



SOUND EXPLORATIONS

PARTICIPANT PACKET

www.soundexp.org
PO Box 1390, Port Townsend WA 98368
(360) 379-0438 | Fax (360) 379-0439



TABLE OF CONTENTS

Packet Contents

General Information

Welcome Letter	Page 2
Sound Experience Mission & Values	Page 3
Shipboard Rules & Guidelines	Page 4
Health and Wellness Policy	Page 5
Registration & Required Forms	Page 6
Overnight Gear List	Page 7
What to Expect	Page 8
Accommodations	Page 10
Galley (Meals)	Page 11
Program Safety Overview	Page 12
Emergency Contact	Page 14
Lost and Found	Page 14





A LETTER FROM US

Welcome!

Sound Experience welcomes you to the historic schooner *Adventuress* for a program on the Salish Sea. When you join us for your trip, you will be taking part in an active learning and working voyage on the 133-foot long ship.

When you step aboard *Adventuress*, you become a sailor from the past—no winches to rely on, no cruise ship staff to do all the work, only each other to help sail the schooner. You will become one of the thousands who have helped to set the sails, explore the surrounding ecosystems, and take the helm. You become part of tradition in its finest sense—exploring the unique and scenic waterways of Puget Sound and the Salish Sea.

We look forward to working with you!

Sincerely,



Catherine Collins
Executive Director
(360) 379-0438 x3
catherine@soundexp.org



Amy Kovacs
Partnership Director
(360) 379-0438 x2
amy@soundexp.org



Jenny Huntley
Program Director
(360) 379-0438 x5
jenny@soundexp.org



Hali Miller
Development Officer
(360) 379-0438 x4
hali@soundexp.org



Nate Seward
Captain
nate@soundexp.org



Katelinn Shaw
Captain
katelinn@soundexp.org



SOUND EXPERIENCE

Mission

Sound Experience sails the historic schooner *Adventuress* to educate, inspire, and empower an inclusive community that works to improve our marine environment and celebrates our maritime heritage.

Vision

We envision a future where everyone values Puget Sound/Salish Sea and the world's oceans and chooses to act as stewards of their treasured waters.

Values

- Transformative Education - changing our youth, our communities, and our world
- Learning Organization - evolving for and with our people
- Living Sustainably - acting for our waterways
- Partnering - sharing our collective strengths
- Integrity - doing the right thing
- All Are Welcome





SHIPBOARD RULES & GUIDELINES

Safety is always our highest priority! In over 30+ years of educational sailing programs, Sound Experience has provided safe field trips for more than 60,000 participants. The following is an outline of safety policies and procedures aboard *Adventuress*.

Adventuress is annually inspected by the U.S. Coast Guard to make sure she's in safe operating condition and able to provide safe programs for participants of all ages. Our Captain and Chief Mate are licensed by the Coast Guard, and all of our staff are trained to prevent accidents and to respond in the event of an emergency. As a participant, you will play an important role in making the ship a safe environment: keeping safety in mind at all times, being aware of the hazards of the ship's environment, and taking precautions to be sure no accidents happen.

Here is a partial list of rules that all participants and crew must follow while on board. Each trip begins with a safety orientation which will explain procedures in more detail.

- 1 The Captain is in charge of all matters aboard the ship.
- 2 Do not climb in the rigging or on the lifelines unless instructed to do so by a crew member.
- 3 You must wear a life jacket whenever you are forward of the lifelines, on the main boom, or in one of the small boats.
- 4 Tuck in any loose clothing, remove dangling jewelry, and tie up long hair to prevent getting caught in the ship's rigging.
- 5 Use the handrails and face the ladders when going up or down.
- 6 Listen carefully to instructions—questions are encouraged!
- 7 Keep hands, hair, and clothing away from blocks and belaying pins.
- 8 Never handle a line unless you are instructed to do so. Always assess the load before you handle a line.
- 9 Alcoholic beverages and illegal drugs are not allowed on board under any circumstances.
- 10 Closed toed shoes are required on deck at all times.



