

THE INTERNATIONAL SAIL TRAINING & TALL SHIPS CONFERENCE 2023

6A: First Time at Sea.

**How to Keep First Time Sailors Safe
and Help Them Survive Sea Sickness -
Particularly On Board Smaller Vessels**





First time at sea

HOW TO MAKE IT SAFE AND HOW TO SURVIVE SEA SICKNESS



Your speakers



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First time at sea



~ Sail On ~
BOARD

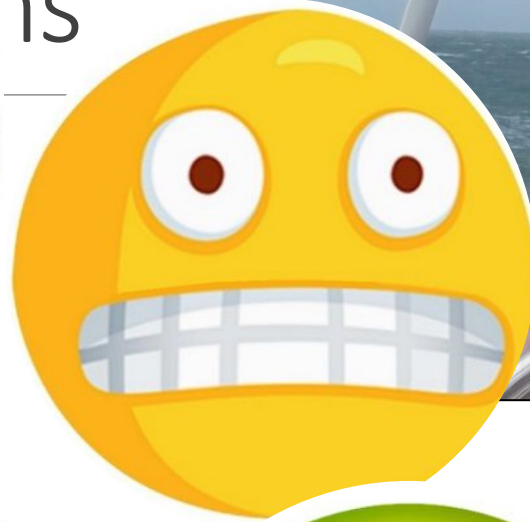
SAIL ON BOARD

**YOUR ADVENTURE STARTS
HERE**

The banner features a large white circle containing the 'Sail On Board' logo, which includes the text '~ Sail On ~' in a red script font and 'BOARD' in a bold blue sans-serif font with wavy lines underneath. The background of the banner shows a large multi-masted sailing ship on the ocean under a blue sky. Below the circle, the text 'SAIL ON BOARD' is written in white on a dark blue background, and 'YOUR ADVENTURE STARTS HERE' is written in white on a darker blue background.



Mixed emotions



Emotions after one week



What can captains do in the preparations?



- Welcome on Board folder
- Movies
- Blog
- Pictures
- Personal Contact

What can captains do on the first day?

