

Marin Bosotina

RETREAT SAILING



Marin Bosotina

RETREAT SAILING

2021.

PREFACE

Dear sailors and those of you who dream of sailing,

I hope that within this book you will find many answers to questions that connect sailing and health– a guide to a simple life-style that can be a restorative or cure for the difficulties that life on land brings to us and those we love.

I do not see myself as a writer but rather a diligent collector of what others have written and published. In front of you is not a medical manual, a deep-thinking literary work or a philosophical discussion, but a collection of topics about sailing, oceans, islands, new acquaintances and social interactions– a way of discovering new things about ourselves and others. I took the liberty to cover diverse topics such as music, painting, family, nutrition, sun protection, interpersonal relationships and family, as well as more serious topics such as PTSD, epilepsy and ADHD.

You certainly don't have to read everything– feel free to skip the chapters that don't interest you. I didn't have time to verify everything others recommended (especially in the Sexy Sailing Holidays chapter!) The material covered in this book is ideally just a starting point for further search on the Internet– a list of links may be found at the end of the chapters. At the very least, I hope that it acts as an inspiration to set sail.

Let this book be just an outline of one point of view. I invite you to draw your own conclusions with the help of other experts in this field. Although this book was prepared primarily for me, to convince me that I need to sail more and work less, it would have

been selfish not to share with others. I hope you are reading this while floating in an exotic bay of a distant island or because you have already read your entire library several times.

Thanks to everyone who shared their experiences over the web and allowed me to compile them under one headline: Retreat Sailing. You are the real authors of this book.

In Alghero, Sardinia, Italy

SY Sharedreams

May 10th, 2021

TABLE OF CONTENTS

Retreat Sailing	7
Sailing Can Change Your Life	9
Experience Sailing: Rejuvenate Your Mind, Body and Soul	13
Create a Dream Team while Sailing	17
Sailing into the Sunset Alone	26
What Can Sailing Teach Us About Isolation.....	32
Dream a Little Dream of Sailing.....	36
Beauty and the Sailing.....	42
Burning up the Day: Chasing Shadows on the Open Sea.....	47
You Think You Are Great at Multitasking?.....	52
Mindfulness on Sailing	60
Paint away Your Troubles	63
Sailing Songs	68
Is Sailing Friendly to the Earth or Not?	74
Blend Yoga and Sailing	78
Relationship on Boat, Smooth Sailing Or?.....	81
Sexy Sailing Holidays	85
Sailing as a Family Bonding Experience.....	93
Sailing Retreats as an Effective Cure to Dyslexia	96
Tackling Childhood Stress with Sailing.....	99
Using ADHD as a Fuel for Sailing Adventure	101
Healthy Living and Sailing	105
The Influence of Color and Sound on Our Health.....	110
The Healing Power of the Sea.....	113
Heal your Body and Soul with Water	116

Sailing as an Occupational Therapy.....	122
Sailing for People with Disabilities.....	125
Rehabilitation under Sails	128
Sailing as a Cure for Work Addiction	131
Sailing Blind; Sailing by Sound.....	135
Wake up to the Fatigue at Sea	139
Sailing after Dark.....	144
How to Cure Insomnia with the Sea?	150
Don't Let Dehydration Be the Cause of Poor Sailing Performance	153
Sail through Winter and Cold Times.....	159
Breathing in the Sea - Allergies while Sailing Are Nothing to Sneeze At	165
Survive to Sail - Sailing and Benign Prostatic Hyperplasia and Prostate Cancer	168
Enjoy Cruising with No Limits - Sailing with arthritis	177
Healthy Mind Games	181
Sail to Prevail PTSD	192
Setting Sail Again after Brain Injury.....	195
High Pressure and High Seas - Do They Mix?	199
Sailing through Stress	202
Improve the Chances of Conception with Sailing.....	205
Don't Let Diabetes Stop Your Sailing Adventures.....	209
Around the World with Epilepsy.....	213
Don't Let Lymphedema Stop You from Chasing the Wind	216
Sailing with a Chronic Illness – Multiple Sclerosis.....	220
Sail Away after Heart Attack	223
Healthy Lifestyle and Sailing Retreats – Sam's Story.....	226

Retreat Sailing

Few words from your Coordinator

I am delighted to present to you “Retreat Sailing,” a new concept that I have created for those who believe in holistic well-being for treating both body and soul. This is the result of my experiences gathered over the past decades of my professional and private life. Over the years, I have come to learn how the little things that we ignore during our daily hustle do matter. As a pharmacy graduate and postgraduate in clinical chemistry, I have worked with cutting-edge principles of preventive and anti-ageing medicine. Throughout this work I have gathered knowledge on how different aspects of our everyday lives– food, exercise, work, education, family and friends– can be altered to provide us with longer, healthier and happier lives.

My intention is to create awareness and inspire people towards living a healthy lifestyle. In over 25 years in the medical field, I have made time for myself to try out new challenges. Throughout my life, sailing– cruising around the seas of the world, experiencing destinations, discovering bays and ports– has helped me achieve a peaceful state of mind. I have discovered sailing to be a unique way to spend time with myself and the people I love, relishing the local food and drinks. Sailing around the world from 2010-2016 on my boat Dora- Beneteau 57 was an unforgettable experience of a lifetime.

Sailing is one of the most exciting outdoor activities you will ever experience. It not only helps you familiarize yourself with

the power of the wind and sea but also lets you enjoy high-quality moments dedicated only to your mind and body. It's amazing how movement and the proximity to the sea energize us and allow us to release everything we no longer need.

Sailing retreats are an opportunity to practice yoga, meditation, and silent retreats, whilst discovering beautiful coastal locations, cuisine and culture. Indulge yourself in the experience of sailing for a healthier mind and body, a life away from stress and rigid agendas.

Yours,

Marin Bosotina

Sailing Can Change Your Life

Immerse yourself in the most peaceful surroundings of the sea. Feel the wind, smell the salty water and enjoy the gorgeous landscape. Many people dream about going on a sailing adventure, but what changes the course of life is when you actually make that decision and stick by it. Sailing is an unforgettable and adventurous experience that must be on your list of things to do. Once you have had the experience of sailing, you'll not want to go back to the real world. This unique experience becomes **a way of life** soon enough. Here are some reasons why you must try a sailing holiday!

- It's a **fulfilling** experience. Away from the humdrum of city life to the tranquil blue waters, where there's nothing but the winds and the beautiful scenery to accompany you. Holding your favorite drink in your hand, enjoying the gorgeous colors of sunset is the most peaceful experience one can ask for.
- Break free from the monotony, for every day is a **new experience** and a new destination. Sail to the islands nearby and dock at the bays you have never had the opportunity to explore. New places, short stays and meeting amazing people are all perks of a sailing vacation.
- Forget about city life and enjoy **reconnecting** with yourself. There is a certain serenity and tranquility that no other holiday experience can give you but sailing. Relax and rejuvenate before you get back to your hectic lifestyle. It's an opportunity to dedicate time to yourself, doing the things you enjoy.

- Create **memories**. From learning new skills to exploring new horizons, you get to make good memories that last a lifetime.
- Sailing becomes a way of **healthy living**. When you are on board, there are several activities and tasks that you must engage in. All this squeezing, squatting, steering, setting and trimming sails develops the strength of your muscles and at the same time improves your metabolism, agility, flexibility as well as your coordination and skill.
- It's all about vitamin Sea! Sun, sea and fresh breeze are all perks of an amazing sailing getaway.
- Find your **inner peace** through sailing. If you have always wanted to break free from the busy work-to-home-and-back lifestyle, sailing is your opportunity! The sea, fresh breeze, and gentle sunlight create a highly desirable revitalizing atmosphere, which improves your ability to focus and concentrate.

Sailing is an empowering experience that positively transforms your health and spirit. This is one adventure that will inspire you to truly live life to the fullest. If we haven't convinced you yet to go on the ultimate sailing journey, here are three stories that will truly inspire you.

Unplug from the busy world: Vanja Ratković

Vanja Ratković, Cultural Affairs Specialist in the US State Department, sails in the Adriatic Sea as a recreation. It is her favorite form of summer vacation. She says “Just a week on a sailing boat makes me mentally regenerate and apart from the fact that after returning to the mainland for a few days I swing on the office chair mentally, I am always reborn. Sailing is for me, some **form of meditation**. But like in the other forms of meditation, at sailing it takes some time to get mental peace from the initial usually agitated mental state.”

The first few days when she started sailing, she had the urge to stay updated with the online world and current affairs. But now, she steps into the cabin and unplugs herself. It helps her mind relax and revitalize.

Leading a healthy life: Larissa Brill

Larissa Brill is a nutritionist and health coach who lives in Tasmania, Australia. She sails on vessel ROAM, spirited 480, designed by her boyfriend's family. They sail to different routes in Australia, Tasmania, New Caledonia, Fiji, New Zealand and French Polynesia. She was diagnosed with several health problems including hormonal imbalance, and now she will vouch for sailing, as it has helped her health improve drastically.

While describing her experience, she says, “Sailing requires **being in the present**: the wind and the waves, the sinking of the sails, the weight on the right side of the boat, and the good anchoring and tying. In the evening we sit on the stern of the ship stunned by the wind and the sun, silence is in the bay. No phone ringing. No analysis of everyday life, without excessive thoughts. Sailing is an active meditation.” With regards to her health, Larissa says “To put it simply, I needed to slow down, I needed quality sleep and I needed to listen to my body. My gut flora was out of balance, my immune and nervous system were compromised and for various contributing reasons my hormones had become imbalanced (very common in both males and females in today's society). My cortisol was most likely elevated without me even really being aware of it or wanting to accept that I was feeling stressed. I was well down the pathway of adrenal fatigue.”

A life-changing experience: Kitiara Pascoe

Kitiara Pascoe, a journalist and travel writer, describes how a sailing trip has changed the world she left behind. She says,

“Life on a boat is very simple. It means back to the basics, back to nature. Sailing, sleeping outside below the spangled sky, stopping at some lonely islands, swimming as a means of transport, and hiking to explore these islands. To me, it felt like pure living, having fun and surviving in a way which I had never experienced before and probably not a lot of other people have either. This trip opened my eyes in terms of knowing what life all is about: **No expectations** – being happy with what you do every day and being thankful for what you have! I am so glad to have contacted and met Shirlee and David at that time and I wish them all the best, happiness and health in their life!

Bottom line: If you are not fully satisfied or happy with your life, you are the only person who can make a change as nobody will do it for you! Everybody should be happy and without worries including you. Act today, don't wait too long! If, for example, you feel like going traveling– just go, don't think too much! Life begins at the end of your comfort zone!”

Experience Sailing: Rejuvenate Your Mind, Body and Soul

‘Sailing a boat calls for quick action, a blending of feeling with the wind and water as well as with the very heart and soul of the boat itself.’ - George Matthew Adams

Leaning to the free-flowing wind, cruising the blue waters and embarking on an unforgettable journey is nothing short of a life-changing experience. This invigorating sport is a lifetime passion for some and a learning experience for others. Once consumed by the experience of sailing, it soon becomes a hobby that serves a different experience every single time. Sailing is indeed one of the **most exciting outdoor activities** that will help you re-discover your inner spirit. Many don't know the negative impact of stress from your lifestyle that causes hormonal changes in both men and women. We tend to ignore the imbalances, anxiety attacks and other health alerts from our body, and just move on with our life. This is when you have to consider sailing as an opportunity to make positive changes. From navigating the oceans, to facing the ocean currents, sailing is a whole new challenge.

Jennifer Sumsion, a renowned author and senior lecturer at the Institute of Early Childhood at Macquarie University artfully described her sailing experience. In the article published by Teacher Education Quarterly magazine of Spring edition 2000, she reflected upon her sailing experience:

“Strong gusts, 25 knots or more, streak across the bay. The wind moans eerily through the rigging as we lower the boat into the water. The sails flail wildly. My stomach contracts with fear. We throw

ourselves on board before the wind can rip the boat from our grasp. Another gust hits. We accelerate wildly away from the launching ramp, careening through the moored boats and into open water, barely in control. In unison, we heave as much of our body weight as we can over the side, straining to counter the force of the wind in the sails and to prevent the boat from capsizing. A momentary lull; a few precious seconds to adjust the sail settings; to make everything ship shape. When the next gust hits, we are prepared. The boat leaps from the water, airborne on the crest of the wave. Blinded by spray, we rely on ‘feel’ adjusting our weight slightly and easing the sails a fraction to keep the boat finely balanced. It hums with appreciation and accelerates even more. Fear has long gone– replaced by exhilaration, harmony, a glimpse of perfection.”

She has beautifully scripted her sailing experience with every bit of truth. Imagine moving away from the daily hustle and bustle and going on a **sailing retreat**. An expedition into the open waters with nothing but the sea and wind to keep you company. It’s a journey of self-discovery and learning to deal with unpredictability. With uncertainty in the lead, the experience of sailing differs every day. No matter how many times you may have set out on a sail, you’ll always discover something new. Whether it is tying a new rope knot or plotting a course in the shallow waters of the sea, no days are the same. It challenges you both mentally and physically, and you’ll be amazed at how the sport of sailing helps train your mind to face adversities and act quickly. Some of the key **health benefits of sailing** include:

- A complete stress-buster
- Mindful practice and mental wellness
- Improving your muscle strength and cardiovascular fitness
- Enhancing your communication skills
- Developing a deep sense of concentration

Sharpen your body, mind and soul

Sailing can positively affect your brainwave patterns. With water splashing, wind gushing and the boat moving according to the rhythm of the waves, your mind and body start relaxing. The minute you step foot into the boat, your mind will forget everything else and be set to take off on the journey. Be ready to sweep away the clutter of your daily lives and reconnect with yourself with the help of nature. If you know the basics of sailing, the actual experiences will teach you the complexities. From how the wind moves your boat, to creating a cleat hitch, you'll learn them with every new sailing experience.

It's an opportunity to sharpen your body, mind, and soul. A sailing retreat is not 'just another holiday,' it is a way of life that helps you **reconnect with nature**. Sailing retreats are often compared to yoga for its mental and physical health benefits. The first rule of a sailing retreat is to have pure fun. You'll be amazed at how sailing becomes one of the best experiences of a lifetime. In our modern lives, rarely do we get a chance to relax and meditate. With sailing retreats, relaxation and rejuvenation of your body and mind are a guarantee. It is an unforgettable feeling of rediscovering the new you.

Immerse yourself in nature

Sailing treats allow you to become one with nature, team up with your fellow sailors and discover new skills every day. It's not just about steering the wheel and directing the boat to the desired direction. It requires muscle strength and endurance to be able to maneuver the boat in deep waters. When you are on board, with blue waters and ocean life all around, it will help **clear stress** from your head. Forget about your everyday routines, simply immerse yourself in nature, the experience and bond with the people in your boat.

While relieving stress is one of the key benefits of sailing retreats, did you know that it also helps you with the ability to multi-task and focus? Sailing is about managing a varied set of tasks and unpredictable circumstances. This will help improve your adaptability and agility. Sailing retreats are more than an adventure, they will teach you life lessons and give you experiences that you'll cherish forever. You are never too old to start with the experience of sailing. In fact, it is one of the best activities for your overall health and fitness.

Sailing is also an opportunity to connect with your loved ones. There's no better way to distance yourself from all the obligations and spend quality time bonding over an amazing adventure. If you are new to the activity, waiting for that little nudge, it's time to get down to trying something new. Dedicate time to yourself, go on a **sailing retreat** and acquire new skills that will leave you memories of a lifetime. Indulge yourself in some quality time and live better. Get ready to sail into wellness, build vital personal skills and, most importantly, confidence. Sail away from the safe harbor of your monotonous lifestyle. Explore and experience something new, something that helps you find the 'new you.'

Create a Dream Team while Sailing

Whether your organization has over 1000 employees or less than 10, it is important to understand that they are the assets of your company. Employees of an organization have to always be placed at the **heart of the business**. And so, investing in team-building activities will not only improve collaboration but also tighten the connection and enhance teamwork. There's always a notable improvement in employee productivity and a positive work environment that, in turn, reflects on business goals.

Why is it important to invest in team building?

For some companies, it might seem unreasonable to take their employees away from work for an entire day or two. But team building is vital to every type of business. It has both personal and professional impacts in a work environment. Here are some of the **key reasons** why team building is important:

- Employees participating in team-building activities are encouraged to interact outside of work.
- Cross-department collaboration and communication are improved, while bridging the gap.
- Morale is boosted, building trust and creating engagement through fun activities.
- It creates a fun work culture while learning new skills.

Sailing as team building

When it comes to team building activities, there are a plethora of options to choose from. But in recent times, sailing is one activity that has gained traction in the corporate world. It's all about working together as a team to achieve goals in a dynamic and challenging natural environment. Sailing puts the crew onboard through an ever-changing situation. They are encouraged to make quick decisions while collaborating with the others on the boat. The crew on board will need to adapt themselves to **constant changes and unique situations**, all while learning a new skill and having fun. This interesting team building activity motivates them to communicate better and develop leadership capabilities. Some sails can be smooth, and some can be extremely challenging with wind blowing and shifting, but when you come out of it victoriously as a team, there's a great sense of achievement. Corporate sailing programs designed for teams have several different structures depending on your company goals. From getting off the dock all the way to mooring up at the end of the day, maneuvering and navigating a sailboat means everyone must work together. Only effective communication and working together as a team can safely take you from point A to B. There's a sense of togetherness fostered amongst the team members. Much like the business environment, there's going to be uncertainty and adversity along the way that can be caused due to weather conditions. But the team will learn how to put together a contingency plan in no time.

Tasks on sailing

Your **ideal sailing day** starts with preparation lectures that will allocate respective roles to your team members on the sailboat. There are several activities involved in sailing, and every crew member has a task that is allocated to him or her. While sailing

days are all about hard work, evenings are usually fun, spent socializing and relaxing. By the end of the journey, your team may have experienced several scenarios that will lead them to **plan better, make the right decisions, solve problems and manage conflicts**. The experience is led by trained experts and is extremely safe. The duration of sailing programs can vary depending on your requirements and budget.

If you are planning to create an inclusive work environment for your employees, then we strongly recommend you consider sailing as a team-building activity. Bring your co-workers, managers and remote team members for a fun-filled day of learning and working together. Team-building activities must be on the list of priorities for your organization. Go beyond trust falls; try something fun and different!

Is teamwork key for successful sailing?

There are many kinds of **sailing teams**– junior summer travel teams, Opti teams, high school teams, college teams, doublehanded teams, team race teams, keelboat teams, big boat teams, Olympic teams, America's Cup teams, and so on. All kinds of teams go through stages of development: Forming, Storming, Norming and Performing.

Forming

While forming your sailing team, you grow. You are now two, instead of one (or you are many more.) You each bring **different factors** to the table. Not only do you have different skill sets (e.g., helmsperson, trimmer and bow), you possess different values (e.g., integrity, having fun, family and winning), have different personalities (e.g., extroverts and introverts), and you may come from different cultures (e.g., age cohorts or different countries), and possess different psychophysiological tendencies.

Storming

Different skill sets, values, personalities, cultures and psychophysiology will inevitably play into some degree of “storming,” tension or even conflict, as the team works towards establishing its collective identity and a set of norms. Teams ultimately develop norms for **communication**, ideally with intentionality. Too direct can feel aggressive and too cooperative can feel passive. Optimally, a balance is struck between being direct and cooperative. This true assertiveness requires practice plus emotional intelligence, being able to empathically tune into (not necessarily agree with) your team member’s perceptions. Pressures play into the nuances of how this is achieved; it requires being able to quickly tune inwards and self-regulate, while also tuning outwards to your teammate, the boat, and beyond.

Norming and Performing

Ultimately, your team will settle into a set of **behavioral norms**. Periodically, norms should be re-examined so adaptive norms are intentionally cultivated. Is there any harm in talking about your communication patterns? Good teams talk about values and the process of functioning as a team, dealing with their insecurities, making space for different personalities, embracing other cohorts and cultures, and contributing to everyone’s psychophysiological functioning and performance. Optimal performance for your team can become a **trained habit**, not a coincidence.

Advantages of team sailing

Tracy Edwards, the first person to skipper an all-female crew in the then Whitbread Round The World Race, believes squeezing the best out of a crew is perhaps the most vital skill to have as a leader. After all, it’s the crew that ultimately wins races. “I think understanding what

motivates each person within your team is an extraordinary piece of knowledge,” Edwards told CNN Sport. “It enables you to do so much.”

She learned a valuable early lesson from her skipper on a trans-Atlantic voyage from Antigua to Portugal. The young Edwards was tasked with learning the navigation system, a feat that seemed impossible at first. Despite initial doubts, she mastered the art and says her skipper’s belief unlocked her potential.

“With good leaders, there’s that innate understanding of how to get the best out of people and how to inspire them,” Sailing skippers need to master the art of leadership. With weather, wind and waves to contend with, a crew to cajole and keep safe, navigation to be worked out, and an expensive boat to maintain, strong leadership is a must. Racing ups the ante and stress levels. The skipper must also ensure the boat is being sailed fast, the crew are motivated, and strategic decisions are made quickly and decisively. Teamwork is a must, and that starts with the skipper.

Instilling confidence

Ian Walker says good leaders need to be able to deal with conflict.

Adopting a confident front is vital for the skipper of an elite boat, says Walker, who won his first Olympic medal at the Atlanta Olympics in 1996. Going into the 2000 Games in Sydney, Walker was the senior member of his two-man Star boat and knew his partner Mark Covell was feeding off his apparent **confidence**.

Humble and transparent

For Dutch sailor **Carolijn Brouwer**, a three-time Olympian and the first female winner of the Volvo Ocean Race alongside Frenchwoman Marie Riou, there are two keys to good leadership.

“A good leader is someone **humble**,” Brouwer, who is set to become the first woman at the helm of an America’s Cup challenger,

told CNN Sport in an interview from her home in Sydney, Australia. “And the best leaders are also those that can show their **vulnerability**.”

Taking responsibility

Walker thinks good skippers can adapt to different leadership styles. According to Walker, leadership qualities can manifest themselves in different ways. “You can have very **authoritarian leaders** who are very charismatic but then there are those **quieter leaders** who are every bit as much leaders,” he said. “They have a different way of getting the maximum out of their team.”

But no matter how good a team is, there will always be disagreement. Dealing with such conflict under extreme pressure is part and parcel of skippering any team. In his second Volvo Ocean Race in 2011, Walker was faced with a critical decision when his boat suffered damage in the Southern Ocean. Half of his crew wanted to continue around Cape Horn off the southern tip of South America, while the other half wanted to retire to Chile. The decision rested with Walker, and he made the call to head to Chile, but he had to work hard to appease the members of his team that wanted to carry on.”It was important that I listened to everybody and then I made a decision on what I thought was the best decision for everybody,” said Walker, who is now director of racing for the British sailing team.”It was about transparency, about being **decisive and not wavering**. I’ve always been able to make decisions, I’m not afraid of taking responsibility.”

Sailing is a natural team-building activity. There are **several different roles** to perform when sailing or racing a yacht, and if crew members do not communicate efficiently and clearly with one another when performing these roles then the boat will simply not sail. While getting to grips with a new environment and tasks such as navigation, sail trimming and handling the yacht,

crew members will naturally develop their ability in several areas which can be transferred to the work environment.

In addition to targeting the transferable skills above, the main plus point for sailing is that it is **highly participatory and inclusive**, leaving no one on the sidelines. As opposed to other team-building activities, such as rock climbing, paintballing, or physical boot camps, sailing allows those who are nervous or want to take a bit of a 'back seat' to be a part of the experience, with everyone participating to some degree. With such a diversity of key roles on a boat, there generally is one to suit every personality type. All of the **roles on a boat**, big or small, are important and impact other areas.

Disadvantages of team sailing

Lazy team members

Laziness of the team members is one disadvantage of teamwork. Employee reviews may not be as effective in team situations, because during an employee review, it can be difficult to specify contributing team members especially in sailing where everyone should do his or her job. If left unchecked, lazy team members can create resentment among the rest of the team, which results in reduced productivity through hateful attitudes.

Resistance to leadership directions

When everyone is part of the team and making decisions, the vision and authority of the true leader can be shaken by the strength of the team. If team members feel that they have a strong say in big decisions, they can withstand high-level directives, because they think a better team solution can move an organization away from the core mission, so that everyone can achieve what he or she want. Leadership teams should be consulted, making it very clear that they have the final say and that the leadership team is there to support the mission, disadvantages of group work and teamwork.

Confrontation

As well as conflicts between individuals, groups can be divided into smaller groups. This situation is difficult to resolve without the whole team dissolving and rebuilding.

Free riders

Theoretically, the workload in sailing is evenly distributed, but in practice, some people tend to sit back and allow others in a team situation to do the job. It can breed resentment and low morale for the entire team.

