



**S·A·L·T·S·**

SAIL AND LIFE TRAINING SOCIETY

451 Herald Street, Victoria BC Canada V8W 3N8

T 250.383.6811 | F 250.383.7781 | W salts.ca

# SALTS Group Program

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## SALTS Group Program Curriculum

SALTS believes that challenging, empowering and supporting young people is vital to their personal development. From the moment trainees step on board, they enter a community where they are encouraged to continually grow and learn to understand themselves, their shipmates and the world around them.

Learning is encouraged through a variety of means including short formal lessons in theory that use visual teaching aids as much as possible, experiential learning where trainees are challenged to apply skills and theory, structured and unstructured group discussions and activities, student-led projects, observation and mentorship/modelling. Our professional crew work to create a learning environment where questions and critical thinking are encouraged, and everyone feels respected and valued.

As with all outdoor education opportunities, the unpredictability of the weather and wildlife often necessitates taking advantage of the circumstances and learning opportunities currently at hand.

**Some examples of areas of learning that are commonly encountered during a SALTS Group Trip include:**

### **Daily Shipboard Life**

It takes a whole community to sail one of our traditional tall ships. In order for the ship to operate, students will be required to work together respecting one another and learning about themselves and each other in the process. Our professional crew-members will work to challenge, empower, and support trainees in this process.

Trainees will likely encounter opportunities to:

- Work together with their watch to perform ship related duties
  - Small boat handling, raising and lowering sails, team activities and games, galley work, ship maintenance and cleaning
- Engage in group discussions and community building
- Grow and learn more about themselves
- Gain confidence in themselves and their abilities
- Enjoy games, music, and a lot of laughter

## **Sail Training**

Aboard ship, trainees will have opportunities to learn and be directly involved in ship operations and maintenance. Each trainee is assigned to a Watch group when they board and, under the guidance of our professional crew, take turns being responsible for operation of the ship. They will also be expected to learn and practice safety protocols and the use of safety gear.

Trainees will likely encounter opportunities to develop:

- Navigational Skills
  - How to read and understand marine charts
  - How to steer using a compass and visual landmarks, and through wheel commands
  - Knowledge of basic sailing theory including points of sail and rules of the road
- Knowledge of Ship Function and Form
  - Learn the terminology for various parts of the vessel
  - Experience and practice hoisting, lowering, and managing sails
  - Learn at least six common knots
- An Awareness of Safety Issues and Protocols at Sea
  - Use and understand the purpose of lifesaving gear
  - Launch, row and recover dories (smaller wooden boats used for shore excursions)
  - Learn procedures for emergency situations (i.e. fire, man overboard, abandon ship)
  - Understand terms used on marine radio channels and spend time on radio watch

## **Natural Sciences and Environmental Stewardship**

SALTS Group Trips feature sailing and exploring in the beautiful Gulf Islands of the west coast of British Columbia. This region features an abundance of wildlife, beautiful islands and marine parks, and is steeped in rich First Nations and pioneer history. During the trip, trainees will be encouraged to develop a greater understanding and appreciation of the natural world by taking time to notice and appreciate their surroundings. From sea caves, waterfalls, pristine beaches and old growth forests to orca whales, sea lions, porpoises, sea stars and jelly fish, a SALTS trip makes available another world waiting to be explored.

Trainees will likely encounter opportunities to:

- Explore the various tidal regions and unique ecosystems of the Gulf Islands
- Witness marine and land-based wildlife in their natural environments, and learn about the need for maintaining a safe distance
- Engage in discussion surrounding environmental issues
- Participate in the use of the recycling and waste management systems onboard

***Some aspects of the SALTS Group Program curriculum can be customized to suit the needs and interests of a group. For more information, contact Sherilyn Thomson, SALTS Booking Manager, at 1-888-383-6811.***