



Barefoot Offshore Sailing School

Barefoot Yacht Charters & Marine Centre

(1-784) 456-9526/9334/9144

www.barefootoffshore.com / www.barefootyachts.com

bookings@barefootoffshore.com

BOSS Orientation Guide

- 1. Welcome**
- 2. The Players**
- 3. St. Vincent and the Grenadines**
- 4. Overview of ASA and Sail Canada certification standards**
- 5. Preparing for your course**
- 6. Travelling to SVG and what happens on arrival**
- 7. Your instructors and what you can expect from them**
- 8. What your instructors expect from you**
- 9. Typical course schedules and Itineraries**
- 10. What BOSS supplies, what you should bring, what not to bring**
- 11. Food, drinks, and provisioning**
- 12. Maximizing enjoyment of your BOSS experience**
- 13. What's next: continuing your sailing journey**

I. Welcome

Hi. I'm Phil Barnard, professional racing sailor and Managing Director of the Barefoot Group of companies. Welcome to SVG and Barefoot!

This package is intended to prepare participants in Barefoot Offshore Sailing School (BOSS) courses to get the most of their journey in learning to sail and cruise in a keelboat.



As the Water Rat famously asserts in *Wind in the Willows*. "Believe me my young friend, there is nothing - absolutely nothing - half so much worth doing as simply messing around in boats."

As another perspective, an ancient Arabic proverb asserts that a day spent sailing is not counted against one's allotted lifespan.

So congratulations on your interest in a sport and pastime that offers endless opportunities for experiencing the beauty and power of rivers, lakes and oceans, for exploring familiar waters and new horizons, for combining intense competition and pure relaxation, for building knowledge and skill over a lifetime, and for becoming part of nautical traditions that stretch back through millennia and forward into an exciting future.

The detailed outline for this document is as follows:

2. The Players

2.1 BYC

2.2 BOSS

2.3 ASA

2.4 Sail Canada and Wavelength

2.5 LTCO

3. Saint Vincent and the Grenadines

4. ASA and Sail Canada certification standards and courses

4.1 Standards overview

4.2 ASA courses

4.3 SC courses

- 4.4 Combined courses
- 4.5 “Challenging” a certification
- 4.6 ICC and IPC
- 4.7 Training vessels
- 4.8 Typical class size
- 4.9 Evaluation and ashore knowledge exams
- 4.10 Physical requirements
- 4.11 How to book and pay for your course
- 5. Preparing for your course
 - 5.1 Prerequisites
 - 5.2 ASA texts and learning resources
 - 5.3 SC texts and learning resources
 - 5.4 BOSS and LCTO online learning resources
 - 5.5 Other BOSS courses
 - 5.6 Useful videos
- 6. Travelling to SVG and what happens on arrival
 - 6.1 Direct flights to SVG
 - 6.2 Connecting flights to SVG
 - 6.3 Arriving in SVG
 - 6.4 First night in SVG
 - 6.5 SVG departure
- 7. Your instructors and what you can expect from them
 - 7.1 Your BOSS instructor
 - 7.2 Pre-course communications
 - 7.3 Focus on safety
 - 7.4 Instruction and coaching
 - 7.5 Constructive feedback and continuous evaluation
 - 7.6 Professional, friendly attitude
 - 7.7 Exploring and enjoying SVG
- 8. What your instructors expect from you
 - 8.1 Attention to safety
 - 8.2 Focus on learning and skill acquisition
 - 8.3 Respect and common courtesy
 - 8.4 Adherence to SVG laws and BOSS policies
- 9. Typical course schedules and itineraries
 - 9.1 A typical course schedule
 - 9.2 A typical itinerary
 - 9.3 A typical day afloat
- 10. What BOSS supplies, what you should bring, what not to bring
 - 10.1. What BOSS supplies on the yacht

- 10.2 What BOSS will issue to you and the beginning of the course
- 10.3 What you should bring
- 10.4 What you should not bring
- 11. Food, drinks, and provisioning
 - 11.1 What BOSS supplies
 - 11.2 Allergies and food preferences
 - 11.3 Provisioning and shopping in SVG
 - 11.4 Currency
- 12. Maximizing enjoyment of your BOSS experience
 - 12.1 Learning about SVG before you come
 - 12.2 Internet access and cellular coverage in SVG
 - 12.3 Staying healthy
- 13. What's next: continuing your sailing journey

2. The Players

2.1 Barefoot Yacht Charters (BYC)

BYC began operations at Blue Lagoon on St. Vincent in 1984. Originally established by Mary Barnard with support from her husband Martin, who was one of the founding directors of SVG Air, BYC became recognized as a thriving family-owned company offering personalized, high quality service with a relaxed but professional ambiance. For more detail about Barefoot's early days, please see the BYC website.



Since 2015, BYC and the Barefoot Group is now under the leadership of Mary and Martin's son Philip Barnard, who combines encyclopedic knowledge of the Grenadines, an international career as an accomplished professional racing sailor, with an extraordinary breadth of knowledge of racing and cruising yachts and gear.

2.2 Barefoot Offshore Sailing School (BOSS)

For 20 years, Barefoot has operated BOSS as the only ASA-licensed training facility in St Vincent & The Grenadines (SVG) and the most active ASA school south of the BVI.



On returning home from training for the America's Cup in 1998, Philip Barnard took his ASA exams and launched BOSS as a ASA school with the help of one other instructor. Based on the experience of charter customers, BYC recognized that the best place to teach people how to sail in the challenging conditions of the Grenadines was *in* the Grenadines. We later learned that once students have established these conditions in their mind as normal and created their comfort zone here, they were very well prepared for any cruising ground in the world. As a result, a high number of our former students have gone on to become sailing instructors, or embarked on other sailing adventures including circumnavigations.

BOSS grew slowly at first, but over the years, largely by word of mouth, the news has spread. BOSS typically has 5 or more instructors on staff during the high season and runs courses almost every week of the year, training several hundreds of students annually.

2.3 American Sailing Association (ASA)

ASA is a private corporation founded in 1983 with a mission: to teach people to sail safely and confidently. In support of that goal, ASA set out to establish standards against which to measure a sailor's level of knowledge and skill.



As the ASA website notes, “after studying programs offered in other countries, the founders of the ASA selected the Canadian Yachting Association’s (CYA, now Sail Canada) “learn to Cruise” program and licensed it for use in the U.S. With this strong heritage behind it, the ASA has continually improved and expanded its educational system by drawing on valuable input from the ASA school network.”

ASA now has over 300 affiliated sailing schools located throughout the U.S., and around the world, which have collectively certified nearly half a million sailors,

The ASA system has eight primary levels of student certification from Basic Keelboat all the way to Offshore Passage-making.

