US Naval Academy
Offshore Sail Training Squadron (OSTS)

Prospective Volunteer Open House
31 August 2015
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>CDR Marisa McClure</td>
<td>Director, Naval Academy Sailing</td>
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<tr>
<td>LCDR Laurie Coffey</td>
<td>Deputy Director</td>
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<tr>
<td>Mr. Jon Wright</td>
<td>Vanderstar (Safety) Chair</td>
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<tr>
<td>Ms. Renee Mehl</td>
<td>Director, OSTS program</td>
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<tr>
<td>CAPT Rick Robey (ret)</td>
<td>Volunteer Fleet Captain</td>
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<tr>
<td>LT Gabrielle Francisco</td>
<td>Operations Officer</td>
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<tr>
<td>LT Osei Asanti</td>
<td>Training Officer</td>
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Opening Remarks

CDR Marisa McClure
Director, Naval Academy Sailing (DNAS)
OSTS is part of Professional Development for 3/C, 2/C and 1/C midshipmen, as an option for one of their two mandatory summer training “blocks” (four week training period). It’s a hands-on, practical application of skills learned during the academic year.

2015

• Sorties – 25
• MIDN Trained – 200
• Remote Port Visits
  – Bristol, RI
  – Freeport, NY
  – Newport, RI
  – New York City
  – Rockport, MA
  – Stamford, CT

• Miles traveled per cruise block – 800-1200 nm
Summer Cruise Blocks

• **3.5 week block for Midshipmen**
  – **Week 1** is classroom training, chart prep, navigation, sailing theory, Navy 44 systems and Navy 26 on-water training, so they will be better prepared to go offshore. This is the week before the sailing block starts.

• **3 weeks for Skipper/XO volunteers**
  – **Week 2** is local sailing, emphasizing sailing basics, big boat safety aspects, drills, big boat systems, and watch-standing.
  – **Week 3** transit to remote port, weekend port visit, and community outreach.
  – **Week 4** transit back to USNA, goal is MIDN running the boat.
Remote Port Visits

The remote port visits add tremendous value to the program. Activities differ depending on the host, but past programs have included a Question & Answer period with select MIDN with the Boys & Girls Club and in a public forum where they were introduced by a Senator, attending community picnics with war veterans, baseball games with local firemen and police, and kickball with local kids. They often stay with local families. This helps prepare them for Navy life in foreign port-calls and the importance of being a good ambassador and the face of the Navy.
Volunteer Portrait

• Skippers and Executive Officers (XO) are Civilian, Active-Duty, Retired Military, and Midshipmen.
  – Varying levels of sailing and leadership experience. Civilians with blue water experience learn Navy processes, boat systems, and how to effectively coach leadership opportunities. Military learn how to sail and serve as mentors for the Midshipmen.

• Opportunities to be a Skipper, XO, Instructor Trainer, Guest Lecturer for subject matter experts, or assistance with week 1 training.
Role of Skipper and XO is to train midshipmen in small unit leadership and teamwork, and intermediate level seamanship.

- Leadership and teamwork:
  - Build lessons from classroom, “know yourself, know your troops and know your job”. Midshipmen will explore personal strengths and limitations as a team member while experiencing physical and emotional stresses in a real-world environment at sea aboard a small craft.
  - Develop further understanding of importance of an individual to the team effort, especially when the team is small and stakes are high.
  - Improve communication skills.
  - Reinforce the importance of training in successful completion of a mission.
  - Recognize the importance of detailed planning to successfully complete a complex project.
  - Build situational awareness skills.
Volunteer Responsibilities

• Intermediate Level Seamanship:
  – Watch standing
  – Small boat handling
  – Knowledge of and appreciation for the forces of wind and sea
  – Relative motion
  – Marlinspike seamanship
  – Meteorology and oceanography
  – Forehandedness and vigilance (situational awareness)
  – Shipboard organization
  – Preventative and corrective maintenance systems
  – Operational Risk Management
  – Navigation (open ocean, coastal and restricted waters piloting)
  – Damage control

• Skipper and XO are ultimately responsible for safety of ship and crew.
• Great responsibility and great rewards working with the Midshipmen
Volunteer Training Timeline

N26 Colgate “B” Qual

NA44 Training
Basic Fundamentals And Overnight (Senior Crew Qual)

Classroom Training
2 Nights/Week ~20 Classes Written/Online Exams

SAILTRAMID
Skipper/XO

NA44 Training
Advanced Fundamentals DELMARVA (Watch Captain and D-CS Qual)
Fall Training

• Obtain “B” qual on N26 Colgate
  – Prerequisite for N44 training
  – Lessons, check ride and written test
  – (NOT required for Midshipmen who completed an OSTS summer cruise)

• Navy 44 Evening or Weekend Training
  – Option 1: Evening Training
    • Mon-Thurs (2 hrs/day)
    • Fri-Sat (overnight)
  – Option 2: Weekend Training
    • 2 Saturdays
    • Overnight on 2nd Saturday
  – Training Topics
    • Navy Sailing Procedures
    • NA44 Boat Familiarization and Layout
    • Sailing Fundamentals
    • U/W Prep for Overnight Sail with the Crew

