



# Middle School Programme Information Packet 2017-18 Five-Day Learning Expedition for Students

## Voyage Registration

**Step 1:** Register online at [www.tfaforms.com/4635197](http://www.tfaforms.com/4635197)

Please be thorough and accurate when completing the form.

**Step 2:** Sign and return Voyage Waiver, & Student Agreement Forms.



Registered Charity No. 545

**Bermuda Sloop Foundation** offers character education programmes aboard *Spirit of Bermuda*, primarily for students aged 12 to 14 – at a critical age in adolescent development. Our expeditionary programmes are designed to (a) empower young Bermudians to realise their potential and (b) instill core life success skills, with the aim that they become good, productive members of our community.

**For more information, contact:**

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Visit [www.bermudasloop.org](http://www.bermudasloop.org) & [facebook.com/bermudasloopfoundation](https://www.facebook.com/bermudasloopfoundation) for photos & videos about Bermuda Sloop Foundation!

# Welcome to Bermuda Sloop Foundation!

## Who Are We

**Bermuda Sloop Foundation** is the not-for-profit organization that owns and operates *Sail Training Vessel (STV) Spirit of Bermuda (Spirit)* and has been providing Training Under Sail opportunities to Bermuda's Youth since 2006.

*Spirit* is a regulated, global class, purpose-built sailboat, stretching 112 ft long (with bow sprit) and 23 feet in width at her middle. At capacity, *Spirit* is crewed by eight professional mariners along with trainees (21 students and three teachers). She provides the youth of Bermuda with an authentic learning community to supplement what is provided within traditional classroom settings.

The ship's Bermuda rig design is based on Bermudian schooners built for the British Royal Navy in the period that spanned the Abolition of the Slave Trade (1807), War of 1812, and Abolition of Slavery within the British Empire (1834). These "sloops of war" first ran patrol north to Halifax and south to Kingston, containing the USA, then formed part of the patrol impeding the slave trade that continued on the West African coast and the Caribbean.



Historically, Bermuda schooners/rigs were world renowned for their speed, maneuverability and the expert seamanship of the highly skilled multi-racial Bermudian crews that sailed them. *Spirit* is built to American Bureau of Shipping (ABS) standards and operates by UK regulations under the Bermuda flag. We have won awards from Sail Training International (2015-16) and The American Sail Training Organisation (2007).

The typical 5-day Middle school expedition is considered a 'Rite of Passage' for every Middle School student. During the summer months we provide more challenging local and overseas opportunities. In addition, we engage in high profile opportunities for marketing and fundraising purposes.

**STAFF:** The Foundation currently employs eleven full-time staff –eight aboard the ship and three stationed in the office. They have an impressive range of talents and experience. All staff working aboard the ship have been trained in the efficient and safe and operation of *Spirit of Bermuda*, with the leadership posts being occupied by qualified maritime personnel with a total of more than 30 years of Sail Training experience and working with young people. In addition, all crew are SCARS certified and we employ a strict SCARS approved Code of Conduct.

The programme is run professionally, with discipline and compassion, keeping the welfare and best outcomes of the youth participants in mind.

# Middle School Programme 2017-18

## Programme Overview

### ❖ Middle School Voyages

*Spirit of Bermuda's* Middle School Programme is created to be a Rite of Passage for students aged 12–14 years. A few centuries ago, young men in pursuit of labour opportunities would have entered the sailing world at precisely that age. In connecting with our maritime past, being aboard *Spirit* challenges our students to grow in two essential traits that help define the Bermudian spirit: hardiness (i.e. grit) and interdependence. The learning expedition is about character education, social-emotional learning, leadership development and connecting with Bermuda's natural environment and history.



Generically aligned with the middle school academic curricula, the programme explores Bermuda's natural history, geography and ecology and the **“Science, Technology, Engineering, Arts & Mathematics” (STEAM) of sailing a Bermuda sloop**, demonstrating real-world applications of concepts that may have been learned in the classroom. As the students learn to sail this remarkable product of Bermuda's maritime heritage, they are encouraged to empathise with the lifestyles of our ancestors, using a blend of traditional and modern techniques.

### ❖ Training Under Sail: What to Expect

Our programmes aim to empower youth to realise their potential and become positive, productive members of their community – building confidence in themselves, in their ability to trust others, and in the power of teamwork! A voyage is an expedition and we leave behind old habits and thinking, and break out for the new. These are challenging experiences, both physical and emotional, which lead to a new awareness, sensitivity and understanding. In an expedition, learners set out to explore the unknown as crew and in the process discover and connect with themselves and the world around them.