2.4 Sail Canada and Wavelength Sailing School

Established in 1931, Sail Canada (SC, formerly known as the Canadian Yachting Association) is the not-for-profit national governing body for the sport of sailing in Canada. Sail Canada promotes sailing in all its forms through collaboration with Provincial Sailing Associations, member clubs, schools, and many individual stakeholders.



Wavelength Sailing School (WSS at <http://learntocruise.ca>) was established in Kingston Ontario Canada in 2005 as a CYA school to offer Keelboat instruction through courses meeting Sail Canada standards.



Building on its experience with ASA courses, beginning in 2017, BOSS began offering Sail Canada certification courses in collaboration with WSS targeting Canadian sailors. Since ASA's certification standards were initially developed based on the Canadian model, the two systems are very similar and it is normally feasible to combine both ASA and SC students in the same course, with an instructor qualified to certify students under both systems.

2.5 LearnToCruiseOnline (LTCO)

LTCO (at <https://LearnToCruiseOnline.ca>) offers online navigation and ashore knowledge courses to help cruising students get the most out of their afloat courses.



LTCO is a collaboration of Rob McLean and Phil Morris, who are qualified as SC and ASA instructors, are both Instructor Evaluators in the SC system, and both also spend part of each season teaching with BOSS.

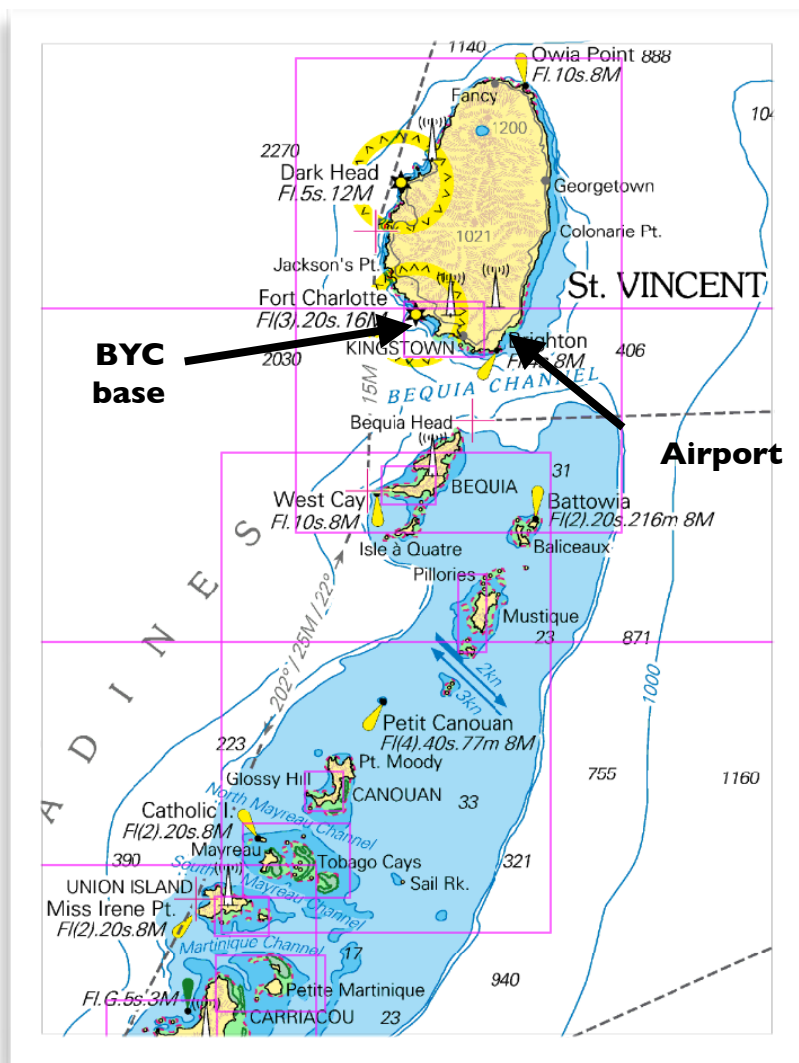
Launched in Canada in 2017 with an initial focus on SC standards, in 2018-2019 LTCO is (<http://learntocruise.ca>) is also piloting online courses of interest to ASA students. In the near future, all BOSS students will have the opportunity to access online Ashore Knowledge courses prior to travelling to SVG for the afloat course.

3. St. Vincent and the Grenadines (SVG)

SVG offers what many consider to be the most exciting and idyllic cruising grounds in the Caribbean. Situated at 13° north, SVG enjoys year-round temperatures in the high 70s and low 80s. It is situated below the typical tropical storm path that cuts across islands in the northern Caribbean. The last hurricane that caused significant damage in SVG was in the mid-50s. SVG was unaffected by the 2017 storms that caused so much damage to the *infrastructure* and charter fleets further north. With a chain of 32 islands, the Grenadines to the south of the main island offer exciting trade-wind sailing combined with sheltered cruising in the lee of the islands. There are scores of great beaches, reefs for snorkelling, and secluded anchorages.

In addition to the St. Vincent “mainland”, there are opportunities for dining ashore and provisioning on at least six of the major islands in the group. Fuel, water, and dockage are available at St. Vincent, Bequai, Canouan, and Union Island.

In sum, there is enough variety within SVG to spend a week or two cruising or learning to cruise, without the cost and hassle of clearing into neighbouring island countries. For more information about SVG, visit <http://www.svgtourism.com>



4. ASA and Sail Canada certification standards and courses

4.1 Standards overview

ASA and Sail Canada (SC) each offer a graduated set of cruising certifications that begin at the sailing novice level *and* take students through to offshore sailing. BOSS courses are designed to offer ASA or SC certification, and by pre-arrangement, students could be certified under both standards. For both ASA and SC, the standards have two main components:

- Ashore Knowledge Requirements, which defines things sailors at each level are expected to know
- Afloat Skills, which defines the skills that sailors at each level are expected to demonstrate

ASA		SC
101: Basic Keelboat Sailing	Learn to skipper a cruising keelboat (<35'/10m) by day in light to moderate conditions	Basic Cruising
103: Basic Coastal Cruising		
104: Bareboat Cruising	Learn to skipper a cruising keelboat (<35'/10m) on a multi-day coastal cruise in moderate conditions	Basic Coastal Navigation
		Intermediate (Bareboat) Cruising
105: Coastal Navigation	Safe navigation of a sailing vessel in coastal and inland waters	Intermediate Coastal Navigation
106: Advanced Coastal Cruising	Skipper a cruising keelboat on a minimum 48 hour coastal cruise by day and night in any weather	Advanced Cruising
107: Celestial Navigation	Advanced passage planning, electronics, radar and weather Celestial navigation theory and problem-solving	Advanced Coastal Navigation
		Celestial Navigation
108: OffShore Passagemaking	Skipper an offshore passage requiring celestial navigation	Offshore Cruising
114: Cruising Catamaran	Skipper a cruising catamaran on a multi-day coastal cruise	Catamaran Endorsement

Note that for both ASA and SC it is a requirement that each certification be completed sequentially. For instance, one cannot qualify for ASA 104 (or SC Intermediate) without having previously passed ASA 103 (or SC Basic).