Organizational challenges

An individual sailor can often hit the ground running, but a new team takes longer to organize and get together, both practically and socially. Sometimes the delay is also because some team members may need additional training to fulfill their role. Dealing with someone guilty of a group situation can be difficult in a team situation, and there is a real danger of members blaming each other. This forces the leader to put the team together and minimize future flaws.

Personality clash

Although the team is perfectly balanced in terms of skill sets, personality conflicts may evolve. Conflicts may arise due to different styles or procedures or when team members compete with each other in unhealthy ways.

Some people work better alone

Some sailors are much better off doing their work and do not fit well in a team environment. These people are happy and sail alone efficiently. It is a job for the skipper when assembling a sailing team to find sailors who will work best in the team.

Guilt and responsibility matter

When something goes wrong, team members tend to blame each other. With an individual, it's usually pretty obvious when they make a mistake, but with a team, it's sometimes hard to work out where the fault happened.

Communication breakdown

The level of communication skills needed to be very high for a team to work effectively. In practice, communication breakdowns may be common but result in inefficiency and lack of trust among team members. Communication breakdown is one of the disadvantages of teamwork in the organization.

Conflict

Ideally, if you work as a leader, you create a team that has strong communication skills and confidence in your fellow team members to get things done correctly. This is an ideal scenario, as each relationship has the potential for conflict, disadvantages of teamwork in the workplace.

If conflicts arise, it can reduce team productivity. People tend to focus more on who is right or wrong and on what to do rather than not doing the job. It adds stress and anxiety to the whole team, all of which adversely affect morale and productivity.

Skippers can avoid this by ensuring that team members know their roles and who is ultimately in charge of the decision. So you can choose for yourself if you are better as a **single-hander or a team member**, but, in any case, sail safely and enjoy it!

Sailing into the Sunset Alone

Single-handing

There is something exhilarating about piloting your own sailing boat and taking to the unpredictable waters without anyone in tow. **Single-handed (or short-handed) sailing** is a challenge that commands a certain mindset and behavior. After all, it requires a lot of multi-tasking. This is what singlehanded sailing is all about: magical moments that fill the senses, where it's just you and the boat and the open sky. Singlehanded sailing offers a rare chance in this noisy hyper-connected world to step off the fast track, slow down, and listen to the quiet, if only for a short while. You may even find a little adventure along the way.

We've put together some single-handed sailing tips to help you master this unique and rewarding form of sailing.

- Make the handling **easier**. You need to adapt so many roles when single-handed sailing, from skipper to navigator. So, you must make the handling as easy for yourself as you can.
- Get a reliable **autopilot**. A good autopilot is crucial, especially for racing, as it allows you to focus on sail trim, which gives you speed.
- Take **safety** measures. There's always a higher risk of crashing or capsizing when there are fewer people on board to take navigational precautions and react to heavy weather. So, you need to take several safety measures to minimize this risk.

Safety equipment

Sailing without a full crew creates serious safety considerations that must be taken into account. There is always increased risk when fewer hands are on board, whether it's a solo weekend trip or a solo ocean crossing.

- Always use **jack lines**, even if it looks like it's going to be plain sailing. It's the easiest and safest thing you can do.
- Wear a **life jacket** and make sure you have one which is suited to the situation and weather conditions.
- Before you set sail on your own, you must let people know where you're going. Put together an **outline of your sailing route** with approximate timings along the way so that, if something goes wrong, someone on land has a good idea of where you are. This plan should include a rough estimate of where you plan to sail along with an estimated timeline. It should also include a **check-in plan** as well as an agreed-upon course of action should you fail to check-in. Onboard wi-fi and satellite phones, while more expensive, are reliable methods of communication if you'll be far offshore. Otherwise, a trusty cell phone can do the trick. Just make sure you have a battery!

Educate yourself

Sailing alone means that if you have an emergency at sea, you need to know how to keep yourself alive. You could take a sea survival course, which is a genuine lifesaver. It's a one-day course covering topics such as survival techniques and search and rescue procedures. One major misconception about single-handed and short-handed sailors is that they're introverted loners who go out alone for a variety of escapist reasons. In truth, you would be hard-pressed to find a more **supportive and engaging group** of men and women who are always happy to share their knowledge with newcomers.

The advantages of single-handing

1. The **solitude**; a momentary respite from the distractions and demands that occur when other people are around. It's a time of peace, a chance to think and reflect, which refreshes the body, revitalizes the mind, and restores the spirit.

2. Whether you call it “communing with nature” or “feeling at one with the world,” there are times single-handing can only be described as a **spiritual experience**— days when you marvel at the sea and sky and are awed and humbled by the majesty of nature, and days when you savor the interaction of the boat with wind and waves and say to yourself, “it just doesn't get any better than this.”

3. Always sailing with a crew is like taking your relatives along on your honeymoon and having them move in with you afterwards. Getting away by yourselves provides an unparalleled opportunity to become intimately **familiar with your boat**. Your ability to handle your boat improves until it becomes an extension of yourself; your senses become so attuned that you pick up on everything and react properly without thinking.

4. Ask a sailor to identify the allure of sailing and a common answer is “**freedom and independence**.” Take the provisions you want and nothing you don't. Always sleep in the best berth. Go where you want when you want or go nowhere at all. Do things your way when (if ever) you are inclined to do so. Be messy or neat, noisy or quiet, lead a spartan or decadent existence. It's your toy and, for a while at least, you don't have to share it with anyone.

5. Single handing is unlikely to kill you. But it offers **plenty of challenges** that can make you stronger and better sailor, as well as person. Having to do everything yourself necessitates learning which increases self-sufficiency. Your ability to both endure discomfort and appreciate the little things in life will increase. Facing your fears and pushing your limits will boost your self-confidence,

while the reality you experience will keep you humble. And, ironically, what you learn about yourself while single-handing will make you a better companion.

6. The vast majority of single-handers are not hermits or misanthropes. On the contrary, they are very **sociable** and enjoy meeting new people. Part of the reason is that, after being alone for a while, they are more inclined to reach out to others for companionship and conversation. The willingness of others to extend a helping hand and offer unstinting hospitality to a single-hander is a commonplace yet priceless gift.

7. Fewer people means less weight, as simple as that. If you only have yourself on board then you'll be free to go as **fast** as you like (or the wind will take you). More people can add complications along with extra weight which means you won't be getting anywhere fast.

The disadvantages of single-handing

1. **Steering.** Being stuck at the helm is the maritime version of wearing a ball and chain. It limits your ability to attend to other things that need to be done and can turn what would otherwise be a relaxing and enjoyable sail into a chore that is physically and mentally draining. When hand steering is necessary, make sure everything that might be needed for the duration is within easy reach of the helm before starting. On boats with a tiller, adding an extension or running control lines forward will increase your range of movement. Unless circumstances prohibit it, take a short break periodically and move around, even if it means having to heave-to or temporarily alter course to a point the boat can sail itself with the tiller/wheel locked. You never know when a situation may arise that will prevent you from leaving the helm and you want to be as fresh and alert as possible if it does.

2. Docking and locking. Hitting another boat or an immovable object (such as a concrete seawall) can put a dent in your plans and pocketbook (not to mention bruise your ego). Holding a boat against the turbulence of a filling lock with a bowline in one hand and a stern line in the other provides an inkling of what it was like to be drawn and quartered. Maneuvering in close quarters is usually no problem in calm conditions. But as congestion, wind, and current increase, so does the level of anxiety and the need for the skill, planning, and precautionary measures. Get lines, fenders, and a boat hook ready and positioned while there is ample sea room and know when and how spring lines can be used to your advantage.

3. Eating. When meal preparation is shared (or done by someone else), it is easier to tolerate a galley that is smaller and less convenient than your kitchen at home. But any tendency not to cook for yourself onshore will be magnified when single-handing. If fast, frozen, takeout, junk, and beer are your five food groups, meal planning and a well-designed galley will help ensure you eat well and as often as needed, especially while underway.

4. Fatigue. There is less time to relax when single-handing. The good news is you will rarely be bored. The bad news is the demands will occasionally push you to your physical and mental limits. Fatigue reduces motivation and efficiency, impairs judgment and reaction time, and, in extreme cases, induces hallucinations. When gunkholing or harbor hopping, lack of sleep is rarely a problem. However, hand steering for extended periods, especially in conditions requiring concentration, can take its toll. Researchers have developed techniques for maximizing sleep efficiency on long solo voyages. They have not, however, come up with any new solutions to the problem of sleeping alone.

5. Lack of companionship. Humans are social animals. They

enjoy being in the company of others and sharing experiences, sights and thoughts. But alone does not necessarily mean lonely. It is possible to feel lonely in a crowd and content when alone. Except for the most unusual voyages, periods of physical isolation rarely exceed 30 days, and during that time single-handers normally have at least some opportunity to interact with others by radio. When coastal cruising, the desire for companionship is easily met in ports and anchorages. Boaters are a hospitable group of people and especially welcoming to single-handers.

6. Lack of an **extra set of hands, eyes, ears, and mind**. This can be a matter of safety but is usually just an inconvenience. It is possible to accomplish most tasks alone (although it may take more time) and avoid most risks with the proper training, equipment and planning. Arguably, outfitting a boat for, and the experience gained by, single-handing will improve safety when sailing with a crew. The skills, caution, and senses you develop carry over. That means the off-watch crew will have more opportunity to rest, and you will have the ability and confidence to continue sailing if the crew is indisposed or injured. Of course, when single-handing no one is present to help if you get into trouble. But you probably put yourself at greater risk of death or serious injury when you drive your car alone.

Having a few people around you can mean you'll be sure to have a great time while out at sea. With jokes and conversation, your days won't seem half as long.

What Sailing Can Teach Us About Isolation

“Twenty years from now, you will be more disappointed by the things you didn’t do than those you did. So throw off the bowlines. Sail away from safe harbor. Catch the wind in your sails. Explore. Dream. Discover.” – H. Jackson Brown Jr.

It is important to remember that when you are in **physical isolation** you don’t have to be emotionally isolated– there is a huge **difference between being lonely and being alone**. Even when you are in the middle of an ocean, thousands of miles away from any land, you should know that there are people out there who are thinking of you. We live in a **connected world**, so there are multiple ways for us to keep in contact and make use of today’s technology to set up chat groups, video calls, and just be present sharing mundane things. That said, it can also be important to ensure our need for contact does not lead to negative or distracting behavior, such as **endless trawling of social media**.

Avoiding feeling lonely when alone

Placing a structure around your **communications** can be a positive thing; pre-arrange times to make calls, use online networking facilities to speak with more than one person at a time, turn off social media if it becomes too distracting and don’t expect people to respond immediately to messages and emails. Don’t underestimate how **valuable** your news and chat are to other people and don’t be afraid to speak out if you are feeling lonely.

Objectives are important. In the **short term**, they give focus to every day and long-term goals, as well as give a positive view beyond difficult situations. You can make short-term objectives of what must be done in a 24-hour period: a list of routine tasks, essential tasks and 'nice to do' items. It is useful to note it all down at the beginning of a day, and then balance the routine and essential with things that will give you pleasure or help you to get ahead. Don't feel guilty about relaxing; instead, relish in ticking items off your list.

Mid-term objectives when sailing are governed largely by the weather. You have to acknowledge that this is a force you cannot control. In navigational terms, these objectives are there to keep you sailing safe and fast, but they can also create milestones to aim for and look forward to. Mid-term objectives can bring perspective during the difficult times.

Long-term objectives are key to everything for some people, and it is helpful to have a positive future goal to work towards, even when life in the present seems very uncertain. As human beings, we have an incredible capacity to keep improving, learning and adapting regardless of our age or stage in life; taking positive steps towards any goal, no matter how small is going to make life feel better and give us some control of our future. We just need a goal and to permit ourselves to work towards it.

When the everyday routine is completely removed it is important to create your own structure and try to follow it. Build each day around your short-term objectives blending what you must do with downtime and fun.

Make use of your downtime

You could **vary your routine**, balancing the amount of time spent below deck and on deck in natural light, making sure each activity is long enough to make a difference but short enough to be achievable. Downtime is important but needs to be managed;

allowing your **brain to relax** is vital to productivity as part of a structured day. Listen to music and spend time outside watching the world. You can try **reading a book** while waiting for the wind to pick up. **Podcasts or audiobooks** are great while working with hands.

Many sailors are prone to not talking while they are alone, but it helps to talk, shout, laugh out loud, read out loud and sing: it will make you feel real.

Physical activity

Include movement and exercise in your daily routine. There are plenty of **exercises** that can be done in confined spaces, for ten minutes at a time, working arms and legs, using bodyweight resistance to keep mobile and strong if you are not sailing every day. Look on the internet for examples of ten-minute exercise routines that can be done in confined space. If you have access to the **outdoors**, then make sure you go outside as much as possible. The natural light will stimulate the brain and the feeling of fresh air on your skin and in your lungs can be a game-changer to mood and positivity. If you can go for a walk, then schedule one at least once a day and don't feel guilty for stopping work to do it.

Connecting

Humans are incredibly **resourceful** and adaptable. Fear and its symptoms– panic and anxiety– are normal responses to danger and uncertainty. Fear keeps you safe, acting quickly to change plans when ominous clouds signal an oncoming storm or staying alert through hours of fatigue in thick fog. Sailors are good at connecting fast and helping each other because they know what it is to be in **trouble at sea**. Their shared lifestyle means they are used to being friendly without crowding each other's limited space. **Storms at anchor** are marked by small gestures from others – the

guy who raises a glass from his cockpit, thumbs up when you set anchor from a fellow sailor, so you know you won't drift off. There is enormous comfort from the **smallest human contact**. Never underestimate it. Learn something new, then share it with someone else by recommending a great podcast, a great book, or music. Isolation is a great time to exercise the mind. Try different puzzles, sudoku, or crosswords. There are apps that you can have on your phone or tablet.

Living on the sailboat

The sailboat brings so much **freedom and adventure** to your life. You can sail to remote corners of the world and bring your home along with you. When living on a sailboat or spending a lot of time on one the world really is your oyster. You can enjoy dolphins leaping from your bow as you carve a path in the sea, but when you are all alone on the sea it is sometimes hard not to get lonely or depressed, so it is important to **cherish the little things and find joy in everyday life**. Take care of your mental health and enjoy your life.

Dream a Little Dream of Sailing

Sailing represents the way you take charge of your existence. **Sailing in a dream** portends the beginning of a journey. Sailing can be regarded as independence; your dream may be notifying you to break free from constraints. To dream that you are on a boat sailing on still water shows that you are **optimistic** about everything that you do. The condition of the boat in your dream is important. If the boat is **new**, it means that you are coming too close to a situation from which you have to remove yourself. If you are sailing and you encounter **stormy waters**, this shows that things are going to be difficult and tough going forward. If you have a large boat with a crew and you are sailing, this shows that you need to be tough in something related to work. Sailing also represents the available forces in your life that can help you navigate properly.

The power of the wind

Sails guide a ship and are moved by the wind; therefore, they represent the power of mind which guides a person in life. It can also be an omen that your business will be soon revived and you will enjoy working on it very much. Psychoanalytically speaking, dreaming of a boat or a ship is **indicative of our capability** to cope with our emotions. It is representative of our ability to navigate our life successfully and be in control of it. To be alone in a boat portrays the need to consider our ability to handle **isolation**. On the contrary, being on a large ship with a group of people

alerts us to review our ability to handle **relationships** with others. To dream about missing a boat portrays our fear of missing out on an opportunity.

A boat is also linked to the symbol of a cradle due to its association with water. Thus, it has maternal associations and connections with our earliest and most primal emotions.

Yearning for adventure

There's a whole world out there for you to discover, and perhaps you believe a sailboat will give you the means to achieve this. Maybe you yearn for adventure or want the feeling of **self-sufficiency and independence** that cruising can give you. If you have children, you might be searching for a way in which you can **slow down and enjoy** quality family time.

Dreaming while awake

You can dream of sailing away even when awake. The reasons for sailing away are as varied as the sailors who dream them. Whatever your reasons for wanting to live the **cruising lifestyle**, your family and friends might think you're crazy. But if your dream is to sail around the world, or to sail off for a couple of years, then listen to your own heart and go for it.

Although many people have the dream, few will ever attempt to make that dream a reality. If you believe you're one of the few, you'll be happy to know that megabucks and oodles of sailing experience are not the two most important things to start with (although you will have to obtain some of both). More important qualities are **independence and an adventuresome spirit** and perhaps the most important quality: a belief in yourself and your dream.

How to choose your dream?

“To accomplish great things, we must not only act but also dream; not only plan but also believe.” Author Unknown

If you truly believe in your sailing dream, then you're already on your way to making it come true. Next, you'll need to obtain **a boat, a cruising kitty**, and sailing skills (or whichever of these you lack). If it's not any of these things that are keeping you from pursuing your dream, then you'll need to examine what it is that keeps you from casting off the dock lines. Too old, too young, have kids, don't want to give up the security of a job, retirement worries, the list goes on and on. All of these reasons for not going can be overcome. Everyone who has sailed away has overcome **difficulties**. Sailing to the far corners of the world is not for everyone. Perhaps some alternatives would suit you better. How about a cruise instead of your annual two-week vacation? Maybe an exotic charter would cure your yearning for paradise. Your **sailing dream** can be whatever you want it to be.

Making your dream a reality

“If you have a dream, follow it. If you catch a dream, nurture it. And if your dream comes true, celebrate it!” Author Unknown

Start acquiring the **skills** necessary for your dream journey. Keep in mind that sailing is a lifetime learning experience, so don't expect to know it all before you leave. **Reading** is a great way to begin if your sailing experience is non-existent. **Courses** in navigation, a power squadron class, or attending seminars at a sailboat show are all great ways to add to your growing sailing knowledge. Next, start putting some miles under the keel. If you don't have a boat yet, you can try a sailing school, a charter, or sail with friends. If you don't know anyone who sails, you might sign

up to crew at the local sail club. This will get you **out on the water** and will get you in the company of fellow sailors. Perhaps racing is not your end goal, but none the less you will learn valuable sailing skills and you may meet some cruisers.

Getting your skills and a boat

If you have your boat, spend as much time as you can strengthening your **sailing skills**. If you're a couple, be sure to practice a variety of skills– don't always be the helmsman when docking or the one who reefs the sail. Be sure both of you know how all systems on the boat operate. The more independent you can become the better. Now's the time to start acquiring skills such as engine maintenance, sail repair, head repair, etc. You don't need to have all these skills immediately, but if you're spending a couple of years saving money for your sailing dreams, you may as well use that time wisely.

Get yourself **a boat**. You need a seaworthy vessel and one on which you feel comfortable living aboard. I won't go into what makes a boat capable of safely sailing the oceans. There are books out there that will tell you this. Size is not important either, but I think it's important to be **comfortable**. Comfort to the solo sailor and comfort to the family of five will most likely differ, just as what is comfortable for one couple may be unlivable for the next. Also, what might be suitable for a nine-month sabbatical may not be what you would like to call home for the next ten years. Most people do have to settle for less than their ideal boat. Start with whatever you can afford. Perhaps you'll find that you don't need everything you thought you did.

“The perfect boat is not the one you dream about. It is the boat that takes you cruising.” -Don Casey and Lew Hackler, *Sensible Cruising: The Thoreau Approach*.

I don't recommend burning all your bridges, buying a big cruising boat and taking off. People have done it, but the **chances of success** are less than if you take it one step at a time. Knowing when to cross a bridge and when to burn one can help you succeed. When choosing a boat or upgrading your existing one, remember to take a good look at your **different boat systems**. Strive for independence. The more self-reliant you can become, the better.

Cost of your dream

Save money. This is the hardest step for most people. While choosing your new home afloat and strengthening sailing skills by sailing off to your favorite anchorage are fun, saving money means **hard work**. But again, if you believe in your dream and are willing to put in that hard work, you will eventually get where you're going. Here are some ideas to help you build a cruising kitty.

- If you have a boat, live aboard it. This will accomplish several important things. You can save money by **renting your present home** or saving rent that you would otherwise pay; you get to know your boat—know your boat; it gives you a chance to see what you think of living aboard.
- Get a **second job**. Everyone's financial situation is different, but you'll find that most people have to put in an enormous amount of hard work to make their sailing dream a reality.
- Drive a **beater**. Start thinking of a car as nothing more than transportation. Perhaps you don't need a car at all. Having no car payments and lower insurance rates can save you a bundle of money.
- Tighten your **budget** and remember to make a monthly payment to your dream savings account.
- You'll probably have to give up certain things you've become

accustomed to in order to supplement the cruising kitty. But your sailing dream is worth it. Take a look at where your money is going and make some **tough decisions**. The little things do add up.

Keep your dream alive

Sustaining your dream can be tough, especially if you need **several years** to obtain the skills, boat and money necessary to sail off. Remember, most people can't imagine doing what you're doing. Their minds are not able to envision what you see beyond the horizon. Yet here you are taking positive steps towards making your dream a reality. Give yourself lots of pats on the back for your accomplishments, however small they may seem.

It's important to **enjoy the company** of those with similar dreams or anyone who supports you in your dream. The people who tell you how crazy you are or how you'll never succeed, are making you question yourself. But remember that your dream may be sprung upon family and friends quite suddenly. Give them **time** to accept it. Many of their negative comments are probably genuine concerns. I suggest that you give your dream a lot of thought and formulate a plan before you tell others about it. Then you will be prepared to answer their questions and concerns.

If sailing away is your dream and you truly believe that you can accomplish it, then taking it step-by-step will get you there. It may take years. Enjoy those years. They're all **part of the dream**.

Beauty and Sailing

When the weather's good and the wind is up, there's nothing better than setting a course for, well, anywhere really. The one downside to a day of sailing, however, is that **your skin** can take a proper beating. Fortunately, there are countless grooming products on the market designed to help **minimize the damage sailing** can inflict on your body. The key, as ever, is to be prepared. When you are going for a day you don't need to bring your cosmetic bag because you can do damage control when you get home but, if you are on a boat for a length of time, you should be **careful when choosing products**. Sun and seawater can damage your hair and skin so you should be extra careful with what you bring. Some products can help you fix your hair and skin but are very **bad for the environment** so you should keep that in mind.

The Skin Deep® database

Environmental Working Group created the Skin Deep® database as a way to combat the serious deficiencies in cosmetics regulation. They test a lot of products and find the ones that are good for you and the environment. On their website, you can find products such as shampoo, toothpaste, lotion and hair products that are safe.

Daily beauty routine

Your daily beauty routine is usually minimized because you know you're apt to get dirty minutes later, or because no one else

will see you besides other cruisers that have also stopped putting the landlubber effort into getting ready. The face is clean, albeit with sunscreen because that is still a must, and hair is away from the face. It's simple, it's easy, and it's what works for most days. But sometimes you want to **look your best**, so you are wondering what are the products that can withstand the heat and the water. You should pay attention to making sure that all the products are **waterproof**. The use of water on the boat is pretty scarce so you should keep in mind that the products that you bring are easily rinsed off. It mostly goes for shaving. If you are going to shave on the boat, keep in mind that the best time to do it is when the boat is stationed somewhere safe, without a lot of waves; you don't want to injure yourself.

It is good to have multi-purpose and unisex products if you are sailing with mixed company. It is practical, it doesn't take much space and it can last longer. On the boat, showers are very quick because you shouldn't **use too much drinking water**.

Using marine organisms

While sailing you don't think about it much, but the marine environment is a **rich source of both biological and chemical diversity**. This diversity has been the source of unique chemical compounds with the potential for industrial development as pharmaceuticals, cosmetics, nutritional supplements, molecular probes, fine chemicals and agrochemicals. In recent years, a significant number of novel metabolites with potent pharmacological properties has been discovered from marine organisms. Although there are only a few marine-derived products currently on the market, several robust new compounds derived from **marine natural products** are now in the clinical pipeline, with more clinical development. While the marine world offers an extremely rich resource for novel compounds, it also represents a great

challenge that requires inputs from various scientific areas to bring the marine chemical diversity up to its therapeutic potential. Beauty products infused with **elements of the sea** have a spa-like quality and boast an abundance of skin-loving nutrients. Ancient island cultures knew that soaking in the ocean can improve skin irritations, such as dermatitis and eczema, and help relieve aches and pains. Adding sea salt crystals to a relaxing bath is as popular today as it was in ancient Roman times.

Minerals

The minerals in seawater help strengthen skin, stimulate blood circulation, remove toxins, and regulate fluid retention. Like most vitamins, minerals are not produced by the body and are gradually lost throughout the day. Since your skin is your largest organ, replenishing minerals is critical to the health of your skin and your health in general.

Sea Salt

Sea salt is a natural exfoliator, making it an ideal body scrub to slough off dead skin. Mineral-rich sea salt tossed in a bath or used as a scrub has the added benefits of improving skin tone, balancing its pH, and encouraging skin repair and hydration. Sea salt sprays can also add texture to hair.

