

DOCKLAND SCOUT PROJECT

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SPECIMEN COURSE PROGRAMME FOR WATER ACTIVITIES WEEKEND TO BE IMPLEMENTED BY THE COURSE LEADERS

FRIDAY	Course arrive at DSP and welcomed by DSP Duty Officer
1930-2055	Course members to be shown to Cabins/berths/course watches Course Leaders and DSP Duty Officer discussion
2100	Duty Officer talk to entire Course
2130	Supper
2200	Organised activity by Course Leaders
2300	Bed
2330	Lights out
SATURDAY	
0700	Reveille – wash – tidy cabins
0800 **	Colours ceremony
0810	Breakfast – washing up
0900	Cabin inspections by Course Leaders
0910	Prepare boats/equipment
0930	WATER ACTIVITY SESSION 1
1100	Stand Easy - Refreshments
1130	WATER ACTIVITY SESSION 2
1300	Lunch – washing up
1400	WATER ACTIVITY SESSION 3
1530	Stand Easy - Refreshments
1600	WATER ACTIVITY SESSION 4
1730	Clear away boats/equipment – Shower and change
1900 **	Colours “Sunset ceremony”
1910	Dinner – washing up, etc.
2000	Course free time (Under Course Leaders’ supervision) The Nutty will be opened at this time if required
2300	Course to bed
2330	Lights out
SUNDAY	
0700	Reveille – wash – tidy cabins
0800 **	Colours ceremony (followed by Scouts Own or Private Prayers)
0815	Breakfast – washing up
0900	Cabin inspections by Course Leaders
0915	Prepare boats/equipment
0930	WATER ACTIVITY SESSION 5
1130	Stand Easy - Refreshments
1200	WATER ACTIVITY SESSION 6 or REGATTA
1330	Clear away boats/equipment – Shower and change
1400	Lunch – washing up
1500	Clean “Lord Amory” and DSP base - INSPECTION BY DUTY OFFICER
1645 **	Closing Ceremony
1700	Course Departs for Home

****Morning Colours will be at 0900 during winter months and Sunset Ceremony times may vary**

ACTIVITY	36 PEOPLE	SESSION NUMBER AND WATCH					
		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
KAYAKS	12	A & B	C & D	E & F	B & C	D & E	A & F
SAILING	12	C & D	A & B	B & C	E & F	F & A	D & E
CANADIAN	6	E	F	D	A	B	C
ROWING	6	F	E	A	D	C	B

SAMPLE MENU FOR A WATER ACTIVITIES WEEKEND

During a weekend all those taking part in water activities will be using a lot of energy, especially if the weather is unfavourable. We recommend that all meals are substantial with generous portions, and include plenty of carbohydrate e.g. potatoes, pasta, rice, bread. This is a sample menu for your reference. Your caterers should be prepared to provide a supper on the Friday night for DSP crew and quartermasters, as many of them will have travelled a considerable distance to assist you with your weekend, and they may have come straight from work or college.

NB. Some groups ask each course member to bring a box of small cakes for use at refreshment breaks and supper, which seems to work really well.

Friday Supper	Hot dogs in rolls / burgers in rolls
Saturday Breakfast	Cereal Sausages / Bacon Egg Beans / spaghetti Toast and Jam / marmalade
Mid morning	Drinks Cake / biscuits
Saturday Lunch	Pasta with meat sauce Bread Chocolate biscuit Fruit
Mid Afternoon	Drinks Cake / biscuits
Saturday Dinner	Shepherds pie Carrots Peas Sponge pudding Custard / ice-cream
Saturday – Nutty	Most course members will purchase a drink, chocolate bars and sweets
Sunday Breakfast	Cereal Sausages / Bacon Egg Beans / spaghetti Toast and Jam / marmalade
Mid morning	Drinks Cake / biscuits
Sunday Lunch	Savoury mince with rice Fruit crumble Custard / ice-cream Fruit

When under taking water activities you are exposed to the elements, either hot or cold. The correct clothing will make your time on the water far more enjoyable. It is not necessary to buy expensive clothing, the correct choice is more important.

- DO NOT wear any clothing such as woollen sweaters, jeans, baggy jogger bottoms, ski jackets, etc. that will become heavy when wet.
- DO NOT wear heavy shoes or boots.
- YOU MUST wear soft soled shoes at all times (old trainers)
- YOU MUST wear a hat for protection from the sun or cold.
- YOU MUST have a full set of warm dry clothing to change into at the end of the day.
- If you are undertaking water activities for more than one day it may not be possible to dry your clothing, so additional sets of wet gear may be advisable.
- Kit for sailing, rowing or canoeing is similar. Remember that a day can start bright and sunny and end cold and wet. Layers of thin cotton are best on your body as these dry quickly and can be added or removed to suit the weather. Thin Kagoul type waterproof tops and trousers keep out the wind and do not absorb water.

To recap

- **Shoes** Soft shoes, no metal buckles (Old trainers etc.)
- **Trousers/shorts** Thin cotton, these will dry easily when wet. Thin wind and waterproof trousers
- **Body** Layers of cotton (T-Shirts, thin tops etc) Thin wind and waterproof top. (Kagoul etc).

Your buoyancy aid will act as a body warmer.

- **Head** Warm hat not wool. Baseball cap etc. Long hair must be tied back for reasons of safety.
- **Skin** High factor sun cream and lip salve
- **Other Kit** Waterproof bags for transporting wet kit home

If you have or can borrow wet suits, wet boots, paddle jackets and similar kit this is very suitable but it is not necessary. Wet suits that are too large will not keep you warm.

