



OSTS Notes



Newsletter of the United States Naval Academy
Offshore Sail Training Squadron

DIRECTOR'S CUT

by Renee Mehl



We had a successful leadership series of winter classes. Thanks to the permanent military professors (PMP) from the Naval Academy Leadership, Ethics and Law Department, our senior volunteers who serve as Officers of Tactical Command (OTCs) for the summer squadrons, and midshipman Skippers and XOs who all helped breathe life into the theory by illustrating how it can be practiced on board with your crew. We start with this topic because it's at the core of why we're here – to graduate leaders from the Academy. For the new volunteers who didn't attend, I highly encourage you to listen to the classes on Panopto®. If you're active duty or retired military, and have had your fair share of leadership classes, it's worth listening to the lessons learned that are specific to OSTs, and also so you know what's being taught to midshipmen now. For civilians, it's helpful to continue learning military culture and really focus on how you can facilitate the leadership lessons for midshipmen.

FLEET CAPTAIN NOTE

by John Formisano



Skipper John Formisano

As I write this, we are fully immersed in our winter classroom training. For those of you who are attending, or who have attended in the past, you know that we have had some great discussions about leadership and what you might expect during the summer blocks.

If you're ready for something a bit more "hands on" we have our upcoming N44 Systems training at SCRCD (Small Craft Repair Department) on **Saturday, February 29th** (leap day). This will be a full day of hands-on training which will enable you to see the various systems of the Navy 44. We will break into small groups and then spend about 90 minutes sessions each between the engine shop, the sail loft, the rigging shop, and Hanger 234 affectionally known just as the "hanger". The first 3 are pretty self-explanatory, however, in the "hanger" you'll have the opportunity to see the electrical and plumbing systems in an environment that lets you walk around the underside of the boat while it is out of the water. I've always enjoyed having the opportunity to hear from the experts who

spend countless hours making sure our Navy 44s are safe and reliable. If you have questions about how things work, or what to do when they don't, I know you'll find this training session invaluable. This link will give you a quick overview of the SCRCD:

<https://www.usna.edu/WaterfrontReadiness/small-craft-repair.php>

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- Thank you!

MAINTENANCE DIRECTOR NOTE

by CAPT David Jackson, USN (ret)

It's February and the VOST boats will start splashing this month, with OSTs not far behind. The first OSTs boats will be launched the week of March 9th, with seven more to follow before the end of March.

In his remarks, our Fleet Captain encourages you to attend the SCRCD day on **Saturday, February 29th**. I second that!!! Whether you are an "old salt" or new to the program, you will



find the training will bring alive all of the systems that you read about in the BIB. The training is provided by systems experts, so you should not leave SCRD at the end of the day with unanswered questions. As you attend the training, think of what you want to bring onboard in your own personal “ditty bag”. It’s not a race, so you don’t need to save weight, but at the same time, you don’t need to bring the kitchen sink! Items may include a toothbrush to clean the speedo, some yarn for a telltale, 3M Command™ strip hooks to hang up stuff, etc. Bring a notebook, your questions and a lunch.

WINTER TRAINING UPDATE

The four (4) Session Leadership Series just wrapped up and provided excellent instruction for skippers and XO’s on how to maximize leadership training for midshipmen during the summer blocks. All completed training sessions are available on Panopto™ (voice and PowerPoint) and can be accessed there through Blackboard - usually within an hour or two of the lecture.

There are two (2) all-day training sessions coming up, and these will NOT be recorded. The first is N44 Systems, held across the river at our boatyard, the SCRD facility on **Saturday, February 29th**. You’ll learn about diesel engines, plumbing/propane stove, sails, rigging and electrical systems, and how to fix them at sea. This training will be based inside Hanger 234 (see attached map for directions to SCRD). You will need to have a base ID or DBIDS card for access to the facility (same one you use to get in on the Academy Yard). If you do not have a base access ID, please contact **LT Christian Burton** so we can set up a car pool with other volunteers.

The second is the annual Safety at Sea Seminar hosted by Naval Academy Sailing and Marine Trades Association of Maryland at Alumni Hall on **Saturday, March 28th**. It is an all-day series of lectures from industry experts with a live on the water Man Overboard (MOB) recovery demonstrations from our Varsity Offshore Sailing Team (VOST).

