

High Adventure Sailing  
On “Ciganka”  
Leader, Crew, & Parent’s  
Guide



Abacos, Bahamas  
Tall Ship Adventure  
2009

We look forward to having you and your crew on board with us! It will be a week of many amazing learning experiences and a lot of fun! Our hope is that you walk away from this adventure with more self confidence, a broader view of life, a greater sense of pride, and incredible memories that you will cherish for a lifetime!

We have put together this guide for you that will cover all the information you need to prepare and be ready for your high adventure sailing trip. Your organization, preparing, planning, enthusiasm, and teamwork will ensure that all your bases are covered and you are ready for this amazing week!

Our goal is to present this information in a simple, clear and complete manner. Please encourage all participants, parents, and leaders to read it through in its entirety.

Our website [www.sailingadventures.org](http://www.sailingadventures.org) is a wealth of information. Please take time to look it over. It is full of fantastic pictures of all the charters we have had in the last 4 years. You'll enjoy seeing the fun so many others have had with us on board "Ciganka".

If you have any further questions you can email us at [goodnews@usa.net](mailto:goodnews@usa.net)

We thank you for the time, effort, and support you are putting towards your adventure with us!

*Captain Thomas & "Admiral" Linda*

## 1.

### Leader Responsibilities

We appreciate your time and effort you have put towards this high adventure sailing trip. It is never as "easy" or as "simple" as it may look. It involves a considerable amount of work in the way of planning and preparation. You are not only responsible for making sure that your crew is mentally and physically prepared, but you must ensure that they complete the necessary paperwork, make travel arrangements, collect fees and travel costs to make payments and check medical insurance and any medical conditions that require special arrangements.

Many other youth group boating charters have a 14 year age requirement. We do not have an age requirement for the youth coming on this trip. But it is extremely important for the rest of the group that the younger members know what it is expected of them. They need to be mature enough as to not drive the rest of the crew crazy during the week. That can ruin the week for everyone. Being on a boat in close quarters all week is a factor in how the younger kids can handle themselves. We trust the judgment of the leaders and the group as to the age of the participants.

### Leader Outline

- ❖ Appoint 1 of the youth members of your group as "Crew Leader" prior to arrival. This individual will act as the go-between for the crew and the Captain in order to arrange Galley Crews, Night Watch Crews, Ship Inspection, and other tasks needed throughout the week.
- ❖ Review the "Preparing for your High Adventure Sailing Week aboard "Ciganka" section of the website with your group. Found at [www.sailingadventures.org](http://www.sailingadventures.org) under "What to Bring" link
- ❖ Collect participant fees and make all payments on time
- ❖ We require a \$100 damage deposit. This will be collected on your arrival and held until the end of the trip. Barring any damages, it will be given back to you on departure. The deposit may be in check or money.
- ❖ Make sure forms are filled out properly, collect forms from all participants, and bring all forms with you on the trip.

## 2.

Our required forms to be brought with you:

Health and Medical Record Form

Liability Form

Crew List Form

- ❖ Email the Travel Itinerary. This can be done through the website. Click on "What to Bring" link and fill our form under "Travel" Arrangements. If the whole group is traveling together, we only need one filled out. But if there are more than 1 travel times for various people, we need the itinerary for each. This can be sent to us as soon as the flights are scheduled.
- ❖ Make sure all participants are physically fit
- ❖ Make sure all participants understand that proper behavior and respect of each crew member is essential, especially when living together on a boat for the week!
- ❖ Put together an adequate first aid kit that covers the needs of your group and bring it with you for your charter.

### Physically Fit

The required medical history and evaluations do not always screen out participants for the High Adventure Sailing program. For example, individuals who are obese will not function well on the boat. Access down below is limited, getting in and out of the water would be difficult, and moving around the deck of the boat would be a challenge. An individual may not be over 300 lbs. Individuals with physical disabilities may be able to enjoy our program if the disabilities are know ahead of time and necessary steps are taken to accommodate.

### First Aid Kit

This first aid kit is for the treatment of minor injuries and should cater to the needs of your group. If you have more that one organization the makes up your whole crew, each group should bring their own first aid kit. You can find a good first aid kit at Wal-Mart. Recommended additions to your kit are aloe vera cream, Chap Stick with sun block, hydrocortisone, medicated powder like Gold Bond, Swimmer's Ear Drops, Benadryl (anti-itch, anti-inflammatory), tweezers, and hydrogen peroxide.

## Crew Guide for All Participants

Like anything you do, the more you put into it, the more you get out of it! We encourage you to put some preparation into getting "ready" for your sailing week. If you do this, you will get more out of your week aboard. To attend you should be physically fit, pack proper clothing and equipment, and be willing to follow instructions, work as a team and take responsibility for you own health and safety.