Certification through ASA or SC is a meaningful achievement and is recognized by most sailing organizations. ASA 104/114 certifications (or the equivalent SC Intermediate / Catamaran Endorsement) are accepted as licences to charter yachts in most places around in the world. However, note that the International Certificate of Competency (ICC) or International Certificate of Proficiency (IPC) may be required for bareboat chartering in Europe.

One difference between the ASA and SC standards is that for each level, SC defines both a “Skipper” and “Crew” certification. For example, an individual who is not ready to be signed-off at the Basic Skipper level can be awarded the Basic Crew-level certification. In most cases, the Crew-level certification can be later updated to the Skipper level *with* the same or a different instructor after a few additional days of helming experience.

On completion of your first certification, you will be issued an ASA or SC logbook. This is your official record of your qualifications which may be used in future to support bareboat chartering. Your logbook will be updated each time you complete an additional certification.

For more detail on ASA cruising certifications, visit: <https://asa.com/certifications/>

For more detail on SC cruising certifications, visit: <https://www.sailing.ca/keelboats-cruising-sl5686>

4.2 ASA Courses

BOSS runs live-aboard courses every week of the year (and up to 5 the same week.) The introductory “Cruise and Learn” courses focus on ASA 101, 103 and 104. They are designed to take students from wherever they are starting from (which could be a complete novice or someone with considerable experience) and move them as far along the path to ASA 104 as possible. ASA 101 / 103 / 104 / 114 six-day courses run from Sunday to Saturday.

Guests with little or no prior sailing experience should be able to complete ASA 101 and 103 during the an initial 6-day course. We've had folks complete ASA 104

as well, but to do this, you'll need to do a fair amount of pre-course studying - and also some time on the water before you come to SVG. Those with prior sailing experience who also complete pre-course study work may be able to complete ASA 101, 103 and 104 / 114 in a six-day course.

ASA 106 enables students already having ASA 104 certification to acquire their Advanced certification. The ASA 105 exam (Coastal Navigation) is normally written as part of this course unless a student already has this qualification. ASA 106 six-day courses also run from Sunday to Saturday.

All ASA Cruise and Learn courses may be taught on a monohull or catamaran. While there is a slight preference for novice sailors to learn the basics on a monohull, all ASA certification levels can also be taught on a catamaran. When taught on a catamaran, students may obtain the ASA 114 certification.

Since BOSS offers courses year-round, there is no fixed schedule of courses. Interested students should enquire using the forms on the BOSS website. We will let you know what courses have already been scheduled that you could join, and if there are no suitable courses already scheduled, we will in most cases open up a new course on the schedule.

When placing you with others on a course, we try to match you with students who are at a similar level. For instance, if you already have ASA 101 and 103, we'll try to match you with others who are working toward their ASA 104 certification.

4.3 Sail Canada (SC) Courses

BOSS also offers SC afloat courses including Basic, Intermediate, and Advanced Cruising, and the SC Catamaran Endorsement. For Canadians, an advantage of obtaining SC certification is the ability for those credentials to be recognized when seeking further qualifications in Canada.

See the BOSS website for currently scheduled courses. If none of the scheduled SC courses works for you, contact our BOSS service team:

- we may be able to include you in a combined ASA / SC course with an instructor who is qualified in both systems;
- we may be able to open up a new SC course to meet your schedule.

In practical terms, we find that most students interested in Sail Canada courses in the Caribbean have already earned their Basic and/or Intermediate certification in Canada and are primarily interested in Intermediate and/or Advanced Cruising, and the Catamaran Endorsement, which may be taught separately or in combination with Intermediate or Advanced Cruising. At present, the only two SC instructors qualified to teach the Catamaran Endorsement are on the BOSS team!

Unless otherwise arranged, SC six-day courses run from Sunday through Saturday. However, given the Air Canada flight schedule from Toronto (see 6.1 below), the option exists to schedule 2 days of initial training or a refresher from the base on Friday and Saturday.

4.4 Combined Courses

Because of the similarity between the ASA and SC standards, in most circumstances we are able to combine ASA and SC students on the same course, provided that the instructor is qualified to certify students under both systems. At present, BOSS has five instructors who hold both ASA and SC qualifications.

4.5 “Challenging” a certification

Both ASA and Sail Canada provide for the possibility that an experienced sailor without formal qualifications may “challenge” a certification level.

For example, a sailor that has boat ownership and previous cruising experience could be accepted into an ASA 104 or SC Intermediate course, and on successfully passing the Ashore Knowledge exams and demonstrating all the skills taught in ASA 101/103 or SC Basic could be awarded those certifications and proceed on to learn the ASA 104 or SC Intermediate knowledge and skills.

If you think you have the knowledge and skills to challenge a certification level, contact the BOSS service team for additional details.

4.6 International Certificate of Competency (ICC) / International Certificate of Proficiency (IPC)

Cruisers interested in chartering in Europe are often aware that by law, European countries require that bareboat charterers have an International Certificate of Competency (ICC). BOSS instructors that have both ASA and SC qualifications have the ability to award an ICC certification as an add-on to an ASA 104 or SC Intermediate course. Contact the BOSS service team for details.

ASA has created its own qualification that it advertises as being equivalent to an ICC called the International Certificate of Proficiency (IPC). ASA 104 graduates may apply by following the procedure described here: <https://asa.com/ipc-application/>

If you are planning a European bareboat charter, check with the charter company ahead of time to ensure that your ICC or IPC will be accepted as proof of competency.

4.7 Training Vessels

Your training vessel will be one of BYC's Charter Vessels, which are profiled on the BYC website at: <https://barefootyachts.com/booking/>

Vessels are typically 38 to 50 feet in length, have 3-5 cabins depending on the vessel, and are fully equipped with the features and gear that you would expect on a charter vessel.