HEALTH AND WELLNESS POLICY

At Sound Experience and aboard the schooner *Adventuress*, we are focused on reducing the risk of illness aboard the vessel by monitoring for signs and symptoms of illness as well as practicing general NPI's (non-pharmaceutical interventions; i.e. handwashing, air circulation, daily cleaning of high touch areas, etc.).

If someone is showing symptoms of illness before their trip, our policy is to request that they do not come to the ship and instead stay home. Symptoms include, but are not limited to, fever or chills, cough, shortness of breath or difficulty breathing, headache, muscle or body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, etc.

Participants on overnight programs are required to take a Covid test before arriving at the ship; this includes crew and all adults on the trip due to the close nature of shipboard life. All crew are current on Covid-19 vaccinations. Sound Experience prefers that students and adults are vaccinated against Covid-19, but it is not required for overnight program participation.

Strategies to support shipboard health:*

1. General:

- Pre-program questionnaires
- Pre-overnight program Covid testing for participants and crew
- Crew are vaccinated and boosted

2. Face Coverings/Masks: Face masks are optional on and below decks unless someone is experiencing symptoms or otherwise directed.

3. Practice and Model Hand hygiene and Respiratory Etiquette:

- We will provide resources to practice heightened hygiene
- Hand sanitizer will be provided in various locations around the vessel

4. Cleaning and Disinfecting:

- The ship will go through a pre- and post- program cleaning.
- All high traffic surfaces, such as handrails, ladder, etc, will be cleaned and disinfected multiple times during a program
- Ventilation fans will be utilized whenever possible to fully exchange the air below decks.

**If a child or staff member develops symptoms or signs of COVID-19 while on program, that person will be separated from the group and will be supervised from a safe distance until we can get them off the vessel. The parents and school will be called and we will follow the local protocols for testing, contact tracing, cleaning and quarantining.*



REGISTRATION & REQUIRED PAPERWORK

Online Registration

Sound Experience uses the platform CampBrain to register participants for overnight programs. **An e-mail with detailed instructions will be sent to you by your Trip Leader or directly from Sound Experience along with the registration due date.**

The registration process will take about 15-20 minutes and allow you to create a household account and fill out all of the required paperwork for you or your child's specific program.

The typical forms include the following:

- a. Family household form*
- b. Release form*
- c. Health and Wellness agreement*
- d. Medical Health History form*
- e. Getting to Know You (filled out by student)
- f. Getting to Know Your Child (filled out by parent/guardian)

Once you've registered through CampBrain, you will receive an additional copy of this packet, and any additional information that is specific to you or your child's program. If any questions come up in the registration process or if you need hard copies of the forms please email the Program Director, Jenny at jenny@soundexp.org.

**These forms are mandatory. Participants who do not have these signed by a parent or guardian when embarking the boat will not be able to sail.*





OVERNIGHT GEAR LIST

This checklist is for your comfort and safety. As you are packing, keep in mind that the weather on Puget Sound can be very unpredictable. Be prepared for cool, wet weather as well as hot, sunny weather. In summer, daytime temperatures are typically in the 70s to low 80s, with much cooler evenings (50s and 60s are common). That being said, there are warmer spells at times and occasional rain. Layers of warm-when-wet fabrics like wool, polypropylene, and synthetic fleece will help you keep up with the changes in conditions. Expect to get dirty and wet; don't bring anything too elegant, but focus on functional clothing. **You may also want to bring less than you think. Afterwards, most people feel they brought too much clothing for the trip.** This gear list is for trips of up to 6 days, so please take into account the length of your trip when packing. Please use a soft pack or duffel bag if you have one available. You will be stowing your bag every day and space is limited.