Seaweed

Another beauty secret from the oceans is seaweed. This marine miracle naturally cleanses and purifies the skin, helping soothe irritation and improve elasticity. It also helps reduce signs of aging by toning, smoothing, moisturizing and stimulating skin cells.

There are more than 20,000 varieties of seaweed, which contain vitamins A, B, B, C, D, and E, as well as high levels of magnesi-

um and potassium salts. The concentration of trace elements is 10 times greater in seaweed than in soil-grown plants, which is partly due to the abundant mineral content of seawater. Seaweed is a key ingredient in face and body products to manage wrinkles and acne, detox, and moisturize.

Algae

Like seaweed, tiny **algae** are packed with vitamins, minerals, antioxidants, and proteins that strengthen and nourish the skin. There are many types of algae, including blue-green spirulina, that balance the skin's natural pH, preventing irritation and infection. Algae's high concentration of beta-carotene defends against free radical damage by creating a barrier of natural sun protection. You'll find it in a variety of facial masks, cleansers, and moisturizers.

Astaxanthin

Harvested from microalgae and responsible for the pink color of salmon, flamingos, shrimp, and lobster, **astaxanthin** is one of nature's most potent antioxidants. It is 6,000 times more powerful than vitamin C in neutralizing free radicals and 1,000 times more effective than both beta-carotene and lutein in protecting the skin from exposure to UV light. Its powerful anti-inflammatory effects soothe irritation, increase moisture retention and elasticity, shrink wrinkles, and lighten age spots. It's popping up on the ingredient labels of many moisturizers and eye creams.

The right approach is for manufacturers to consider marine cosmetics as part of a wider project encompassing **sustainability and environmentally friendly practices**, which have been drivers with organic products.

Algae extracts might be the best bet for cosmetics given their abundance, sustainable harvesting and multiple beauty benefits.

And with marine biotechnology currently said to be one of the best ways to promote anti-ageing, combat inflammation and stop free radicals, there's no reason why companies shouldn't be able to **combine high-tech products with the preservation of ocean life and the environment**

Burning up the Day: Chasing Shadows on the Open Sea

Sun safety is an extremely important topic for all boaters. Arguably, nothing beats spending a sunny day on the boat. In addition to wrinkles, sunspots and an overall “leathery” appearance—overexposure to ultraviolet rays can also result in skin cancer.

Unfortunately, that UV assault is only intensified by the boating environment because UV rays not only come at you from above but are also **reflected by the water** and all those gleaming surfaces aboard your boat. The good news? With the proper sunscreen and sun-safety techniques, you can dramatically **lessen the damage and** still thoroughly enjoy a day on the water.

- Apply sunscreen to any exposed skin.
- Remember to reapply every two hours, following a swim or when sweating excessively because protection will diminish over time.
- As for application methods (e.g., sprays, lotions, rub-on sticks), choose the option that works best for you and will encourage you to reapply as directed.
- Don't forget often-neglected spots such as your lips, the part in your hair, tops of the ears and feet, and backs of the legs. Sunscreen sprays often work best for those with thinning hair. Choose a lip balm with at least SPF 15.
- For best results, plan your initial sunscreen application for 15 to 30 minutes before you go out into the sun to allow the sunscreen to properly absorb into the skin. Shoot for a portion that could fill a shot glass to cover the average adult body.

Protect your skin

Forget tanning oils or lotions that promise to bronze your skin. Today's sun products are designed around protection, **limiting the number of** UV rays that make it to your skin.

The harmful rays of the sun are divided into two types: **UVA and UVB**. UVB was long thought to do the most harm because it is the type of UV radiation responsible for both the irritating pain and redness of sunburn as well as the longer-term effect of skin cancer. UVA, however, has also proven to be harmful. Deep-penetrating UVA rays are responsible for aging the skin, over time resulting in the wrinkled, leathery, sun-spotted appearance that typified mariners of old.

Modern, "broad spectrum" sunscreens protect against both types of radiation. The American Academy of Dermatology recommends looking for a broad-spectrum sunscreen that is both water-resistant and features a "sun protection factor" of at least 30 or higher. These sunscreens can be physical or chemical in type.

Physical sunscreens— look for the active ingredients zinc oxide and/or titanium dioxide— act as a barrier atop your skin and are best for sensitive skin but sometimes leave a whitish residue. **Chemical sunscreens** (active ingredients including oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate) absorb the sun's rays and typically rub into the skin without visible residue but have the potential to irritate the skin. Sunscreens can protect you by a physical or chemical barrier. Zinc oxide and titanium dioxide are small particles that form a physical barrier that scatters damaging UV rays away from your skin. Chemical sunscreens including ones that contain oxybenzone, absorb UV rays, preventing them from **penetrating the skin**. You want to avoid products that contain oxybenzone, and look for ones that contain **zinc oxide** or titanium dioxide

(micro, not nanoparticles), as these are less toxic to your health and the environment.

Protect Your Eyes

It's not just your skin that can get damaged by UV rays; your eyes are also at risk. Sunglasses are the key here. Make sure to find a **pair that blocks 99-100%** of UVA and UVB rays, or that offer UV absorption of up to 400nm. Besides protecting your eyes from UV damage, they can also help you improve visibility and comfort on the water by reducing light intensity and filtering out glare. Polarized lenses are also a good choice for boaters because they dramatically reduce glare off the water.

Install a sun shade

When you're out for hours at a time on your boat, it's important to take breaks out of the sun. For some boats, you have the choice of retreating inside your boat for a **shady break**. Depending on your vessel, you could also consider installing sun shades directly on your boat. These are great since you'll still be able to enjoy the nice breeze while staying protected from the sun's rays. There are also boat umbrellas that are designed specifically for boating that can offer UV protection. Remember the UV rays reflect from the surface of the water. So, even if you are under shade, still you need to use other sailing sun protection methods as well.

In addition to sunscreen, **sun protective clothing** is becoming increasingly popular, particularly in the boating market. A category that includes shirts, pants, swimwear, broad-brimmed hats, neck and face gaiters, and even arm sleeves, sun-protection clothing is rated based on its "ultraviolet protection factor." Numbers correspond to how much of the sun's UV radiation is blocked by the fabric. Example? A UPF 50 shirt allows only 1/50 of UVA and

UVB rays to pass through to the skin.

To avoid feeling clammy, look for UPF clothing that breathes, wicks moisture away and has a comfortable, loose fit.

- Flatlock stitching improves comfort, lying flat against the skin and reducing chafing.

Along with appropriate boating gear, remember these tips while sailing:

- You should expose your skin to the sun progressively, and never suddenly over-expose.
- Stay in the shade, especially between the hours of 10 and 4.
- Avoid tanning and UV tanning bed.
- Do not burn.
- Cover up with clothing, including a hat and good sunglasses that block UV rays.
- Use sunscreen with an SPF of 15 or higher every day. The sunscreen should block both UVA and UVB. While sailing or doing watersports, use a water-resistant sunscreen that is SPF of 30 or higher and reapply often; or wear a UV-blocking skinsuit.
- Keep newborn babies out of the sun and use sunscreen on babies over 6 months old.
- Keep an eye on your skin, especially any moles or spots.
- Get a professional skin exam once a year.

If you do happen to get burnt while sailing, there are few things you can do to treat sunburn:

- Immediately cool it down and get out of the sun. Carry on cooling the burn with cold compresses, without putting ice directly on the skin.

- Put moisturizing cream, that is not petroleum or oil-based, on while your skin is still damp
- Decrease inflammation by taking anti-inflammatory medicine. Aloe vera cream is a good product to pack on a sailing vacation, as it can soothe mild burns.
- Stay out of the sun.
- Keep hydrated. Burns draw fluid away from the rest of your body to the skin's surface.
- See a doctor if you have bad blistering over a large part of your body, a fever, or you become confused.

No single method of sun defense can protect you perfectly, though. The best path to beautiful, healthy skin is to adopt as many of these steps of protection as possible into your lifestyle, and make them daily habits everywhere you go, all year long.

You Think You Are Great at Multitasking?

Try sailing and see if it really is true

Multitasking seems like a great way to get a lot done at once. But research has shown that our brains are not nearly as good at handling multiple tasks as we like to think they are. Multitasking has **three different definitions**:

- Performing two or more tasks simultaneously.
- Switching back and forth from one thing to another.
- Performing several tasks in rapid succession.

Take a moment and think about all of the things you are doing right now. You are reading this article, but chances are good that you are also doing several others things simultaneously. Perhaps you're also listening to music, texting a friend, checking your email in another browser tab, or playing a computer game. If you are doing several different things at once, then you may be what researchers refer to as a “**heavy multitasker**.” And you probably think that you are fairly good at this balancing act. According to different studies, however, you are probably not as effective as you think you are.

Executive control process

Research has demonstrated that switching from one task to the next takes a serious toll on productivity. Multitaskers have more trouble **tuning out** distractions than people who focus on one task at a time. Also, doing so many different things at once can

impair cognitive ability. In the brain, multitasking is managed by executive functions. These control and manage cognitive processes and determine how, when, and in what order certain tasks are performed. There are two stages to the executive control process:

- 1. Goal shifting:** Deciding to do one thing instead of another.
- 2. Role activation:** Changing from the rules for the previous task to rules for the new task.

Moving through these may only add a few tenths of a second, but they can start to add up when people switch back and forth repeatedly. This might not be a big deal when you are folding laundry and watching television at the same time. However, if you are in a situation where safety or productivity is important, such as when you are driving in heavy traffic, even **small amounts of time** can prove critical.

At any given moment you might be texting a friend, switching between multiple windows on your computer, listening to the blare of the television, and talking on the phone all at once! When you do get a quiet moment where nothing is demanding our attention, you might find yourself **unable to avoid the distraction** of your favorite apps or social media sites.

Make multitasking easier

You can make multitasking easier for you with a few helpful hints. Make **a to-do list**. Whether this is in the form of a checklist or a calendar, know exactly the things you need to accomplish and record them. More importantly, once you create that list, keep revisiting it throughout your days and update it frequently. You may want to divide this list into categories, such as **‘personal’, ‘study’ and ‘work’** so you don’t lose sight of all your responsibilities. Your to-do list may be long but don’t be overwhelmed!

Next, **prioritize** the most important needs within each category and, when possible, try to group related items. In listing your tasks and making your to-do list, it is critical to recognize and note what items require full attention. When you are preparing for an important exam or presentation, for example, it is not the time to try to juggle several things. Because people are **most productive** when they do one thing at a time, those who are masterful at multitasking understand when multitasking is *not* a good option. Whether it's an inbox overflowing with old emails, a desktop cluttered with random downloads, or a desk piled high with paperwork, **clutter** will derail your attempts to multitask. If you get distracted every time you open your laptop or sit down at your desk, make a list of the simple organizational things you need to accomplish and add them to your to-do list as non-priority items. When you have downtime - like when you're waiting for a ride or phone call - you can use those **spare moments** to multitask and cross these items off your list. Like a great computer, the human brain has an amazing capacity. But, like any computer, if you ask it to do too much at once, it will begin to falter. The reason why you have to keep in check the number of programs you have running on your laptop and give it a restart is the same reason why you have to give yourself time away from your tasks and to-do lists. Those who multitask effectively recommend:

- **Exercise.** Just a short walk, run or workout can improve focus and creativity.
- **Unplugging** from your to-do list (along with your phone, texts, social profiles, and email) for lunch or a social gathering.
- **Relaxing.**
- **Taking time** to do things you enjoy. Whether it is sailing or gaming, let yourself unwind by doing your favorite things.

Multitasking while sailing

But when sailing you have to do a lot of things to do almost at once. One of the last remaining individual freedoms left in the world today is the privilege of **taking a pleasure boat to sea** without meeting cumbersome legal requirements to prove your yachting ability and the vessel's seaworthiness. This privilege grants us the true freedom to sail the seas, but it is the moral responsibility of the owner and skipper of every yacht that puts to sea to ensure that the crew and passengers are not exposed to **avoidable danger or risks** and that no unnecessary demands are made on the local rescue services— that's if there are any! This means that skippers must become competent to deal with **any weather condition and situations** that they may encounter on a passage. The crew should also possess the ability to be equally competent by assisting the skipper in running the boat efficiently. Any person who goes on the water takes on the responsible role of safety in their actions from the time they embark and whilst they are freely maneuvering their chosen waterborne craft around, whatever its type, size or value. Similar to the responsibilities an engineer has in keeping a motor running, the person in charge of any vessel is responsible for the vessel's safe passage. Even if operating single-handedly and especially in dangerous circumstances around crowded waterways or beaches.

Beginners should go for accuracy– not speed– until they develop further confidence and experience. **Safe seamanship** involves the helms-person continually judging the vessel's responses and approaches to any dangers, then conducting any corrections necessary to speed and direction.

Crew and their assignments

Most of all whilst trying to foresee any problems, develop some understanding of the behavior of the craft as each boat has

its own unique handling characteristics. In the excitement of going on a boating trip, some patience is required in dealing with the pace at which things should happen on the water. On crewed boats, **Yachtmasters** will have to learn to organize the crew into performing various roles depending on their ability and develop coordination among these crews when conducting certain drills onboard as you progress. Talking through the task before starting and giving clear and precise directions as the procedure continues and by keeping a sharp eye for any developing problems, avoids the panic that is usually shown by inexperienced crew. The basic crew positions and roles on small boats can be divided up into **mainsail trimmer, headsail trimmer, tailer, pit, mast and bow**. Each of them has a **different set of tasks** they need to do.

A mainsail trimmer trims mainsail for the best speed and tactics, communicates constantly with the headsail trimmer and helmsman to keep both sails in the same trim mode, maintains a balanced sail plan, and keeps the boat going on the right heading and speed.

A headsail trimmer adjusts headsails for the best possible boat speed or tactics, communicates directly with helmsman about speed and height, the pressure in the sail, and the location of nearby marks and other boats.

A tailer tails new jib sheet during the tacks, trims guy downwind, backs up headsail trimmer and calls approaching breeze upwind.

A pit adjusts halyards, spinnakers pole settings and some sail settings, calls time to the start. He has to make sure to speak loudly and clear. He adjusts settings such as the vang, outhaul, or jib halyard, assists trimmers by helping to keep the cockpit lines clear. He organizes the boat's interior and retrieves and stows sails. He works directly with bowman, mastman, and trimmers to effect maneuvers, sail changes, and sail trim.

A **mast** pulls all halyards at the mast to raise the sails, assists the bowman with headsail changes, spinnaker sets, gybes, and douses, and helps maneuver the spinnaker pole.

A **bow** changes headsails, connects, sets, gybes, and douses spinnaker calls starting line, waves, and other boats and climbs rig for tuning and repairs.

But those are just things they need to do while sailing. There is a **big to-do list** when preparing for sailing. There is more to being a good crew than jumping when screamed at. There is even more than knowing how to get sails up and down, and the boat tacked and jibed. The key to moving beyond the crew as an ‘automaton’ stage, is the recognition of three concepts: **the impact of weight and placement on speed, understanding priorities, and developing initiative.**

Example of multitasking while sailing

How do you multitask while sailing? This is an example of what a **helmsman** does. Suppose the helmsman is sailing in open water upwind. The focus might go something like this:

- Stare at jib telltales for 5 seconds
- Glance at waves for 2 seconds
- Telltales for 5 sec
- Waves for 2 sec
- Telltales for 5 seconds
- Main leach telltale for 2 sec
- Telltales for 5 sec
- Double-check jib trim from spreader for 2 sec
- Telltales for 5 sec
- And so on...

The key to making it work is to **truly focus** most of the time on the jib telltales and only glance away for a few seconds at a time. And remember to focus back on the tales. One useful trick, when you do this, is to **glance and memorize** what you see. Then when you are looking back at the highest priority while you process what you just memorized.

For example, to add some detail to the above:

- Jib telltales 5 sec
- Main leach telltale 2 sec (Memorize what you see)
- Jib telltales 5 sec (Decide main telltale too stalled, ease main a little)
- Main leach telltale 2 sec (Memorize what you see)
- Jib telltales 5 sec (Decide if you eased the right amount)
- Waves 2 sec
- And so on...

Then you hear “starboard tack boat coming in 10 boat lengths, we are close to crossing”. You change your focus:

- Look for starboard tacker for 5 sec
- Jib telltales 5 sec. (While thinking about how you are converging, deciding it is close. It is super important here to keep going fast or you won’t cross for sure.)
- Look at the boat for 10 sec while you decide if you can make it across.
- You say to the tactician: “Don’t think we will make it, do you want a tack or duck”
- Tactician: “keep going at all costs, so duck”
- You say “ease jib and vang” as you duck

The priority changed to the duck, and a whole new set of tasks to multitask for that process. Then you head up to close-hauled again and reprioritize the jib until the next event that trumps speed. Sailing is a **task that requires a lot of multitasking** because it entails a lot of moving parts. You have to be checking the weather, observing sea conditions, reconfirming speed, checking depth and so on, at the same time attending to the needs of those on board. Having to do all these has tremendous benefits to improving your **concentration**.

We only have so much mental energy, and we need to put it to good use. It turns out that humans are terrible at multitasking, but **the best sailors are less terrible at it**. When you feel sharp, you are very aware of your surroundings.

Mindfulness on Sailing

Mindfulness is a phrase you may have heard several times. But what is it really? Let's understand mindfulness further. It is **the ability to be in the present**. It refers to being fully attentive to what is happening in the NOW. Mindfulness is all about being focused on the present moments.

Often, when we get anxious, instead of living in the now, we think about everything that could go wrong in the future. Our anxious brain gets stuck in a possible or impossible future rather than making the most of the moments now. As your brain gets more anxious, it gets you thinking of the worst-case scenarios of the future and obsesses about the past regrets. This leads to losing out on being a part of the present pleasant experiences. Once our mind takes off to obsessive thoughts, it is hard to live the moment and can make us feel overwhelmed.

Mindfulness is a human quality that everyone has the capability of achieving. Combining adventure sports, activities and meditation is a great way to achieve the desired level of mindfulness. Here are some important things you need to know:

- We already have the capability to be in the present, but our minds often wander off to undesirable states. We can learn to remain in the present with **simple practices**.
- You don't need to change yourself to achieve mindfulness; anyone can achieve it.
- Mindfulness is **a way of living** and reducing stress.

- We learn to regulate emotions and ride the waves of their intensity.

How does sailing help with achieving mindfulness?

Riding the wave and setting out on a sail helps you on the path of mindfulness. As you get on to the boat, you are focused on learning to sail. All you'll be thinking about is cruising the blue waters, hearing the seagulls, smelling the salt, feeling the cool breeze and enjoying the warmth of the sun. There's a certain **adrenalin rush** that gushes through your nerves as you enjoy the speed and the waves. All of your senses are alive and focused on the present moment. Here's how sailing helps achieve mindfulness:

- It helps you concentrate on the NOW.
- You are focused on merging action and awareness.
- You'll lose track of time, also known as a distortion of temporal experience .
- You'll learn to relate to yourself, regulate your emotions and keep the past at bay.
- It widens our window of tolerance.
- It is an extremely rewarding experience.

Another interesting fact is that sailing is a great activity for **children with autism**. It helps enhance their concentration and increases their capacity to focus on things around them. The blue waters have a certain healing power. Even if your mind chooses to drift away, it will take your thoughts into a direction of peace and pleasure of being in the moment. As you allow your mind to wander its own course, **the ambiance** will keep you rooted in the feeling of present.

Part of mindfulness is also about regulating your emotions and being thoughtful about the drastic fluctuations. Sailing helps you

balance your emotions, teaching you the important grounding skills and widening your window of tolerance.

Staying together while sailing

Sailing is and has always been a great way to spend quality time with your loved ones. It not only binds people together but also teaches you to be a team, to fight adversity and enjoy achievements together. There are many inspiring stories of how families have set out on sailing adventures together. One such experience was shared by the Nance family.

In January 2015, the Nance family — Phil, Aimee, their 14-year-old daughter Jessica and their 12-year-old daughter Emma — set sail together to explore the world. In a span of almost three years, the family has given a new meaning to “spending quality time together” by sailing across a massive ocean, swimming with whales, hiking active volcanoes and more.

Mindfulness of sailing does not just have to be about yourself, it can also be about togetherness as a family. It will give you an opportunity to abandon all your worries and start appreciating the little things in the present. Whether you are interested in sailing or the meditative aspect that it offers, we suggest you start with a weekend sailing retreat. It allows you to set out on a sail with an offshore boat and practice meditation. There’s no better way to start living with mindfulness and enjoying your weekend. Imagine spending time away from the hum-drum of your daily life to spend time in the surrounding seascape.

Paint away Your Troubles

It is **never easy** to paint on the sea. It is rarely calm enough and the **movement** can destroy your painting in a second. There is a little known story that **Pablo Picasso** was a sometimes cruiser, tried painting at anchor, and that is how Cubism began. So even if the great Pablo Picasso had trouble painting on board, how can you?

Painting on the boat: tips and tricks

Well, here are a few bits of advice collected from artists who dabble in sailing or sailors who dabble in painting. You can paint on **canvas**, even have an **easel** if you have enough space on your boat. You can paint on canvas, even at anchor, if it is calm enough. Most of the people who paint on their boats use **acrylics or watercolors**. This is probably due to the fumes of turpentine, and the fire hazard involved if you're making passages. If you live at a marina with trash disposal, it's no worries at all. Just don't paint in the cabin without enough **fresh air**. The paints should not be affected by salt air. The bigger problem is mildew, so you have to make sure to protect your canvases. **Oils** take very long to dry, so it is better to try acrylic paints if you are in a humid environment.

Painting the sea

If you want to paint what you see, here are some **helpful hints** for painting a **seascape**. The biggest difference between painting a landscape and a seascape is the ocean part of the equation. Having a strategy for **painting water** is vital in creating convincing

seascapes. When painting any landscape, the light is probably the defining factor when choosing colors. This is even more important when you're dealing with large bodies of water. Whatever the light is– sunset, sunrise, mid-morning, cloudy or stormy– it will have a **profound effect** on the ocean. Whatever is happening in the sky will be reflected on the ocean. Whatever's happening on the surface of the water will also determine how much of the sky is reflected. In other words, the smoother the surface of the water, the more likely you are to see more **sky** reflected. Waves will create little windows which will reduce the amount of sky reflected.

Now to the similarities. These rules apply to landscape paintings as well as ocean landscapes:

- Landforms in the distance will be more subdued as they recede into the distance.
- The appearance of foliage will also be more subdued as it recedes into the distance.
- An understanding of the shapes & patterns of foliage is important.
- While the same perspective rules still apply, they can be harder to find when looking at the ocean.
- The sweep of a beach can sometimes be a particularly difficult shape to get right.
- Things in the distance appear less distinct, and the further away they are, the more their colour is altered. This is a great way to create the illusion of distance and depth. Make sure that the color is altered in relation to the predominant light. **Sunsets** will affect the color of objects in the distance in a different way than broad daylight.
- Whitewash is not white!! Being predominantly water, it is reflective and casts a shadow. If the light is pink, the whitewash

will appear pink. Look at the shadows though, you will find some unexpected colors in the shadows. In sunsets, where the whitewash appears quite pink, you may find some blue-grey, or even slightly turquoise shadows hidden. The key always is close observation.

Marine art

It is impossible to talk about painting while sailing without talking about the influence the sea has had since the beginning of time. Marine art or **maritime art** is a form of figurative art (that is, painting, drawing, printmaking and sculpture) that portrays or draws its main inspiration from the sea. Maritime painting is a genre that depicts ships and the sea– a genre particularly strong from the 17th to 19th centuries. In practice, the term often covers art showing shipping on rivers and estuaries, beach scenes and all **art showing boats**, without any rigid distinction. For practical reasons subjects that can be drawn or painted from dry land feature strongly in the genre. Strictly speaking “maritime art” should always include some element of human seafaring, whereas “marine art” would also include pure seascapes with no human element, though this distinction may not be observed in practice.

Dutch Golden Age

Maritime art, especially marine painting – as a particular genre separate from the landscape – really began with **Dutch Golden Age** painting in the 17th century, reflecting the importance of overseas trade and naval power to the Dutch Republic, and saw the first career marine artists, who painted little else. In this, as in much else, specialist and traditional marine painting have largely continued in Dutch conventions to the present day. With Romantic art, the sea and the coast were reclaimed from the specialists by

many landscape painters, and works including no vessels became common for the first time. The most popular artists of marine art are **Jan van de Cappelle, Xanthus Russell Smith, Édouard Manet, Théodore Géricault, Claude Monet, J. M. W. Turner and James Abbott McNeill Whistler** but there were a lot of artists who were inspired by the sea.

Contemporary art and the sea

There are a lot of contemporary artists who love to paint near or on the sea but there are two who do something completely different. **Gemma Rasdall and Vittoria Chierici** are artists who use the sea as their muse.