Information about the standard gear and equipment on BYC yachts can be found here:

<https://barefootyachts.com/charters/your-yacht-in-svg/general-inventory/>

4.8 Typical Class Size

Class sizes vary based on bookings. The average class size is 4 students on our 101 to 104, 114 and 106 courses. However we do sometimes have 5 or even 6 students on a course, depending on the mix of singles or couples in the course. We ensure that each person or couple on a yacht have their own cabin. The instructor adjusts each day's plan to accommodate the student mix.

4.9 Evaluation and ashore knowledge exams

To be awarded a certification level, you must be evaluated by your instructor as demonstrating the required afloat skills as described in the relevant standard, and you must pass a written Ashore Knowledge exam that is administered during the course.

Your instructor will continuously coach and evaluate your afloat skills during the course and give you regular feedback.

The Ashore Knowledge exam(s) will be scheduled at the beginning, during, or at the end of the course based on what makes most sense given the mix of students, the levels being certified, and your level of preparedness. An exam fee is due at the end of the course for each exam successfully completed.

In the case of ASA exams, 101, 103, 104, and 114 are all in a structured format including multiple choice, true/false, or matching terms with diagrams or definitions. ASA 106 is a short-answer format exam.

SC exams are all in structured or short-answer format that may include multiple choice, true/false, matching terms with diagrams or definitions, and short textual responses.

ASA 105 and SC Basic and Intermediate Coastal Navigation exams include a mix of short textual responses and plotting / chart work.

4.10 Physical Requirements

Sailing can be a rigorous endeavour, particularly when learning. Be prepared to be active while on a moving yacht. If you are somewhat sedentary, it would be a good idea to start a moderate exercise program including some upper body training.

Participants in live-aboard Cruise and Learn courses will experience sun, wind, spray, rain, and temperatures consistent with the southern Caribbean.

When underway the vessel may exhibit irregular motion due to wind and waves and temperatures may be cooler than on land.

Participants will be expected to move around the vessel day and night, to learn and demonstrate skills and to perform tasks while the vessel is at the dock, at anchor, and when the vessel is underway.

While for most course, vessels are anchored, moored or docked at night, in the case of Advanced Cruising, vessels will be underway both day and night in a wide range of conditions which may include large seas and strong winds.

Participants will be challenged to work as a part of a team and operate the vessel for sessions typically lasting 2-4 hours. These sessions will require short periods of

moderate upper body exertion, a moderate level of arm strength and some core body fitness and stamina.

4.11 How to Book and Pay for Your Course

Here is a summary description of the process.

To reserve a place

1. Please call or e-mail to ascertain availability. We will place a provisional reservation for you and send you a BOSS Booking Form.
2. Complete and return the BOSS Booking Form to by e-mail to bookings@barefootyachts.com, or fax to 1-784-456-9238. We will require a minimum 50% deposit of the base course fee (more if there are less than 60 days before the course date) plus cancellation insurance if required (see below). To hold your place, additional 25% payments must be received 60 and 30 days before the course date.

Cancellation Policy

3. Cancellation insurance is available at 7% of the course fee per person. This entitles guests to cancel for any reason prior to 30 days before the course date, in which case a guest will be refunded 50% of funds held by BYC.
4. If cancellation insurance has not been purchased or cancellation takes place less than 30 days prior to the course date, we regret that no refund is available.

Payment

The BOSS service team will provide details about available payment methods. For additional details on bookings and payments, ask for the BOSS Booking and Payments Policy document.

5. Preparing for your course

Once you have booked your course, there are a number of things you need to do to prepare.

5.1 Prerequisites

The following table summarizes pre-requisites for various ASA and SC courses. If you have any questions about prerequisites, contact the BOSS service team or your instructor. In some cases, the prerequisite must be met prior to taking the course, in other cases the prerequisites must be met before certification is complete.

ASA Prerequisites

Course	Prerequisites
ASA 101	<ul style="list-style-type: none">• None
ASA 103	<ul style="list-style-type: none">• ASA 101 (may be earned during same course)
ASA 104	<ul style="list-style-type: none">• ASA 103 (may be earned during same course)
ASA 114	<ul style="list-style-type: none">• ASA 104 (may be earned during same course)
ASA 105	<ul style="list-style-type: none">• None
ASA 106	<ul style="list-style-type: none">• ASA 104• ASA 105 must be passed prior, or exam may be written during course

For suggestions on how to learn the ASA 105 Coastal Navigation material before your 106 course begins, see the BOSS website at: https://www.dropbox.com/s/z604b2z3f4ammwm/ASA_105_instructions_10-10-18.pdf?dl=0

SC Prerequisites

Course	Prerequisites
SC Basic (includes Pleasure Craft Operator Card)	None
SC Basic Coastal Navigation	None
SC Intermediate	<ul style="list-style-type: none">• SC Basic (may be <i>challenged</i> in same course)• SC Basic Coastal Navigation or Coastal Navigation (exam may be written during course)• Restricted Operator Certificate (M):VHF with DSC endorsement (exam may be written during course)• Pleasure Craft Operator Card
SC Catamaran Endorsement (may be standalone or combined with Intermediate or Advanced)	<ul style="list-style-type: none">• SC Basic or Intermediate Cruising• SC Basic Coastal Navigation or Coastal Navigation (exam may be written during course)
SC Intermediate Coastal Navigation	<ul style="list-style-type: none">• SC Basic Coastal Navigation
SC Advanced Cruising	<ul style="list-style-type: none">• SC Intermediate Cruising• SC Intermediate Coastal Navigation (exam may be written during course)• Restricted Operator Certificate (M):VHF with DSC endorsement• Pleasure Craft Operator Card• Recognized Standard First Aid and CPR certificate (required prior to certification)

Through its collaboration with LearnToCruiseOnline.ca, BOSS makes available the following online courses to meet the prerequisites noted above:

- SC Basic Coastal Navigation
- SC Intermediate Coastal Navigation
- Marine VHF Restricted Operator Certificate

Visit the LearnToCruiseOnline.ca website for full details on these online modules, which you will discover are very economically-priced. You may complete your online studies prior to the afloat course and write the official SC exam(s) as part of the Afloat course.

5.2 ASA texts and learning resources

Pre-study is vital to the success of your course. It is your responsibility to come fully prepared, using the text along with the course curriculum, prior to your course. Once you are here, you will be too busy with hands-on sailing to spend hours studying!

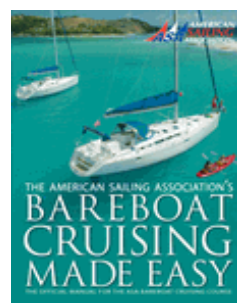
The following texts are required for ASA courses and are to be used in conjunction with the course curriculum, found on our website.