It is important to wear the correct clothing for the weather conditions. You are more likely to suffer from the hot weather than cold weather. In hot weather always wear a hat and top and use a high factor sun cream. Drink plenty of fluids.

Standing Orders

Standing Orders apply to everybody using “Lord Amory” and the Base. They set out the rules and the responsibilities of the Duty Officer (DO), the Course Leader and all QMs. Below is a summary of the “Do’s” and “Don’ts” to be followed when attending the Base. This is the briefing the DO will give at the beginning of a course.

Alcohol No alcohol will be permitted to be either purchased or consumed by any person under the age of 18.

Fire Precautions Fire is the biggest single danger on board any vessel. “Lord Amory”, although permanently moored, is no exception to this rule. All precautions must be taken to prevent any possible risk of fire or associated injuries. A fire drill will take place at the beginning of every water activity weekend to familiarise everyone with the procedures.

Fire Exits Make sure you know where all the exits and emergency fire exits are, so that you can leave the ship by the quickest route if the Fire Alarm sounds.

Fire Alarms Fire alarms are at key points throughout “Lord Amory”. They operate by breaking the glass to release the button. If you discover or suspect a fire, break the glass on the nearest alarm, get on deck quickly and **report to the Duty Officer the action you have taken and why.**

If you should accidentally set off the fire alarm, find the DO and let him/her know as quickly as possible. **This may avoid an unnecessary call to the Fire Brigade.**

On hearing the fire alarm, **everybody** should **immediately** leave the ship and quietly assemble on the lockside, opposite the gangway. This applies to all DSP Crew, Quartermasters and Course “staff”.

Smoking Those over 16 are only permitted to smoke on the red metal area of the foredeck. Smoking is totally prohibited in all other areas.

ANY MISUSE OF FIRE ALARMS WILL BE TREATED AS A SERIOUS OFFENCE

Toilets Waste water on “Lord Amory” goes into a sewerage tank and is pumped ashore. While the pumps are capable of handling body waste and the toilet paper supplies, they cannot deal with sweet papers, crisp packets, cigarette ends, sanitary towels or other objects.

The basic rule to follow is to only put down the toilets what has passed through your body and the toilet paper supplied.

Damage If you break something or find something which is broken, tell an Instructor, Course Leader, Duty SQM or the DO immediately. Damaged items cannot be replaced if nobody knows they are damaged or broken.

Lights Out Lights out will be at 23.30 hours.

Lights **TURN OFF** all lights if you are the last person to leave a cabin, office, or any other area of the ship. During the evening, all corridor lights will be left on. After lights out, the corridors will be lit by red “police” lights throughout the hours of darkness. This means that you do not have to turn on the corridor lights when going to the toilet or to get a drink.

Noise On any ship, particularly a metal one, noise travels so keep noise down to a minimum when on board. After lights out there should not be any noise from the cabins.

General Safety

Metal decks and stair treads become very slippery when wet, so **WALK**, don't run on board "Lord Amory".

When going up or down companionways (stairs), always face towards the stairs so that you don't slip. The deck at the bottom is very hard!

Use common sense. Do not do anything that might cause an accident. We want you to have an enjoyable time on "Lord Amory", not finish up in hospital.

Cleanliness "Lord Amory" is as much your ship as ours. You will be responsible for keeping it clean and tidy when on board. You will be asked to do this in the following ways:

Cabin Keep your kit in the lockers and drawers, not on your bunk or on the deck. Remember that you will have to leave your cabin clean and tidy.

Rubbish There should be rubbish bins in every cabin, office and room on the ship, with a skip on the lockside to empty your bins into. If you keep the ship and the Base tidy you will have less cleaning up to do at the end of the course.

Meals After every meal each Watch will be responsible for washing their own plates, cups, cutlery and table.

After each meal, Watches will be detailed to clean the Galley, Pantry and Mess Deck.

Washrooms When you have finished washing, rinse out the wash basin and leave things cleaner than you found them, if that is possible. Put all unwanted containers and wrappers into a bin and don't leave your washing kit behind.

Showers Try to avoid water from the shower spraying all over the washroom floor. When you have finished, make sure that you leave the shower clean for the next user.

Boating Equipment When you are collecting the equipment that you are going to use on the water, remember where it came from, make sure it is returned to the same place at the end of the session and that it is left neat and tidy. This will avoid the equipment getting lost or damaged and that it will be there ready for you to use the next time.

Boats When you come ashore make sure **ALL** boats are properly, and safely, secured and that they are emptied of any water they may have taken in.

Accidents or Illness Any accident, or case of illness, must be reported to an Instructor, the Course Leader, the Duty SQM or the Duty Officer **IMMEDIATELY**

Any and all treatments MUST be recorded in the Accident Book.

Sheffield 2 Berth	Sir Galahad 2 Berth
Coventry 2 Berth	Antelope 2 Berth
Dover 6 Berth	Wight 6 Berth
Thames 6 Berth	Portland 6 Berth
Humber 6 Berth	Plymouth 6 Berth
Catering Cabin 2 Berth	Seymour 4 Berth
Duty Officers Cabin	Scott
(For use of Duty Officer Only)	(For use by Quartermasters only)

There are 50 berths available for your use. If you are using DSP water staff do not forget to allow berth space for them and an additional 2 berths for caterers if required.

You will need to ascertain whether DSP staff are male or female, adults or quartermasters to comply with POR.