- ❖ **Be sure to bring your passport!** As of January 2007 the US requires a US passport to enter the United States. As of July 2007 the Bahamas requires a passport to enter the country.
- ❖ Will have to pass a basic swim test on the first day aboard "Ciganka".
- ❖ Must be in good general health and cannot be over 300 lbs.
- ❖ Must fill out and sign health & medical record form and liability form. These must be submitted to the adult leader in charge prior to arrival in the Bahamas.
- ❖ Must be courteous, well mannered, and considerate to others! This is always important, but it is essential when living together on a boat for the week! Rude and bad behavior will not be tolerated!
- ❖ It is essential that all crew members are prepared to follow all orders issued by your Captain, without question, at all times. Failure to do so may result in the individual having to walk the plank! Seriously, bad behavior will not be tolerated and if someone causes disruptions they will be asked to leave the ship and incur all expenses associated with their removal.
- ❖ Review the "Preparing for your High Adventure Sailing Week aboard "Ciganka" section of the website. Found at [www.sailingadventures.org](http://www.sailingadventures.org) under "What to Bring" link.
- ❖ Teamwork is mandatory. This is a participating charter where you, a crew member, will work together with your shipmates as a team.

### Policies for your High Adventure Sailing on "Ciganka"

**NO Alcoholic Beverages or Illegal Substances:** Anyone that violates this policy will be asked to leave the ship without a refund and will incur all extra expenses on their part.

**DO NOT BRING:** iPod, MP3 Player, "walkman", or portable stereo. There will be no electric music on board for the week. If you have an instrument

you want to bring - bring it! We have a couple guitars on board. This week is for you to experience how it "use" to be sailing and living aboard a ship! We're taking you back to the "pirate" days!

**Smoking:** There is no smoking allowed by any of the youth. Any youth that violates this policy will be asked to leave the ship without any refund and will incur all extra expenses on their part. For the adults, we prefer no smoking on board. But if you have to smoke there will be a designated area and times that you will be able to smoke.

### Emergency Contact Information

This emergency information is to be use just for that - an emergency. This is not to be used by parents/friends just to check up on things and say hello!

**The absolute fastest way to get a hold of us on "Ciganka" is to email [cruisers@oii.net](mailto:cruisers@oii.net)** Put "Ciganka VHF Channel 74" in the subject line. This email address is monitored all day and immediately upon receiving the email we will be contacted by VHF radio on our ship wherever we are! Phones are very unreliable whether it be a land line or cellular phone. It's just the way it is here, but our Bahamas' phone number where we can be reached is 1-242-367-4000 and ask for the Dock Master to call Ciganka. **Email is faster!!**

### Crew Size

We have a minimum booking of 15 individuals and maximum of 20. At least half of the members of the group must be youth.

### Motion Sickness

The beauty of sailing in the Abacos is that it is protected from the ocean swells and waves by a chain of islands. (See chart of the Abacos on the website under "Charter Information".) We'll get the wind for great sailing but none of the big uncomfortable seas. So sea sickness is not a problem here! If you feel you want to bring "back-up" just in case, bring Bonine. It can be purchased at the local pharmacy. We don't like to see people show up with those motion sick patches behind their ear. You won't need it and the side effects of those patches are not good!

### Involve Parents

Schedule times when the parents of your crew members can get together and gather information on this adventure. Keep them informed and their questions answered. Go through the packing list. If you have "experienced

individuals" who have been with us before, use their insight and input. Share this guide with the parents. Emphasize the importance of prompt completion of forms, the front and back photocopy of current insurance card, and emergency contact information.

### Travel Arrangements

"Ciganka" will be ready for your crew on your arrival day at 2:00 PM and departure should be geared for sometime before 12:00 noon. Please keep this in mind when booking your flights.

#### **Getting to Marsh Harbour:**

Getting to Marsh Harbour on Abaco Island is the crew's responsibility. Most crews fly into Miami, Ft. Lauderdale, or West Palm Beach, and then fly into Marsh Harbour airport. Another option is to fly the airline of your choice into Nassau then fly Bahamas Air to Marsh Harbour. US Airlines that fly into Marsh Harbour are Continental, American, and US Air. Booking your travel should be done early to cut costs and ensure availability. You can book flights on your own or you can go through our travel agent that has spent the last 8 years arranging travel plans for hundreds of Scout Troops/Venture Crews/Youth Groups/Families to spend a week charter in the Abacos. She can put together a flight schedule to get you to Marsh Harbour!