Gemma Rasdall, a self-described bizarre combination of “workaholic, sailing sea gypsy and artist,” is an Australian painter who is living her dream! She decided to combine her love for sailing and painting to develop a practice: **painting seascapes on sailcloth**. The series of mixed-media paintings (acrylics, soft pastel and charcoal) utilise recycled sailcloth, which the artist has collected and developed a special preparation process for over the years. “I love the texture of the Dacron, especially the wrinkled, weather-worn and patched sails... they stretch beautifully over a canvas frame too as they are extremely strong,” she explains.

Vittoria Chierici is an Italian artist who, in early 2012, prepared a letter both to clarify to herself and explain to others a new project titled, “**I want to sail away and paint the sea**”. The appeal was addressed to friends and collectors and found 85 sponsors each rewarded with a painting, and thus she was able to go on an artistic cruise. On June 20 the artist boarded the *Isolda*, a Polish merchant ship for a 16 days Atlantic Ocean crossing that went along Newfoundland, up the Saint Lawrence river ending up in Cleveland. The short “Sailing away to paint the sea” was born out of this experience as well as the film “Hands in Blue,” edited by

Milanese composer Maurizio Pisati also responsible for the film score. The trip also inspired a brief exhibition held at the Galleria dei Frigoriferi Milanesi, at the end of which sponsors received their painting.

Today, there are a lot of sailboats with **Fine Art painted directly on their sails** so it is not only functional but beautiful, too. The imagination and passion of both world-class artists and championship sailors, is creating an exhilarating and unprecedented “moving gallery”.

To end with a very interesting and also little known fact, Picasso was a part-time boat designer who worked for Beneteau in its early years. That is where twin wheels and rudders came from.

Sailing Songs

There are a lot of songs written about sailing in many different languages, and that is because it is such a **unique experience** for everyone. When the wind is in your hair, the sun is setting on the horizon and the boat is gliding through the ocean, some want for nothing more than silence so as to absorb the atmosphere around them, whereas others like music to enhance the experience.

Traditional boats and ships seem to attract **musicians**. Guitar, harmonica, violin, squeezebox and, of course, just a good singing voice or two are always welcome on any voyage.

There are a lot of **themed voyages** where you are guaranteed a talented musician on board, and there will be moments when the air will be filled with live music. Clearly, if hands are needed on deck the instruments will be kept dry and safe until there is a practical time to relax and enjoy a bit of a knees-up and sing-a-song. The destinations of these voyages are enhanced by **the sound of live music**, and if you have a harmonica or banjo that you would like to bring along with you, all the better!

Sounds of the sea

For a long time, people have tried to **mimic** the sound of the sea and the boat sailing on it. One of the tries resulted in a **yacht rock**. It refers to adult-oriented rock (or West Coast Sound) which became identified with yacht rock in 2005. Understood as a pejorative term, yacht rock referred, in part, to a stereotypical yuppie yacht owner **enjoying smooth music while sailing**. Many yacht

rockers included nautical references in their lyrics, videos, and album artwork; exemplified by **Christopher Cross**' anthemic track, "Sailing" (1979). Long mocked for its saccharine sincerity and garish fashion, the original stigma attached to the music has lessened since about 2015.

In 2014 [AllMusic](#)'s Matt Colier identified the "**key defining rules of the genre**" as follows:

- "keep it smooth, even when it grooves, with more emphasis on the melody than on the beat."
- "keep the emotions light, even when the sentiment turns sad (as is so often the case in the world of the sensitive yacht-rocksman.)"
- "always keep it catchy, no matter how modest or deeply buried in the tracklist the tune happens to be."

Yacht rock was art untouched by the outside world. By contrast to what followed, this was probably the last major era of pop music wholly separated from the politics of its day.

Sea shanties

Before yacht rock, there was the **sea shanty, chantey, or chanty**. This is a type of work song that was once commonly sung to accompany **labor on board** large merchant sailing vessels. The term shanty most accurately refers to a specific style of work song belonging to this historical repertoire. However, in recent popular usage, the scope of its definition is sometimes expanded to admit a wider range of repertoire and characteristics or to refer to a "maritime work song" in general.

Shanty songs functioned to **synchronize and thereby economize labor**, in what had then become larger vessels having smaller crews and operating on stricter schedules. The practice of singing shanties eventually became ubiquitous internationally

and throughout the era of a wind-driven packet and clipper ships. Shanty repertoire was borrowed from the **contemporary popular music** enjoyed by sailors, including minstrel music, popular marches, and land-based folk songs, which were then adapted to suit musical forms matching the various labor tasks required to operate a sailing ship. Such tasks, which usually required a coordinated group effort in either a pulling or pushing action, included weighing anchor and setting sail.

Shanties are **work songs** that were originally sung only for work.

Sea songs

However, sailors also sang for pleasure in the fo'c's'le (forecastle) where they slept or, in fine weather, gathered near the fore bitts (large posts on the foredeck). While songs with maritime themes were sung, all manner of popular songs and ballads on any subject might be sung off watch. The leisure songs associated with sailors are labeled simply as sea songs, but they have no consistent formal characteristics. They are also popularly known among enthusiasts, especially when distinguishing them from shanties, as fo'c's'le songs or forebitters. Unlike shanties, during the singing of which one's hands were occupied, sea songs might be sung to the accompaniment of handy instruments like fiddle or concertina. The switch to steam-powered ships and the use of machines for shipboard tasks, by the end of the 19th century, meant that shanties gradually ceased to serve a practical function. But even today there is interest in sea shanties.

Shanty choirs (German Shantychor, Dutch shantymoor) are choral groups— often with many members— that perform only **sailor songs**. They are especially popular in the Netherlands, Germany, and Norway. Polish performers of shanties favor medium-

sized groups, often singing in harmony, accompanying themselves on instruments, and presenting themselves similarly to the way a rock band would.

Sea in classical music

Classical music cannot be forgotten when talking about **music liked by sailors** and about **musicians who are inspired by sea and sailing**. Composers are very often drawn towards the outdoors, nature and the elements. The sea is capable of provoking fear, awe and wonder with a beauty to inspire the fertile mind. **Wagner** was continually drawn to legends as the foundational stories for his operas. Seafarers were a superstitious breed, not unreasonable when one considers the dreadful conditions they were forced to cope with– and they were just from the sea itself. Nevermind combating all the sea could throw at them: there was the possibility of pirates and hostile receptions when setting foot on foreign and unexplored lands, not to mention diseases and crowded conditions in the hull. There are various longitudes and latitudes where it is supposed the **fabled Dutchman** got into difficulties captaining his ship, the most popular being the Cape of Good Hope, notoriously formidable to navigate, and every one has its own sound.

Benjamin Britten wrote the opera, **Peter Grimes**, about an outsider and the prejudice of a tight-knit fishing community. The parallel between the antagonism towards the aggressive Grimes, who the town blames for his apprentice's death on his boat, and the unpredictability of the sea is written into the music. It rocks back and forth, spilling over into anger and violence and destruction. Britten's mastery in painting the raging open waters mirroring the turbulence unfolding back on land, ensures this work will remain a favourite of the opera house repertoire. As a child, **Debussy** regularly visited the seaside. Although as an adult, he

preferred to keep his distance, the sea remained his inspiration. **La Mer** is one of the classic works of the twentieth century composed by one of the most innovative composers to have come out of France, or indeed, out of Europe.

The full title is **The Sea, Three Symphonic Sketches For Orchestra**, and it was completed in 1905 while Debussy was taking a long holiday on the south coast of England. Conversely, he wasn't enamoured by the sea and didn't enjoy the journey over from France. In this work Debussy wishes the listener to absorb the atmosphere he creates, literally to allow the music to wash over them, rather than to imagine a specific programme. Great crescendos and diminuendos symbolise the rise and fall of the waves and the eddying unpredictability of the sea. The glint of the sun on the water is depicted by the metallic quality of the glockenspiel, curls of sound whisk up waves, but no story as such to hang the music on. It is music for music's sake.

Felix Mendelssohn's Calm Sea and Prosperous Voyage sets out, as one might expect sedately, smoothly slipping its mooring as gliding steadily over flat seas. This calm sea belies the nervousness passengers in the early nineteenth century would have undergone—no wind, no progress. The later section of the work presents the sea as a heroic character, getting up a head of steam and carrying its visitors on its back of waves. Trumpets announce the ship sailing safely into harbour, and the quiet downbeat ending, almost as a sigh of relief that all is well and the passengers can take steady steps again on dry land.

A playlist for sailing

There are a lot of playlists meant for sailing, but this is one created by sailing enthusiasts about sailing and boats that goes great with the movements of the boat.

- 'Into the Mystic' – Van Morrison
- 'The Ship Song' – Nick Cave & the Bad Seeds
- 'Lost Sailor' – Grateful Dead
- 'Sail On' – The Commodores
- 'Rock the Boat' – Hues Corporation
- 'Sail Away' – David Gray
- 'Sailing' – Rod Stewart
- 'Ship to Wreck' – Florence and the Machine
- 'Night Boat to Cairo' – Madness
- 'Proud Mary' – Creedence Clearwater Revival
- 'When the Ship Comes In' – The Pogues
- 'Ship of Fools' – Robert Plant
- 'Come Sail Away' – Styx
- 'If You Were A Sailboat' – Katie Melua
- 'Shipbuilding' – Elvis Costello
- 'Single-handed sailor' – Dire Straits
- 'Cripple Creek Ferry' – Neil Young
- 'There is a ship' – Peter, Paul and Mary
- 'A Sailor's Life' – Fairport Convention
- 'Rio' – Duran Duran

Is Sailing Friendly to the Earth or Not?

It is easy to assume that the waste from one boat is not substantial enough to harm the environment; however, the **collective impact** can cause significant damage. As sailing often takes place all year round and the community is spread all over the globe, the damage is often far worse than other water-based activities. There are many simple changes we can make to protect our oceans. When talking to people about Sailors for the Sea, we are often asked how sailing harms the environment. As sailboats use the wind to power themselves, what about them could be harmful to the environment? The simple answer is that modern sailboats make an impact on the environment. One easy example is the **large diesel engine** on the 305-foot boat that is needed to leave the dock. Since not having these engines to help the sailboats would be a big safety risk, it is very important to teach boaters ways to reduce the engine's environmental impact.

What can we do?

The ISAF Code of Environmental Friendly Behaviour to Protect our Seas, Lakes and Waterways has been written to help ensure everyone is doing their bit to help the environment, whilst enjoying sailing. There are some **simple steps** you can follow:

- Try to buy foods with little to no packaging, meaning there are no plastic wrappers left on-board only to end up in the water. Where this isn't possible, try to remove wrapping before you get on board and dispose of it safely ashore.

- Reuse **waste** if you can, or buy reusable storage containers and water bottles. If you cannot find a use for your empty cereal boxes and milk cartons, recycling facilities should be sought out, where possible.
- Getting your **engine** maintained regularly can help you to avoid suffering from an environmentally harmful leak in the future. Use a funnel when refuelling and transfer any waste oil in sealed containers to prevent any accidental spillages.
- Use **cleaning products** that do not contain bleach or chlorine, and ensure chemicals do not enter the water, especially in enclosed areas. Use toilets on-shore where possible as raw sewage is not good for the environment. Navigate carefully wherever you are so you can keep the environment as it is without disturbing it.
- Keep **anchors** away from reefs and avoid beaching, as this can damage the seabed and habitat.

Why do it?

Sailors, particularly ocean racers like those competing in the Sydney-Hobart, are perhaps the only sports figures whose playing field is far from land. What they observe in the oceans sometimes brings them to tears. There is a lot of **plastic** washing ashore and drifting on the surface, and a lot of animals being killed by it.

Climate-smart solutions

Electric and hybrid motors, as well as more fuel-efficient hulls have become more and more interesting for all involved. Today speed is less important than it once was. There is a growing number of boaters who would rather do 10 knots than 40 knots. Different types of climate-smart solutions are getting a stronger foothold among boat owners. This information may come as a surprise to

many boaters who enjoy the hobby for its contact with natural environments. Yet it is possible to continue boating without having such profound impacts on water and wildlife.

There is a boatbuilder that has taken environmental considerations into the design of their new boats. For example, one of the sailboats is made of **modified wood** that provides unique environmental benefits. Now the same boatbuilder has developed a wing system for sailboats. The system can be used for both single and double-hulled boats to provide greater comfort to the crew. The aim is to help people choose sailboats instead of motorboats to get a **better sailing experience**. It encourages people to sail more often. It is good for the environment and great for the sailors. Many feel that sailing is difficult, cumbersome, uncomfortable, a little dangerous and requires the efforts of many crew members. With the new wing system, you can even sail by yourself if you want to. If you do lose control of the boat, set the throttle lever forward and steer the boat where you want.

Advantages of sailing

One of the main advantages of sailing is that (aside from an assistance motor for boats over 16ft), you can **harness wind power** and enjoy the thrill of traveling via sustainable energy. Sailboats are also designed to cause **minimal disturbance** to underwater marine life. However, powerboats which are regularly serviced and carefully captained can also be more eco-friendly than cruising or flying. Sailing is an activity that celebrates resourcefulness and practical thinking; skills which future generations will need to recycle and reuse items that are currently destined for a landfill. The latest data from the EPA shows that while recycling rates have improved over time, there is still an increasing amount of waste generated per person. Sailing calls for traditional **practical skills** such as repairing sails, maintaining the assistance motor and

practicing tying knots competently, to keep a vessel safe and seaworthy. Millennials do have one advantage here: the prevalence of online tutorials means that while these skills may currently be lacking, it's always possible to learn them.

Tips for your eco-friendly sailing trips

To ensure that your sailing holiday causes minimal impact to the environment, give **wildlife** a decent berth (50m is the suggested distance) and take binoculars to observe them without disturbance. You should also be vigilant as to potential **leaks** from your vessel; regular **servicing** should keep your assistance motor in good order, but cleaning products containing chlorine or bleach can also be harmful if they enter the water system. Sailors are also advised to keep anchors away from reefs and avoid beaching since this can damage the seabed and habitat.

As travelers continue to seek out experiences which are as Instagram worthy as they are **environmentally friendly**, sailing vacations can deliver both. From using natural energy to celebrating resourcefulness, they're a great opportunity for future generations to see the world without damaging it. Destinations that recognize and encourage this could gain from tourism without the cost to their local environment; a true win for ecotourism.

Blending Yoga and Sailing

Yoga. It's not a religion but a way of healthy living that contributes to both mind and body. It incorporates meditation, stretching and breathing exercises that come together to help your mind relax and reduce stress.

Yoga is the ability to unplug and focus on the inner you. Combining it with sailing has its own benefits. Over the last few years, the art of yoga has become much more popular, and practicing it on a sailing vessel has taken it to a whole new level. Associating yourself with a beautiful blue ocean and developing a unique sensory experience is an adventure only a sailing holiday can get you.

The **art of yoga** on a sailing retreat is designed with a set of asanas (or body postures) that are truly beneficial to your skin, muscles and bones. It's not just about flexibility but also about improving the quality of life. This is a way of connecting the movements of your body while letting your mind wander to the tunes of your breath. Yoga helps you become more and more aware of the experiences and live in the moment. The ultimate goal of yoga and sailing are essentially the same: to help one transcend the self.

Yoga for sailors

Sailing is one of the most **mindful** sports and activities. Enjoying a getaway immersed in nature with the echoing sound of the sea and starting your day with Surya Namaskara is a mesmerizing experience that one must try. Sailing yoga holidays are unquestionably one of the best wellness vacations you could ever set

out on. It combines three essential factors: **relaxation, physical activity and harmony**. How many times have you caught yourself complaining about the posture, even while enjoying an activity you love? And hence, practicing full awareness of breath and posture is good for your physical and emotional fitness. Sailing retreats are usually a perfect blend of a daily yoga practice while exploring new destinations and cruising through the waters. Yoga not only makes you a better athlete but also a good sailor.

Many accomplished sailors have started incorporating yoga into their daily routine. It keeps the crew members on board highly engaged, helps mitigate seasickness issues and awakens the muscles. Yoga while sailing also teaches you proper alignment skills. In fact, yoga and sailing are two activities that have many things in common. Being the perfect mixture of ancient practice and a modern discipline, the harmony you get out of the experience is truly captivating. With sailing, every day is a different experience. Adapting to the varying **forces of the blue waters** as well as the free-flowing wind, can be both challenging and exciting. And so is yoga. Every day on the yoga mat is different, whether it be the poses or the state of your mind.

Health benefits of yoga

Yoga is an ancient practice that was born in India, and over the years it has gained a lot of attention due to its **wellness benefits**. It is a form of meditation that is backed by science and combines asana with pranayama and meditation. These are some of the key benefits of practicing yoga:

- Improved flexibility and increased fitness while reducing your body aches and pains.
- Helps manage anxiety and depression.
- Helps you achieve emotional balance, increase mental sharpness

and improve your sleeping habits.

- Improves your posture and better spinal health.
- Enhances your lung functionality as it positively impacts your breathing patterns.

We get so busy in our day-to-day lives, that we rarely find time to sit back and relax. Often life can get you anxious and work can get you stressed out. That is exactly when you need to make a conscious decision to take off on a holiday that can give you that physical and mental relaxation you deserve. It's a way of therapy to improve quality of life. You'll be amazed at how both yoga and sailing enhance spiritual well-being.

On a sailing retreat with yoga, you will learn the basic skills of coping with wind, sea, and life. AYou will also enjoy pranayamas and guided meditations. This wellness and adventure experience is one of the most exciting outdoor activities. Feel **rejuvenated and energized** with the power of yoga. Connect your mind with the energy of water and air. If you haven't already given it a try, we highly recommend you treat yourselves to a sailing retreat. There's no better way to slash stress and anxiety off from your life. Leave behind the concerns and enjoy experiencing the blue waters. Learn and grow with your team on board.

Relationships on the Boat, Smooth Sailing Or...?

Traveling together puts a couple in an extended period of being together more than their average interactions. That extended period can either enhance a relationship, or it can blow up in their faces.

On a sailboat, you will share everything. You will be in close proximity for the entire trip, a few steps away, on the same flooring for all the time, and instead of watching a movie on the couch together, you will fix many things during the sailing such as seal ports and lockers, drop the anchor...

Common goals

Couples who leave their comfort zone **grow closer** together through the experience. The old flame can be ignited when a couple travels together. For sailing couples, it's a **triple fire addiction**. Sailing and adventuring couples share common goals. The most important thing you can do in planning to sail together is to set goals. Adventuring is revealing. It brings out the best and the worst in people. **Strengths and weaknesses** are quickly discovered. Couples who sail together experience fewer disagreements. Adventuring couples have adopted methods of understanding their partners and situations, accurately. As a consequence, **patience** becomes a virtue. Sailing couples tend to be more gentle and refrain from judgment. They are careful with each other's feelings, practice tenderness, and avoid embarrassing their partners in front of others. They realize they are on the same team and refuse to criticize or destroy each other.

Sailing and adventuring couples have a **better sexual relationship** than couples who don't travel together. According to a new study from Expedia, travel was a significant contributor to improving health, weight loss, gaining confidence, and increasing sex drive. As human beings, we are inherently afraid. Afraid of failure, afraid of what other people will think of us, afraid of being alone, afraid of change and the unknown, and afraid to let ourselves go and step outside of our comfortable little environment, never wanting to leave the path we've been told we're "supposed" to take. As a couple running from a comfort zone, **the reward is greater**. You get to run together towards something great— **adventure**! Sailing couples understand that neither of them is perfect and that's okay. Since you are together most of the time, there is a little space for ugly secrets. There are no facades. You have to appreciate your partner the way he or she is.

Ugly truths

Whether he snores or she has her underarm hair unshaved, adventuring reveals a bunch of ugly truths. And with this, there is little or nothing to hide. You can't sail together without turning up some **humor** here and there. There are times when things just go horribly wrong, and you have to laugh about it. Humor in relationships is very important. Life cannot be serious all the time. Although sometimes it has to be that way, no one can live like that constantly. You have to make room for a little **lightheartedness** if you want to have a balanced love life. Being able to laugh is healthy for everyone. Romance goes way beyond what you see on cinema screens or read in a book. As an adventuring couple, romance is lived out of **spontaneity** and through a state of mind. Any scene, anywhere, could sparkle another moment of beauty. It is never about the money but the experience that adventuring together brings. This is why 86% of respondents in a survey of

traveling couples said that their relationship still had romance alive in it, compared to 73% of respondents who never traveled together. Sailing couples live in the moment. The greatest sign of a successful life is not your bank balance, material possessions or reputation but who you hold close to your heart.

Ability to live in the moment

The greatest sign of a successful life is your ability to live in the moment and be happy. When you're somewhere unknown, it's easier to feel the ground beneath your feet. The air surrounding you is void of the monotony of daily life that often creates a numbing effect. Sailing couples have only each other to turn to and fewer disruptions by external bodies or persons. They prefer to **stick with each other** through challenges and differences. Couples who adventure together provide healthy companionship. Sailing together offers room for **mistakes** to be made and **flaws** to be revealed.

Challenges

However, there will be challenges along the way. Couples who journey together understand the need for early **forgiveness** to move forward. Couples who have sailed together in the past relish the **freedom and independence** traveling provides. They find comfort in respecting each other's solitude, privacy and sense of presence. This provides another healthy angle to the progress of a healthy, working relationship.

We have to mention the curse of boats poisoning relationships. One person who is spending all his time on a boat is talking about relationships: 'Setting off as a couple on a yacht will do one of two things. It will either **make it or break it**. That's it. Just one or the other. There are no in-betweens... and that is not at all a bad thing.'

'Make it' is an obvious gain, but equally, if it breaks it, both of you are still far better off. For then both of you will know sooner,

rather than later, that the person you are sharing your life with is the wrong person for you. People can go for five, ten, even twenty years in normal life and not really know the person they are living with. They only realise it when it is too late or when it is just too painful to do anything about it. But on the boat, you'll know in a matter of weeks, certainly no longer than a couple of months, and **both of you will know it, too**. And, if it is wrong, it is easy to bring to an end then. Believe me, nothing can make a bond closer than being together cruising when it is right. Nothing in the world. It seems the successful bond for the romantic couple is something that is largely preordained or not to be and well beyond our making. On a cruising boat, there is **no hiding**. You will know who is right for you and you get to know pretty quickly. Once discovered it is wrong, your emotions will quickly fade away, and that is not something that can be felt in isolation. When the fundamentals are right, all the challenges that a voyage around the world throws up for a couple are all worked out naturally without the least concern, and the mundane can become a pleasure to do.

Sexy Sailing Holidays

Sailing into sexual freedom

For hundreds of years, the nautical saying has been, “One hand for the ship!” which, of course, politely leaves out what the other is doing. Generally speaking, **single-handers** don’t speak about sex. Which isn’t to say they don’t speak, for they usually do. Non-stop. Without pause. And with **great, oceanic endurance**. Single-handers have always been a subject to abuse about what they do alone on a boat from other people because they can take it. They are mentally strong. They just sprinkle on more cologne and head ashore with high hopes yet again. As with cars, it seems men particularly associate **boats with manliness and power**, viewing them as an extension of their personality– and their personal part. You only have to look at a powerful cigarette speedboat to understand this analogy. The silence, the privacy, the relaxing rocking motion of the boat, the slap-slap sound of waves against the side, the cozy intimacy of small cabins, as well as the lyrical atmosphere of the ocean can be highly sensual and romantic. The only problem is if the sea is rough, it’s essential your partner be a good sailor. Being seasick in the confines of such a small space is, needless to say, **not conducive to hot sex**.

Couples sailing together

As for the sexual life of the couples sailing together, Joanna Hackett in her book “**The Reluctant Mariner**” speaks openly and with humour about topics and issues normally not mentioned in other cruising books. She says that you should not assume because

a boat at anchor has no one on a deck that they are making tea and scones for visiting sailors and are anxious to socialize. One cruising couple while enjoying some “**afternoon delight**” in the forward bunk ignored the calls from a neighboring boat. But the neighbors undeterred, got in their dinghy and came alongside, calling out to the preoccupied couple. It caused only a slight interruption and a bit of embarrassment for the visitors. And she continues in her book: “Noisy lovers entertain sailors on nearby yachts, as well as those on their own. Unless this is desired, the practice of **quiet sex** is recommended and, even then, one should not be fooled that others on board are unaware of what is occurring.”

Weather controlling your urges

The sex life of couples cruising alone, while more private, is still, like all things on a boat, controlled by the weather. “Not tonight, I have a headache,” becomes, “Not tonight, **the winds** coming up.” As in life generally, when opportunities arise, don’t miss out. A force eight may be just over the horizon!” Sex is a fact of life, and sex and cruising is not a new concept. Isn’t that just another reason why **autopilots and radars** are an essential piece of equipment on a cruising boat? At the end of the day, most find the lifestyle with its unlimited adventure, shared unique experiences in idyllic conditions and even braving storms, all its diversity constantly shape your life for the better, building **precious memories** to last forever.

