

- Objectives:**
- 1) Learn new outdoors skills using a Viking boat as the platform.
  - 2) Foster teamwork and self confidence.
  - 3) Develop a sense of accomplishment through shared experience.
  - 4) Enjoyment of unique outdoor fun.

- Skills and Goals:**
- 1) Work together to achieve a common goal
  - 2) Develop proficiency, rowing, sailing and "navigating"
  - 3) Learn the language of seafaring through stories.
  - 4) Develop practical skills and confidence aboard.

## Day 1

## Day2

## Day3

## Day 4

### 0930:Morning

Brief history of Polaris (construction, type of boat and Viking usage)  
Safety aboard  
Parts of the boat  
Oar handling and rowing commands.  
Parts of the sail  
Prep boat to get underway

Start day with ship, shipmate, self discussion  
Sail, yard and rigging. Practice unfurling/furling the sail. Basic sail controls.  
Boat terms bingo. Learn important knots. Review rowing commands.  
Introduction to navigation: reading a chart. Tides, currents and wind and how they affect Polaris

Arrive at 0930 and prep boat  
Students make navigation plan to leave dock and anchor for lunch  
  
Depart dock with navigation plan.  
MOB practice/sharp turns, emergency stops

Arrive 0930 and prep boat  
Go over expedition plan and make necessary adjustments (checking tides and predicted winds).

Get underway

### Lunch

12:00 Lunch. Discuss the roles aboard the ship. Stories about Viking ships.

12:00 Lunch. Practice knots.

12:00 Anchor for lunch. Storytelling.

11:30 Lunch at target destination

### Afternoon

Disembark for afternoon. Rotate through different positions. Row out and set sail  
Students practice situational awareness, develop frames of reference as an introduction to navigation.

Implement navigation skills and hone rowing and sailing skills. Rotate through zones/positions, in the same fashion as on Day One but add a navigation station. Swap important roles, i.e.: Bow: tack, lookout etc.; Midship: Navigator etc; Stern: helm, Sheet, Braces etc.

Get underway for the afternoon. Afternoon sail is designed to empower students and let them run the boat as much as able. Give them freedom to work through tacking and gybing allowing space for failed attempts. As much as possible give students leadership opportunities and ownership of the boat and the program.

As much as possible students are "Self directed" sail. Students run the boat as much as possible. Continued awareness of Zones aboard and rotation of roles.

### 16:00 Debrief

Return to the dock at 1530 and put boat to bed (sail, tidy up).  
Closing circle - review plans for day two.  
End of day 1630

Return to the dock by 1600 and put boat to bed (sail, tidy up).  
Discuss fourth day destination.  
Outline plan for Day 4.

Return to Dock at 1600 and put boat to bed and have a short closing circle  
Students depart at 1700

Return to Dock at 1600 put boat to bed. (sail, tidy up).  
Closing circle and reflection.

Depart 1700

Students depart at 1700