

# Preparation for Florida Sea Base Sailing

## *Training Schedule*

Arrival 7:00 am	<p>Meet in the pavilion around 7 am Saturday for the following:</p> <ol style="list-style-type: none"> <li>1. Registration - last minute payments</li> <li>2. Physical recheck</li> <li>3. Swim certification or swim check (see Safe Swim "Swimmer Test")</li> </ol> <p>Then set evening program's plans and prepare to head for boats at 8 am.</p>
Saturday Evening	<p><b>The Sea Base Way</b></p> <p><b>Sea Base Check-in (see Coral Reef Sailing): 5 minutes</b> Brief review of the check-in procedures (they are similar at most bases and camps). Camp Allatoona Aquatics Base follows the National Council's guidelines for Safe Swim Defense and Safety Afloat programs.</p> <p><b>Buddy System: 5 minutes</b> Why a buddy and the buddy system is used in Scouting. The group will then take a minute to pair up.</p> <p><b>Sea Base Requirements: 60 minutes</b> Prior to arrival at Florida Sea Base, each participant is expected to have knowledge of and show proficiency in the following (handouts and discussion):</p> <ol style="list-style-type: none"> <li>1. Compass use (be sure to bring a compass)</li> <li>2. Chart reading</li> <li>3. Knots (clove hitch, bowline, tautline, cleating, etc.)</li> <li>4. Weather conditions</li> <li>5. Sailing terminology</li> <li>6. Points of sailing</li> <li>7. Anchoring (mooring and docking procedures)</li> <li>8. Packing (soft duffel with the basics)</li> </ol> <p><b>Closing</b></p> <p><b>Scout Vespers</b> Softly falls the light of day While our campfire fades away Silently each Scout should ask: Have I done my daily task? Have I kept my honor bright? Can I guiltless sleep tonight? Have I done and have I dared Everything to be prepared?</p> <p><b>On My Honor</b> On my honor I'll do my best to do my duty to God On my honor I'll do my best to serve my country as I may On my honor I'll do my best to do my Good Turn each day To keep my body strengthened And keep my mind awakened To follow paths of righteousness On my honor I'll do my best</p>

		<p><b>Taps</b>  Day is done, gone the sun  From the lake, from the hills,  From the sky;  All is well, safely rest,  God is nigh.</p> <p><b>Scout Master Benediction</b>  May the Great Scoutmaster of all Scouts be with us  until we meet again; and may we all follow the trails  that lead to Him.</p>
<b>Saturday</b>	7:00 am	Wake up -- If you arrived Friday night.
	7:30 am	Breakfast at campsite (use Sea Base Blessing): <p><b>Sea Base Blessing</b>  Bless the creatures of the sea  Bless this person I call me  Bless the Keys, You make so grand  Bless the sun that warms the land  Bless the fellowship we feel  As we gather for this meal  Amen</p>
	8:00 am	Meet at the pavilion, check in and proceed to dock.
	9:00 am	Checklist to sail: <ol style="list-style-type: none"> <li>1. Demonstrate motor operation process</li> <li>2. Connect fuel line</li> <li>3. Rig the boat</li> <li>4. Proper sail folding (main and jib)</li> <li>5. Lowering the rudder</li> <li>6. Stow the battery</li> <li>7. Stow personal and crew gear</li> <li>8. Stow food</li> <li>9. Demonstrate operation of hatches and windows</li> <li>10. Show where bow anchor is stored</li> <li>11. Discuss bumper usage and storage when underway</li> <li>12. Review weather plans</li> <li>13. File float plan with Ranger</li> </ol>
	9:30 am	<p><b>Get Underway</b></p> <p><b>Departure:</b> How to leave the dock  <b>Sail Training:</b> Man overboard procedure  Staff member takes command of boat  One person watches man in water  Two people remain on deck, all others below  <b>Secure all lines:</b> Main, jib/jenny halyards (bungie cords)  <b>Stow all gear:</b> Bumpers, extra lines (store in aft lockers)  <b>Commands:</b> Crew should know 5 steps for coming about and jibing</p> <p>The picnic areas at Sweetwater Beach or Cherokee County Park make good lunch stops. If staying overnight at Sweetwater, practice mooring there early. While there, pay fees and set up one tent in each campsite you will use.</p>