- Face mask (might want multiple)
- Underwear
- Wool or synthetic socks (wicking is best, not cotton)
- One set of long underwear or sweats (tops and bottoms - also function as pajamas)
- 2-3 t-shirts or long-sleeved shirts
- Extra pair of long pants
- 1 wool or fleece sweater
- Warm coat or jacket
- Rain gear
- Closed-toed shoes (closed-toed sport sandals such as Keen's are acceptable, but must have a heel strap - **No flip-flops while underway!**)
- Warm hat and sunhat
- Gloves for warmth
- Basic toiletries (there are no showers aboard)
- Sleeping bag, outdoor weight
- Small pillow
- Water bottle with your name on it
- Medicine/devices (to be stored and locked when youth aboard)

The following items may be nice to bring, but are optional:

- Bag for dirty laundry and wet clothes
- Journal and pen
- Camera (an inexpensive one is best)
- Binoculars
- Swimsuit for bucket dipping
- Day pack
- Poems or other readings/music to share
- Red flashlight for anchor watch

Please do NOT bring:

- Personal music devices, digital game or web devices.
- Personal communication devices: *Phones may be stowed or used for taking pictures*
- Drugs or alcohol
- Any products containing marijuana (THC or CBD): *Although legal in WA, it's still illegal federally and under US Coast Guard regulations.*
- Weapons
- Cigarettes, legal smoking devices: *Smoking in any form is not permitted on the vessel*
- Candy or gum: *It inevitably ends up on the deck and is very difficult to remove.*
- Any electrical devices such as hair dryers or electric shavers. CPAP okay.
- Personal snacks (particularly those with common allergens) unless for a dietary restriction discussed with teacher and/or Program Director prior to the trip.



WHAT TO EXPECT

Page 1 of 2

What does a Typical Day Look like?

We are often asked what participants will do each day. Our experience has been that each trip and each day are different. Our program and schedule are often based on the winds, currents, and tides. We don't plan a set itinerary because we find that it limits program possibilities and does not make the best use of a sailing vessel. Some days we may get up earlier in order to catch a tide or sail later in the evening to make use of a wind pattern. Schedule and routines are adjusted to take advantage of the weather. In general, though, our days resemble the following:

The Morning: Days begin with a morning wake-up call at 0700. Breakfast is around 0800. Each Watch will have a different morning chore assignment after breakfast which include preparing and cleaning up breakfast, cleaning below decks and topsides, and preparing the sails and deck.

The Day: During the day, you'll spend most of your time with your Watch. Your Watch Leaders and other crew members will help you learn new sailing skills and share their knowledge of Puget Sound. Your Watch be responsible for sailing the ship for a portion of the day and preparing and cleaning up one meal per day. You'll also prepare presentations and activities for the evening program. Some free time will be coordinated each day to allow for reading, naps, journaling, and other personal needs.

The Evening: When we get to our destination for the day, we drop anchor, tidy the ship, and eat dinner. Evenings are a time for the whole group to gather in the main cabin or on deck to share an evening program. The program may consist of songs, stories, or other group games/activities. "Lights out" is at 2200 and the ship is quiet all night. Each Watch is responsible for keeping an eye on the ship for a one-hour Anchor Watch - staying awake to make sure the ship is safe. This is a wonderful time to enjoy the peaceful beauty of a tall ship at anchor in Puget Sound: stars, sounds of night animals, and glowing plankton in the water. All Anchor Watches are led by a qualified Watch Leader who will assist you in taking readings of the ship's positions.



Challenge by Choice Activities are types of activities where students and chaperones can choose their level of engagement dependent on their comfort level with the activity (a crew member will review this as moving into different zones - comfort, challenge and danger.) Specific activities could include but are not limited to, climbing the rigging, rowing in a small boat, or going out on the bowsprit. These activities may not be available as they are often dependent on the weather and length of your day program.

Cell Phones and Technology

We ask that students keep cell phones and other devices in their bags during the program to help be present for the whole experience aboard *Adventuress*. We do allow and encourage the use of phones as cameras (ideally kept on airplane mode). If for any reason a student needs to contact a parent, they can do so with permission from the Captain. However, if the school/group would prefer a different policy around cell phones, please chat with the Program Director during one of your pre-trip meetings. We do our best to honor the school/group goals around technology.

Swimming

To comply with insurance and safety regulations aboard *Adventuress*, swimming or jumping from the vessel is **prohibited**. However, on certain days the captain and/or crew will often call for a “Bucket Dip,” which allows participant to get washed down with buckets of cold yet refreshing Salish Sea water. Sound Experience requests that participants are wearing proper swimming or clothing attire during this activity.