Our final Saturday event is the scheduled navigation exam on **March 7th** from 0900-1200 in Luce Hall rooms 101 and 102. If you’re unable to attend, you can set up an appointment with **LT Christian Burton** to take the exam at the sailing center during regular business hours. The navigation exam is required to be taken upon initial qualification and then every 2 years thereafter. Midshipmen may schedule this test with **LT Burton** when they’re ready. There is review material posted on Blackboard.

2020 WINTER TRAINING				
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February 13	RULES OF THE ROAD			LT Christian Burton
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March 5	NAVIGATION 102			LT Christian Burton/John Formisano
March 7	NAVIGATION EXAM			0900-1200
March 28	SAFETY AT SEA SEMINAR	ALUMNI HALL	0800-1730	VARIOUS
March 31	TEACHING METHODS/ XO PREPARATIONS	MICHELSON 110	1600-1800	Renee Mehl

BLACKBOARD TESTS

Just a reminder that you should be taking your exams online if you are new to the program. You can take them one subject at a time. It is not necessary to take them all at once. There are 14 online D-qualification test segments. The navigation test is a practical exam and you will need to do chart plotting.

You can take the other Blackboard online tests any time, and you can take each test twice. Blackboard will pull different questions from the pool for your second attempt. A recommended test schedule, based on the class schedule, was published in the January newsletter. We keep the past 6-12 months of OSTS newsletters posted on the Navy Sailing website for your reference at:

<https://www.usna.edu/Sailing/osts/Newsletters.php>.

A handy guide to references that are specific to exams is also posted on Blackboard under the *Books and References* tab. Books are available to check out from the Sailing Center Library, and are highly recommended as a study guide, since not all exam material is covered in the lectures. If you have any problems accessing exams or signing into Blackboard, please contact **LT Christian Burton**.

Current D-qualification holders must pass the Rules of the Road (RoR) exam annually and must take a Quarterly RoR refresher exam before summer blocks, and in the Fall if participating in Fall training. Current D-qualification holders must also pass the Navigation practical exam every two (2) years, D-qualification Proficiency exams (13 tests) every three (3) years and attend a Safety at Sea Seminar every five (5) years. Exams are posted on Blackboard in the OSTS Section under the tabs *D-Qual Exam*, *RoR Annual Exam*, and *Quarterly RoR Refresher Exam*.

Attached is a page of some representative test questions to peak your interest. Answer key can be found at the end of this newsletter.

Additionally, the following link will take you to our current qualification tracker. You are able to view (not edit). This is to assist in helping you in tracking your qualification timelines and post D-qual proficiency requirements. Legend: Green - current, Yellow – due within 1 year or in current year, and Red – overdue and D-Qual suspended.

<https://docs.google.com/spreadsheets/d/1zTJQqiILH9gitFKLlFr8QjO6kBAhLooQhQ17pyGQd5I/edit?usp=sharing>

BASIC FIRST AID AND CPR/AED

Basic First Aid and CPR/AED Training and a current certificate are a requirement for your D-qualification. We follow guidelines of US Sailing for providers: American Heart Association, Red Cross, American Safety and Health Institute, National Safety Council, EMS Safety, or Backcountry Medical Guides.



We will be teaching basic first aid and CPR classes to our volunteers to fulfill that PQS book requirement. Existing D-Qual volunteers and midshipmen will have courses offered over the winter, and new volunteers will be trained in the spring.

Below please find the link for the First Aid & CPR/AED sign-up sheet for the existing D-Qual volunteers. Instructions are included in the first tab of the spreadsheet. However, slots are filling up fast and all classes may be full when this newsletter is published. Additional classes may be offered, based on demand. Navy Sailing teaches the EMS Safety courses.

https://docs.google.com/spreadsheets/d/1Yh0Qc8TuBzUvOOvO6BRbaAufFc0XN72f7_jPe4kyg44/edit?usp=sharing

You can always make your own arrangements at your own expense to obtain initial training or (re)certification. There are plenty of options to take a certification course with any of the above organizations.

If you have a current certificate from American Heart Association, Red Cross, American Safety and Health Institute, National Safety Council, EMS Safety, or Backcountry Medical Guides, email or drop off a copy of your certificate to **LT Christian Burton** and have him sign that off in your PQS book.