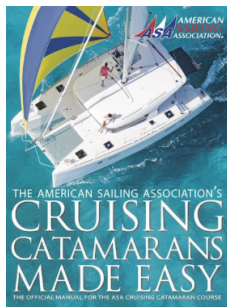
Sailing Made Easy
ASA 101



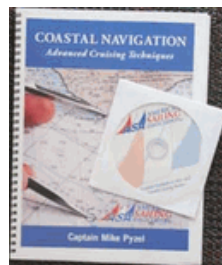
Coastal Cruising
Made Easy
ASA 103



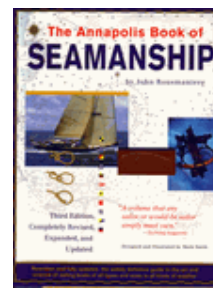
Bareboat Cruising
Made Easy
ASA 104



Cruising Catamarans
Made Easy
ASA 114



Coastal Navigation
Manual
ASA 105



Annapolis Book
of Seamanship
ASA 106

These texts are available directly from the American Sailing Association - <http://asastore.org/bookscharts.html> - or from your local bookstore. ASA sells collections of some of these texts at a discount. Many of these texts are also available at a lower cost as a ebook. Check your favourite ebook platform to see what is available.

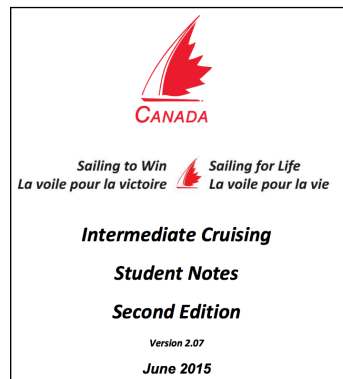
As discussed in 5.4 below, in 2018-2019 BOSS is piloting with LTCO some online Ashore Knowledge modules that will also help you be fully prepared for your Afloat course.

5.3 SC texts and learning resources

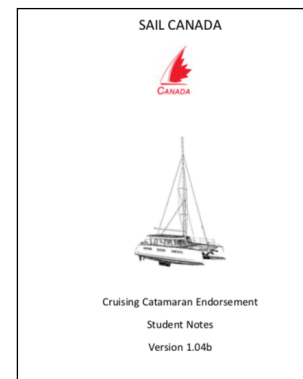
For Sail Canada courses, the following texts are required for the courses and are to be used in conjunction with the course curriculum, available for our website. See separate note below



Basic Cruising



Intermediate Cruising Notes
(free pdf, will be provided)



Catamaran Endorsement Notes
(free pdf, will be provided)

The Basic Cruising text can be ordered from your provincial sailing association and is also stocked by the Nautical Mind Bookstore (<http://nauticalmind.com>) in Toronto.

The Intermediate Cruising Student Notes and Catamaran Endorsement Student Notes will be provided as PDF files. These notes are provided when you register for the course with Learntocruiseonline (see below).

For SC Advanced, we will advise you when you register which of several possible texts we recommend.

In addition, as described in the next session, BOSS makes available online Ashore Knowledge resources to help you be fully prepared for your Afloat course.

5.4 BOSS / LearnToCruiseOnline (LTCO) online learning resources

LTCO offers online navigation and Ashore Knowledge modules to enable cruising students to prepare for their afloat courses without needing to travel for classroom sessions. The objective is to enable students to get the most out of the afloat course experience!

While initially focused on SC standards, LTCO and BOSS are piloting some ASA Ashore Knowledge content in 2018-2019, beginning with Advanced Cruising.

Ashore Knowledge Modules include:

- SC Basic Cruising
- SC Intermediate Cruising
- SC Advanced Cruising and ASA 106
- Catamaran Endorsement (in progress)

For details, visit: https://learntocruiseonline.ca/?page_id=1013

5.5 Other BOSS Courses

In the near future BOSS will be introducing a day course designed to help beginning sailors learn the basics by arriving at the base a couple of days before their Cruise and Learn course begins.

Other available courses include:

The Yachtsman's Diesel Course - An invaluable insight into marine diesels that will enable you to take care of all normal maintenance and trouble-shooting on your own yacht's engine - no more need to bring in an expensive mechanic. 2 hour course.

The Yachtsman's Rigging Course - Learn not only how to maintain and tune your rigging, but also tips that could end up extending the life of the rigging and thus saving you a lot of expense. 2 hour course

5.6 Useful videos

Visit the BOSS website (<http://barefootoffshore.com>) to view some great footage of sailing in SVG. BYC's youTube channel at <https://www.youtube.com/channel/UCRIGt-g4BxSPqqoCmu07z8Q> offers additional SVG sailing videos.

Here are some videos uploaded by BOSS students and BYC guests:

BOSS 2014: <https://youtu.be/sy6TEmscXNg>

BOSS 2015: <https://www.youtube.com/watch?v=YcC9Vn8kI6U>

BOSS 2016: <https://www.youtube.com/watch?v=tnyZQFYpFzg>

BOSS - Rob and Sheri: <https://www.youtube.com/watch?v=DNhWoG47Uhc>

BOSS - Sal Parks: <https://www.youtube.com/watch?v=ruWKjiCbLp8>

Karen Bohn Honeymoon: <https://www.youtube.com/watch?v=w72ptoMZ2CA>

Hec Davila: <https://www.youtube.com/watch?v=W7gduTklnfE>

Mark Pratley: <https://www.youtube.com/watch?v=bCA4NKwVhgM>

Tobago Cays: <https://www.youtube.com/watch?v=holPgIDEI-U>

Marco Day: <https://www.youtube.com/watch?v=opR0HooE2po>

Phil and Marissa: https://www.youtube.com/watch?v=g92WPBVsz_8

One Love: https://www.youtube.com/watch?v=_7b_6LJePcl

There is a wealth of videos about sailing on youTube. Here are a few links to videos useful for students learning about sailing for the first time.

- The Physics of Sailing: <https://www.youtube.com/watch?v=yqwb4HlrORM>
- Trimming your sails Part 1: <https://www.youtube.com/watch?v=TttqFylquFs>
- ASA 101 Jessica and Ryan Adventures: <https://www.youtube.com/watch?v=vzO7vno8jRw>
- ASA Sailing Made Easy YouTube Channel: <https://www.youtube.com/playlist?list=PLuCYsdfgiH09lfQqAiOyT82625aF02wpa>

6. Travelling to SVG and what happens on arrival

There are several options for travelling to St.Vincent and the Grenadines. For the latest travel information, visit the BYC website at: <https://barefootyachts.com/location/>

You should book your flight to arrive at least the day *before* your course is scheduled to begin. You can normally book your return flight in the late afternoon of the same day your course is scheduled to finish. If you have any questions about connections, check with the BOSS service team.