Charter boats

While not all boats are the scene of tabloid sexcapades, **on-board hookups** are not unusual on charter boats. In this rarified world where crew and guests mingle in close quarters, flush with fine food, premium libations and breathtaking sunsets over turquoise waters, rules often don’t apply – and that includes love connections. On a boat, **sexual encounters** are a natural occurrence

for people spending time together, working in close quarters on a glamorous, floating isolation chamber with limited opportunities for social interaction. On some boats, open displays of affection in conspicuous locations are just part of the atmosphere, in spite of the fact that some captains do not hire couples. However, most people crave intimacy at some point, choosing not to behave like a monk when surrounded by beautiful people. Coupling up can be a deterrent to success during the early stages of one's crew career. Some crew simply are not mature enough to be in a relationship and work together at the same time, which upsets the whole team effort on the boat. Hookups can create a strained atmosphere on-board; guys and gals can be cliquish. During their time off, some couples don't interact with other crew. Working on a boat brings great rewards – globetrotting to exotic ports of call with no expenses, gourmet food and a handsome salary. But crew life is also synonymous with sacrifice. Losing daily touch with family, friends and pets ashore is expected, but some crew resist accepting the fact that it can require **foregoing a normal sex life**, too. With a focus on incentives beyond cash for motivation, some sailing programs now recognize psychological and emotional issues that come with a casual hookup culture onboard. Those programs favor couples because they're meeting a human need that improves the crew experience and ultimately, the guest experience. Some vessel owners gravitate toward mature couples and like the stability it brings.

A lot of relationships that form casually turn serious. There are wonderful stories of long-term affairs that eventually lead to weddings. The most common coupling is between **captain and stewardess**. In a perfect world, they get married and the wife moves ashore to start their family. But the captain is still a captain and a troubled long-distance relationship can develop.

The Yacht Week

The Yacht Week is definitely the most infamous and wildest **floating party festival**. Nowhere else can you find a fleet of 270 boats floating together packed with people enjoying themselves and dancing till dawn. Throughout the day it's sailing, relaxing with friends and exploring the islands. In the evening the non-stop party gets started. It runs every year from June to September in several different locations– Croatia, Italy, Greece and the British Virgin Islands. Floating parties are becoming ever more popular with other similar festivals springing up, such as the Matt Sailors festival and the newer BucketLust. At the beginning and end of the season, there are about 25 boats. The Yacht Week begins in June and ends in September, with **14 tours in total**. In the middle of the season, especially during the huge international Ultra music festival in Split, which hosts DJs from all around the globe, there can be 270 ships in the fleet. They are divided into **three routes** (black, red and ultra) and timed to fit in with the music festival. There are about 4 hours of sailing a day, using the motor. The route is always the same. The boat sails from Split to the island of Hvar where they spend 2 days. Then in Vis where they are for another 2 days. One evening they are in a natural bay and then they return back. For those who want to enjoy something other than partying, Hvar and Vis are the most interesting, people rent scooters, quads, cars and go across the island. Vis is probably the most popular. Many people associate Yacht Week with sex and the internet is full of wild stories. The Yacht Week has established a gender ratio, which means that the crew has to be mixed, 6 boys and 6 girls. And **what happens at the Yacht week stays there**.

Sex parties at sea

What about sex parties at sea? Let us paint you a picture: sailing

the high seas aboard a luxury ocean liner, whilst carefree **half-naked mermaids** frolic on deck. Elsewhere, curious couples are engaging in educational seminars on best practices for new sexual positions. And in tucked away, secretive corners other couples and strangers are taking a more hands-on approach to learning – with themselves, with each other, and a variety of combos in between. These are sexy cruises, offering full sailing itineraries to glorious destinations with lots and lots of onboard, naked activities. There's a pleasure cruise, and then there's **a pleasure cruise**. Sexy cruises aren't for everyone, but they are, evidently, for thousands of people every year. And you could easily be one of them. Sexy cruises are often called "clothing-optional" cruises so as to not scare away first-timers by advertising them as orgy cruises. And, truthfully, they aren't orgy cruises. Just because they are sexually skewed doesn't mean that 17 people are piled on top of each other. And lots of people on clothing-optional cruises are on it for just that reason alone. They like to be naked. And sex doesn't even play a factor. But for the most part, **sex is a big factor**.

Bliss cruise offers adults-only full-ship charters. So don't worry about winding up naked on the buffet line in front of fully clothed passengers who are purely there to see St. Martin. Everyone on a Bliss Cruise is there for the same reason. Bliss Cruise is designed for every level of "the lifestyle," which is basically the overarching semi-secret code for "**swingers**." Whether you're swapping partners, acting as a guest star, meeting someone new, or testing your voyeur skills, you're welcome on a Bliss Cruise, along with hundreds of other like-minded and/or curious cruisers. In addition to sexy theme nights (because what is a sexy cruise without sexy themes?), Bliss Cruise offers educational workshops and sexy seminars geared toward a younger demographic. But beyond that, there is plenty of fully-clothed fun to be had, from ruins-hopping in Belize, to beach bumming along the coast of southern Quintana Roo.

Temptation Caribbean Cruise takes the famous topless Cancun experience aboard a luxury ocean liner. A little more subdued than a Bliss Cruise, Temptation's new aquatic endeavor brings the topless pool scene to ports of call like Grand Cayman and Cozumel. The cruise focuses on being **teasingly sexy**—like the lingerie of cruise lines, minus the lingerie. Theme nights, DJ pool parties, and an overall party vibe is what makes this sexy cruise good for beginners. And while sex in public is not permitted, what happens at sea (inside your locked stateroom and nowhere in sight of other guests) stays at sea.

Desire Cruise is the older, more sophisticated sibling of Temptation. Desire Cruise has been around the block a few times and knows how to play with the big boys. Unlike Temptation, Desire is a **clothing-optional cruise**. Naked is naked, so what you're paying for is really the upgraded amenities, dining and offshore experiences. At the end of the day, fancy pants come off just the same as regular pants. Desire also has a roster of theme nights, a clothing-optional pool, and a steamy playroom. There is also a Jacuzzi Lounge with strategically placed jets for, um, neck massages. As with all things sex-forward, there are a few **rules**, and these apply to all the other liners as well. First, **no means no**. Second, you are **not obligated** to do anything. Third, **privacy** is of the utmost importance and if you're caught recording, photographing, or broadcasting anything in any way, you will certainly be made to walk the plank. And lastly, this is a judgment-free zone. People love to get around other like-minded people to express themselves, have fun, and just do them. A sexy cruise is no different. You are all equals onboard, whether you prefer your ride in the bow or in the aft.

Sailors and their sex drive

Sailors have a **higher sex drive** than other mortals, according to a new study by boffins in raunchy Amsterdam. The Onzin

Institute's four-year study, Environmental Effects on the Virility Index, astounded even the program's Director, Dr Hijgen Krachtig, who said, "As a scientist, one should always be surprised when common knowledge turns out to be true." The study is part of a larger project which is attempting to measure human sexual drive, ability and potency on a standardized scale, called the Virility Index. The study itself took a group of 2,000 Dutch couples and measured the subject's reaction to several stimuli. Using a number of sensors, including heat-sensing video cameras, a blood-enzyme monitor, multiple skin and scalp sensors, and something called a "self-calibrating turgidity anchor."

The second part of the study measured the couples during actual lovemaking, and then the results of both experiments were collected and cross-referenced with the subject's personal data to provide the results for both individuals, and couples. And those who listed "boating/sailing" among their top three activities scored, on average, nearly double that of any other group.

The same thing with occupation: those whose job was listed as "maritime" scored much higher than those who worked on the land. "We think that it may have something to do with the **inner ear**, or it may be due to the strengthening of core muscles as the body compensates for the rocking motion found at sea," said Dr Krachtig. "Although one of my colleagues has suggested that maybe sailors are just better used to making love in uncomfortable environments." The individual's or couple's virility index score indicated that it is not the size of the boat that makes the difference, but rather the motion of the ocean.

Sexually-transmitted diseases don't stay on shore

Just like food and water, sex is a basic need of all human beings, and seafarers are no different, but you have to be careful. Traveling to different countries make seafarers vulnerable to sexually

transmitted diseases such as **HIV/AIDS** and venereal diseases like **gonorrhea and syphilis**. AIDS is a major concern because it results into serious consequences in both professional and personal life. In recent years, seafarers do not fit the stereotype of having a woman in every port, but owing to long-term isolation, lack of leisure and recreation facility and the availability of strong sex industry in almost every port of call, seafarers are easily susceptible to **unsafe sexual activities** and fatal diseases. Creating awareness among seafarers about sexually transmitted diseases can minimize and prevent the risk of transmission; however, only self-discipline and control can completely eradicate the problem.

So go on a boat trip and enjoy yourself ,but **be careful and safe**.

Sailing as a Family Bonding Experience

‘The Tans Will Fade, But the Memories Will Last Forever’

Seize every opportunity to travel and **escape the ordinary**. The next time you think of a family getaway or vacation, consider sailing. It can be a beautiful bonding experience that for every kind of traveler in your family. Explore new coastlines and travel the world most delightfully. For the adventurer in your family, it's all about new challenges; for the risk-taker, it's about chasing the winds; for the artist, the beautiful shades of blue; and for the nerd, the joy of learning practical physics. One convenient sailing package that fits all your needs. No sailing vacation is the same. A plethora of new experiences await you.

Imagine spending quality time with your loved ones in a smaller space, under the blue skies and water. Sounds enticing, doesn't it? The fresh air and water, more conversations, reminiscing about the past and enjoying the surroundings is exactly what the experience of sailing offers. There are unlimited **opportunities** to explore the unexplored. Set out on a sailing exploration and you can have a mini-adventure escape to the islands and landscapes that are not usually accessible. Find a quiet bay to anchor your boat and explore as a family.

Family becomes a team

Sailing is all about teamwork. You need a **team leader** and the **teammates** to be assigned with different tasks. Work as a team and delegate responsibilities, solve unanticipated problems and

learn life skills from one another. Sailing is a great activity that bonds the family together and unifies them. Often, in the daily hum-drum of our lives, little do we focus on being together. We are all busy running around and making money. An activity like sailing will be a revelation into how each person functions.

Get everyone in your family equally involved in sailing; don't keep anyone at the bay. It helps adults and kids learn new skills. Whether it is telling the direction of the wind or simply helping with the sails, involve your little ones. For them, it is an opportunity to get involved and learn something new. These activities are practical experiences of what they may learn at school— wind power, sails and water safety. However, it is imperative to follow the necessary safety precautions before you get your children involved.

Living together in a small space like this, in a situation where you can't run away from your disagreements, you'll always tend to **work together as a family** in resolving situations. We'd even say that sailing is an important chapter in the school of life.

Life lessons: Gifford family

When Behan Gifford and her husband Jamie made the decision to take a break from their professional, settled life to go on a sailing adventure with their three kids, it wasn't an easy one. They wanted to leave their ordinary life behind and escape into a world of new challenges. Over the years, they have sailed to over 30 different countries and sailed every ocean on the planet with their three lifelines. Their voyage of self-discovery has presented them with several challenges and adventures. But, nothing has discouraged them from going on more sailing trips as a family. Behan Gifford says that it has only **tightened the bond** of their family. They are a part of the little-known community of people called cruisers: adventurous people who have either chosen to give up the social

race to live a life-long dream or just spend a lifetime living on a boat in distant, unexplored lands.

At first, when the Giffords chose the path of sailing together as a family, they weren't sure how their little ones would cope. But they did manage the experience well and have learned life lessons for adulthood. They have made lifelong friendships within the cruising community and they have managed to stay in touch, too. Disagreements and arguments could have been a part of their sailing life if both weren't up for the challenge. With Giffords, that was never the case. They have created many memories as a family. No matter what wave hit them, however harsh it was, they survived them all with a smile. Little moments of joy, sharing meals, meaningful conversations, intimacy, and honesty are all that they value. Even amongst Behan and Jamie, it has worked amazingly well as marriage therapy, restoring and improving relations over hardships and survival.

In an era where social media interactions and mobile conversations have become family touchpoints, sailing teaches you to enjoy a life without these influences. **Expand your horizons**, and try out a new adventure to gain new experiences and perspectives. Set sail towards an exciting experience of a lifetime. Who doesn't want to include their loved ones while creating such beautiful memories?

Sailing Retreats as a Cure for Dyslexia

Dyslexia is a **learning disorder** that can affect one's reading, writing, and speaking ability. Kids diagnosed with dyslexia often have a difficult time connecting letters to one another. It's usually caused by the inability of the brain to process language. Although people with dyslexia have normal intelligence, they need emotional support to be successful. This learning disorder is usually diagnosed early in life and can be caused by several factors, such as family history, to being exposed to nicotine, drugs, alcohol or infection during pregnancy. Although dyslexia is more of a learning disorder, if left untreated, it can cause **social problems** and those affected are at increased risk of developing attention-deficit/hyperactivity disorder (**ADHD**).

Symptoms of dyslexia

People with dyslexia may seem highly intelligent with normal vision, but they tend to **underperform** at school and work. Here are some of the most common symptoms to watch out for:

- Higher **sensitivity** to glare, colors, fonts, and even words
- Difficulty in **focusing** with reading
- Challenges in **Written** communication and on tests
- Trouble differentiating between **left and right**

Effective cures to dyslexia

With kids, it's important to address the problem early. The younger you start the treatment for dyslexia, the **higher the rate**

of success. Reading out loud to your children, limiting screen time, encouraging reading habits and joining support groups are some of the early treatments parents can do. With both adults and kids, the treatments need to be customized and targeted towards each person's requirements. Once you have found a specialist to evaluate the situation, they can recommend a **cure**. While there are psychological ways to approach this disorder, it is one of the lesser-known facts that taking up new challenges and meditating can be equally effective.

Sailing retreats are considered to be highly effective for both adults and children. It's all about taking up a **new challenge** that is backed by motivation from your loved one. Often, you'll notice that people with dyslexia may have trouble conveying the coordinates of the exact location. But, eventually, you'll learn to overcome them and improve your reading and spelling abilities.

Jessica Watson, who was the youngest person to sail non-stop and unassisted around the world, was diagnosed with dyslexia early in her schooling days. But, at the age of 11, she was inspired by Jesse Martin's solo world voyage at the age of 18. Julie Watson's mother encouraged her to not be held back by dyslexia. Her learning disabilities **didn't stop her** from taking on the global voyage. She successfully completed her sailing world tour solo at the age of 17 by navigating through the world's most remote oceans in just 210 days.

Sailing retreats as a cure

Sailing retreats are for your mind and body. As one of the most challenging and exciting outdoor activities, one of the core benefits of sailing is that it **enhances communication skills and develops a sense of concentration**. The rhythm of the waves, wind and the splashing waters can have positive effects on your brain patterns. Specialists recommend sailing to sharpen your body, mind, and soul while reconnecting with nature. What's even more

fascinating is that sailing has equivalent benefits to yoga and is an experience of a lifetime. Whether you are affected by dyslexia or not, sailing adds a valuable skill set– **perseverance and self-reliance**. You learn to adapt yourself to changing environments. Dyslexia undoubtedly can be a challenging disorder, but it should not prevent you from taking up new challenges. In a supportive and motivating environment, people often overcome such disorders.

Tackling Childhood Stress with Sailing

In the modern world, stress in children is becoming more and more common. Let's learn about how **sailing projects** are helping young adults overcome stress. In this day and age, where everything has become highly competitive and challenging, stress has crawled into the lives of the young ones, too. **Childhood stress** can become counter-productive and overwhelming for young ones. Let's take a quick dive into how sailing helps children manage and reduce stress.

Depending on the **age, situation and individual personalities**, every child reacts differently towards stress. As parents or caretakers, it's imperative to recognize the change in behavior, possible causes and the signs of childhood stress. There might be difficulty in **concentrating, behavioral changes with mood swings**, increased or decreased **appetite, bedwetting** or constant complaints of **nightmares**. In the modern lifestyle that we lead, we are pushed to be our best in highly demanding circumstances, to deliver organizational and mental perfection. We are constantly busy with our daily lives, which is sometimes a detrimental factor, preventing us from concentrating on those we love the most. The fine line between our work life and personal life has started to fade. It's imperative to be able to disconnect from our busy lifestyles and reconnect with our loved ones.

The Rona Sailing Project

This sailing project is a volunteer-based **Sail Training organization**

that uses the **tranquility of the sea** as the medium to promote youth development. Their program works in collaboration with young people between the ages of 14 and 25. The Rona sailing project has carefully designed several therapeutic voyages for groups of vulnerable adults and young people. The objective is to tackle learning disabilities, deal with mental health issues for those in treatment or recovery from substance misuse and those living with long-term challenging conditions.

Positive impact

These sailing programs have become more than just adventures. They have created a positive impact in the lives of many young people. Most importantly, they teach you some of the most valuable life lessons, including **teamwork, social, life and employability skills**; and the ability to face a personal challenge. When you forget about the busy and competitive world around you and blend with the tranquility of the sea, you'll be amazed at how quickly **stress vanishes**. Sailing especially helps young adults transition from stress to an unwinding experience very quickly.

Using ADHD as Fuel for a Sailing Adventure

ADHD is a mental disorder that is most commonly found in children. Read this article to find out more about ADHD and how sailing helps children with ADHD get better.

Attention-deficit hyperactivity disorder, also known as ADHD, is a common mental disorder that's found in children and adults alike. ADHD is more common amongst young boys, starting from their early school days. Those diagnosed with ADHD have a noticeable difference in their brain development and activity, which reflects on their ability to control themselves. According to a recent medical survey, it's estimated that 8.4% of children and 2.5% of adults are diagnosed with ADHD. This medical condition causes children and teens to be hyperactive and highly impulsive in their behavior.

How to identify ADHD in children?

ADHD is highly dependent on the **behavioral pattern** in children with a high level of activity and short attention spans. There are three key factors to the symptoms of ADHD diagnoses amongst children: inattention, hyperactivity and impulsivity. The following are some of the most common **symptoms**:

- Easy distraction and reduced attention span
- Difficulty in following directions, listening, careless mistakes and finishing given tasks
- Difficulty staying still

- Excessive talking, interruptions
- Dislikes tasks that require sustained mental effort
- Problems organizing tasks and work

While the causes of ADHD are yet to be discovered, it's proven that there is a noticeable **contribution from genetics**. This medical condition is often found in children who may have had a brain injury, been born prematurely, or had a mother addicted to smoking and alcohol, or suffered extreme stress during pregnancy. They often have trouble with speech, self-control, decision making and muscle control.

What are the different types of ADHD?

Predominantly inattentive: Children affected with predominantly inattentive ADHD have difficulty focusing on tasks and finishing them based on the instructions given. Although these children don't disrupt the classroom, their academic performance may be deeply impacted. This type of ADHD is commonly found in girls.

Predominantly hyperactive-impulsive type: Children with this type of ADHD showcase hyperactive and impulsive behavior. You'll notice them interrupting conversations, being restless and fidgeting. These children are unable to focus on the given tasks.

Combined hyperactive-impulsive and inattentive type: This type of ADHD is a combination of inattentive and hyperactive symptoms in children. Their attention span is extremely short, and they tend to be impulsive and have high energy.

Sailing with students who have learning disabilities

When **Sophie Lampard** set off on a five-day sailing journey with students who had learning disabilities, including dyslexia, ADHD, and Autism Spectrum Disorder, she knew they would come back with learning experiences for a lifetime. Surrounded

by the scenic beauty of the sea, the smell of salt, the sound of waves, the students had **no technological distractions** on board. In those five days, the students did not just learn sailing, they became responsible for the chores; they started following a strict routine and learned to work together as a team.

When she first mentioned there's no ADHD on the boat, a young student who was a part of her sailing team was a little skeptical. In a traditional classroom setting, his main challenges were focus, determination and impulse control. But, with the experience, she knew a disability in the classroom was not an actual issue in **real-world situations**. Just as she had recognized, as days went by, she saw this student emerging as a winner on his own. Without his mobile phone to distract him, he started becoming more active with the physical tasks on the boat. He was fully engaged in all the activities and was collaborating with every team member. Overall, the group of students transformed into a bunch full of self-confidence and adopted an active lifestyle during the five days on the boat.

As the students went back to their daily routines, they were back to being, afflicted by ADHD. It was all about changing their focus and being more productive and working with their bodies.

How can a sailing retreat positively impact children with ADHD?

Before we treat ADHD in children with sailing, it's imperative to consult a doctor to assess the symptoms. After the child is evaluated, the doctor may recommend behavioral therapies, medication and/or meditation. Sailing retreats are a **combination of behavioral therapy and meditation**.

Children with ADHD have difficulty focusing on a single task, such as household chores. They would consider them boring and monotonous. But sailing strikes them as fun, exciting and

stimulating task. For kids who have difficulty focusing and tend to procrastinate, sailing retreats are known to have had a positive impact. It's highly recommended that children diagnosed with ADHD have a healthy, balanced diet with a minimum of 60 minutes of physical activity. This is a part of mindfulness meditation that works well on improving attention span and the thought processes.

When you are on the water, the sound of waves, the beautiful sights, the smell, the sense of being in the now and the boundless energy keeps you fully engaged. Sailing is all about **cooperating and working together** as a team to achieve the overall group goal of reaching a destination. For people with ADHD, sailing helps boost their confidence and increases their desire to contribute. They start growing as a team player and as an integral part of the sailing crew, people with ADHD learn to focus more and use their enthusiasm.

Whether you have ADHD or not, being out and about in nature, working on your mental wellness, with a team of people while working towards the same goal is extremely motivating. Having a relaxed mindset is great to boost your mental health. Sailing retreats are an interesting activity that promotes alertness. For people with ADHD, this task helps them become more adaptable and agile. Since sailing involves multitasking and coordinating with team members, it improves attentiveness.

While cruising through the sea, the relaxing sound of water splashing around you has a positive impact on your mood. It calms your mind and releases uneasiness. The salt in the air increases the oxygen intake into your body. As you ingest more oxygen, it gets to your brain, which helps increase the production of serotonin to trigger happiness. This directly impacts your **mental health**.

When out on a sail in the deep blue waters, you'll notice how ADHD vanishes. Sailors with ADHD will learn to quickly shift focus and concentration into the right aspects, utilize their energy effectively and positively influence their mental disabilities.

Healthy Living and Sailing

If your goal is to start living more healthfully, we strongly suggest you consider sailing as your hobby. Sailing is a great activity for your **health and fitness**. Facing challenges not only makes you mentally fit but also physically strong. Most people intend to achieve the loss of body fat, but for long-term, it is best to preserve muscle mass and lose excess body fat. There are so many weight-loss programs and supplements, but what we must get our head around is the fact that there are no shortcuts to weight loss. Always lose weight consistently over a period of time, rather than opting for crash diet plans. There are many health benefits for losing weight and getting to your ideal BMI level. They help reduce the load on the joints, improve power-to-weight ratio and longevity. One of the weight-loss tips that you must keep in mind while creating your diet plan is to maintain a balance between daily energy intake and energy expenditure. If you think sailing and healthy living can't co-exist, you are wrong. It's all on you and your willingness to contribute towards weight loss.

Getting involved in sailing and the activities on board are beneficial for both mental and health fitness. From hoisting of sails, to maneuvering the boat, to managing the speed against other boats, there are various tasks to be completed onboard. This helps you stay fit and **strengthens your shoulders and back muscles**. If you are sailing on a relatively small boat, you'll be constantly on the move with tasks, so it is imperative to have stamina. From hiking to cycling, it's best to engage in aerobic fitness before leaving the dock.

How to stay fit while sailing?

When you start sailing, you'll soon understand the importance of getting fit and managing your food consumption effectively. Rather than opting for a crash diet, sailors must learn to create a balance between daily energy intake and energy expenditure. There is a higher risk of cardiac disease amongst the out-of-shape sailors who smoke and consume alcohol. It is best to follow the training diet created for sailors. These are essential training requirements: body composition needs tailor-made to you and food habits to balance your energy. It is crucial to stay hydrated and consume enough carbohydrates. Let's take a look at some of the **important factors** you must consider to stay fit during your journey through the tranquil deep waters.

1. Get enough **sleep** to maintain your energy levels effectively.
2. While some of the tasks on board are great for your body, you must still consider **exercising** every day. It need not be rigorous work out sessions, but some form of exercises that help you stay fit through the journey.
3. Keep away from caffeine, alcohol and junk food. From granola bars to dehydrated fruits, it's best to pack **healthy snacks** to go.
4. Stay **hydrated** and drink 2.5-3 Liters of water every day. Carry a water bottle along with you and keep track of your drinking.
5. Don't try salad diets, instead have wholesome **low-fat meals** with carbohydrates and plant-based food options.

