

Silver Duke of Edinburgh's Award Report

Outline of Practice Journey

Training for the practice journey was completed on the tall ship Playfair while docked. We learned about safety onboard, emergency planning, first aid, map reading, compass work, equipment, etc. We did a practice of climbing up the shrouds and got ready for the boat to leave. We learned the different lines associated with sailing the boat and gained knowledge that would enable us to sail. We learned the parts of the boat including the different sails and fixtures on deck. As well, we learned multiple important knots such as the figure 8 knot, a hitch, and a Boolean.

First aid was taught during training. We learned about wearing harnesses while on deck and the importance of wearing PFD's at night. We did a 1 day, 1 night sail around Lake Ontario, heading towards Port Dalhousie for training. Bunks were provided down below, set up was required and bunks were shared between watches. Food was prepared by the cook but we helped with food prep and clean up. Night watches were 8pm-12pm, 12pm-4am, or 4am-8am and were alternated between groups.

Brief Outline:

June 29, 2011

3pm – get on board

3pm – 6pm – Training while boat is docked

6pm – dinner (Sheppard's pie), help prep and clean up.

7pm – head into Lake Ontario

8pm-12am – Night Watch

June 30, 2011

12am – 7am – sleep

7am – breakfast, food prep and clean up (bagels)

8am – 12pm – Morning Watch

12pm – lunch, food prep and clean up (hot dogs)

1 – 6pm – afternoon watch

6pm – dinner, help prep and clean up. (Sausages, salad)

7pm – head into Port Dalhousie

7:20pm – arrive

7:20pm – 9:20pm – free time at port

9:20pm – 3:45am – sleep

July 1, 2011

4am -8am – Night Watch including deck scrubs, polishing, etc.

8am – breakfast, food prep and clean up (eggs and bacon)

8am – 12pm – Morning Watch

12pm – lunch, food prep and clean up (pirogues)

1 – 6pm – afternoon watch

6pm – dinner (fajitas), help prep and clean up.

1 – 6pm – afternoon watch

8pm – head into Port Colbourne

6pm – dinner, help prep and clean up. (Lasagne)

8pm– arrive

6pm-8pm – afternoon watch

8:40pm– 10pm – free time at port

8pm - 12am – Night Watch, arrive in Port Dover

10pm – 11:45pm– sleep

July 3, 2011

July 2, 2011

12am-6am – sleep

12am-4am – Night Watch

6am-8am – clean up

4am – 7am – sleep

8am – breakfast (muffins)

7am – breakfast (bagels), food prep and clean up

9am – 12pm – captains clean up

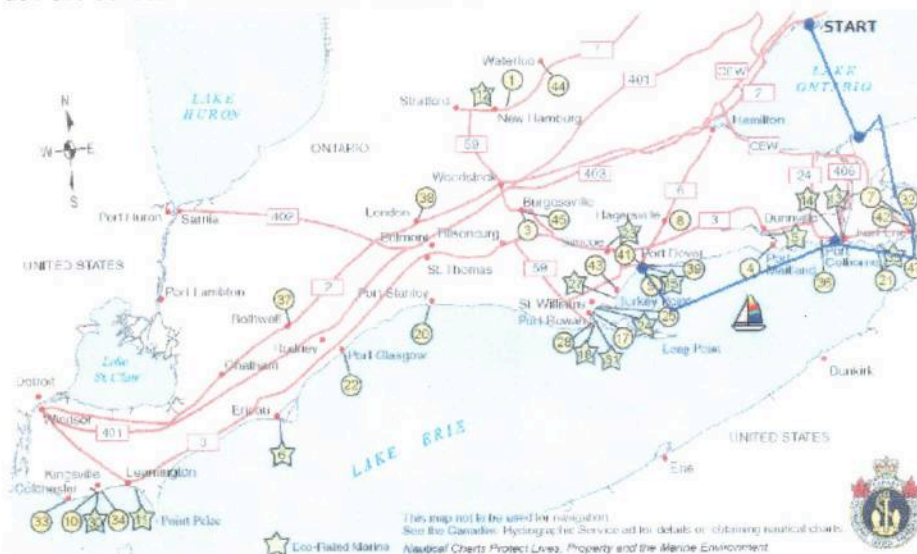
8am – 12pm – Morning Watch

1pm – leave on bus

12pm – lunch (stew and rice), food prep and clean up

Qualifying Trip

I did this journey to push my boundaries and try something new. I wanted to gain a sense of accomplishment and meet new friends. The trip took place June 29, 2011 to July 2, 2011. We started at Harbourfront in downtown Toronto and left the inner harbour through the western gap, travelled south towards Port Dalhousie. Next we went through the Welland Canal into Lake Erie. From there we arrived at Port Colbourne and then to Port Dover.



The landscape was very nice. It consisted of water all around with no one else in sight. We traveled by sailing. The boat had 15 other trainees along with petty officers, wardroom officers, and the captain. My group consisted of 4 trainees, 1 P.O., and 1 wardroom officer. I experienced being out of my comfort zone and learned lots of new information about sailing. It was challenging at times but worth it. I had never done most of the things that we were taught. I had never seen the Welland Canal and that was very interesting for me to experience.

Personal Equipment List:

- Long pants (cords, jeans, or sweat pants) 2
- Long-sleeved shirts 2
- T-shirts (no tank tops) 4
- Shorts 2
- Warm wool or fleece sweaters 3
- Long underwear 2
- Shoes (non-skid, laced, easily dried) 2
- Rain gear (inexpensive PVC yellow jacket and pant set recommended)
1
- Appropriate sleep wear 1
- Bathing suite (note: girls must bring ONE-piece bathing suit) 1
- Towel 1
- Gloves and toque or watch cap 1
- Underwear Many
- Socks (mostly warm) Many
- Sleeping bag with single bed sheet 1
- Sun protection (sunglasses with UV protection, solid case and neck strap, sun hat, water proof sun screen and lip balm - minimum 30 SBF) 1
- Insect repellent 1
- Personal toiletries (shaving kit, toothbrush, etc.) 1
- 500 ml to 1 litre water bottle (closable and labelled with your name)
1
- If you wear contacts, appropriate equipment and backup pairs of glasses
1
- Watch with secure strap (optional) 1
- Camera and film (optional) 1
- Writing materials (optional)
- Books for reading (optional)

Meals:

Day 1: dinner – Sheppard’s Pie and water

Day 2: breakfast – bagels with cream cheese and water

Lunch – hot dogs and water

Dinner – sausages, salad and juice

Day 3: breakfast – eggs, bacon and water

Lunch – pirogues, rice and water

Dinner – fajitas and water

Day 4: breakfast – bagels and juice

Lunch – stew and rice with water

Dinner – lasagne with garlic bread and water

Day 5: breakfast – muffins and water



Playfair!