However, consider coming to SVG a few days early. In addition to other BOSS short courses offered at the Base (see 5.5 above), there are some great adventures to be had on St.Vincent (see 12.1 below).

6.1 Direct flights to SVG

St Vincent's new international airport opened in February 2017, and several airlines are now offering direct flights on a seasonal basis.

American Airlines and Caribbean Airlines are commencing direct non-stop flights to Saint Vincent;

- American Airlines – Starting Dec. 22, Saturdays from Miami
- Caribbean Airlines – Weekly from New York's, JFK

Air Canada Rouge is offering bi-weekly non-stop scheduled Autumn/Winter service from Pearson International, Toronto to St.Vincent:

- Thursdays starting October 25 until April 28, 2019
- Sundays starting Dec 16

6.2 Connecting flights to SVG

From the USA and Canada, there are 3 potential hubs through which to connect to St Vincent:

- Barbados (BGI) with a connection to St Vincent (SVD) either on LIAT (<http://www.liatairline.com>) or on SVG Air (<http://www.svgair.com>)
- Grenada (GND) with a connection on LIAT (<http://www.liatairline.com>) to St Vincent (SVD).

- San Juan, Puerto Rico (SJU) with a connection on LIAT (<http://www.liatairline.com>) to St Vincent (SVD).
- From Europe, best is usually to route from London (LGW) via Barbados or Grenada

For guests from North America, you may contact the following office for competitive quotes and assistance:

Leah Hernandez/Reservation Services International
 800-329-9000 Monday - Friday 9am-5pm EST
 281-292-6045 fax
leahctn68@hotmail.com

6.3 Arriving in SVG

Please ensure that you provide the BOSS service team with your flight arrival information so that we can organize pickup by our favourite taxi service to meet you on arrival. Most often, you will be met by Phyllis or Lisa, who are Barefoot's go-to local transportation team. Cost is USD\$6 per person one-way, with a minimum of \$24 for the van.



Phyllis Peters



Lisa Comas

6.4 First night in SVG

Barefoot operates a 5 suite mini-hotel at the base, and you can enjoy drinks and dinner at BYC's Driftwood lounge and restaurant, which offers Mediterranean cuisine with a Caribbean flair, along with a stunning seaward view of Blue Lagoon and Bequai. We specialize in local, organically grown fruits and veggies.

Our BOSS service team can book your suite at the base, or if our suites are already fully-booked, we'll help you arrange alternative local accommodation.

If you end up staying somewhere other than in our Barefoot suites, ask the taxi driver who meets you at the airport to pick you up after breakfast on the day

course begins. You should plan to arrive at the base no later than 10:00 AM to meet with your instructor who will provide an initial orientation and help you get settled on the yacht.

6.5 SVG Departure

Please ensure that you provide the BOSS service team with your outbound flight details so that we can reconfirm your flights 48 hours prior to departure, and organize transport to the airport.

7. Your instructors and what you can expect from them

7.1 Your BOSS Instructor

We are proud of our instructor team, which to our knowledge is the strongest team in the Caribbean. In recruiting our instructor team, we look for experienced blue water sailors. Many of our instructors own and cruise their own boats, have multiple ocean crossings and have logged thousands of miles. They know how to move and live on a boat as only seasoned live-a-boards or ocean racers can. All of our instructors have a genuine love for sailing and for the oceans and take much joy from passing on their experience, knowledge and passion to new sailors.

Two of our ASA instructors, Jimmy Slater and Chris May, were recognized in 2018 as in the top 32 of ASA outstanding instructors worldwide for the previous season.

We are one of the few sailing schools in the world that has a cadre of instructors qualified to certify both ASA and SC students. Three of our SC instructors are Instructor Evaluators who are heavily involved in training new Canadian instructors as well as SC instructors moving up to more senior levels. Two of these Sail Canada IEs are the pioneers behind the innovative [LearnToCruiseOnline.ca](https://barefootoffshore.com/learn-to-cruise-online) initiative, and are presently the only Sail Canada instructors qualified to teach the Catamaran Endorsement. The other is chair for Sail Canada's Cruising Panel responsible for setting national policy for the cruising curriculum. Yet another SC instructor is cross-qualified as an RYA instructor.

You may review the profiles of BOSS instructors at <https://barefootoffshore.com/about-us/>

7.2 Pre-course Communications

Once your instructor has been assigned to your course, we encourage instructors to contact you by email to find out a bit more about your sailing background and your specific objectives for the course.

While we have an established curriculum and suggested itinerary for each course, instructors have discretion to do their best to personalize the course to address any specific objectives you may have. He or she will also answer any additional questions you might have before you arrive in SVG.

7.3 Focus on Safety

As professional sailing instructors, the first priority for all BOSS instructors is safety of all members of the crews, and of the vessel. You will receive an initial safety briefing as part of your introduction to the yacht. Throughout the course, your instructor will place emphasis on showing you how to move about the yacht safely, how to perform sailing manoeuvres in a safe manner, and will share tips about staying safe on the water.

7.4 Instruction and coaching

After safety, your instructor's next priority is to provide instruction and coaching that is focused on the relevant standards for your course. We aim to help you get as far as you can during the course, by reference to the Ashore Knowledge requirements and Afloat skills.

7.5 Constructive feedback and continuous evaluation

As you work toward mastery of new skills, your instructor will give you focused, constructive and positive feedback to reinforce what you are doing correctly, and modify anything that you are doing incorrectly. As long as it can be done safely, he or she may deliberately let you make some mistakes, since for most of us, learning from mistakes is part of the skill acquisition process.

Throughout the course, your instructor will continuously evaluate your progress. By the end of the course, your instructor must be able to "sign you off" as having demonstrated all the required skills defined in the relevant standard(s), and that you have developed the confidence and attitudes needed to safely take full charge of the yacht as skipper. You yourself will be part of that evaluation, since it is important that you also feel you are ready to assume the full responsibility of skippering a yacht that may be transporting precious cargo: your family and friends.

7.6 Professional, friendly attitude

While all instructors take their responsibilities seriously, sailing is above all, fun. We try to create a positive environment for learning where everyone can take pride in the development of new skills while laughing at their own inevitable mistakes along the way.

As professionals, our instructors are expected to be outstanding ambassadors for BOSS and ASA and/or SC, and comply with all BOSS policies and SVG laws and community norms.

7.7 Exploring and enjoying SVG

All of our instructors are keen to share the best of the Grenadines with you. We make sure to organize the day so that in addition to the learning experience, your memories of the Grenadines will include relaxation, swimming, snorkelling on our beautiful reefs, beach time, short hikes on the islands, and drinks and dinner with new friends.