Sailing is all about balancing the temptations and staying fit with your life on board. Keeping up with a healthy lifestyle while

sailing requires a conscious effort and is something you must get accustomed to. As a part of your daily workout routine, start doing sets of push-ups, squats, star jumps and crunches in your cabin. It soon becomes a habit and a part of your healthy lifestyle. It's never too early or too late to work towards being the healthiest you!

We all agree that it's important to maintain your health and fitness, no matter how old you get. **Staying healthy** is not just about your physical fitness, it's also about your mental and emotional fitness, too. Eating healthy food, living an active lifestyle and avoiding harmful substances are all contributing factors to good health.

How can sailing help you lead a healthy lifestyle?

Imagine yourself maneuvering a sailboat in the open waters, feeling the breeze, enjoying the smell of saltwater, away from the stress of your everyday life... a picture-perfect moment, isn't it? Well, sailing is more than just an experience and a fun activity. It's a great way to challenge your **mental and physical fitness**. Sailing always involves a certain amount of physical activity. Manning the sail is not an easy task, but it's a physical activity that can help you gain muscle strength and endurance. There's a certain sense of achievement through inner peace, which is important for your mental health. Let's take a close look at some of the health **benefits** that the activity of sailing can bring in your life.

1. Pulling and hoisting sails are some of the physical activities that are involved in sailing. These activities can be fun and fitness-oriented, and they help build muscle strength shoulders and back.
2. Recent research indicates that an estimated 1.13 billion people worldwide have hypertension and about 1.9 billion people are affected by obesity. These are serious health concerns that one must not ignore. While sailing,

you are engaging in intense physical activities that are fun. These not only help tackle the risk of hypertension and obesity but also help you work towards improving your cardiovascular health.

3. Another important factor of leading a healthy lifestyle is to take care of your mental fitness and lower your stress levels. There's something soothing and equally calming about the waters and the deep blue sea that can positively affect your brainwave patterns. Scientifically speaking, it's the saltiness of the sea air, which consists of charged ions, that helps improve the body's oxygen absorption. It's critical to balance your serotonin levels to impact your mental fitness.

Apart from these health and fitness benefits, sailing also improves your **flexibility and agility**. As a part of mental and emotional fitness, this engaging activity improves your capability to communicate effectively and creates a deep sense of concentration.

Everything you need to know about sailing and injuries

We have discussed all the positive aspects of sailing in the first half of this book. But we also want to focus on the potential injuries this activity can cause.

Over the last few years, sailing has gained some interest amongst **health professionals**. There are some interesting studies focused on the connection between sailing on health. They have closely analyzed the injury patterns, fitness and training techniques, and physiological and psychological demands that are specific to sailing. From acute injuries to overuse injuries, sailors do have to face the risk of illness and injuries. As a highly technical sport, it's imperative to have core strength and be trained in agility before you

decide to set out on sail. This activity is all about making quick decisions and movements. Hence, **injuries and illness** related to sailing are not unusual. Physical actions around a sailboat are often awkward, resulting in rotating, hyperextending, locking, or twisting of joints.

Lifting poses a particular risk, with difficulty maintaining proper form on a moving vessel. Add to that, postural problems and musculoskeletal issues. They are all often caused due to inadequate fitness training and a lack of knowledge in sailing.

Repetitive **strain on your back** can be caused due to recurring motion while sailing and positional issues. It's important to be well prepared for your sailing excursion. Ensure you are aware of all the possible injuries and are trained to intentionally avoid them from occurring. Lack of warming up, stretching, and cooling down surrounding a race may also increase the risk of injury.

Sailing is a working adventure in a constantly moving environment and sailors must assess their surroundings as well as actions to avoid injury. Before you get started with a sailing adventure, **strength training and core conditioning** must be considered to avoid potential injuries.

The Influence of Color and Sound on Our Health

Our daily lives have either become too monotonous or too stressful. Technology overstimulates our brains. It needs some downtime to rejuvenate. But when seeking **calmness and clarity**, have you tried being near the sea, listening to the gushing waves and enjoying the serenity of the color blue? Sometimes, even a long shower and soothing bath can do the magic. It's because of the steady stream of 'blue noise' where you can process your thoughts and even generate some ideas. While taking a shower, your brain switches over to a restful state where your thoughts become more clear and relieve your mental stress. There's always been a near-universal attraction to the color blue. Let's look at how the color blue can influence your mind and body.

The power of blue

The color blue offers a sense of calmness and peace. From calming tired nerves to alleviating the pain caused by physical stress, blue has a lot of power. Have you ever noticed how your nervous system calms down on a beach getaway? It's because the color blue envelopes you in a sense of peace and soothing emotions. It helps you open up and makes you feel that the possibilities can be boundless. There's a new ray of hope that **the healing power of blue** can surround you with. It inspires mental control, clarity and creativity.

Wallace J. Nichols, a marine biologist, believes that we all have a 'blue mind' he says, "A mildly meditative state characterized by calm, peacefulness, unity, and a sense of general happiness and

satisfaction with life at the moment that's triggered when we're in or near water." In short, he has well described the tremendous power of the color to manage stress and reduce anxiety.

Now that we've understood the impact of blue on our brain, let's delve into how the sound of waves can benefit your health and well-being.

The sound of waves

The sound of waves has been used for centuries to **aid meditation**. Science has already proved that water can induce a meditative state. It can block all the distracting sounds that surround you, make you feel more relaxed and sleep well. Undeniably, something is soothing about the sound of ocean waves and the color blue that controls your mind. Several studies have already indicated the profound impact on our brains and mental health. The whooshing noises of waves can help achieve a meditative state while healing and strengthening your brain. The rhythm of ocean waves and tides coming in and out encourages your brain to have a peaceful pace of thought. The 'white noise' or the sound of waves helps you be present in the now and directly experience things.

Having troubles with sleeping? Here's a quick experiment for you. Take a mini vacation, away from the humdrum of your daily life, near the oceans where the waves come crashing. You'll be amazed at the power of watery sounds that will help you sleep stress-free. These non-threatening loud noises can drown your thoughts and align them with every breath you take.

When you are mentally drained, it is important to step outside your daily routines to experience a restful state and connect with yourself again. Being on the water on a boat promotes **physiological and psychological changes** spanning health and wellness, awe and wonder, creativity and play, and happiness and relaxation. There are some of the health benefits of being in the water:

- Away from the hustle and bustle, it can help you **relax, restore and connect** with your inner self.
- It takes away the stress of living and working in modern contexts, while helping you meditate.
- A journey to explore the ocean is associated well with meaning, purpose, compassion, and self-worth. It's an experience that one must try!
- Water sports and aquatic activities can promote play and induce creativity.
- The mere sight of water can induce a flood of neurochemicals that promote wellness. Hence, water has tons of health and well-being benefits that include cognitive, emotional, psychological, social and spiritual.

There's no age or ability restriction to try a boating experience. It's not just the sound of waves and the color blue, salty air surrounding the ocean also has its own benefits. Science has proven that it helps support serotonin and melatonin production which, respectively, can help boost your sense of well-being and make it easier for you to fall asleep at night. Enjoy the feeling of being cleansed, relaxed, calm, hopeful, protected, reassured, trusted and accepted. Get the **mental control and clarity** you have been seeking.

The Healing Power of the Sea

Learn about how sailing brings about mental and emotional well-being

In recent years several studies have been conducted to prove **the healing power of the sea**. Even a simple visit to the beach makes you feel alive and cleansed. Sun, sea, and sand are the perfect combination for an accessible form of therapy. They spark the feeling of happiness and relieve you from all worldly stress in a matter of moments. The sea not only helps us restore mental and emotional well-being but also physical. A recent research stated that spending more time by the sea helps strengthen your body against viruses and builds your defense system through cellular immunity.

As for mental and emotional well-being, **sports activities** by the water have been used as an effective rehabilitation tool for patients. The tranquility of the sea has a therapeutic power of healing severe psychiatric disorders. From self-esteem improvement to enhancing communication skills, the curative power of the sea varies. You may have noticed that people with disabilities are widely encouraged to participate in water activities, especially sailing. The impact of sailing on people with disabilities have enabled positive outcomes on self-esteem. There have been several anecdotal experiences reported on the **benefits of sailing** that have helped resolve behavioral disorders.

Mental health healing

Let's take a closer look at how sailing and the power of the sea have helped overcome mental health crises for many. Mental

Health of South Sardinia closely accessed a group of **40 patients** who were diagnosed with severe mental disorders. These patients, who registered to be a part of the rehabilitation study, participated in guided and supervised sea expeditions. The beach of Cagliari (Sardinia) was their therapeutic center. The objective was to explore the marine environment through sailing adventures. The results were impeccable. They showed **drastic improvements to the mental disorders** of the patients who participated in the program. This notable achievement was a rewarding experience for both researchers and the participants.

Another study that was conducted by Public Mental Health Centers in Italy also had participants that were suffering from severe mental disorders. The rehabilitation practice involved learning to sail and sailing in itself. It's all about **reconnecting with the ocean**. These specially designed rehabilitation programs that involve sailing are known to be the best cure for mental health issues and to escape the stresses of daily life. They trigger a psychological state of calm and contentment.

Sail into life course

Sailing and **marine activities** have helped thousands of people worldwide as an effective psychological therapy to improve their emotional and practical skills. It has been proven to be a unique recipe for success. If you are suffering from mental stress or depression, you'll be amazed at how this simplistic experience with nature cures your mental disorders. The healing, learning experience at **Sea Sanctuary** in Great Britain is a popular health and well-being charity that has helped resolve several mental and emotional health problems. Summer afternoons in Cornwall are usually swarming with holidaymakers. There are several fishing boats and gleaming boats docked in Falmouth marina for those seeking water adventures. Serene water bodies are **soothing** in itself.

Peace and mental rejuvenation

Several adventure seekers, who are looking to break free from their daily humdrum of life, get on board **Grace, an 85' 1925 Danish sailing boat** docked about 400 yards from shore. Just being on board Grace, gives you a feeling of liberation. For those seeking peace and mental rejuvenation, Sea Sanctuary is a great experience. Every few days, men and women looking for a remedial solution to mental health problems come here for four days at a stretch. This sailing experience has helped over **650 people** in the last six years fight their mental disorders with the help of specially designed one-on-one and group therapy sessions by experienced naturopathic physicians. From learning about sailing to maintaining the boat and cooking meals for the group, the experience is all about living simplistic lives in a cabin below deck. You'll be amazed at how this outdoor activity can do wonders for your well-being. Sailing is one of the **pragmatic solutions for rehabilitation** of patients with severe mental disorders. Adrian, 58, who has felt the healing power of the sea, said "I came on Grace for four days last summer and spent time with new people. Being here makes you think life is worth living. **The sea is so calming**, the setting is so important."

Several health programs incorporate the fun of sailing and meeting new people to make it an effective psychological therapy. The focus on sailing is dependent on physical involvement and learning new skills. It's all about teamwork and sharing experience. Apart from this, it defines coping strategies that assist in building necessary confidence.

Heal your Body and Soul with Water

Hydrotherapy, formerly called **hydropathy** and also called **water cure**, is a part of alternative medicine (particularly naturopathy), occupational therapy, and physiotherapy, that involves **the use of water** for pain relief and treatment. The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, to stimulate blood circulation and treat the symptoms of certain diseases.

Various therapies used in the present-day hydrotherapy employ water jets, underwater massage and mineral baths.

History of hydrotherapy

The therapeutic use of water has been recorded in ancient Egyptian, Greek and Roman civilizations. **Egyptian royalty** bathed with essential oils and flowers, while **Romans** had communal public baths for their citizens. **Hippocrates** prescribed bathing in spring water for sickness. Other cultures noted for a long history of hydrotherapy include **China and Japan**, the latter being centred primarily around Japanese hot springs or “onsen.” Many such histories predate the **Roman thermae**.

An important note on the growth of hydropathy is that it started to become prominent as **traditional medical practice** was becoming more professional in terms of how doctors operated, alienating many patients, as they felt that the medical encounter was becoming less personalized, and the more scientific the

medical language became, the less that they could easily understand. Hydropathy was a **return** to a treatment that was spiritual and natural, making it more palatable to those who felt uncomfortable with the direction that traditional medicine was taking.

Importance of the sea

Beach benefits **overflow**. The sand **exfoliates** feet and tones muscles. The blue space-**effect calms**, cools, lowers blood pressure and aids sleep. Mineral-rich seawater combined with moderate sun **increases** immunity, purifies and relaxes. The healing sea is specifically **soothing** for depression, psoriasis, dandruff, dermatitis and eczema. Sea air's rich negative ions **boost** oxygenation, neutralise free radicals, reduce bacteria and increase immunity.

A tonic trip to the ocean has been prescribed since Dr Jacques de la Bonnardière coined the term “**thalassotherapy**” for coastal cures in the 1860s. Health seekers have flocked to the Black Sea, Baltic, Brittany and the Mediterranean for millennia. In many fashionable circles, spa cures became an annual must for mineral or hot spring hydrotherapy. When writer Mark Twain relieved his rheumatism at France's thermal spa town Aix-les-Bains in 1891, he raved it was “so enjoyable that if I hadn't had a disease I would have borrowed one just to have a pretext for going.”

Thalassotherapy is a form of hydrotherapy that involves the therapeutic use of ocean waters and marine products like algae, seaweed and alluvial mud. The name comes from the Greek words **thalassa** (“the sea”) and **therap** (“treat”). The principle behind thalassotherapy is that repeated exposure to sea air and immersion in warm seawater, mud, clay, and protein-rich algae helps restore the body's natural chemical balance. Seawater and human plasma are very similar. When immersed in warm seawater the body absorbs the minerals it needs through the skin.

Aquatherapy

Hydrotherapy includes an ocean of water treatments. Also known as aquatherapy or hydropathy, they involve internal and external modalities. Water is of varying depth, pressure, temperature and type. Douching, steam inhalation, enemas and colonics are included in **internal hydrotherapy**. **External hydrotherapy** encompasses exercise hydrotherapy, aquatic physiotherapy, aquatic massage, watsu, immersion baths, cryotherapy, steam, saunas, jacuzzis, float tanks, sitz baths, vichy showers, scotch hoses and hot and cold packs.

Anyone who enjoys water would love hydrotherapy. Water-wellness programs purify, stimulate and soothe, depending on the regimen. Water's unique properties make it a miraculous medium for well-being. Aspects that account for the water therapy effect include anti-gravity, buoyancy, hydrostatic pressure, temperature, modality and water quality.

- **Weightlessness** in water is an anti-gravity gift to those experiencing pain, pregnancy, obesity, misalignment, weakness and poor coordination.
- **Buoyancy** makes movement much easier in water than on the ground. It allows free-flowing movement for those limited on land, especially people recovering from surgery or injury. Water radically reduces weight on a recuperating area, making it a safe medium to explore movement. Hydrostatic pressure provides an even compressive force that minimises swelling and supports exercise. Dense water also provides greater resistance to tone and strengthen while encouraging stability.
- **Temperature** can be icy-cold or steamy-hot in hydrotherapy. Alternating hot and cold increases stimulation, immunity and cleansing of the lymphatic system. This “contrast hydrotherapy” helps in acute stages of injury by stimulating blood flow and reducing swelling.

How does it work?

Hydrotherapy relies on its **mechanical and thermal effects**, to induce healing. It takes advantage of the body's reaction to cold or hot stimuli, the pressure exerted by water, the protracted application of heat, as well as the sensation of the water. These sensations and effects are then carried deeper into the skin by nerves.

When this happens, these sensations **stimulate** the immune system, thus influencing the release of stress hormones, while improving digestion, circulation and blood flow, as well as reducing the body's sensitivity to pain. In most circumstances, heat is used to soothe and quiet the body, while slowing down the activity of internal organs.

On the other hand, **cold** is used to invigorate and stimulate, increasing the body's internal activity. Therefore, if you are suffering from **anxiety** and tense muscles, you should bathe with hot water. If you are feeling stressed out and tired, you should shower with hot water, followed by a short cold shower. This stimulates the mind and body.

Soaking in a hot tub after a cold day is delicious. **Warm** water reduces muscle tension, increases range of movement, stimulates circulation, reduces swelling, soothes stress, eases pain, calms nerve sensitivity, decongests the respiratory tract, purifies pores and promotes sleep. For centuries, cold water has been advocated by naturopaths and yogis for longevity and immunity. Take the ice bucket challenge and you'll quickly feel **the thrill of a chill**. Coldwater, ice or **cryotherapy** stimulates the immune system, increases alertness, stimulates endorphins, boosts circulation, accelerates metabolism, tightens skin, reduces hair loss, speeds recovery time and increases athletic performance.

As the outer skin layer temperature is lowered, capillaries and blood vessels undergo vasoconstriction, immediately followed by vasodilation. This causes the body to release toxins and feel good

hormones. The body tries to regenerate heat after a cold shower, raising the metabolic rate and activating the immune system, which produces more white blood cells.

Research by Russian doctor Sergei Bubnovkiy showed that soaking one's legs in icy water for 15 minutes a day **improved immunity**. Britain's Thrombosis Research Institute discovered that people who take cold showers every day improved their number of white cells in the body. Renowned guru Yogi Bhaian explained why yoga advocates cold showers: "When you take a cold shower your blood rushes out to meet the challenge. Capillaries open up and all the deposits have to go. It is a very cleansing process. Everywhere that the cold water hits, the blood will come. Everywhere you massage, rebuilding will occur and each cell of the body will be reconstructed."

Special water can be a **medicinal elixir**. While soaking in the sea, ozone water, magnesium water or spring water, you absorb substances like a sponge. **Seawater** has trace minerals of magnesium, potassium, calcium, sodium and iodine. These help to pull out impurities, relax muscles, soothe skin, boost immunity, ease arthritis, balance the thyroid, cleanse hair and clear the respiratory tract.

Rehabilitation with water

Water offers a world of relief and rehabilitation. Hydrotherapy is often prescribed as part of a program for prevention, peak performance or recovery. Pregnant women find water exercise eases back pain, promotes good posture and prepares the body for labour. They may even choose a waterbirth. Athletes turn to water for rapid recovery. Elderly people enjoy hydrotherapy as a safe way to stay fit without the risk of falling. Hydrotherapy is liberating for those with involuntary muscle movement conditions such as cerebral palsy, muscular dystrophy, multiple sclerosis and

Parkinson's disease, as the water slows while supporting the spontaneous movement and relaxes the participant. Hydrotherapy also helps to maintain muscle mass and flexibility in a safe zone. Exercises are more attainable in warm water for those suffering arthritis as they feel less pain and more flexibility in the supportive aqua environment.

Stay safe in the water

Hydrotherapy is safe in most circumstances, but seek medical advice if you have any of the following conditions: asthma, heart disease, skin infection, epilepsy, diabetes, incontinence, fever, high or low blood pressure, kidney failure, chlorine allergy or pregnancy. Before a session it's **recommended** to avoid eating a large meal or drinking alcohol.

It's **important** to drink plenty of pure water after hydrotherapy, as it's easy to underestimate the quantity of perspiration lost. Resting **after a session** integrates the healing effect and promotes rapid recovery from the strain. After you're finished, wash off chlorine water thoroughly and moisturise your body with a natural oil such as hemp seed oil.

Care must be taken to keep core stability while in water and not to overextend, as water can make one wobbly and over-confident with movement. **Weight-bearing** can be increased in shallower water. **Floatation devices** are useful if you're a weak swimmer, and water weights increase resistance training. Wherever you wander, **enjoy your water journey**. As Rumi wrote, "*When you do things from your soul, you feel a river moving in you, a joy.*"

Sailing as an Occupational Therapy

Recreational therapists have evolved from traditional methods of therapy and intervention sessions into fun-filled outdoor activities. They are being utilized to assist with the development of play and leisure skills, education, social skills training, and even therapeutic community. Emotional, physical, cognitive and social functions can all be improved with the help of outdoor activities as recreational therapy intervention sessions.

A study was recently conducted to understand the impact of sailing programs and their physical prerequisites, specifically, how sailing interventions have developed into occupational therapy or medicine.

A quick overview of adaptive sailing programs

The United States Sailing and the International Association for Disabled Sailing have come together to co-create a manual that describes the development of safe and **quality adaptive sailing programs**. The objective of this manual is to encourage the community to build new sailing programs for individuals and disabilities. In the last few years, sailing has gained attention as a popular sport and leisure activity. It has also developed into a method of therapy with several proven psychosocial benefits.

An experimental recreational sailing program was created by the Long Beach Memorial Rehabilitation Hospital, in Long Beach, California. It indicated the positive effects on the participants, including boosting self-esteem. Therapeutic sailing facilitates heal

and enhance well-being while improving the quality of life. This is a natural progression of adaptive sailing that is socially impactful and helps develop community partnerships.

The foundation of occupational therapy is built on the base of mental well-being. **Sailing therapy** involves numerous criteria like daily living, leisure, work, play, sleep and rest, education and social participation. Beyond adventure, sailing gives you a sense of freedom. A noticeable improvement in communication, motor skills and coordination, self-confidence and other psychosocial benefits can also be achieved.

As an adaptive sailing program, which is an effective occupational therapy intervention, it's imperative to have staff on board who are well trained in first aid and cardio-pulmonary resuscitation certified. Sailing is an activity that requires consideration of special accommodations of every program participant, especially for people with disabilities. Based on the boat size, the program hosts have to consider the capsizes to create a safer environment. The docks and the boats have to be equipped with basic necessities, including access to wheelchairs, seat belts, and every other mandatory security measure. The therapeutic intervention of sailing supports physical and psychosocial benefits amongst the participants who are actively involved.

As an occupational therapy, sailing has proven results of increased self-confidence, overcoming mental and physical challenges, teamwork skills and improved positive outlook on life. However, the benefits of therapeutic sailing extend beyond all this. As a part of cognitive benefits, sailing can develop character, communication skills, improve self-esteem and give you a sense of accomplishment.

Sharing an experience

Based on the studies that were conducted on several therapeutic

sailing programs, numerous personal experiences and sailing stories have come to light. One such interesting story involved **James**, an eight-year-old boy diagnosed with a high-functioning autism spectrum disorder. He was a part of Little Traverse Sailors. During the initial stages, he had a very shy character and the tendency to stay closer to his mother until the classes began. During his participation in sailing, there was a noticeable interest in learning the various positions in the boat. As time progressed, he developed confidence in initiating conversations with other students and staff. In a mere three months, he overcame the characteristics or symptoms, such as fear in making conversations and fidgeting, that were a part of his mental disabilities.

Overall, sailing is a successful component of occupational therapy. There's no better way to develop and refine skills in a safe and fun environment.

Sailing for People with Disabilities

Sailing a boat can be challenging, but adaptive sailing is a truly unique experience. Enjoy the freedom of movement and independence while jetting through the waters. From being alert to staying mindful, with sailing you need to be swift enough to take action.

Why is adaptive sailing best for people with disabilities?

Although it's a challenge, sailing has several benefits. This priceless experience provides sailors with a feeling of true freedom, unforgettable memories, and life lessons. Let's take a look at some of the key advantages of adaptive sailing for people with disabilities:

1. Sailing is an **experience of a lifetime** that creates a positive difference in many lives.
2. This specifically designed sailing program enhances the skills and teaches imperative **life lessons** that no other adventure can offer.
3. With sailing, you learn to adapt and **react** to impromptu situations without thinking about your disability. This, in turn, reflects on your mental strength and builds hope.

“When it comes to sailing, what matters is the ability rather than the disability.”

Whether you are able-bodied or not, all these above factors become your personal goal and achievement. Being a part of this adventure has no prerequisites or barriers. If you are up for the challenge and a new take on life, the world of sailing will welcome you with open arms. One inspiring example is of **Hilary Lister** who set

sail in 2005, able to move only her head. But she took on the adventure and was able to set a new mark with a world record by sailing solo across the English Channel using a 'sip and puff' system to control the sails and steering. Another great example is **Geoff Holt**, who was the first quadriplegic to successfully sail solo around Great Britain in 2007. These truly motivating stories are proof that your willpower can take you places and let you take on a new challenge.

Sailing programs customized to people with disabilities are hosted by several foundations globally. They don't consider the skill set or physical abilities. The sailboats are tweaked to create provisions with modifications exclusively for them.

Dock modification

The dock and ramps are customized for wheelchair accessibility. To avoid slippery surfaces, program hosts ensure safety using materials like wire mesh, non-skid pads or industrial-strength rubber mats. They also add hand and guard rails on either side of the ramp for additional support.

Boarding the sailboat

Boat access is improved using a transfer box or board. When opened, this box includes a hinged board that provides a ramp to slide from the box top to the boat. The transfer board helps the sailor to transfer him- or herself directly from their chair to the boat by sliding from one to the other.