**Call: Travel Agent Barbara Maggio 1-305-442-9697**

**Email: schooner@bellsouth.net**

#### **Getting to sailing ship "Ciganka":**

Once you clear Bahamas Immigration and Customs, grab as many taxis as needed for your group. **Hand the taxi drivers the instruction sheet you have carried with you. See last page of this document.**

### What to Pack

Refer to the website [www.sailingadventures.org](http://www.sailingadventures.org) Click on "What to Bring" Read this through in its entirety. You can print out the packing list and check off the items as you pack them. **DO NOT OVER PACK! All your gear must fit in a 24" duffel bag.** No suitcases or frame backpacks can be used. You can have your sleeping gear tied to the top of your duffel bag or one separate bag with all the sleeping gear in it. You will be living on a sailing vessel during the entire adventure. Space is limited so you must only bring what you need. There is no storage available on land for your crew. All belongings will have to go with you on the vessel. Keep this in mind and travel light!

## Getting underway once the entire crew is on board "Ciganka"

Once the **entire** crew has arrived and it on board "Ciganka" we will start our orientation. Captain Thomas & "Admiral" Linda will go through information and organization needed to get the trip underway. All participants will fit their snorkel gear. All needed forms will be collected. Weather and time permitting, we will get underway and head out of Marsh Harbour for our first excursion. Let's get started on this high adventure sailing week!!

## Budget

Most individuals spend \$100-\$150 for personal expenses during their week. These additional expenses include food while traveling, souvenirs, emergencies, and often the group will eat out one night during their sailing week while visiting a Bahamian settlement. US dollars are happily accepted when buying items in the Bahamas. The Bahamian dollar is equal to the US dollar.

**IMPORTANT:** There is a \$15 Bahamian departure tax at Marsh Harbour Airport. Either U.S. or Bahamian currency can be used to pay this tax as your fly out of the Bahamas. Your air carrier may have included this in your ticket price (some do, some don't). Check on this with your airline.

## Weather Advise - What to Expect

**Spring:** Temperatures vary from 80° F during the day to 50° F possible in the evenings. It tends to be a bit windy which makes for great sailing but a hat or hooded sweatshirt is nice to wear. Water temperatures cool to 72°-74° F.

**Summer:** Temperatures vary from 80°-90°F day and night. Water temperature ranges from 78°-88°F. Winds vary from moderate to light. Afternoon thunderstorms occur.

## Fishing and Snorkel Gear

Snorkel gear is provided for you. But if you have your own gear you are welcome to bring it. Fishing poles and hand lines are provided.

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## Frequently Asked Questions

**Where will you be staying during the week?** "Ciganka" will be ready for the group at 2:00 PM on your arrival day. You will stay on board every night

of your charter dates. Departure will be by 12:00 noon. If you extend your stay in the Bahamas before or after the charter dates you will have to arrange and pay for the lodging in a hotel.

**Will we be able to have a shower?** We do have fresh water showers on board. You will learn the "joy" of taking a Joy shower! Also your last night on board we will be at the marina and you will have access to their shower facilities.

**What about Scuba Diving?** If you want to scuba dive we suggest that you arrive in Marsh Harbour a few days early, rent a hotel room, and dive with a local dive boat.

**What will we eat during the week?** We pride ourselves in the good food you will have during the week. We'll have pot roast, steak night, BBQ chicken, lots of fresh vegetables and fruit, snacks, and homemade desserts. Everyone will participate in galley crew! **If you have any special food requirements, please bring food to supplement your particular needs.**

**What if our flight down or out of the Bahamas is delayed due to bad weather?** If additional expenses occur due to flight delays, these expenses will be the responsibility of the group. If a day is missed on the charter due to bad weather or flight complications, there is not any sort of refund.

**What about hurricane season?** Hurricane season begins June 1 and runs through November 30<sup>th</sup>. The height of hurricane season is mid-August through the October 1<sup>st</sup>. In the event of extreme weather conditions, Captain Thomas will make the final decision regarding whether to continue with the adventure or go back to the harbor for shelter. In an unlikely event that extreme conditions beyond our control prevent your scheduled trip, we will work with you on rescheduling or refunding according to the percent of the program cancelled. We are not responsible to refund any fees related to meals, lodging or transportation incurred as a result of an evaluation. This has not happened to us yet, so let's look forward to a great trip!

Adults please carry this page with you while traveling to the Bahamas. It has information that you will need.

1. IF your flight is delayed an hour or more please call us at 1-919-647-4331. It is important for us to keep informed of your travel status. You might get our voice mail. If so, please leave a message and a contact number. (The phone number is a US number that rings to us in the Bahamas. It will not cost you anything to call this number on your cell phone.)
2. At the Marsh Harbour airport, please give this to your taxi driver:

Dear Taxi Driver:

This is our charter group. Please call "Captain Thomas" on channel 74. We will instruct you where to bring our group so we can pay you. We usually have you meet us at the Union Jack Dock or it is sometimes called the Government Dock. Many know it as it use to be called the Golden Harvest Dock. But this drop off location will change if it is raining. So call us on the radio to verify. There should be a total of 3 or 4 taxis for our group. Please make sure all the taxis follow to the same location to be paid.

Please call "Captain Thomas" on channel 74.