If you have specific priorities for your time in SVG, your instructor will try to accommodate those while still ensuring that the course objectives are met.

8. What your instructors expect from you

8.1 Attention to Safety

Just as the first priority for all BOSS instructors is safety of all members of the crews, and of the vessel, it is also your first priority as a member of the crew.

Pay close attention to the safety briefing, and all safety-focused instruction. Always remember: one hand for the ship, one hand for yourself.

Your instructor will show you the safety equipment on the yacht and how to use it. It is your responsibility to ensure that in an emergency, you know how to find and operate this equipment, so be sure that you get answers to any questions you may have.

In cold northern waters, it is normally a requirement that PFDs be worn at all times given the short survival time for anyone who falls overboard who is not wearing a PFD. While we encourage you to wear your PFD at all times when the yacht is underway, in the warm waters of the southern Caribbean, in light seas, BOSS does not insist that PFDs be worn at all times.

However, in moderate to heavy seas on passages between islands, your instructor will wear a PFD and instruct you to do so also. BOSS provides high-end PFDs that are comfortable to wear and have integrated safety harnesses.

Alcohol may not be consumed while the yacht is underway. Although you may enjoy a drink after the yacht is moored, as a sailor you must ensure that at all times you are in a condition to take effective action in the event of an emergency. Recreational drugs, spear-guns, and firearms are illegal in SVG and may not be carried or used on BOSS vessels.

8.2 Focus on Learning and Skill Acquisition

After safety, your second responsibility as a BOSS student is to diligently work to acquire the knowledge and skills defined in the various ASA or SC standards associated with your course.

8.3 Respect and Common Courtesy

On your BOSS course, you will be spending a week in close proximity to some people you have met for the first time on arrival. Experienced sailors know that respect for their crew-mates and common courtesy goes a long way to ensuring that everyone enjoys their experience. Some specific tips include:

- Be sensitive to the fact that some people may need some quiet time alone at times (particularly in the morning before coffee!)
- Clean up after yourself in the head, galley, salon and on deck
- Do your share of daily chores on deck and below
- Respect the vendors and locals you will meet in the Grenadines: they are trying in their own way to welcome and provide services to SVG guests while earning an honest living for themselves and their family
- Above all, don't plug up the head! Nothing goes into the toilet that hasn't passed through the body first.

Here is the tip that Phil Barnard passes on to new crew members based on his extensive ocean racing experience: "With consideration there is no need for tolerance".

8.4 Adherence to SVG laws and BOSS policies

As a BOSS client and guest in SVG, you are expected to adhere to BOSS policies and SVG laws. To repeat, recreational drugs, spear-guns, and firearms are illegal in SVG and may not be carried or used on BOSS vessels.

Like most countries, SVG has restrictions on types and quantities of food and alcohol that may be brought into the country.

Most of the Grenadines are protected under law, however very little in the way of enforcement goes on. BOSS expects our students to follow the rules in the conservation areas and also the rules of common sense. Take only pictures and memories and leave only footprints.

9. Typical course schedules and itineraries

9.1 A typical course schedule

Sunday

0900 Instructors meet separately for updates and coordination

1000 Students and instructors meet for initial orientation, typically in Driftwood

1100 - 1400

- Complete any required administrative paperwork or payments for courses
- Tour of yacht
- Obtain PFDs, snorkelling gear, and yacht safety gear
- Stow personal gear and provisions on yacht
- Safety briefing and familiarization with yacht gear and equipment
- Discretionary: write initial Ashore Knowledge exam (can be done later)

1400-1500

- Depart Blue Lagoon for initial destination (typically Bequai)
- Instruction en route

1600-1800

- Arrival in Bequai
- Dinner afloat or ashore

Monday-Friday

Schedule and itinerary for each day to be customized based on weather, crew preferences and experience, standards being sought, etc.

Written exams to be scheduled as appropriate

Yachts normally return to Bequai by late afternoon Friday. Optional celebration dinner ashore

Saturday

0800 Pack personal gear

0900-1200 Return to Blue Lagoon

1200-1500

- Unload personal gear
- Return PFDs, snorkelling gear, and yacht safety gear
- Optional: written exam (if not completed earlier)
- Complete any required administrative paperwork or payments for exams
- Interview with instructor
- Obtain logbooks
- Fond goodbyes
- Departure to airport or subsequent accommodation

9.2 A typical Itinerary

While BOSS provides suggested itineraries, instructors have the discretion to customize the itinerary based on weather, crew preferences and experience, standards being sought, etc.

Subject to that qualification, a typical six-day itinerary would be as follows.

Sunday: Blue Lagoon to Bequai. Dinner afloat or ashore

Monday: Bequai to Tobago Cays. Beach BBQ

Tuesday: Tobago Cays to PSV. Dinner afloat

Wednesday: PSV to Union Island or Mayreau. Dinner afloat or ashore

Thursday: Union or Mayreau to Canouan. Dinner afloat

Friday: Canouan to Bequai. Dinner ashore

Saturday: Bequai to Blue Lagoon

9.3 A typical day afloat

While each day will differ, a typical day afloat would be as follows.

0700-0800 Wake, showers or morning swim, breakfast

0800-0930 Ashore knowledge review. Possible errands ashore

0930-1200 Afloat instruction and practice while travelling to next destination

1200-0100 Lunch underway or anchored. Quick swim, snorkel or nap

0100-0330 Afloat instruction and practice while travelling to next destination.
Additional ashore knowledge review

0330-1600 Arrive at destination and anchor or moor

1600-1800 Free time for relaxation, studying, swimming, snorkelling, beach time, short hike ashore, shopping depending on location

1800-2100 Drinks, dinner, relaxation

2100-2200 Time for bed after a busy day

Please see the BOSS website for additional details on curriculum for each course, typical itineraries, etc.

10. What BOSS supplies, what you should bring, what not to bring

10.1 What BOSS supplies on the yacht

- Everything needed for safe operation of the yacht
- Dinghy with outboard
- Basic navigation equipment and charts
- Binoculars
- Yacht toolkit
- First aid kit
- Bedding, linens, and towels
- Fully-equipped galley and BBQ
- Yachts normally have a cigarette-lighter receptacle for charging a smartphone

For additional information about yacht equipment, see: <https://barefootyachts.com/charters/your-yacht-in-svg/general-inventory/>

10.2 What BOSS will issue to you at the beginning of the course

- High quality inflatable PFD with integral safety harness
- Snorkel, mask and fins

10.3 What you should bring

When selecting clothing for the trip, recognize that the climate in SVG offers steady temperatures in the high 70s / low 80s with little seasonal variation and little day / night variation.