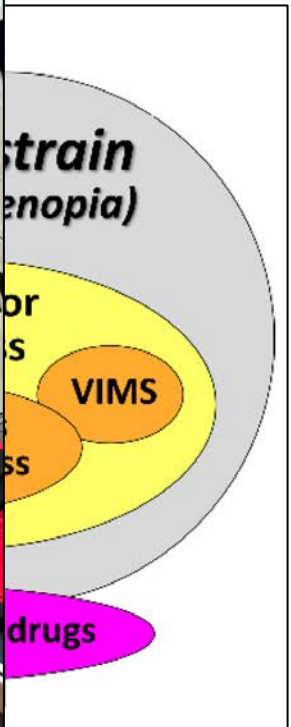


- Buddy system
- Clear Instructions
- Approachable Crew
- Duties for trainees

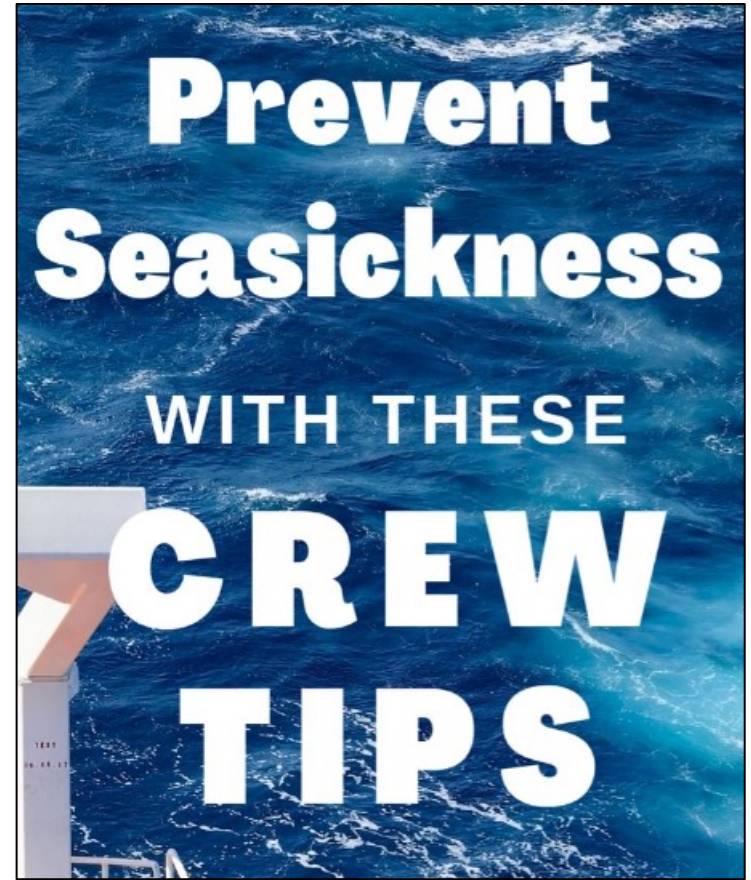
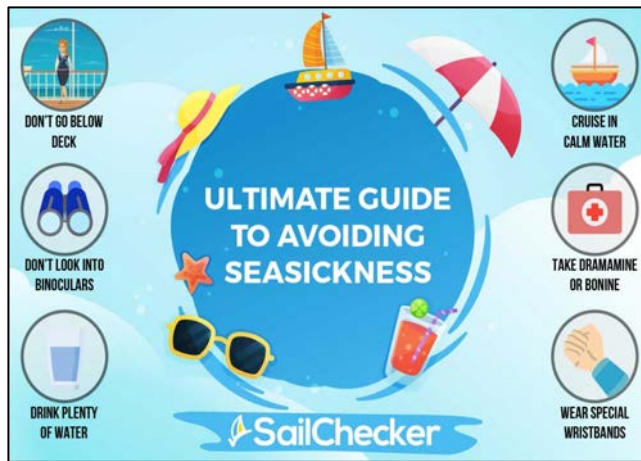
A great start and then...



Seasickness?



How to deal with seasickness



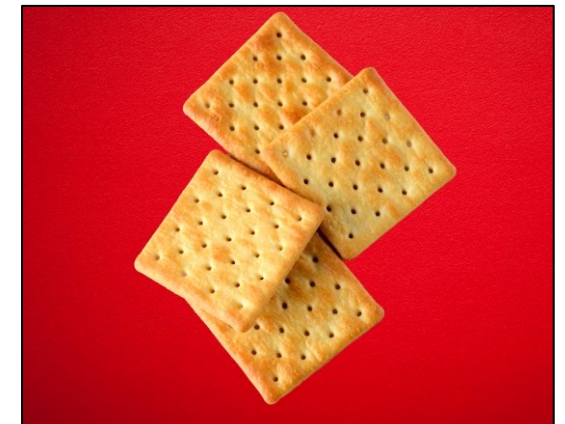
How to get rid of it?

- Stop sailing #borrying
- Sleep, sleep, sleep
- Horizon
 - Spot on the Horizon
- Stay outside
- Stay midships
- Keep eating and keep drinking
- Wait to your body adjust
- Keep yourself busy
- “I’m not sea sick”



How to deal with seasickness

- Clear Instructions
- Pills, patches, wrist bands
- Keep eating and keep drinking
- Keep busy



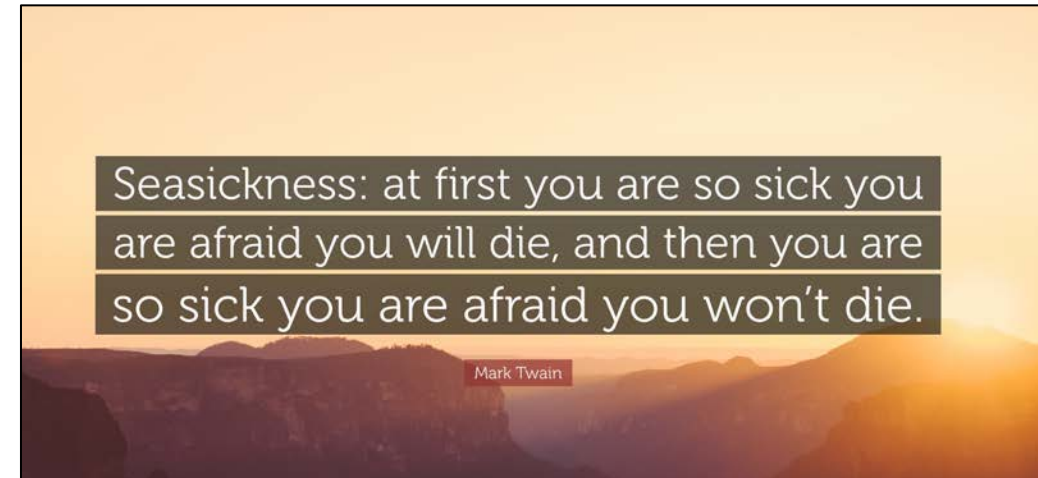
How to handle the trainee depending on the circumstances

- Good weather vs bad weather
- Maneuvers and sail handling vs nothing important to do
- Large crew vs small crew
- Type of trainee



How to deal with non-physical symptoms?