Questions?

Please contact the Program Director prior to your trip if you would like more information or have any questions about your voyage. We love to hear from participants and would be glad to help if you have any questions or concerns. You can also visit our website at www.soundexp.org for more information and for short biographies of the crew you will be working with during your voyage.





ACCOMMODATIONS

Sleeping

The sleeping accommodations are dormitory style, with bunks arranged in tiers in the foc'sle (forward cabin) and main cabin. For our family and adult trips, families can choose to sleep together in the same cabin as space allows. For trips with youth under age 18, sleeping arrangements are based on the gender identification of the youth, with male and female identifying cabins as the available options. Participants determine the cabin that is best suited to them. The Trip Lead will work with the Program Director prior to the trip to decide what configuration works best for the group.



In the morning and during preparation for “lights out” in the evening, there will be a curtained off changing area where all participants will be able to change privately. The bunks have foam mattresses, but we ask you to bring a sleeping bag and small pillow.

Gear Stowage

Each space aboard the ship has many different uses. For example, the main cabin is a sleeping space during the night but also acts as a meeting and eating space during the day. Because of this we are strategic about gear stowage. During the day, all belongings are stowed on the top bunk, during the night your belongings can either be stacked in a few designated space or stowed at the foot of your bunk. To help allow for easy transitions and allow you easier access to your belongings we highly suggest bringing your belongings in a soft sided bag, like a duffel bag (rather than a rolling suite case). There is also limited gear stowage so please only pack what you need and do your best to fit everything in one or two bags.

Bathroom Facilities

There are three heads (marine toilets) that are located in the passageway between the main cabin and the foc'sle (forward cabin). Each head has a toilet and a sink. They work a little differently than regular toilets so the crew will help everyone to learn how to use them and are always happy to answer any questions. There are no showers on board the ship.

Because there are only three heads on board and many people, we ask that people do not change clothes in the heads. We do have changing curtains that are hung by crew members each morning and each night to allow for privacy while changing. You can also change clothes in your sleeping bag. It is also an expectation of all people on board to turn their back to allow for more privacy if people want to change in the open.



THE GALLEY

The menu aboard Adventuress is wholesome, varied, and family style. **We serve only vegetarian food due to the nature of our galley, which has limited coldstorage space.** Eating lower on the food chain is also consistent with our mission. We are also able to turn our food waste into compost for local farms.

Typical breakfasts may include oatmeal, granola, eggs, and breakfast burritos. Lunches are often soup, sandwiches, and salad. Dinners may be casseroles with salads or vegetables. There are usually a mid-morning and afternoon snack. If participants still need additional food, just ask your Watch Leader or the Galley Coordinator.

Please let us know in advance concerning any special dietary restrictions so that we can pass this information on to our Galley Coordinator with plenty of time for menu planning and food purchasing. Although we can accommodate many dietary needs by providing vegetarian, non-dairy, gluten-free, and low-salt options, some food allergies are difficult to accommodate aboard a ship, and we cannot make absolute guarantees. In order to support specific allergies while on board, we ask that parents not send additional snacks with their children. If your child has a severe allergy and needs to bring supplemental food, please work with the Program Director/Galley Coordinator on the logistics.

Please contact the Program Director if you have concerns or special dietary requests. We are happy to discuss possible options with you via phone, email or video call.



Safety Procedures during Sound Experience Programs

When students arrive at the marina, and before they step on the dock, they are met by crew who get them checked in and lead them with their gear down to the boat. Once all gear is safely loaded, students will be invited aboard and will meet at the stern for a welcome and introduction circle.

At the end of the introduction circle, the Captain, the Mate and the Program Coordinator will address the whole group and share Sound Experience's priorities:

- 1 Safety
- 2 Learning
- 3 Having Fun



The Captain then discusses basic safety protocols, delineates the off-limits areas of the vessel, answers questions, and demonstrates the proper way to wear a lifejacket or PFD (Personal Flotation Devices).