- Travel documents (passport, etc.)
- Assorted shorts and t-shirts
- Pair of long-pants / long-sleeved shirts for both sun protection and cooler evenings ashore. We recommend long-sleeved technical shirts that are UV30 or better
- Light foul-weather jacket
- Shoes for onboard should have non-marking soles
- Hiking shoes or sandals
- Swimsuits. You will wear these a lot
- Prescription / non-prescription medications in original container, including your favourite pain reliever
- Seasickness medication if you are prone to seasickness
- High SPF sunscreen
- Insect repellent (there can be midges and sand fleas on the beaches)

- Sunhat rated to UV30 or better equipped with straps or device to prevent it blowing off
- Spare sunhat
- Sunglasses with retaining strap
- Retaining strap for prescription glasses and spare glasses
- Camera and/or smartphone and cigarette lighter-type charger
- Some sort of waterproof case for camera and/or smartphone
- Headphones for personal music
- Personal pocket flashlight and/or head-torch
- Knife that can be opened with one hand
- Personal water bottle
- ASA or SC course materials
- Notebook
- Small waterproof bag to keep valuables dry
- Small backpack for carrying things ashore while leaving hands free
- If you use them, bring power, snack or protein bars, you can't get them in SVG or they are very expensive
- All items should be packed in a soft-sided bag

10.4 What you should not bring

- Hard suitcase: there is no room to store this on board
- Full cold climate foul-weather gear: in the SVG climate, you won't need this
- PFD: BOSS will supply a high quality inflatable with integral safety harness
- Food or beverage items not permitted for import into SVG
- Recreational drugs, spear guns or firearms

I I. Food, drinks, and provisioning

I I.1 What BOSS supplies

For the Sunday-Saturday courses, BOSS supplies food for 6 breakfasts, 6 lunches, and 3 evening meals, along with snacks

Part of any trip to SVG includes unique dining experiences ashore enjoying amazing SVG hospitality. Your instructor will describe various options to you but the final decision on dining ashore will be a group one among the crew.

I I.2 Allergies and food preference

If you have food allergies or strong preferences, please let the BOSS service team know ahead of time. We will do our best to accommodate them.

I I.3 Provisioning and shopping in SVG

There are some grocery stores within walking distance of the Base where you can buy beer, wine, liquor and additional snacks before your course begins.

You will have several opportunities to top up food, snack, or drink supplies in the Grenadines. Bequai has a wide variety of shops and markets. You will find shopping opportunities on the other main islands, particularly Union and Canouan.

While in the Grenadines, you will be visited by vendors in their outboard-powered skiffs offered fresh fish, bread, fruit, and T-shirts and other souvenirs.

I I.4 Currency

The official currency of SVG is the East Caribbean dollar, referred to locally as “EC dollars”. The exchange rate for EC varies but is approximately \$2.5EC to \$1US. Almost all establishments and vendors will accept both EC and USD. For convenience, you may wish to obtain some EC currency when you arrive in St. Vincent. There is a ATM in the terminal that will issue EC currency against your credit card or possibly your bank card.

There are ATMs that issue EC currency on Bequai, Canouan, and Union.

12. Maximizing enjoyment of your BOSS experience

12.1 Learning about SVG before you come

SVG maintains a number of tourism-oriented websites, including: <http://www.svgtourism.com>

There are a number of fascinating places to explore on St.Vincent, which if you can afford the time, could be organized before or after your course. Some of the favourite attractions include:

- Hiking the volcano
- Several famous waterfalls and hiking areas, mainly up the west coast
- The contrast between the calm beaches on the lee side, and the surf-washed beaches on the east side of St.Vincent
- The Botanical Gardens in Kingstown, and the lush Montreal Gardens in the rain forest on top of one of the St.Vincent mountains
- The Vermont Nature trail: two trails to choose from. One is an hour, the other 2 hours. Both provide an opportunity to walk the rainforest and over rivers with beautiful views and the chance to see the rare indigenous parrot that lives away from people in the high mountains
- Downtown Kingstown
- Some of the best scuba diving in the Caribbean can be found on the west coast of St.Vincent and throughout the Grenadines. Dive courses are possible in St. Vincent, Bequia, Mustique, Canouan, PSV at the Jean Micheal Cousteau dive centre) and Union

12.2 Internet access and cellular coverage in SVG

BOSS offers free WIFI access to guests while at the base.

Many restaurants in SVG offer free wireless, but connection speeds vary widely. You should be able to pick up email at least every other day or so.

SVG has generally good cellular service accessible on St.Vincent and throughout the Grenadines. You should check with your home service provider whether your plan will support economical access while you are in SVG.

As one example, Bell and Rogers in Canada have international roaming plans that enable unlimited talk and text, plus use of your existing data plan, for about \$12 per day.

12.3 Staying healthy

Here are some tips for staying healthy and happy during your BOSS course.

When ashore, be aware that motor vehicles in SVG drive on the left, not the right. If you are from North America, Europe, or another region that drives on the right, your ingrained instincts about which way to look first when crossing a road will be wrong. Outside of Kingstown there are few sidewalks. *You need to re-train yourself to consciously look both ways before stepping off the curb on to a road or street.*

When afloat:

- If you are prone to seasickness, bring medication with you and take it before you experience symptoms
- Get enough sleep each day
- The south Caribbean sun will be more intense than what you are used to. Use sunscreen and coverups and carefully monitor time in the sun. Re-apply sunscreen regularly as sweat takes it off. Pay close attention to knees and feet that can get badly burnt. Don't spoil your trip by getting badly sunburned
- Research the marine life in SVG before you come, or ask your instructor before swimming or snorkelling on the reefs about what creatures you should look out for and avoid
- Don't touch the coral, it can cause serious irritation and can leave scars
- In some snorkelling locations there are strong currents you should be aware of and avoid. Again, ask your instructor before swimming or snorkelling
- Moderation in all things, especially alcohol
- Practice safe galley practices, as described in your course material

I3. What's next: continuing your sailing journey

Many BOSS students, having experienced the Grenadines once, can't wait to return. Once you have successfully completed your first BOSS course, we encourage you to keep in touch.

One of the great things about sailing is that it is a lifetime journey. No matter how much experience you have, there are always new things to learn, and new horizons.

Wherever and whenever you continue your sailing journey, continuing to enhance your credentials will be enjoyable and rewarding.

We hope that your travels will bring you back to SVG again, to take further BOSS instruction, or as a BYC charter customer.

Keep in mind that BOSS is always looking for great instructors. Maybe this could be you, one day!