NAVAL ACADEMY CLUB SOCIAL

Please join us at “The Alley” following classes on Thursdays at the Naval Academy Club (aka Officer’s Club) in their basement level bar / restaurant. This is a good opportunity to talk to current Skippers, XOs, and midshipmen about the program. Many volunteers are willing to mentor you through the process and answer any questions you may have. Dress code rules for The Alley are military uniform, or appropriate civilian attire (business casual) or appropriate jeans. The following is unauthorized attire: no athletic or sportswear, no t-shirts, halter or tank tops, no beach shoes /flip-flops. You do not need to be a club member to attend these OSTs socials. The first two after class socials have been well attended by both seasoned and new volunteers.

SAFETY AT SEA SEMINAR

Save the date! The Safety at Sea Seminar (SaS) is a requirement for our volunteers and is good for five years. Tracy Edwards, MBE (*Most Excellent Order of the British Empire*), the Skipper of the first Whitbread Around the World Race with an all-female crew will be our keynote speaker. We are offering the one-day course on **Saturday, March 28th** in Alumni Hall for free if you bring your own lunch, or you can sign up for a boxed lunch for \$10. If you want a US Sailing certificate for having attended this seminar, that cost is \$25. Some organizers of offshore races in the United States require these; however, the certificate in itself is not required by OSTs. A sign-up link will be provided in early March. If you’ve already taken the course, send **LT Christian Burton** a copy of your certificate and he will sign off that line item in your PQS book. US Sailing does offer an online course that is also a one-day equivalent to our seminar, but there is a fee

for that course, \$75 for US Sailing members, and \$85 for non-members.

NAVY 26 B-QUALIFICATION

We are still in the process of finalizing instructors for Navy 26 training for those of you who need to finish up your B-qualification, or for those who started during winter training. We will be sending you additional information on timing and sign-up either in the next newsletter, or via email if information is available sooner. Each student will get up to a maximum of 10 lessons prior to taking the check ride, and we will have an evaluation debrief around Lesson 7. We advise experienced sailors to sign up for a couple of lessons to learn the very specific Navy 26 Standard Operating Procedures (SOP), and everyone should review the information on the Navy Sailing website on the Navy (Colgate) 26 to make the training go smoothly. They have some great, newly revised video training sessions that are very helpful.

SPRING TRAINING

Spring On-The-Water (OTW) training and our DELMARVA sails schedule is listed below. We will be sending you additional information on specific timing and sign-up either in the next newsletter, or via email if information is available sooner. Volunteers should sign up for the Spring OTW training no later than the end of March once the sign-up schedule is published to make sure that we can assign instructors and get enough boats ready.

Spring Training Sails: April 4-May 2

DELMARVA-A: May 08-11 (Friday-Monday)

DELMARVA-B: May 14-17 (Thursday-Sunday)

Returning volunteers whose D-Qual and OSTs coaching experience are current do not need to participate in this training but are welcome to sign up as a refresher if interested. OSTs is also planning a few extra afternoon and Saturday training sessions during the Spring to get more underway time on the water and documented in your PQS log books in case you missed some of the Fall training. Required underway and sailing hours are typically not waived except under very unusual circumstances.

SUMMER DESTINATIONS, VOLUNTEER AVAILABILITY AND PREFERENCES

Sailing dates are listed below.

Block 1: May 31-June 19 (1A-Stamford, CT; 1B-Bristol, RI)

Block 2: June 28-July 17 (2A-Mystic, CT; 2B-Boston, MA)

Block 3: July 26-August 12 (3A-reeport, NY; 3B-TBD)

Thanks to those of you who have already indicated that you will be able to participate next summer. We need to ensure that we have enough qualified instructors (~60 total) to support the mission to train approximately 240 midshipmen next

summer!! The link is below if you haven't signed up yet, and we will re-post this link in future editions.

<https://docs.google.com/spreadsheets/d/1IUSgPwh6vn-k2FjXdKKndjKVgfp9Ghd8eUXMZfIs3w/edit?usp=sharing>

We will use this document to start building the draft summer schedule so please submit your availability. Assignments aren't final until both DELMARVA sails in May are completed; however, we will be refining the assignments throughout the spring training season. We do our best to honor your wishes but may need to put you where we need you, according to the "needs of the Navy", and will communicate with you throughout the process.

NAVAL ACADEMY YARD ACCESS

You will need to have a CAC card, retiree or dependent military ID, or a DBIDS Visitor Card to drive onto the Naval Academy for classes and spring / summer sailing. If you do not have an existing yard access credential, you will need to fill out a request form for a DBIDS Visitor Card as soon as possible as it does take a few weeks to process. Please contact **LT Christian Burton** for the form.