The element of curiosity and creative anxiety is present at every step, which help the learner experience and understand how (s)he navigates unknown challenges and further develops one's capacity. How one navigates the unknown is an important life skill. The experience is authentic because trainees discover and experiment with knowledge first-hand through a variety of purposeful activities. We believe in the power of self-discovery that comes from the core belief that everyone has the potential to succeed. Our integrated operating system aboard *Spirit of Bermuda* is *The 7 Habits of Highly Effective Teens*, an evidence-based character development programme. The learning experience is active, challenging and meaningful. One key element is learning what it really takes to be a leader and a team player – understanding that it is essential to first take personal responsibility for one's own actions, thoughts and beliefs

# EXPECTATIONS OF EACH STUDENT

We look forward to welcoming each young person aboard *Spirit of Bermuda*! We take great pride in the Spirit voyage programme and want everyone to share in this. To help ensure that the experience is positive for all, a copy of this page is provided with the student waiver to sign & return to the school or *Spirit of Bermuda*. It confirms the student's understanding & willingness to do their best by abiding by these guidelines.

## 1) Active participation in every aspect of programme

We do not take passengers aboard *Spirit of Bermuda*. Each person joins as a trainee crew and will be expected to engage like our professional crew.

## 2) Mutual respect

Our new living environment and community demands that we all show one another respect and understanding—both in communication and action.

## 3) Clear communication

For safety purposes, listening carefully, speaking clearly and repeating instructions is essential.

## 4) A positive attitude, an open mind and a willingness to try new things

We are all different. This is how it was meant to be. When living in close quarters, differences tend to stand out. Appreciate them and consider new ways of thinking. This may be a once-in-a-lifetime opportunity. Live in the moment: Embrace the experience and get the most out of the voyage.

## 5) Shared pride and ownership in our extraordinary vessel and our natural environment

*Spirit* will become home during your voyage. Take pride in her as if she were your own and remember this as you keep her clean and show her off to the rest of Bermuda. In addition, our beautiful natural oceanic environment is to be respected and taken care of.

## 6) Work together towards common goals

Teamwork. Teamwork. Teamwork. Very few of our activities can be accomplished by one person. As such, the contribution of each person is important and we expect 100% from everyone.

## 7) Safety in mind at all times

The professional crew is trained and qualified in vessel operations and programme delivery. Your safety is always our primary concern. Make yourself responsible by following the safety rules, and encourage your crewmates to do the same. Always ASK questions about anything you are unsure about.

## 8) Observe the ship's non-negotiables

The ship is a safe environment. Certain things CANNOT be allowed.

No fighting, bullying, or sexual activity/behaviour.

No weapons of any kind. \* (\*This will result in removal & reporting)

## Voyage Week Details

### Departure

Meet in Dockyard on Monday morning.

No later than 8:45AM near Spirit of Bermuda's berth (by ClockTower mall)

Please wear school gym uniform.

### Return

Albuoy's Point: Friday mid-day.

Spirit will sail into Hamilton Harbour on the Friday at approx.

We strongly encourage family to witness the students sailing SPIRIT at that time.

Trainees will be showing

off their skills while dropping sails and packing away the deck in record time.

- ❖ The ship will head towards the dock around 12:00 (when the deck is tidy)
- ❖ Once the ship is alongside the dock, we will have a small closing ceremony aboard.
- ❖ **Participants will be ready to leave the ship by 12:30PM**

### Emergency Contact

Although you will not have direct contact with your student during

the expedition, they aren't entirely out of reach! **In the case of an emergency, please call our office on 737-5667 or 747-9377 (education manager);** the office staff will then contact the ship.

### Facebook Updates

To see what's happening on the ship, you can check our Facebook page at

**[www.facebook.com/bermudasloopfoundation](http://www.facebook.com/bermudasloopfoundation)**. Voyage photos will be posted as often as possible throughout the week to keep family & community updated. Encourage your family and friends to follow us!

If you're not familiar with Facebook, please note:

- ❖ You do *not* need a personal Facebook account to view *Spirit's* page. It is a public page and open to the public for viewing.
- ❖ To view voyage photos, click on "Photos". Each voyage has its own photo album.
- ❖ To view student journal entries or quotes, click on "Notes".
- ❖ If you'd like to post comments, you *do* need a personal Facebook account. First, you need to "like" our page. Then you are free to write encouraging messages on our wall, or in direct reference to a photo or journal entry.



# Packing List

*We expect this to be followed; if there are questions or concerns, please contact Education Manager.*

## **NOTES:**

- ❖ All belongings (with the exception of sleeping bag& bedding) must fit into a soft, medium-sized duffle bag that can be folded. (i.e., NO HARD FRAMED BAGS)
- ❖ Each person's belongings, including the bag, will be stored in a small locker space.
- ❖ Please label all belongings.

## **Personal Care (Please NO AERESOLS OR STRONGLY perfumed/ fragrant toiletries)**

- Toiletries: toothbrush, toothpaste, deodorant, lotion, shampoo, hair moisturizer
- SOAP: liquid is better and one that can be used for hair and body—examples include CLAIROL Herbal essence, Johnson's Baby Shampoo (use for body & hair).
- Sun protection: sunblock lotion (NOT SPRAY) lip balm w/SPF & a hat which is practical
- Washcloths and towels: 2 are suggested: 1 for swimming, 1 for bathing); smaller thin towels are better.
- If applicable: Prescription medications *with instructions administration*
- If applicable: Feminine hygiene products
- Ladies with a lot of hair: Please ensure hair is braided so it can be easily maintained for the 5 days.

