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## VOYAGES OF SELF-DISCOVERY

### **Behavioral Expectations for Youth Participating in Shenandoah Voyages**

#### **1. Respect and Cooperation**

- Treat all crew members, including peers and Voyage Guides, with respect at all times.
- Communicate clearly and calmly; always listen to others and follow instructions from the Captain, Mate, and Voyage Guides.
- Work together as a team to ensure everyone's safety and well-being on the water.

#### **2. Safety First**

- Follow all safety protocols and instructions without hesitation.
- Pay attention to safety briefings, and report any safety hazards immediately to the Voyage Guides.
- Know and practice emergency procedures (e.g., how to put on your life jacket, how to safely exit from down below).

#### **3. Responsibility**

- Be responsible for your own belongings and ensure they are secured safely on the boat.
- Take part in boat maintenance and cleaning routines as part of the daily duties.

#### **4. Positive Attitude and Engagement**

- Approach every task with a positive attitude, even during challenging conditions.
- Participate actively in sailing and other group activities; offer help when needed, and ask questions when uncertain.
- Be open to learning new skills, including navigation, knot tying, and operating sailing equipment.

#### **5. Respect for the Environment**

- Be conscious of your impact on the natural environment and the boat.
- Dispose of trash properly and minimize waste. Help ensure that the boat and the surrounding environment stay clean.
- Do not disturb wildlife or disrupt the natural setting.

#### **6. Personal Conduct**



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- Maintain good hygiene throughout the trip, especially in shared spaces like the heads and sleeping areas.
- Be considerate of others' need for rest; avoid making loud noises or disturbing others when it's time to sleep.
- Respect the privacy of others and maintain appropriate boundaries.

### 7. Communication and Problem Solving

- If conflicts or issues arise, approach the situation calmly and discuss concerns with a Voyage Guide.
- Use appropriate language and tone, especially when frustrated or upset.
- Be patient and flexible when things don't go as planned, and always focus on problem-solving.

### 8. Adherence to Schedule

- Stick to daily routines and be mindful of time schedules for activities, meals, and rest.
- Be prepared for unexpected changes in plans and handle them with maturity.

### 9. Health and Well-being

- Notify the staff immediately if you're feeling unwell, injured, or fatigued.
- Follow any prescribed health or dietary instructions from medical staff or parents/guardians.
- Stay hydrated and eat well to maintain energy levels throughout the trip.

### 10. Emergency Preparedness

- Know the emergency exits and how to listen to Voyage Guides in an emergency.
- Participate in drills and always follow emergency protocols in a calm and organized manner.

Consequences for noncompliance with these behavioral expectations may result in verbal mediation and boundary setting from Martha's Vineyard Ocean Academy (MVOA) staff. If after a verbal warning, behavior expectations still are not being met, being placed on a written behavioral contract and staff contact with legal guardians may occur. If further action is required, MVOA reserves the right to evacuate any participant from the program without cost reimbursement.