Our vessel carries 60 Type 1 PFDs or lifejackets. Because we are a USCG inspected passenger-carrying vessel operating on the navigable waters of the United States, participants are not required to wear a life jacket during our programs. There are certain activities when life jackets are required and instructions will be given at those times.

We motor and sail during the program. The vessel motors when leaving and returning to the dock and at any other time the Captain determines it is prudent to do so. When under sail with youth groups, the Captain determines how many of the four working sails the ship will set. This decision varies from day to day and program to program and is based on weather conditions, vessel traffic in the area, and program goals. *Adventure* is always operated in a safe manner.

Once underway, students will go through a more extensive shipboard orientation with their watch leaders, including a below-decks orientation, an on-deck orientation, and an introduction to line handling. Students must undergo line handling training prior to handling any lines on belay pins.

For more information or clarification of our safety procedures, please call the Sound Experience office at (360) 379-0438.



SAFETY OVERVIEW

Page 2 of 3

Staff to Participant Ratio

Our low student to crew ratio (6:1 or lower) ensures that students remain under constant supervision at all times during the course of the programs. Our crew have been trained in a variety of techniques to work with conflict that might arise, but will also rely on the Trip Leader and Captain for additional support and communication during any participant conflict.

Our Crew

Sound Experience crew consists of a Captain, First/Chief Mate, Program Coordinator Engineer, Galley Coordinator and at least three Environmental Educators. Each crew member is selected on the basis of environmental and marine science background, ability to teach and work with youth, ability to supervise, and sailing skill. Every crew member is required to have current First Aid and CPR or greater certification and undergoes State and Federal background checks. Before participating in programs aboard the ship, crew members complete extensive training designed for safety and operation of the ship as well as program implementation. Every crew member is required to be fully vaccinated.

More important than any of the quantifiable criteria is our requirement that the crew be mature, responsible, and able to provide a safe, enjoyable learning experience for your students. The Captain and First Mate are primarily responsible for the safe operation of the vessel. The Program Coordinator organizes what happens during the trip and makes learning opportunities available to you.

What we ask of you:

- Please read, sign, and return any program forms in a timely manner.
- Please assist your child in preparing for their trip by reviewing the Overnight Gear List (pg. 7), Health and Wellness Policy (pg. 5) and Code of Conduct (in CampBrain)
- If your child has medications for bee stings, allergies, asthma, etc, please ensure that they bring these with them (in original containers) and that it's listed in their medical form.

The Sound Experience shipboard program is a special opportunity for your child to have an on-the-water experience that will help them explore the many opportunities in marine science and maritime, develop an appreciation and better understanding of the Puget Sound ecosystem to help become life long stewards of our waterways, and, of course, have a lot of fun. All of us at Sound Experience look forward to your child's class joining us.

Emergencies

All of our crew are trained and certified in First Aid and CPR. In addition, several crew are trained in emergency response and remote medicine. The ship is close to onshore emergency facilities by small rescue boat or the Coast Guard. Medication brought to the ship must be clearly labeled with participants' full name and dosage. For youth trips, all medications will be kept and distributed by the Medical Officer in partnership with the Trip Lead. Any pertinent medical information for a participant must be shared on the program medical form, this will then be shared with the appropriate members of the ships medical team.

Questions and Emergency Contact

For general questions during trip, please call (360) 379-0438 x1 and leave a message at the office line and someone will call you back. You can also email the Program Director (jenny@soundexp.org) or Partnership Director (amy@soundexp.org) and they can help you.

If you have an emergency and must contact the ship or reach your child, please call the Executive Director Catherine Collins at (206) 353-6119. We can relay emergency messages to the ship as necessary and coordinate any additional steps that might be needed.

Lost and Found

Items left on the ship are returned to the office on a semi-regular basis. Please note that if you leave something on board, it may not be brought to our attention until two or three weeks after your trip. Please email the Program Director and let us know if you think you've left something behind, and we'll do our best to find it. Any usable items that are not claimed after two months are donated to local charities.

