

## AdventureSail® Program Guidance

### PLANNING

Planning the logistics of the program should begin two to four months prior to the event date. Develop an easily adaptable itinerary with room for creativity. A schedule of events helps when weather or other unforeseen occurrences demand a change to the itinerary. The size of the sailing groups should be based on the number of registrants for the program and the capacity of the boats you have available. While the main focus of the program is sailing, time can be allocated to other blocks of activities that small groups can rotate through like: a universal sailing instruction block; a STEM related activity; small group discussion of obstacles they may need to overcome in society; and individual time used in a constructive way to build bonds with their group leaders.

Build a budget. Project costs for: staff/crew (if applicable), fuel, a support boat (if needed), lunch, promotional materials, speaker fees, safety materials. Find ways to control costs by seeking out speakers, volunteers, and crew who will donate time and resources and, if possible, look like the girls you are serving. Submit requests to local businesses for donations of goods including lunch, drinks and snacks.

### RECRUITMENT

This is the time to establish relationships with organizations representing young women of color, girls from disadvantaged backgrounds, or young girls with special needs. Working directly with established organizations and community leaders who already work with young women has proven successful. Contact youth groups at local religious institutions, local chapters of historically black sororities, Girls, Inc., Boys & Girls Club, Big Brother Big Sister, Girl Scouts of America, Girls on the Run, Black Girls Rock, Girls Who Code, Outdoors Women's Alliance, Latino Outdoors, Outdoor Afro, Get Out Stay Out/Vamos Afuera, Girl Ventures, She Jumps, Rios to Rivers, etc.

Equally important as the make-up of the participants is the make-up of the program staff and volunteers. The right staff members are key to unlocking the success of AdventureSail programs and fostering girls' interest in furthering their sailing experiences. Evaluate the makeup of your club and begin to institute strategies to diversify your membership as well as organization staff and volunteers. The overall goal of the program is to foster the growth of the female (or female identifying) population in sailing be that professionally, competitively, or for recreation.

Build ways to provide a safe, inclusive, enjoyable space for women in sailing who reflect the general population.

## PROGRAM ELEMENTS TO INCLUDE IN YOUR ADVENTURESAIL DAY

Your AdventureSail Day can be customized to fit your vessel, sailing center, organization, or club. Pick which elements will work for you based on the size of your vessel, venue, or organization. NWSA, US Sailing, and Tall Ships America may be able to assist in providing guidance and resources to help you achieve these goals.

### LENGTH:

- Decide what works for you (we recommend a 3 hour minimum)
  - Morning, Afternoon or Full Day
- How much time will be spent actively sailing
- How much time (if any) will be spent on shore side activities

### CURRICULUM:

- Topics can cover the engineering of the sailing vessel they're boarding (versus other kinds of sailing vessels), reaching outside of comfort zones, and challenging themselves physically, mentally, and emotionally with and around their peers.
- You can provide participants with information about opportunities for long term sailing/marine related careers like professional competitive sailors, engineers, bosunry, nautical navigation, and becoming a licensed captain.
- Try to balance group activity/team building with curriculum based instruction, and don't forget to let them spend time just enjoying the day. (Again, it is important that the volunteers, speakers and crew have culturally competent perspectives both socially and professionally to really enrich the experience for participants.)
- Connect sailing to other topics like climate change and environmental activism, civil rights, women in STEM, etc. that may appeal to the young women or to the partner organizations participating in ways they may not have considered!

### DEFINITION OF ROLES:

- Program Coordinator: this person may have registered you for the event or may be the leader the day of who will be responsible for facilitating the event.
- Group Leaders: these are the people who will be teaching the sailing elements to the participants (skippers, first mates, second mates, deckhands) and (if possible) mariners or women in STEM who are Black, indigenous, other women of color, or members of the LGBTQ community.
- Medical Officer: this person keeps track (if needed) when participants have severe allergies or medication that may need to be administered during the program, who has the highest medical training (FA, CPR, WFA/A), or would be responsible for communicating with the authorities in case of an emergency.
- Shore Team: this group may catch lines at the dock. Or may be more involved, by setting up lunch or facilitating games while larger vessels are "put to bed." Or help insure all participants are transported or picked up.