



# Tall Ship Sail Training Summer Program

North Shore Maritime Center and Sailing Ships Maine are partnering to deliver an academically accredited experiential learning program at sea which will create life-changing opportunities for teens from Lynn of all income and ability levels that will allow them to discover the ocean environment, expand leadership skills, and consider further maritime training.



## SAILING SHIPS MAINE

### ABOUT THE PROGRAM

Students will learn to sail alongside a Captain and a Mate. Each student will have a bunk aboard the ship and together the crew will cook, sail, and explore the islands and waters along the Maine Island Trail System. Depending on the group size, the voyages may consist of a flotilla of schooners sailing together, anchoring in the evenings and meeting up for island excursions.



The sailing, the friends, the ocean, the lessons and memories were all better than I could have wished for - *Bethany, SSM Alum*

### HIGHLIGHTS

- 3:1 STUDENT TO INSTRUCTOR RATIO
- STUDENTS HAVE THE OPPORTUNITY TO MEET AND LEARN IN SMALL GROUPS
- THE SIZE OF THE VESSELS ALLOWS FOR MORE ISLAND EXPLORATION
- STUDENTS AND CREW COOK, LIVE ABOARD, AND OPERATE THE TALL SHIPS

### OUTCOMES

- SAIL TRAINEES EARN A SEMESTER CREDIT IN NAUTICAL SCIENCE, ACCREDITED BY FALMOUTH HIGH SCHOOL OF FALMOUTH, MAINE
- SAIL TRAINEES BUILD SKILLS IN TEAMWORK, RESPONSIBILITY, AND ACCOUNTABILITY
- SAIL TRAINEES ENGAGE IN HANDS-ON LEARNING IN THE NATURAL ENVIRONMENT IN A TECHNOLOGY FREE 24/7 OUTDOOR EXPERIENCE

### SAMPLE VOYAGE ITINERARY

Portland Harbor  
Chebeague Island  
Monhegan Island  
Christmas Cove  
Boothbay Harbor  
Portland Harbor  
Chandler Cove  
Rockland  
Camden Harbor  
Harpwell Cove

# Sail Training Curriculum

(Aligned with the Guiding Principles of *The State of Maine Learning Results*)

## WATCH KEEPING

- DEMONSTRATE KNOWLEDGE OF WATCH PROCEDURES AND AN ABILITY TO FOLLOW THEM
- DEMONSTRATE THE ABILITY TO EXECUTE A “BOAT CHECK” DURING A WATCH
- DEMONSTRATE THE ABILITY TO STEER A VESSEL BY:
  - » COMPASS
  - » SAIL
  - » VISUAL MARK
- EXPLAIN AND DEMONSTRATE THE PROCEDURES FOR RELIEVING THE WATCH
- DEMONSTRATE THE ABILITY TO EXECUTE HELM ORDERS
- DEMONSTRATE THE ABILITY TO STAND A LOOKOUT AND TO CORRECTLY REPORT HAZARDS AND APPROACHING VESSELS

## SAFETY PROCEDURES

- LOCATE AND EXPLAIN THE STATION BILL
- IDENTIFY AND EXPLAIN YOUR POSITION DURING ANY DRILL
- LOCATE AND EXPLAIN FIRE CONTROL AND LIFE-SAVING PLAN
- IDENTIFY THE ALARMS AND WHAT THEY MEAN

- LOCATE AND EXPLAIN:
  - » ABANDON SHIP SUPPLY LOCATION
  - » LIFE RAFTS, RINGS, LINES AND BUOYS
  - » FIRE STATIONS
  - » CREW OVERBOARD STATION
  - » LIFE JACKETS AND IMMERSION SUITS
  - » COLD WATER SURVIVAL EQUIPMENT AND TECHNIQUES

## SAIL HANDLING

- DEMONSTRATE HOW TO UTILIZE A BELAYING PIN TO PROPERLY MAKE OFF, COIL AND HANG A LINE
- DEMONSTRATE HOW TO PROPERLY SLACK, HAUL AND SWEAT A LINE
- DEMONSTRATE PROPER TECHNIQUE FOR WORKING IN THE RIG AND SAIL FURLING
- VISUALLY IDENTIFY AND EXPLAIN RUNNING RIGGING
- VISUALLY IDENTIFY AND EXPLAIN ALL STANDING RIGGING
- EXPLAIN AND EXECUTE COMMANDS FOR SETTING AND DOUSING SAILS

## MARLINSPIKE

- DEMONSTRATE HOW TO TIE EACH OF THE FOLLOWING KNOTS AND THEIR USES:
  - » BELAYING LINE
  - » FIGURE EIGHT
  - » SQUARE (REEF) KNOT
  - » BOWLINE
  - » CLOVE HITCH
  - » ROLLING HITCH
  - » SHEET BEND
  - » ROUND TURN AND TWO HALF HITCHES

## ADVANCED SAILING

- DEFINE AND DESCRIBE THE FOLLOWING TERMS:
  - » PORT TACK/STARBOARD TACK
  - » HEADING UP
  - » FALLING OFF
- EXPLAIN HOW THE SHIP SAILS INTO THE WIND (AIRFOIL EFFECT). EXPLAIN HOW WIND WILL PUSH VESSEL FROM AFT OF THE BEAM AND THE REASONS FOR CHOOSING ONE OR THE OTHER.
- DESCRIBE THE DIFFERENT POINTS OF SAIL:
  - » CLOSE HAULED
  - » BEAM REACH
  - » BROAD REACH
  - » RUNNING
  - » IN IRONS
- EXPLAIN WEARING AND TACKING, HOW EACH IS ACCOMPLISHED AND WHY ONE MIGHT CHOOSE TO DO ONE OR THE OTHER

## BASIC NAVIGATION

- EXPLAIN LATITUDE AND LONGITUDE
- PLOT A FIX FROM A GIVEN LATITUDE AND LONGITUDE
- PLOT A FIX FROM COMPASS BEARINGS
- EXPLAIN DEVIATION AND VARIATION AND CORRECT FOR BOTH
- PLOT PILOTAGE IN BOTH MAGNETIC AND TRUE FROM A GIVEN FIX
- MAINTAIN AN ACCURATE DR POSITION
- MAINTAIN AN ACCURATE LOG OF ALL NAVIGATION AND SHIPBOARD ACTIVITIES



To learn more or sign up for a trip contact [info@northshoremartimecenter.org](mailto:info@northshoremartimecenter.org).