EXTRA CREDIT READING

Following are some excerpts on additional leadership theory for you. These are topics that the midshipmen learn about in the Leadership, Ethics and Law courses, and some of the theories we introduced in the OSTs leadership classes. The chapters will be posted in Blackboard.

Thinking Fast and Slow. D. Kahneman, New York: Farrar, Straus and Giroux. ISBN-10: 0374533555 ISBN-13: 978-0374533557 Chapter 1.

NL110 Textbook "Preparing to Lead" Lesson 3, Perception and Bias - Schemas.

Fixed vs Growth Mindset, M. Popova, (2013).

NAVY SAILING POLO SHIRTS FOR ORDER

Thank you to Frank Day for arranging and coordinating this year's Navy Sailing long sleeve polo shirts for purchase. The shirt is a Vansport™ Omega Long Sleeve Solid Mesh Tech Polo with UV protection. Specific details:

- Sizes range from S to 5XL. Men and women styles available (Men's Style 2602; Women's style 2604).
- The shirt will have the Navy Sailing logo embroidered on the right chest.
- Price **\$34.95** each. Checks payable to Frank Day. Frank plans to be at all winter training classes to collect checks. Checks can also be mailed to Frank. Just email Frank at dayfrank44@yahoo.com for mailing instructions.

- Shirts available for fitting February 11th through March 5th at the Tuesday and Thursday training sessions.
- Last day to place an order, Thursday, March 5th.
- Anticipated distribution date Saturday, March 28th at the Safety at Sea seminar.

Place orders using the following Google Drive link:

<https://docs.google.com/spreadsheets/d/1HXReEsH3Wq0QC0qYg1R3yzMJFBoRJvXTIIBib2dPJfc/edit?usp=sharing>

OSTS FACEBOOK PAGE

OSTS has its own Facebook Page! In addition to this newsletter, we will post important information about the program to this Facebook page. Please "Like" us so you have the program information as it is released. We have 412 "likes" to date and growing every month. Help us get to "500" likes in 2020. Please encourage your Midshipmen to send photos and video from their spring training sails and summer block sortie. Anyone can post to our Facebook page. We are generating a good following of OSTs family and friends that are following your sailing experiences. Do not be shy and please post!

Please "Like" us at:

<http://www.facebook.com/USNAOffshoreSailTraining>.

EMAIL OPT-OUT

If you are on this email newsletter and would like to be taken off, please let us know. If you have any articles or information you would like to share through this newsletter please email to richard.robey@gmail.com. As always, thank you for your support of OSTs.

THANK YOU!