• Navy 44 Midshipmen Training
  – Log hours/complete Senior Crew/Watch Captain
    • Participate as Watch Captain with ECA
    • Sunday sailing for varsity sports MIDN
    • Participate in scheduled XO training above
Fall Training Schedule

- N26 Colgate Training Oct 2 (by appointment)
- N44 Training Choose: Blk A or Blk B or Blk C
  - Additional weekend training days will be scheduled on the Navy 44s in October

<table>
<thead>
<tr>
<th>Block A</th>
<th>Monday-Friday (Sep 28 – Oct 2)</th>
<th>1600-1830</th>
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<tbody>
<tr>
<td></td>
<td>Monday-Thurs (Oct 5 – Oct 8)</td>
<td>1600-1830</td>
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<tr>
<td></td>
<td>Friday-Sat Overnight (Oct 9-10)</td>
<td>1600-1600</td>
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<table>
<thead>
<tr>
<th>Block B</th>
<th>Monday-Friday (Oct 5 – Oct 9)</th>
<th>1600-1830</th>
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<tbody>
<tr>
<td></td>
<td>Monday-Thurs (Oct 13 – Oct 15)</td>
<td>1600-1830</td>
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<tr>
<td></td>
<td>Friday-Sat Overnight (Oct 16-17)</td>
<td>1600-1800</td>
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<tr>
<th>Block C</th>
<th>Saturday (Oct 3) &amp; Sunday (Oct 4)</th>
<th>0800-1700</th>
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<tr>
<td></td>
<td>AND Saturday-Sun Overnight (Oct 10-11)</td>
<td>0800-1700</td>
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<tr>
<td></td>
<td>OR Saturday-Sun Overnight (Oct 17-18)</td>
<td>0800-1700</td>
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Winter Classroom Training

• January - April
  – Weeknights from 1600-1800, 1-2 nights per week
  – Classes also available in e-learning format

• Topics
  – Navigation
  – Leadership
  – Rules of the Road
  – Heavy Weather Sailing
  – Marine Weather Forecasting
  – Handling Medical Emergencies at Sea
  – Operational Risk Management
  – Radio Communications
  – Coaching Techniques
  – Safety at Sea Seminar (April 2-3, 2016)
  – N44 Systems (Saturday seminar)
    • Electronics, Electrical Systems, Rigging
    • Diesel Engine, Heads and Pumps, Sail Loft
D-Qual Process

• Practical
  – Sailing skills will be assessed by instructor-trainers, recommendation required to proceed to next qual level
  – Each skill must be signed off in the qual logbook
  – Hours underway must be logged properly

• Exams
  – Written/Online exams consists of 15 segments
  – Passing score for each segment is 70% (except for Rules of the Road which must be 90%)

• CPR/First Aid Certification Required
D-Qual Exam Segments

- Charts/Publications
- Communications
- Crew Overboard
- Electrical
- Electronics
- Emergency Situations
- Engineering
- First Aid
- General Seamanship
- Heavy Weather Sailing
- Rules of the Road
- Safety

- Sailing Theory
- Weather
- Practical Navigation Exam
Spring Training

- April and May.
- NA44 refresher training, log hours/complete signatures for Watch Captain qualification.
- DELMARVA circumnavigation, log hours/complete signatures for D-CS (XO) qualification.
  - Four days in duration.
  - Contact management, navigation, watch standing, restricted waterways, and log keeping.
  - “Final Exam” for practical portion, must obtain instructor recommendation to qualify as Skipper or XO.
Overall Commitment Summary

• Complete fall on-the-water (OTW) training and instructor evaluation/recommendation to continue with the program.
• Attend winter classes (in person or via e-learning).
• Complete a DELMARVA and final instructor evaluation.
• Study for and pass the D-qual exams.
• Sign up for a three week block of time in the summer to train midshipmen.
Trainee Summary

• Complete the questionnaire so we can assess your skill level and teach accordingly, attach or email sailing resume if available.
• Obtain a N26 B-qual. Lessons available for novices.
• Look at your schedule and determine if you can complete the training and support a three week summer block.
• Sign up for training.
• Sign a Volunteer Service Agreement (civilians and retired military) prior to embarking on the Navy 26.
• Complete on-the-water (OTW) training in the fall and spring.
• Attend winter classes and the Safety at Sea Seminar.
• Pass the D-qual exams, get First Aid/CPR certificate.
• Be recommended for qualification.
Logistics

- Foul weather gear and boots are available to check out from the sailing center for training sessions in the fall and spring, and in the summer.
- Uniform is khaki shorts or pants (no cargo shorts), and a navy blue polo shirt for volunteer training. During the summer, we require the “Navy Sailing” polo shirt, the burgee belt, khaki shorts, and either boat shoes or non-marking tennis shoes. A blue or white baseball cap is optional. You will be given access to the Midshipman Store later in the season to buy these items.
- Temporary Yard parking passes will be issued for fall training.
- Sign up for N26 training. Sign-up is on a weekly basis.
Job Satisfaction

• Opportunity to coach, mentor, and lead an amazing team of midshipmen.
• Sense of accomplishment as midshipmen get hands-on leadership laboratory, adventure, real-life operational risk management.
• Active Duty will receive an AQD upon receipt of their D-OS qualification.
MIDN CO/XO Comments
QUESTIONS?
http://www.usna.edu/SailingTeam/