tonnes, she is as long as seven cars and weighs the equivalent of a blue whale!

No previous sailing experience is necessary for participants, as the ship will be manned by a highly experienced skipper and crew. You can join in as much as you like, the crew are there to guide you and show you the ropes. Sailing destinations will be decided on your arrival according to weather conditions and where everyone would like to explore.

In case of an emergency please contact Turn To Starboard on 01326 314262.

Track Spirit of Falmouth on Marine Traffic with her MMSI number: 232003794





HEALTH AND SAFETY:

Sailing in general is a very safe activity. We have no recorded adverse events on our sailing trips and take great pride in our safety record. The key to staying safe is **good preparation, safety equipment and paying attention** during safety briefs and when out on the water.

All we ask is for you to listen carefully to the instruction of the skipper and point out anything which you think is untoward. And there is no such thing as a silly question!

ACCESSIBILITY AND SPECIAL REQUIREMENTS:

On arrival please make the skipper aware if you are taking any prescribed medication, or if you need any mobility assistance. Please be assured that this information will be dealt with in the strictest of confidence. Should you need a break from the yacht, it's absolutely fine and all you need to do is ask the skipper regardless of time; day or night. Whilst we will be moored at different locations each night we will always be close to the marina or shore.

CONDUCT:

Smoking is permitted on deck but please respect the effect on any non-smokers (i.e. distance yourself from others and be downwind) and ask the skipper before you smoke. To fully appreciate the tranquility of sailing and the sea we also ask that you turn off phones (or on silent) unless you are waiting for an important call.

Please be aware Turn to Starboard supports individuals who are often coping with challenging circumstances or have experienced extraordinary events. We kindly ask you consider this when interacting with crew members. Please afford each crew member appropriate respect and remember that in some cases individuals need just a little time to adjust.

Equally some participants may wish to share their experiences. If they do then we ask you to remember confidentially and 'what's said on the boat stays on the boat!'

While on board there is an expectation every crew member 'mucks in' and helps with everyday tasks. Sharing cooking and cleaning duties, clearing the deck of lines and getting a 'brew on' makes for a great time for everyone.

Please remember that your instructor/skipper is highly experienced and in many cases is giving up their time for free. The skipper always has the last word!