		Sailing on Lake Allatoona is best in morning hours (each crew should take advantage of morning winds). When winds begin to subside, consider putting in at a landing for lunch. Afternoon wind picks up around 3:00 pm.
	5:00 pm	Put in at evening campsite.  <b>Chapel Hill Knoll:</b> Check in with camp personnel and pay \$1.00 per person. A minimum of 4 must camp. Staff member must sleep on the boat. Part of crew can sleep on the boat if desired.  <b>Sweetwater Campground and Beach:</b> Check in with guard at main gate. \$14.00 per campsite. Have the boat ID number/certificate.  Campfire (see campfire planner) Star study (see Staff Guide Book) Cracker barrel
<b>Sunday</b>	8:00 am	Wake up
	9:00 am	Breakfast (use Sea Base Blessing) Scouts Own Service Open Program
	11:30 am	Set course for Aquatics Base Lower and store sails Clean decks
	noon	Motor into dock with sails down and secured: Lift rudder and secure it Cover the tiller arm Check and lock forward hatch/windows  Arrive at base dock: Secure personal gear Clean inside of cabin Disassemble head for cleaning: Carry head to latrine and empty Get sanitation powder for head Reassemble head Carry head back to boat Check pots and pans Finish cleaning decks Carry items to storage Lock hatches and aft storage
	1:00 pm	Leave dock Prepare to leave camp

## ***What to Bring***

Remember, storage space onboard a sailboat is very limited. Small drawstring bags work best for stowing personal items and equipment. Please limit your carry-on to one small bag or duffel, and do not bring backpacks with frames. The items you need to bring are shown in the gear lists below.

**Note:** Some fees may be incurred depending on the choice of a Saturday night camp location.

### **The basics:**

- Shorts, T-shirts, hat
- Swim suit, towel, deck shoes
- Sleeping bag or blankets and sheets
- Sunglasses, sunscreen, lip balm (Chap Stick, Blistex, etc.)
- 6-foot piece of line to practice knots
- Small flashlight with extra batteries
- Foul weather gear (rain suit)
- Sweatshirt or windbreaker/jacket, depending upon the time of year
- Personal items (toothbrush, etc.)

### **Do NOT bring the following:**

- Black soled shoes
- Poncho
- Personal CD players, radios or stereos
- Liquid fuel stoves or lanterns
- Sheath knives, spear guns, fire arms
- Signal flares or fireworks
- Personal watercraft (wave runners)

### **Your crew should bring:**

- Tents and dining fly (Saturday night)
- BSA patrol cook kit & chef tool kit
- First aid kit
- Food (remember to include enough for the captains) & personal snacks
- SMALL ice chest and extra ice for the ice chest onboard the boat
- Electric lantern (propane may only be used off the boat)
- Water container
- Trash bags & toilet paper
- Paper towels, cups and napkins
- Games for use below deck (magnetic checkers/chess, playing cards, etc.)
- Inter-faith worship materials and song books
- Astronomy merit badge book for star study at night

### **Optional items:**

- Camera and Film
- Binoculars
- Personal floatation devices (also available at the base)
- Fishing gear and bait (don't forget fishing licenses)

## ***Menu Planning Suggestions***

Here are some typical menus used at Florida Sea Base. You might want to try some of these on your trip.

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>1</b>	pancakes, canned ham, orange, apple juice, coffee	turkey sandwich, cheese curls, pear, cookies, drink	pork chop, stuffing, salad, corn, fruit cocktail, drink
<b>2</b>	eggs, sausage, English muffin, orange juice, coffee	hot dog, pork and beans, Pringles, apple, drink	hamburger, mac/cheese, peach, drink
<b>3</b>	cereal, Pop Tart, pineapple juice, milk, coffee	chicken salad, cheese curls, granola bar, drink	steak, potato, roll, salad, pudding, drink
<b>4</b>	pancakes, canned ham, orange, apple juice, coffee	ham & cheese sandwich, Pringles, apple, pickles, snack cake, drink	beef stew, rice, applesauce, drink
<b>5</b>	eggs, canned ham, English muffin, orange, coffee	tuna sandwich, corn chips, cookies, drink	spaghetti, salad, green beans, Italian bread, snack cake, drink
<b>6</b>	cereal, Pop Tart, apple juice, milk, coffee	peanut butter & jelly sandwich, orange, granola bar, drink	<b>Base Camp</b>