Other boat modifications

To accommodate sailors with a disability, several boat modifications like non-slip, padded seats and padding around sharp objects are made. The objective of such modifications is made to increase mobility, stability, hand function and vision. Obstructions are minimized within and around the boat and a consistent location of equipment is established for visually impaired sailors.

Convenience and comfort

When you are abroad, stability is imperative. To maximize dependability, safety, and stability, there are harnesses and straps with quick-release fasteners to secure these sailors to the seat. For those who have health concerns with stability, this helps to hold them upright. The belt is tightened across the lap and chest to harness around the shoulders.

Making it an easy ride for those with impaired mobility

With advanced technology and renewed designs and development, electronically assisted steering is used to manipulate the toggle. The 4-way joystick steering system can be used with either foot/toes or hand/fingers to control the boat. Whether you are looking to control both the tiller and sails or move the tiller in and out, these electric joysticks become convenient to use. Another system that's popularly used on sailing boats for the convenience of people with disabilities is the sip and puff system. This effective use of technology is used for people suffering from severe quadriplegia, especially if they prefer to limit the use of a joystick. The straw-like mechanism of sip and puff control enables them to control the sail movement.

Visually-impaired sailors

If you are planning to do a sailing program for visually impaired sailors, these sailboats have tactile cues. They help them find equipment on the boat such as tape on a line, knots in certain positions, as well as the use of cadences for timing transfers and actions. Even the labels are written in braille to make it readable. Tactile maps and audio compasses are used to replace the visual maps. With the press of a button, you get access to all relevant information, including the position of the vessel, wind direction, and the degree the vessel is pointed.

Rehabilitation under Sails

Whether it's just for the weekend or a month-long vacation, sailing can be a life- and attitude-changing experience, but it can also help people overcome addiction. **Overcoming addiction** is never easy. The most difficult step on the path to recovery is to recognize and acknowledge your addiction. If you are ready to deal with your drug and alcohol addiction issues, we strongly recommend you consider one of the sailing programs. Several universities around the world are studying the positive impact of sailing. From dealing with stress and anxiety to efficient utilization of your free time, there are several factors that are involved in committing to sobriety. These sailing programs are developed by experts to help those affected by addiction.

Every sailor on the team is allocated a task on board. From navigation to manning the sails, to meal preparation, sailing will train you to work as a team. It's a new and active way of **overcoming** the pain and misery of addiction. It's amazing to notice the life-changing therapeutic experience this adventure activity offers. Sailing not only teaches you life skills but also equips participants with techniques to fight addiction.

What is an addiction?

Addiction is a **complex chronic disease** that causes compulsive behavior or an obsession that is difficult to gain control over. It affects the functioning of both the brain and body. Addiction can be of drugs, alcohol, cigarettes, gambling and even computer

games. As per a recent survey, it is indicated that 1 in 7 people have a substance problem.

Effective sailing programs to consider

The path to recovery from drug addictions and alcoholism can be quite challenging, but the journey and the sense of achievement can be quite satisfying. There are several **customized sailing programs** developed worldwide to help people overcome addiction, these are some of the most renowned and acclaimed programs to consider. The mission of all these sailing programs is essentially the same: to teach the participants the art of sailing and guide them through the process of recovering from addictive lifestyles.

Voyage of Recovery is a sailing adventure designed for drug and alcohol addicts that explores the picturesque coastline of Britain. Phoenix, Tectona, and Plymouth Universities are studying the positive impact of this voyage on de-addiction. The program is designed to boost the much-required self-esteem and confidence amongst the participants.

Sailing into Wellness is another effective de-addiction program that is defined by the Voyage of Recovery. The main objective of this program is to build skills and confidence through sailing. Participants describe this as an unreal experience that is both calming and adventurous. Organized by Ireland's most experienced sail-training professionals, this unique program reduces the risk of relapse.

Outward Bound Hong Kong (OBHK) is also one of the most successful sailing programs that take addicts on a life adventure through seas around Hong Kong. The experience is never an easy one, but rigorous training and determination lead to a sense of achievement. Participants learn how to lead a disciplined lifestyle, become more persistent towards achieving the goals and communicate with the team.

How do the programs pave your road to recovery?

Once you have had the much-needed self-realization and have made a firm decision to lead a **renewed lifestyle**, these sailing programs will help you work their magic. You'll notice that one of the consistent objectives of all these sailing programs is to help people tackle their addictions. It's creating a way of life that you never would have known to exist until experienced. These sailing adventures are a great adrenaline rush that is more than what a drug or addictive behavior can offer. Living a life without addiction is living a **life of wellness**. All these sailing programs are unique in their own capacity but drive towards creating engaging and thought-provoking life experiences. They are designed to change one's attitude towards living a healthy and accomplished life. **Patience, communication and determination** are some of the key values these sailing programs will teach you. Exciting adventures await you in a drive towards leading a safe alcohol- and drug-free life. Explore the beauty in the art of sailing: take on the challenge and **reclaim your life** from addiction!

Sailing as a Cure for Work Addiction

Most of us may have heard of drug addiction and alcoholism, how about work addiction? **‘Workaholism’** or ‘work addiction’ is a real medical condition and has become extremely common amongst the Millennials. Work addiction is the inability to stop a particular behavior and a strong drive to achieve status and success. It is a mental condition of wanting to overwork in an uncontrollable manner. Although it is a medical condition, few people take it seriously enough to get the necessary cure. Despite the fact that work addiction affects both mental and physical health, people aren’t paying enough attention to the medical condition.

There is no question that hard work and success are always praised. But when it goes overboard and starts interfering with functioning and relationships, you must acknowledge and work towards a cure. Let’s take a closer look at the **symptoms** of work addiction.

- If you are constantly busy but not productive
- Obsessive thinking about work and success
- Consistently over-working
- Losing sleep over work projects and tasks
- Being paranoid about your work, performance
- Lacking job satisfaction
- Interference with personal relationships negatively
- Anxiety and depression over the situations at work
- Increase in workload and working hours

Being a part of the materialistic society, we have been taught that ‘the more we do, the more we are worth. The aforementioned symptoms are directly connected with work addiction. They can begin to impact your personal life, creating feelings of self-inadequacy, memory loss, and affect relationships you value. That’s not all; work addiction leads to **behavioral changes**, too. From being burnt out and dissatisfied at work to angry outbursts, your behavioral patterns are also most likely to change. A recent study indicated that there has been a drastic rise in people who meet the above criteria. As of 2018, it has increased from 5-10% to over 25% in the United States alone.

Treatment options

Work addiction and drug addiction are not treated alike. It is imperative to connect with a therapist or a doctor who can recommend in- or outpatient rehabilitation programs that best fit the symptoms. Most commonly, work addiction is combined with other severe behavioral health issues, too. Treatments are focused around cognitive behavioral therapy, which is used in treating addictions in general.

Another common treatment approach is called a **holistic treatment program**. It includes diet, spirituality, family therapies, stress management, relaxation techniques, and sleep enhancement. It gets to the root causes of the addiction and creates underlying processes to eliminate it from your behavioral patterns. There is no better cure than making the necessary changes to your lifestyle and avoiding stressful factors.

How does sailing help?

Sailing is not just an activity; it is an **adventure** that has therapeutic benefits. Imagine yourself riding the waves, hoisting sails and balancing on a moving platform. Doesn’t it sound like a fun

activity? It's a form of exercise, a de-stressing activity and, most importantly, a learning experience. Incorporating sailing into your life goes beyond maintaining a healthy and happy lifestyle. We asked a sailor to narrate his experience, and this is what he had to say: "Sailing produces a Zen-like experience that is more expansive in nature." Meet some new people, enjoy the salt air of the ocean and reduce stress levels. Sailing is an activity that has been proven medically to help the body balance out serotonin levels. Sailors tend to be happier and more relaxed people in both their personal and professional lives.

Sailing shows you that there is a completely different way of living life that's out there. Voyage of the Recovery program and Cork-based Sailing into Wellness organization are two such therapeutic sessions that are highly recommended for all types of addictions. This calm and rejuvenating experience teaches you to work together as a team. It helps you overcome addiction and mental-health problems through sailing. You'll be amazed at how an activity like this can change one's **attitude** towards life itself. There is no better way to tackle your work addiction than sailing. These are some of the key principles from the experience:

- Experience of acceptance and gratitude
- Living in the moment
- Dealing with your regrets and resentment
- Teaching you that patience is truly a virtue to have
- Helping you redefine success

Like most addiction, work addiction will tend to worsen as time passes. Physical and mental exhaustion are two key symptoms you need to watch out for. There have been several cases reported in the past where work addiction leads to drug abuse. A recent study published by the American Medical Association mentioned that overworking habits can lead to chronic stress, which directly

impacts your physical well-being. What is important to remember is that “we can adjust our sails, and choose our course, but we can’t control the wind!”

Sailing Blind; Sailing by Sound

Many **blind and partially sighted** people are naturally skilled at sailing on the wind – imagine being at the helm and in control of the boat, nudging the wheel back or forth as you feel the wind shift across your face. Thanks to modern technology, people who are blind or visually impaired can sail **without sighted assistance on board**. They even have races all around the world. Sailing has a language of its own that makes it accessible. By verbally giving instructions to each other, members of a team can communicate throughout the race without the need for visual cues. There is also a **sailing simulator**. The simulator is a sailboat that can be operated on land. It helps people orient themselves to different parts of the boat, sailing commands and how to operate a sailboat. The Council Excellence Award Winner BJ Blahnik collected funds for the simulator. He was a bronze medalist at the Blind World Sailing Championship in 2015.

Relying on other senses

Visually impaired and blind sailors enjoy the experience of sailing much the same as those with full use of their vision; they simply rely more on their **senses of sound and touch**. Even the smallest increase or decrease of pressure on a line or the changes in heel and direction of a boat can play an important factor in the experience of a visually impaired sailor. In the Match Racing events, where there are no sighted guides on board the boats and the racing is one-on-one, each boat also carries a sound box which

emits a loud beeping noise. This helps the sailors identify where the other boat is, even though they may not be able to see them. Between the sound marks and the sound boxes on the boats, the visually impaired and blind sailors can create a mental image of the racecourse, and to an outside observer, the boats racing appear no different than in a sighted race. Fleet Racing for the visually impaired and blind sailors is guided by hands-on sighted guides to a greater extent than Match Racing. Because there are so many boats involved on the starting line and mark roundings, there are two sighted guides on each boat. The first is a tactician only, offering input on where to put the boat on the course and assisting the skipper in racing tactics. The second is the jib trimmer only and is not allowed to touch the main or the helm. These two sighted guides provide enough guidance for the visually impaired sailors to race safely and quickly around the course. Fleet Racing is a great intro for blind and visually impaired into the sport.

Blind sailing team

A blind sailing team is typically comprised of four people: a **skipper** at the helm, and a **crewman trimming sails**, both blind; and **two sighted crewmen**, one to provide verbal guidance and another who touches lines only barely, to assist. The advancements of technology allow blind sailors to race without any sighted crew onboard. It is called the **Homerus Autonomous Sailing System**, and it was designed by a man named Alessandro Gaoso on a lake in northern Italy. Homerus works under a series of buoys, anchored strategically along the race course, each emitting a distinct sound: foghorn, whistle and siren. Individual sailboats, meanwhile, are equipped with **soundboxes**, which make more noises: one if the boat is tacking toward the port, another if tacking toward the starboard. This depends on a mercury switch: a glass tube filled with liquid mercury. Tilt it one way, and the mercury drifts in that di-

rection, completing a circuit. Tilt it the other way, and the mercury follows, completing a different circuit. This switch is encased in a watertight plastic box, hung just below the boom, along the boat's centerline, and wired to a speaker on the bow. A boat under sail is constantly tilting—heeling—to one side or another as it harnesses the wind, and now the mercury carries that signal to the speaker, which blares to everyone in range. The result of all this is a water-front cacophony, but, also, to the practiced ear, a means of orienting oneself on unseen waters, a kind of mechanized echolocation and the means for a sport that few people thought possible.

Vicky Sheen

Vicki Sheen is a double World Blind Sailing champion. She says that different things help her while sailing. **Filtering down** is the first one. Information about what is going on around you all the time comes from different sources. **The feeling of wind on the back of the neck** is also very important. A **drop in pressure** is the third thing that helps blind and visually impaired sailors. Cold, heavier air is easier to detect against the skin than a light breeze on a warm summer's day, as the air is less dense and the temperature is more like body temperature. While sailing you have to rely on the audio clues.

Sensory indicators

Do you notice cleats on boats nearby being released, or do you see their sails and manoeuvres? When you are used to registering sounds like that, as well as the **variant sounds of different sail tensions**, your ability to anticipate their next move improves. Sensory indicators vary on a run and a beat, whether you are feeling the true or apparent wind. It is possible to steer an almost perfect course unsighted when you learn what the wind feels like on your neck and face. Feeling your way around the boat makes you and

the boat much closer, so you become more receptive to changes in the way it is sailing. What you say and how you say it are equally important. Instructions must be **clear, calm and concise** for a visually impaired sailor. The opportunity to sail frees a blind person from the daily limitations on their mobility. At the helm, a blind sailor experiences the **freedom to choose and control their course**. This is precious freedom the sighted world takes for granted.

Wake up to the Fatigue at Sea

Fatigue - "25% of all ships caused 51% of marine accidents and one reason behind these accidents is seafarers' fatigue at sea!"

According to a survey conducted in Great Britain, there are sound scientific reasons why the **sea makes people feel better**. Apart from the nutritional properties of seawater itself, the ocean provides a variety of other health-giving elements. The research showed that the sound of waves alters wave patterns in the brain, lulling you into a **deeply relaxed state**. Also, if you go swimming, floating in water means blood is diverted around from your lower limbs and pumped towards your abdominal region. Fresh blood being pumped around the body brings more oxygen to our brain which makes us more alert and active. And if you've ever wondered why we always sleep more soundly after spending the day sailing, it's because of the sea air. **Sea air** is charged with healthy negative ions that accelerate our ability to absorb oxygen. Negative ions also balance levels of serotonin, a body chemical linked with mood and stress. This is why after a sailing holiday you feel more alert, relaxed and energised. When we're on a boat, the heat of the sun affects our endocrine system. This is the part of our body that secretes endorphins, the natural chemicals in our body designed to make us feel relaxed and less stressed. So if we are happy, relaxed and full of oxygen, it is no wonder that while at sea we are more **prone to fatigue**.

Why is sleep so important to sailors?

Fatigue is a term used to describe an overall feeling of tiredness

or lack of energy. It isn't the same as simply feeling drowsy or sleepy. When you're fatigued, you have no motivation and no energy. Being sleepy may be a symptom of fatigue, but they're not the same thing. Not getting proper rest before going boating (or when driving a car) can lead to **serious lapses of judgement** and accidents. How many of us have had the shock of just spacing out and suddenly saw another boat or car they just completely missed, or the road sign they overlooked? For those making long passages (as well as casual day sailing), proper rest and breaks are vital. Even spending a **few hours on the water** can lead to fatigue. Crew positions and the helm (driver) should be **rotated regularly** with one of the "positions" being a rest position to help reduce fatigue. The summer heat can lead to dehydration if a person is not properly hydrated. Additionally, a person can drink a single beer when they are dehydrated and unexpectedly find that the alcohol went straight into their system and they are now having trouble standing up.

Distract yourself from distractions on the boat

While driving and at the helm, distractions such as texting, using your **cell phone** or turning to talk to another person on the boat can lead to accidents. The almost constant movement of recreation vessels can also lead to fatigue, as your muscles never quite relax all the way and lead to general tiredness that can slow reaction time and alertness. Both mental and physical fatigue can sneak up on people, and they will not be fully aware of how badly they are being affected, **reducing their awareness** of what is going on around them as well their ability to react to sudden events. This reduced awareness can dramatically reduce the powers of observation, concentration and, in the end, judgement. People on the boat need to take responsibility for watching their crewmates for **signs of fatigue or impairment**. The reduced judgement ability can lead to poor decisions at a point when you are the least able

to deal with problems. Being alert and able to use good judgement are critical to preventing an accident.

Factors contributing to fatigue

Some factors that can contribute to fatigue and reduced awareness are the following:

- Operating in extreme temperature weather conditions, both hot and cold
- Eye strain from sea spray or glare from the sun
- Movement of the boat requiring extra effort to hold on or maintain balance
- Stress
- Noise
- Sun, heat or glare
- Poor physical condition
- Lack of sleep
- Boredom, the 1,000-yard stare as some people refer to the look, make an extra effort to move around a bit and turn and look all around you and around the boat, the movement can help to prevent boredom
- Wind and rough sea conditions
- Rain or snow
- Vibration from the boat's engine

Remember to keep **warm in cold weather and cool in warm weather**, and drink an appropriate amount of the proper **liquids** on warm days to help prevent dehydration. Drinks with alcohol in them are not a good idea; on warm days the effects of alcohol can be multiplied when a person is dehydrated.

Some symptoms of fatigue are the following:

- Mental confusion or judgement errors
- Inability to focus or concentrate, shortened attention span

- Decreased motor skills
- Decreased ability to sense the environment around you, hearing and seeing.
- Increased irritability, short temper
- Decreased performance
- Decreased concern for safety, taking chances they would not normally do

Everyone, from the captain down to the deckhand, needs to take responsibility for recognizing and preventing fatigue.

How to avoid fatigue

Preventative **measures** are as follows:

- Get adequate rest.
- Dress properly for the weather. (Don't forget the sunscreen.)
- Rotate duties and assignments so nobody gets bored. This also helps cross-train the crew and helps the entire crew understand the other jobs on the boat and improve their skills.
- Have appropriate food and refreshments for the boat and the conditions.
- Watch your fellow crew members for signs of fatigue and bring concerns to the attention of the proper people so any problems can be dealt with before the concerns become a real safety issue.

Living and working in the same environment

Working in an isolated and confined environment (ICE) can be challenging for the **psychological functioning** of employees. Simultaneously living and working in the same confined environment, restricted social contact and isolation from family and friends, and the inability to leave the work-place for prolonged

periods are some of the **stress inducers**. Stressors facing seafarers are receiving increased attention. In addition to those mentioned above, several important aspects of seafaring have been highlighted. For example, noise within the vessel, vibration caused by the engine and motion caused by harsh weather are all known to be significant stressors. The **motion of the vessel** can lead to a disorder known as the **sopite syndrome**: a symptom complex that includes, among other things, drowsiness, lethargy, apathy, disinterest and disinclination to work, lack of participation in group activities, sleep disturbances, and mild depression. A more general state of mental or physical fatigue is also a known **risk factor of working at sea**. Seafarers perform a large variety of duties around the clock, such as maintenance, navigation, and cargo handling, activities that often take place under time pressure and hectic activity. Watch-keeping and critical operational activities that frequently take place during the night require long and irregular work hours. As a result, the circadian rhythm of seafarers can be disturbed, which can lead to **poor sleep quality and fatigue**.

Surrounded by good people and supported by those ashore makes for a happy ship. So go out, enjoy sailing, but be aware of the effects of fatigue.

Sailing after Dark

Lack of sleep is almost inevitable during a long ocean passage, and it has physical consequences, none of them good. Memory failure, difficulty thinking or concentrating, uncontrollable mood shifts, poor balance and accidents are all symptomatic.

The U.S. Army has a keen interest in the ability of sleep-deprived soldiers to keep fighting effectively. To this end, a study for the Walter Reed Army Institute of Research found the ability to do useful mental work declines 25% for every successive 24 hours an individual is awake. “**Sleep deprivation** degrades the most complex mental functions, including the ability to understand, adapt and plan under rapidly changing circumstances. In contrast, simple psychomotor performance and physical strength and endurance are unaffected,” the study says. In other words, you can still do the work—you just can’t figure out what work to do.

Symptoms of sleep deprivation

A sleep deprivation study conducted by the University of Bonn found that after 24 hours of sleep deprivation in healthy patients researchers observed numerous symptoms otherwise attributed to psychosis or schizophrenia. “We were surprised at how pronounced and how wide the spectrum of schizophrenia-like symptoms was,” says psychologist Dr Ulrich Ettinger. This helps explain why some people get so testy at sea. “If you sleep too much, you don’t win,” says **Dr Claudio Stampi**, director of the Chronobiology Research Institute in Newton, Massachusetts. “If you don’t

sleep enough, you break.” Stampi is the wizard of sleep for singlehanded ocean sailors. His clients include Brad Van Liew, Mike Golding, Joe Harris and Dame Ellen MacArthur, the woman who broke the record for the fastest solo circumnavigation of the globe in 2005. Stampi’s research indicates 4.5 to 5.5 hours of sleep out of every 24 is the absolute minimum to avoid accumulating a sleep debt. However, it doesn’t have to occur all at once.

Sleeping/napping

Sleeping eight hours through the night like your grade school teacher recommended is called **monophasic sleep**. Breaking that block of sleep into multiple naps is called **polyphasic sleep**. Taking frequent naps at sea is nothing new, even if it has a new name. Sailors are famous for falling asleep whenever or wherever they close their eyes. The best length for a nap, however, is a more complicated question and varies individually. In general, Stampi has found the most competitive sailors nap for only 20 minutes at a time, which allows them to frequently check performance and sailing conditions while still getting the minimum sleep. Less than 10 minutes, on the other hand, doesn’t seem to have any recuperative effect.

Nighttime operations

Before the sun sets, both the boat and the crew should be prepared for nighttime operations. If you’ll be moving, a checklist is helpful.

- The engine(s) should be in good working order and all navigation and communication electronics should be functional.
- Test the running lights and get the latest weather and tide report.
- Refresh the batteries in flashlights and headlamps.

- Put binoculars close to the helm and locate personal floatation devices (PFDs).
- Cold or hot drinks and snacks can make nighttime passages go quicker.

Watch system

Conversely, when all is going well, being considerate of your off-watch crew is important—tether hooks dragging on deck and rattling pans in the galley sound incredibly loud at night.

Your choice of watch system depends on several factors: how many people there are on board, how mentally and physically draining the conditions are, and **personal preferences**. Some people find it hard to sleep down below during the day, while others prefer a short night watch and a longer day off-watch.

NASA studied the sleep patterns of solo ocean racing sailors to see how extreme sleep deprivation affects decision making and performance.

Standing watch

Sleep deprivation affects decision-making and safety, so a system of watch standing is imperative. Underway in fair weather and with the assistance of an autopilot, most people can manage watches of several hours even at night. If the passage is rough, however, it robs you of energy and watches need to be shorter.

When changing the watch, discuss with the oncoming watch what **transpired** during your time. Has the weather or barometric pressure changed? Has traffic increased or the anchor dragged? Has the engine developed a sputter or has the bilge pump been running frequently? Discuss your position, course and distance covered if underway. Point out vessels on the horizon and give the new crew time to properly wake up. Confirm they're ready for duty before

leaving because they're responsible for the ship and your life.

Navigating after dark

The process of piloting in deep water is the same at night as in the daytime. Once clear of channels and buoys, it's down to GPS fixes checked against estimates, distances and courses to steer. The only difference is that lights are unambiguous. You'll spot a nun's blood-red wink long before you can confirm a daymark in daylight. Even lighthouses are easier to identify.

Collision avoidance

What do you see? There's no substitute for experience when it comes to identifying the lights of other vessels. If you've never sailed at night, try to make your early passages with others who have. AIS is a godsend, but smaller commercial boats aren't obliged to use it. A fishing boat may show the correct lights, but they may be obscured by working floodlights. Other ships are often so ablaze with lights it's impossible to discern their running lights. This is typical, and it's never in the books.

Watch the background: Seeing ships is easy with an open horizon. Close inshore it can be hard when lights on the water merge into those ashore. When a line of shore lights could be hiding danger, you have to look for anything moving relative to them. Train your eyes, and get your crew looking, too. Don't forget your binoculars. Sometimes they gather enough light to show the form of the vessel.

Your lights

Check your nav lights before dark. The last thing you want is to be hanging under the pulpit in the pitch black, a screwdriver in one hand and a bulb in your teeth as the USS Missouri bears down on you in a 6-foot sea.

And please, please use the correct light combinations as prescribed in the International Regulations for Preventing Collisions at Sea, aka Colregs. Some sailors dress their yachts like a Christmas tree with running lights (red and green forward, white stern light aft), a steaming light halfway up the mast, and—horrors—a tricolor shining above that. We're quick to complain about fishing craft, but the sailboat described is lit either for crabbing (port side) or trawling (starboard). She brings us all into disrepute.

Keeping fresh

On single-night passages or “half-nighters” especially, folks tend not to run a formal watch system. Everyone needs rest, though, especially the skipper, so don't hang around on deck getting cold and seasick. Turn in, and if you can't sleep, at least read. It may not revive you like four hours in the land of Nod, but **it's a rest**. It doesn't take much for competent crew members to stand watch alone in open water and fair weather, given they understand the agreed night orders. Skippers should rest when not needed.

