

# Ciganka High Adventure Sailing

## Leader, Crew, & Parent's Guide



**Abacos, Bahamas  
Tall Ship Adventure**

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 and videos of all the charters we have had in the last 17 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, Ship Inspection, and other tasks needed throughout the week.
- ❖ 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.
- ❖ Have every crew member print off the "Ciganka Charter Check List" on this link of the website <http://www.sailingadventures.org/get-ready-crew/> As long as each crew member checks off each item they are ready to go! This makes it real simple to get the whole crew organized.

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- ❖ Make sure all participants are physically fit. A participant cannot be over 300 lbs.
- ❖ 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 known 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 than one organization that 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, 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 your own health and safety.

### 3.

- ❖ **Be sure to bring your passport!** The US requires a US passport to enter the United States and 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, liability form, and travel permission 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.
- ❖ 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 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 and bongo drums on board. This week is for you to experience how it used 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.

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### Emergency Contact Information

This emergency information is to be use just for that - an emergency. Please do not call just to check up on things and say hello! We have a Bahamian cell phone 1-242-475-3800. But cell phones can be unreliable in certain areas we will be sailing. We also have a Skype number 919-647-4247. It is a Raleigh, NC number so it will not cost you anything to call from the states. You will probably get our voice mail but we will call you back as soon as we can. And our email address is [goodnews@usa.net](mailto:goodnews@usa.net)

### Crew Size

We have a minimum booking of 15 individuals and maximum of 22. 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 Ciganka Charter Check List and the Packing List with the parents. 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. We do not provide lunch on your arrival day.

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

Getting to Marsh Harbour on Abaco Island is the crew's responsibility. Booking your travel should be done early to cut costs and ensure availability. The travel agent that used to help our groups book their flights has retired. You may know a good travel agent to assist you or I have found <https://www.google.com/flights/> a very helpful site.

- Your travel destination is Marsh Harbour, Abacos, Bahamas. **The airport code is MHH**
- **United Airlines:** United Airlines has a special department to help with making travel arrangements for groups of 10 or more and have proved to be very helpful. Call them at 1-800-426-1122
- **American Airlines** and **Silver Airways** also flies into Marsh Harbour
- **Bahamas Air:** They are a Bahamian airline and are expanding their services and giving pretty good prices. <http://bahamasair.com/> They also have a group help desk that is helpful. It is a Bahamian phone number 1-242-322-6673 and ask for Miss Karen Feaste.
- There are a couple helpful site for finding the best prices [www.skyscanner.com](http://www.skyscanner.com) and <https://www.google.com/flights/>

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

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

## What to Pack

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!

### Sleeping Arrangements on Ciganka

You will be sleeping on deck enjoying the starlit sky! There is no light pollution so the night sky is incredible. If it rains, there is room to sleep down below inside the ship. We have room to hang 8 hammocks outside on deck if some of the crew wants to bring a hammock in addition to their sleeping bag and pad. Make sure your sleeping gear will keep you warm!

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

Once the **entire** crew has arrived and is 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 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 \$35 Bahamian departure tax at Marsh Harbour Airport. Either U.S. or Bahamian currency can be used to pay this tax as you 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. We have top of the line snorkel gear on board for you. So unless you have your own gear that you prefer don't bring any snorkel gear. Definitely don't go buy cheap gear to bring for this charter. It will leak and you will end up using ours anyway. We are ready for you to enjoy some awesome snorkeling! Fishing poles and hand lines are provided.

### What is NOT included in your charter fee

Your round trip airline ticket, all customs and duties (As of April 1, 2015 there is a \$37 departure tax— sometimes this tax is already paid in your airline ticket so ask your airline carrier), your taxi fare from and to the Marsh Harbour airport (\$5 per person each way = \$10 total per person), and one evening meal ashore at one of the island restaurants. This is always a FUN night out!

### Frequently Asked Questions

**What is your cancellation policy?** This deposit is non-refundable if you cancel, unless we can book that week with another charter. (All efforts will be made on our part to rebook that week so you get a refund. But there is no guarantee.) If an individual has to cancel due to an emergency we will refund their charter fee as long as the group still has our minimum booking of 15 people.

**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. We do not provide lunch on your arrival day.

**Will we be able to have a shower?** We do have fresh water showers on deck at the end of each day. You will learn the "joy" of taking a Joy shower!

**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. We do not have scuba gear or a compressor on board.

The other possibility is if there are several people on board that want to scuba dive we could schedule to rendezvous with one of the local dive boats on a certain reef. Those that want to scuba dive will go to the dive boat to get geared up and do the dive while the rest of the crew on board Ciganka enjoys snorkeling on the reef. All the scuba diving expenses are an extra expense paid by the participant. It is NOT part of the charter fee on Ciganka. Please do your own research before you arrive so you know what extra expense this will be for you.

**What will we eat during the week?** We pride ourselves in the good food you will have during the week. We'll have roast beef, 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 1-919-647-4247. 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 as you leave the airport. We will instruct you where to bring our group. We usually have you meet us at Rainbow Rentals. Please 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.

Please call "Captain Thomas" on channel 74 as you leave the airport!