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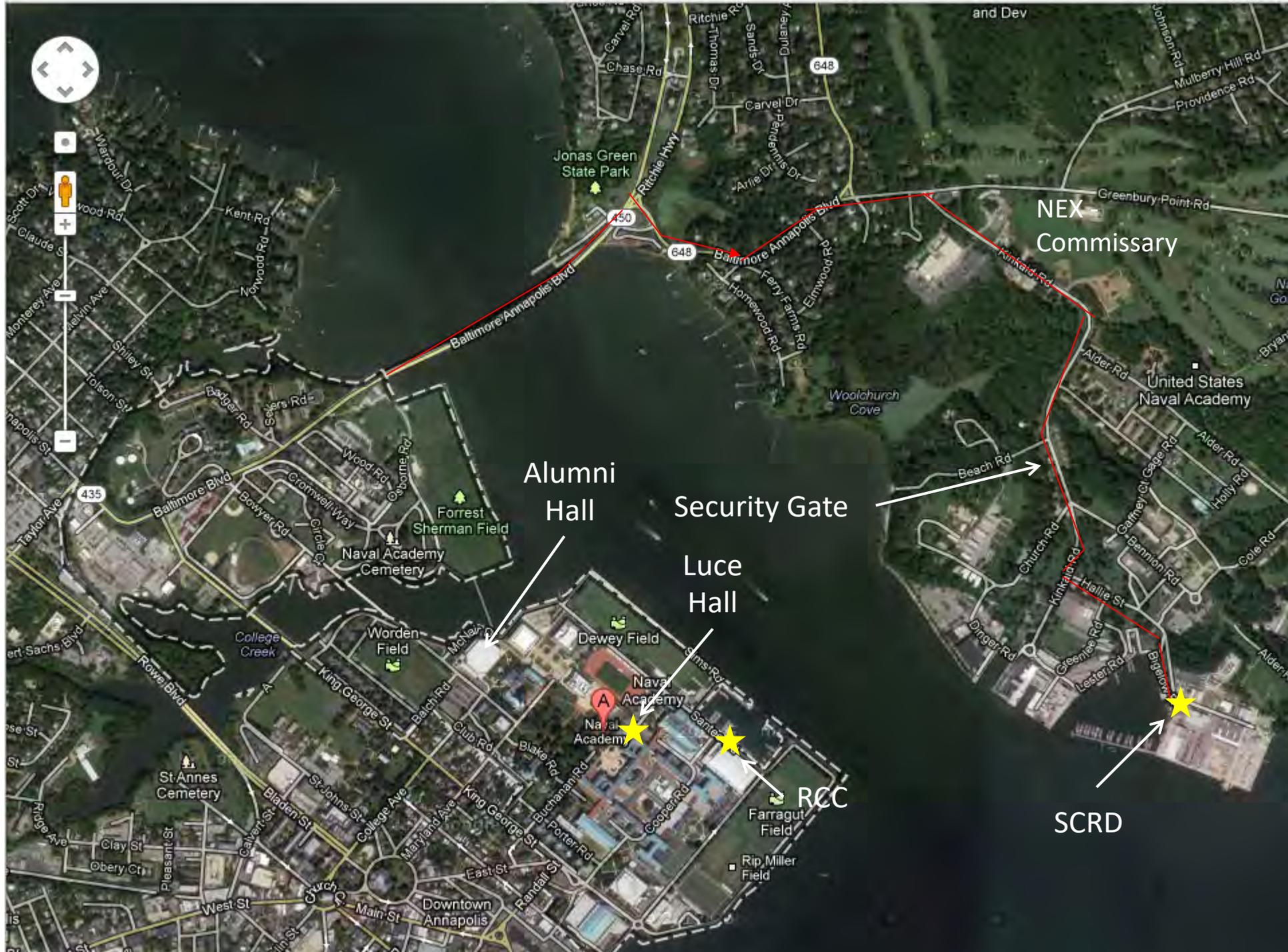


D-Qualification Representative Test Questions

1. The quick release end of a tether should be attached to the jackline or pad eye of the vessel?
 - a. True
 - b. False
2. Increasing tension in the backstay increases power in the mainsail?
 - a. True
 - b. False
3. After reefing, excess sail cloth is rolled and tied with blue sail ties all run through the reef points and around the boom.
 - a. True
 - b. False
4. A single-screw boat, having a right-hand propeller, with rudder amidships backs to port.
 - a. True
 - b. False
5. If a fracture results in deformity that resists attempts to return it to a normal position, then splint the fracture as is, in the deformed position, otherwise more damage may be done by moving it?
 - a. True
 - b. False
6. How many depth sounder sensors are installed in the Brooks and Gatehouse Hydra 3000 Sailing performance instrument system on a Navy Mk II?
 - a. One
 - b. Two
 - c. None
 - d. Four
7. When you are not able to communicate with another boat in the squadron by VHF, SSB or cell phone the best procedure is to?
 - a. Continue towards your destination.
 - b. Wait until the next day to re-attempt communications.
 - c. Do not worry about it as you are sure the squadron will eventually catch up.
 - d. Sail closer to shore to get within VHF or cell phone range.
8. All circuit breakers on the DC panel are powered by the house batteries except:
 - a. Engine blower.
 - b. Engine ignition.
 - c. VHF Radio.
 - d. LPG Solenoid.
9. Returning from seaward in a major channel, you see a red and green horizontal banded buoy with the green band on top. Desiring to remain in the major channel, you:
 - a. Should leave the buoy on your port side.
 - b. Should leave it on your starboard side.
 - c. Turn around and head back to sea.
 - d. Can pass it on either side.
10. The first person to see the man go overboard (not including the helmsman) should:
 - a. Jump in the water to rescue the man overboard.
 - b. Point at the man in the water and position oneself in front of the helmsman.
 - c. Go below decks and hit the MOB button on the Furuno.
 - d. Wait for the skipper to tell you what to do.

2020 WINTER TRAINING

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NEX
Commissary

Alumni
Hall

Security Gate

Luce
Hall

RCC

SCRD

Sail Loft 2nd floor,
Rigging 1st floor

Engines,
EN room

Parking

Meeting point Hanger 234