- Motivation drops
- Keep the trainees inspired
- It's 'only' 24 hours
- You're not the only one





How to keep your ship organised?

- ∅ Know your crew
- ∅ Keep your routines
- ∅ Never stop cooking
- ∅ Keep up the good spirits

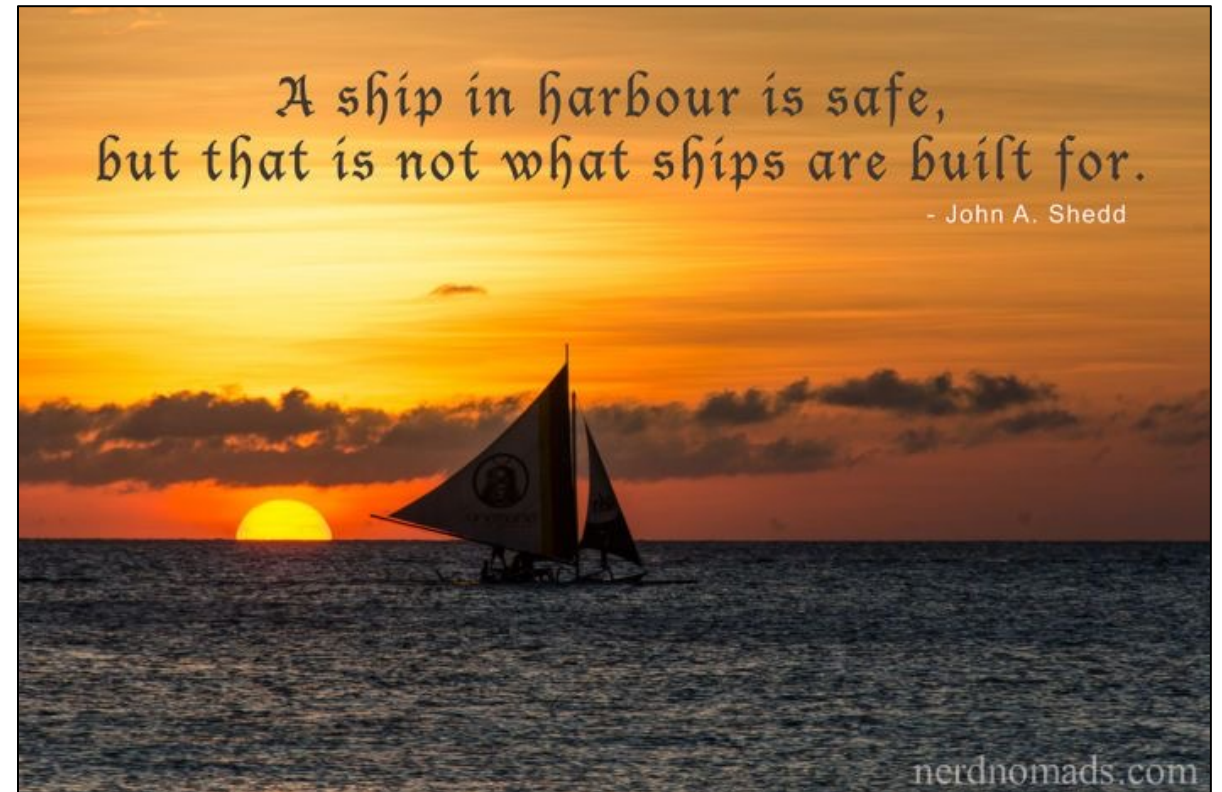
Other challenges?

- Rough weather
- Smaller margins
- Less Coaching Possibilities



Route planning?

- Seeking shelter
- Postpone departure
- Alternative routes
- Carry on





Top 3 advices

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<https://www.surveymonkey.co.uk/r/STID23>**