## **Clothing**

- Underclothes (4 sets); -T-shirts (2); -Tank tops (1-2)
- Lightweight, long-sleeved shirt (1-2)
- Pants & Shorts: one or 2 of each – ***no short shorts***;
- Bathing suit or trunks – ***ladies, ONE piece suits only!***
- Footwear: Closed-toe & heel shoes w/ non-marking soles, i.e. sneakers, boat **or** swim shoes (no more than 2 pair of footwear)
- One Jacket /sweatshirt & in cooler weather, a hat for warmth
- Foul Weather Gear: Spirit has these for your use, but IF YOU HAVE YOUR OWN, you may bring (labelled) as fit may be better. (NOTE: DO NOT MAKE A SPECIAL PURCHASE)
- Warm and comfy clothes for sleeping & anchor watch – *“pajamas” aren't necessary*

## **Other Important Items to bring**

- Pillow, and a set of twin sheets: NOTE: these do not necessarily have to match!
- Sleeping bag **or** blanket – *ensure it can be folded and stored away neatly*
- A Simple, reusable water bottle labelled & already full of water (we have fresh water aboard to refill); NO spray bottles, fan bottles or other “accessorized water bottles.”
- Plastic bags for wet/dirty clothes

## **NOT ALLOWED**

- Snacks, junk food, drinks/drink mixes
- Suitcases with a hard frame or bag with a frame & wheels
- Electronics: cell phones, laptops, iPods, portable CD/DVD players, games etc.
- Open-toe or open-heel shoes (*crocs are not recommended as they slip easily*)
- Jewelry: rings, chains/necklaces, bracelets (*these can pose a safety hazard*)
- Hairdressing equipment: hair dryer, clippers etc.

Weapons\* (**\*May result in removal from ship.**) NOTE: ALL CONFISCATED ITEMS MAY NOT BE RETURNED

# Frequently Asked Questions (FAQ)

## 1. What kinds of safety precautions are taken?

Safety is our first priority. Our professional crew is fully qualified and licensed under UK and DMA regulations. The ship meets ABS standards and is equipped with all the standard safety equipment required by law (life jackets, emergency life rafts, GPS, sonar/radar capabilities, appropriate ship lights, VHF radio etc.). Participants receive a detailed safety orientation prior to setting sail on Monday morning and are required to wear safety harnesses while underway at all times. They are also directed to “clip in” (i.e. attach their harness to a load-bearing part of the ship) when in rough weather or at any time at the crew’s discretion.

## 2. How far away from the Island does *Spirit* sail?

*Spirit* is required by law to remain within 20 miles of shore during our coastal expeditions. We typically do not sail further than 10 miles out. This is far enough for us to be out of sight of land yet close enough to ensure a rapid return in the event of an emergency.

## 3. What will you do if my child has special dietary needs?

Participants are provided meals at standard times along with healthy snacks. While aboard, meals are prepared by our Catering Officer. We can easily accommodate special dietary requirements with prior notice when registering.

## 4. How will my child keep him/herself clean?

Fresh water is a precious resource aboard *Spirit*. Sailor washes (a.k.a. soldier baths) are the order of the day. Manual pump faucets in the heads (= bathrooms) are available to provide fresh water for quick cleaning. During swim calls, participants will take saltwater baths followed by a fresh water rinse on deck. Everyone is expected to maintain their level of personal cleanliness for general health and well-being.

## 5. What are the sleeping arrangements like?

There are 27 bunks with mattresses in total aboard *Spirit*. Some are box berths; others are hanging berths.

## 6. Do you think my child will get seasick? What will you do if (s)he does?

There is no way to predict who will get seasick. We strongly encourage drinking plenty of water at all times as dehydration can be a factor. If your child is prone to motion sickness, you may consider consulting a family physician &/or purchasing an over-the-counter preventative (i.e. Sturgeron). Our best advice to those who get seasick is: go ahead and vomit because one does feel better afterwards; avoid going below deck until the ship is in calmer waters; try to keep your eyes on the horizon; pick a task to focus on.

## 7. My child has a medical condition; does this prohibit him/her from participating?

With advance notice and collaboration, there are very few medical conditions that cannot be accommodated during the expedition. We will make every effort to ensure that your child can participate in a safe and fun manner. If you wish to discuss in detail, please contact us.

## 8. What happens in the event of a medical emergency?

The ship’s Officers are certified in outdoors emergency medical care. All the crew are trained in basic first aid, CPR and AED. Basic medical supplies are stored aboard, including an AED machine. If needed, the Captain can quickly arrange emergency medical transport ashore.

9. **Now I’m intrigued for myself! Does *Spirit* only offer youth programmes?** *Spirit* was purpose-built to operate programmes serving Bermudian youth aged 12-25 through a range of instructional and outreach opportunities. However, we do offer opportunities for adults, including weekend trips and overseas voyages! Go to [www.bermudasloop.org](http://www.bermudasloop.org) for information and **SUPPORT US BY BECOMING A MEMBER!**