Night orders

This is the crunch for an off-watch skipper. The secret is having confidence that those on deck understand when to call you. The trigger might be a ship entering the three-mile radar ring or anything closing on a steady bearing. It could be a change of wind, a nasty-looking cloud or arrival at a waypoint. The final word must always be, “Absolutely anything that leaves you in the slightest doubt. Never hesitate to give me a shake.” The whole system runs on mutual trust, and the skipper must put on a brave face when disturbed for nothing. Even a muffled “Tut” will make the watch-keeper hesitate next time around.

Cockpit discipline

Harnesses

Even if buoyed up by a lifejacket, if someone goes overboard in the dark, it will probably prove impossible to find them. Insisting on tethers, at least outside the cockpit, will ensure you don't lose anyone in the first place.

Flashlights & SAR

A flashlight in the cockpit has endless uses. A pocket AIS transmitter with an inbuilt strobe light has only one. However, the device can be passed on like a relay baton. Should a solo watch-keeper capable of switching it on fall overboard, he will be found by you or the SAR people. Ideally, all crew should have their flashlight and a lifejacket equipped with a strobe and whistle.

Night vision

This is a watchkeeper's best currency, so don't shine flashlights in their eyes. Night vision can be blown away on one trip to the head or the galley. The irises work independently, however, so if you shut one eye before going below and keep it shut until you surface again, it will maintain "night status" as if by magic.

Finally, enjoy! A night sail can be a sublime experience.

How to Cure Insomnia with the Sea

Not getting a good night's sleep can wreak havoc on your entire day. And when you are unable to catch some good zzz's for a long period it can have dire consequences on all aspects of your life. There are a lot of sleeping aids, techniques, and medications on the market to help when insomnia strikes. But did you know that something as simple as sleeping outside can help you get a better night's sleep?

Researchers at several universities have published peer-reviewed reports documenting the value of sleeping in natural, open-air environments. Kenneth Wright, an integrative physiology professor at University of Colorado, Boulder, is one of the most frequently cited researchers on the subject of sleep and natural light. In one of his recent studies, Wright and his team found that artificial light in indoor environments can disrupt your circadian rhythms—also known as your natural sleep/wake cycle. They tell you when to sleep and when to wake up. When these cycles are disturbed, you will find yourself feeling less energetic and even tired all the time. Sleeping outside and using only natural light for as little as a weekend can help reset your internal clock and leave you feeling more energetic and rested.

Here are some tips to help you battle insomnia while onboard a ship:

- 1. Wear Earplugs.** Though you might think the soft sounds of waves crashing would lull you to sleep, the opposite is generally

true, as the splash of water against the boat and the creaking noises of the ship can distract you and keep you from resting easily. A simple pair of earplugs should do the trick; blocking out all unusual sounds and allowing you to feel cosy and quiet below decks.

2. Ensure You're Well Anchored. The worry of an unsteady anchor can keep even the most practiced sailor up at night. Quell those fears by making sure your anchor is down and fastened before curling up for bed. With practice, your anchoring skills will improve, but it's often a good idea to practice your anchoring before nightfall. Always allow plenty of rope to be dropped alongside the anchor. This allows for minimal drifting and helps push the anchor further down and become more secured.

3. Wrap in Layers. Nighttime on the water has the potential to become quite chilly. You should be prepared for all conditions whilst on a boat, and in the evenings, when your body temperature tends to drop, you're liable to become quite cold. Many people recommend packing similar sleeping gear for boat travel as one might pack for a camping trip. Give yourself plenty of layers to make sure you can adjust for comfort as needed.

4. Repeat Typical Bedtime Activities. If you're hesitant or nervous about sleeping on a boat, just remember it's like you're sleeping anywhere. Try and maintain your normal pre-sleep routine, and your body will know it's time to get to bed. This is a great tip for sleeping on a plane as well. Brush your teeth, wash your face, have a warm mug of tea...whatever typical activities calm your body and mind and prepare you for a restful night's sleep. Get yourself clean and comfortable before slipping between the sheets and heading off to dreamland. You really should have no problem sleeping on a boat. Many people swear that the best night's rest is on a boat—the gentle movement can be very soothing and a true cure for insomnia.

Optimise your cabin

We sleep better in a dark environment, and we are programmed to wake and work with the sun, but if you're on a watch pattern you're inevitably going to need to sleep during the day. Whether day or night, you should block out light wherever you can. If you don't have a blackout blind try rigging a thick towel over the porthole and be sure that your electronic devices are switched off or hidden so they can't wake you up. If you share a cabin, it's a good idea to agree on quiet and dark times with your cabin mate (particularly if you're on opposite watches) so that both of you can properly get your head down. We also sleep better in a clean environment. Dust mites and other nasties love a dirty environment; they can spread quickly aboard a ship and cause allergies that can interrupt sleep. Be sure to keep your cabin clean, and as free from dust and dirt as possible. Avoid keeping dirty overalls and gear in your cabin, and be sure to change your bedding at least once per week.

Exercise

Exercising for 30 minutes a day will help you sleep significantly better and help you feel more alert when you're awake. As well as the sleep benefits, exercise makes you happier and improves your overall health, so what's not to like? It doesn't necessarily matter when you exercise, but adding it to your pre-watch routine will give your mind and body time to wake up and help you feel more ready for the day.

The sound of the sea is so calming that you can buy songs with those sounds that should ensure a good night's sleep. Imagine that when on a sailboat you get those for free! So if you have insomnia why not try to cure it with sailing?

Don't Let Dehydration Be the Cause of Poor Sailing Performance

Just as a car needs fuel and oil to run smoothly, the **body needs water** and electrolytes to perform all the cellular processes necessary to function and communicate. If their level is too low, the body will not function properly, either physically or mentally. If you are sailing you may find the physical effort of boat handling suffers and you may not be able to make clear, considered decisions. The human body is 60% water. Dehydration occurs when an increase in water loss—urine, sweating, etc.—is no longer offset by a **sufficient intake of water**. Every day, our body eliminates 2 to 3 litres of water, which is naturally offset by our diet and drinking water. During physical exertion sweating is accentuated, causing us to lose up to several litres of water per hour. Hydrating yourself regularly becomes vital!

Why do the sailors become dehydrated?

Dehydration and exhaustion from the heat are sailors' biggest fear. At sea, **physical effort**, along with the **sun's exposure** accentuated by the effect of its reflection off the boat and sails, as well as the **wind** accelerating the loss of water, all lead to the phenomenon of dehydration. A typical boating day in the summer causes your body to generate a large amount of heat. Sitting exposed in the sun increases your body heat. As you ride in a boat, your body automatically adjusts to the changing position of the boat. The exertion of this constant adjustment increases body heat. The way the body rids itself of increased heat is by sweating. Increased

sweating will cause dehydration if fluids are not replaced. Dehydration will make you more fatigued and more at risk for a boating accident. The best way to minimize the risk of dehydration is to drink plenty of water— before, during, and after any water activities. A good rule of thumb, while you are boating in warm weather, is to **drink some water every 15–20 minutes**.

However, you don't always have to drink water to get water. You can also eat watery foods, and that will count. Soup, yogurt, salads and watermelon all contain a significant portion of water. You should be drinking enough so that you **urinate every two to four hours**, and that the urine is a light color,” says Nancy Clark, author of Nancy Clark's Sports Nutrition Guidebook. “If you go from 8 a.m. till 3 p.m., and your urine is very dark, that's a sign that you haven't had enough to drink.”

What to drink and what not to?

There's no right or wrong product to drink while sailing, but the best choice will depend on your **personal taste and needs**, as well as what type of sailing you're doing and where you're doing it. Look for the drink that strikes the **right balance** of sugars, carbohydrates, and sodium and other electrolytes to meet your needs and of course, choose one that makes your tastebuds happy. It is all **too easy to become dehydrated** on a boat. The reasons for that are numerous, and here are some:

- If you are busy sailing, racing or short-handed you may not feel that you have the time to go below and get a drink.
- You may find that drinking water from your tanks doesn't taste particularly palatable, so you put off topping up.
- If you are feeling a little queasy you may not want to risk drinking too much and then having to go below to the heads.
- You may be drinking what you think is an adequate amount,

but is it the right stuff? Fizzy drinks and alcohol will not help you stay hydrated.

The most important thing to do is to remind the children and elderly, if there are any on the boat, to stay hydrated, for they often forget to drink. In the hot, summer days they can dehydrate fairly quickly, and when they say they are thirsty, they are already dehydrated. Drink early and often.

Loss of body water	Progressive effects
0–1%	Thirst
2–5%	Dry mouth, flushed skin, fatigue, headache, impaired physical performance
6%	Increased body temperature, rate of breathing and pulse rate, dizziness, weakness

Treat the dehydration

There's really only one way to treat dehydration– **replace the fluids and electrolytes** your body has lost. For a mild case, it should be enough just to drink plenty of fluids. Water is your first choice, but there are lots of **special drinks** on the market that will help you replace your body's lost water and electrolytes. If you can't get a pre-mixed rehydration solution, don't try to make one yourself. Instead, replace lost fluids naturally with sips of water, fruit juice, crushed fruit mixed with water, or salty soups or broths. If your **dehydration is serious**, you may need to see a doctor to get treated with **intravenous (IV) fluids**. Severe dehydration may require you to go to the hospital. You should get **medical attention immediately** if you:

- Haven't peed in 8 or more hours
- Have had a seizure
- Are disoriented or confused
- Have a weak or rapid pulse
- Feel very tired
- Feel dizzy when you stand
- Are too sick (nauseated or vomiting) to take in fluids

Surviving in open seas

One can live for weeks without food, but it takes only **three days to die without water**. Surviving in open seas is demanding and depends on the survivors' ability to apply the required skills use whatever is available for survival. When at sea and with no help in sight, one can still survive the life-threatening conditions with a **little improvisation** and a lot of patience.

1. Our bodies require a minimum of a litre of water every day to stay alive and balanced. Drinking small amounts of fresh-water when in a crunch situation can help us to be focussed on our survival, although over-time ingesting less water will weaken the muscles and tissues of our system.
2. Unless there is sufficient fresh water available, one should completely avoid taking in saltwater. Experts say, and we agree, that drinking seawater will make us all the more thirsty.
3. Don't eat any food unless you are sure of the availability of potable water – digesting food requires lots of water and if one is rationing it, eating a minimum quantity of food is the only solution. Besides, we can survive longer without food than water, so act wisely.

4. In hot conditions, loss of water from the body in the form of sweat should be avoided as much as possible. Keeping the body temperature cool by being in shade and using seawater to cool off is advised.
5. Collecting dew in misty conditions, rainwater in the tropical regions and ice in polar conditions are a few suggested methods to contain potable water for survival. One can use a sponge or a piece of cloth to collect dew from the craft's hull, and this can be done at night in foggy conditions. Plastic bags or other makeshift containers may be used during rainfall for a reserve that will be required later. One thing to remember here is that it is advisable to drink as much rainwater as possible, as it is very much safe. If stuck in the Polar Regions, one can melt the bluish-grey ice and consume it as potable water. Such ice is normally devoid of salt and is OK to ingest.
6. Should you feel the need to eat, avoid taking in proteins or dried eatables like biscuits, as they require lots of water for digesting. Drinking urine should be avoided too, at any cost. It is suggested to have fish for its aqueous content also. Bones and eyes of fish are a good source of salt-free water, which can be easily sucked upon.

Improvising with the available survival equipment can save many lives at sea. Moreover, with good knowledge, we can **save many lives by finding and conserving water**.

For big air sailing or long stretches on the water, a hydrating drink with glucose for sustained endurance is a great addition to your **regatta toolbox**. In the right formula, glucose is absorbed quickly into your bloodstream without waking up your digestive system. Waking up your digestive system takes blood away from your muscles and brain, robbing you of energy where you need

it. The wrong formula will be energy draining. Olympic-class sailing poses physiological challenges similar to other endurance sports, such as cycling or running, with sport-specific challenges of limited access to nutrition and hydration during competition. As changes in hydration status can impair sports performance, examining fluid consumption patterns and fluid/electrolyte requirements of Olympic-class sailors is necessary to develop specific recommendations for these elite athletes. The **continued intake of fluids** fortified with carbohydrates and electrolytes during activities lasting longer than one hour has been found to prevent deteriorations in endurance, strength, blood volume and cognitive function. During the competition, sailors can spend anywhere from two hours to six hours on-water, with time divided between warm-up, racing and waiting for changes in wind and weather and cool-down. Participants in the *ad libitum* design cold weather study were unable to maintain hydration status in any condition due to inadequate fluid consumption. This may have resulted from a reduced desire to drink and/or poor estimation of individual hydration requirements in cold temperatures. In the warm condition study, all conditions improved: urinary markers of hydration and body mass loss.

Sail through Winter and Cold Times

Winter can be a blissful time to be at sea. With the low sun sparkling off the water, deserted cruising grounds and short hops to pubs with roaring fireplaces, there's every reason to stay afloat. The weather windows are smaller and the challenges bigger, but with the right kit and a boat that's prepped properly, there are many glorious sails to be had. The most important thing is to stay dry. Once you get wet, you'll probably stay wet and with the (hopefully) perfect sailing wind, you'll start to feel chilled and not in a good way. Saltwater is incredibly hard to dry because of the salt crystals.

Body reaction

Believe it or not, our bodies are much better suited to the fight against **hypothermia** than against overheating. In doing so, ladies have an advantage because a thicker layer of subcutaneous adipose tissue provides better protection. The mechanisms handled by our biochemical computer, our body, are much more effective at exposure to cold than at exposure to elevated ambient temperatures.

For starters, the body responds to the cold by **squeezing blood vessels**. The body knows that the blood is warm, that heating the skin with warm blood in the cold is a waste, and that the blood is needed elsewhere. The fingers become pale, hard and stiff. It is not possible to make fine movements with such fingers, such as those you use when tuning an instrument, perhaps a navigation instrument. And a cell phone is hard to use, isn't it?

When sailing in winter always and without exception tie your mobile phones with the provided straps so that they are at your fingertips when you need them most. That is why there are those small bars on mobile phones under which the tape is passed.

Sailing fashion

If you're sailing because you love it, your fashion sense won't matter... **do whatever you need to do stay dry**. Waterproof clothing and shoes are great if you don't have proper wet-weather sailing gear because you can layer warm clothes underneath them. Layers are perfect for changeable weather. If you're doing a watch and you don't want to disturb the other crewmembers who are resting, you can ensure you'll be comfortable for the duration of your shift by having several options. Breathable clothes are also great, especially sports clothing, because they wick sweat away from your body. Even if you fall in the cold water, do not take your clothes off. More layers of clothing retain more air, which increases buoyancy. Warmer water is retained between the body and the layers of clothing, the water that the body heats with its heat, so the layer of clothing has a protective role, the so-called wet suit, which is well known to divers and surfers. Don't think it has to be some strong wind. Even a light breeze over the cold sea will dramatically increase the cooling rate. Set the example for your fellow sailors by wearing a personal flotation device. This isn't about whether you can swim. It's about the devastating physiological changes brought on almost instantly by immersion in cold water. Find a **personal flotation device or life jacket** that's comfortable and wear it proudly. Take care that the sea is very cold in winter, and that in that cold there is hardly any salvation for those who fall off the boat. At a sea temperature of 10 degrees, fainting will occur in a maximum of 60 minutes, and at a temperature of about 0 degrees, in a maximum of 15 minutes. For those

who do not wear life jackets, fainting at sea always means sinking and most often death.

A person can be an excellent swimmer and in excellent physical condition, but this cannot save his head in the cold sea. But the vest can. Unlike ordinary lifebuoys, which today, with the name of the ship and the home port written on, mainly serve as decoration, life jackets allow even an unconscious person to maintain a semi-oblique float position, with his head always above the sea.

Warm hands

Thick waterproof thermal gloves are good for passages but can be tricky if you're fiddling with knots and adjusting sheets. Dry hands are warmer than wet hands, so try to keep your lines dry. If you prefer fingerless gloves for dexterity, wear a pair of rubber gloves underneath – dinghy sailors swear by them!

Hot heads

Up to 70% of body heat is lost through the head, so a good sailing hat is essential. Buffs are good too and can be worn as neck-warmers or balaclavas.

Eye protection

Don't forget your shades. When the sun's lower in the sky, a good pair of sailing sunglasses is essential to stop you from having to squint to see the channel mark. Keep out of the breeze by staying behind the dodgers and utilising any covers that you have. If you're on watch, then getting up every five to seven minutes to have a good look around or staying active by tweaking or raising sails and safely walking around the deck will help to keep you warm.

Remember to take any **cockpit cushions inside** to keep them dry. Soggy, salty cushions will take a very long time to dry and aren't comfortable to sit on. If there isn't any wind, you could even use a small umbrella to protect yourself and whatever electronic device you're using during a rain shower.

Warm drinks or soup are also fantastic for keeping you warm during a cold sail. You can prepare something nice and hot and store it in a thermos flask, which you can grab whilst underway.

Tackling condensation

Condensation is inevitable on a boat in winter. Moisture in warm air settles and condenses onto cold surfaces, which can allow mould to grow. In a non-heated boat, opening vents and windows will keep an ambient moisture level equal to the exterior. If you run a heating system, you'll need to open windows and vents so moisture can escape.

Another option is a dehumidifier. A basic chemical desiccant will work well for a limited period. On a boat, an electric desiccant dehumidifier is the one to go for if you have power, as this will work even in a cold boat, but limit the ventilation. The normal condenser-type will only work if the ambient temperature is reasonably high.

Prepare yourself for the worst-case scenario: falling overboard

The first answer or **the initial response** lasts up to 3 minutes. The shock the body experiences due to sudden exposure to cold and cooling of the skin includes reflex and dangerous changes in heart rate, blood pressure and respiration, with the risk of drowning being very pronounced. The number of heartbeats per minute and blood pressure jumps sharply, and the hormone adrenaline is secreted more and more, which can cause a heart attack and

consequent drowning. The frequency and depth of breathing increase many times over, which leads to complex disorders of our biochemical computer and life-threatening.

The second is **the short-term response**, lasting up to 30 minutes. Don't swim! Swimming is muscle work, which increases heat loss by 50 percent and reduces the chances of survival by the same amount. Muscles, nerves and joints are affected at this stage of the struggle for life. The shipwreck feels a loss of coordination of movement, followed by real paralysis. Even the strongest swimmers who survive this phase have only a 50 percent chance of reaching the shore alive.

The third or **long-lasting response** to the cold sea occurs after 30 minutes and lasts up to several hours after falling into the cold sea. The body loses heat rapidly because the heat capacity of water is 25 times greater than the heat capacity of air. This is a phase of the patient, painstaking and persistent struggle for life, and both physiological and psychological moments are manifested in it.

There is a fourth response of the body, **the late answer**. It occurs at a time when the shipwreck may have already been pulled from the sea, but it is not yet out of danger. In cases of mild to moderate hypothermia, it is good to protect shipwrecked people from the wind, take off their wet clothes and warm them with dry clothes, a warm drink and give them a small meal with calories that quickly become heat energy.

HELP position

For people who find themselves in the sea in winter for any reason, it is recommended to take the so-called HELP position. HELP stands for Heat Escape Lessening Position, which is very well known to all seafarers.

Useful instructions on how to behave in the event of an accidental fall into the sea, even when the sea is not uncomfortably cold

or too cold at first touch, can be found in many seafarers' manuals. The HELP position can be taken by a person who is alone in the sea when the legs are bent at the knee and are drawn to the body. Either way, that position is almost impossible to maintain for long periods if you're not wearing a life jacket.

In pairs or groups of three or more, the HELP position is taken so that the people embrace like dancers in a circle. It will allow the sea temperature between them to be perhaps half a degree higher, but this small difference may represent the difference between consciousness and unconsciousness, which at sea represents **the difference between life and death**.

Psychological stability in such a terrible and extremely uncertain situation is very important, so it should be thought about in advance. There will most likely be someone in the group who will take on the role of a leader, who will encourage everyone else and make decisions. We overcome the cold with knowledge!

If you keep warm and have a great day's sailing, I guarantee you'll have that warm, fuzzy feeling at the end of the day!

Breathing in the Sea: Allergies while Sailing Are Nothing to Sneeze At

Allergies occur when your immune system reacts to a foreign substance— such as pollen, bee venom, pet dander or a food that doesn't cause a reaction in most people. Your immune system produces substances known as **antibodies**. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system. The severity of allergies varies from person to person and can range from minor irritation to **anaphylaxis**, a potentially life-threatening emergency.

Helping yourself with the sea

Allergy sufferers who live on houseboats have two powerful weapons against allergies. First, you live on the water and **away from plant life**. Second, your floating home is mobile. You can simply **move to another port** and let prevailing winds carry dust, smoke and spores away from you, or sail to a new region to avoid seasonal blooms. Swimming in salt water can help flush pollen and other allergens from your nose, so if you are near a body of water all day long you can drop in the sea anytime you want or need.

Chemicals in some sunscreens can cause contact dermatitis, an itchy red rash. This may occur only on skin that has had the most sun exposure and not everywhere sunscreen was applied. Obviously, we can't just ditch sunscreen altogether! Instead, try to **avoid oxybenzone** and find sunscreens that have titanium

dioxide, zinc oxide, and not much else. These ingredients provide great sun protection and are much better for sensitive skin. Even with the right sunscreen, some people have allergic reactions to **sun exposure**. This may be the result of a medical condition or a side effect of medication. Check yours to see if sun sensitivity is listed and take precautions to stay in the shade if necessary.

Food allergies do's and don'ts

Living with severe food allergies, you learn to pay constant attention to what you are putting into your body (and even what you are touching). You have to be always aware of the **ingredients** of dishes and products that you are consuming. Otherwise, a simple dinner out, for example, can give you an **anaphylactic reaction** or can end at the emergency room. Good food should be an important part of sailing, whether you are going to the boat for a weekend, a week, a month or a year. Someone has to prepare all the ingredients for your menu. The key to every meal afloat or on land is in **advance planning and provisioning**. You can think that a sailing holiday is out of your options not only because of the “will my food be safe” challenge, but also because you don't know where the nearest medical facility on the sea might be. You are right to be cautious, but before turning down a holiday offer, take a deep breath and inform yourself about sailing with food allergies. A sailing holiday can be a safe option for you! During the past decade, the tourism industry has started to pay more attention to food allergies. Many companies providing boat-charter holidays have policies to take measures against cross contamination.

When booking any kind of a trip you should have the opportunity to **personalize** every detail. You should explain the details of your food allergy, and make sure that your dietary needs will be taken seriously by the boat's crew. Upon your request, the boat that you will be sailing in should be cleaned from any material that may cause cross contamination by an experienced crew.

Before boarding any kind of vessel you should probably talk to your doctor.

A lot depends on what you are allergic to and where you are going. When you go cruising, you change your environment, so you may leave some allergens behind (and pick up new ones, but it usually takes some time to sensitize yourself to new allergens).

In case of allergic reaction

On land or at sea there are periods when your allergies are under control, and there are times when they are anything but. No matter how careful you and the crew are, in case of an allergic response, precautions should be taken. You should try to find out what caused the reaction and prevent further contact with the allergen. The problem may be a delayed allergic reaction; these can manifest up to 32 hours after exposure to the allergen. Try to **cool** any swelling of the tongue.

You should also be careful with your medications so that anyone aboard can help you if you experience any troubles. **Antihistamines** should be in your first aid kit. Those with severe allergies usually have an EpiPen (epinephrine auto injector) with them. In the case of anaphylactic shock, it will be necessary to put the patient into the **shock position** (passive leg raise), call for medical assistance immediately, and prepare to perform CPR (cardiopulmonary resuscitation) on the patient.

The general health of the whole crew and the medications they use should be known to the entire crew so they can be aware of these in case there are problems. You should always include a **well-equipped first aid kit** on board. Also include medications for common illnesses (e.g., ear infections, colds , etc.). If you or someone on your crew is suffering from severe allergies you should undergo a first aid course. This will limit the situations in which you have to call help, which may be far away or inaccessible.

Survive to Sail: Sailing and Benign Prostatic Hyperplasia and Prostate Cancer

The prostate is a **small gland** in the pelvis, found only in men. About the size of a tangerine, it's located between the penis and the bladder and surrounds the urethra. The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

Benign prostatic hyperplasia

Benign prostatic hyperplasia (BPH)— also called prostate gland enlargement— is a common condition as men get older. An **enlarged prostate gland** can cause uncomfortable urinary symptoms, such as blocking the flow of urine out of the bladder. It can also cause bladder, urinary tract or kidney problems. The severity of symptoms in people who have prostate gland enlargement varies, but symptoms tend to gradually worsen over time. Common **signs and symptoms** of BPH include:

- Frequent or urgent need to urinate
- Increased frequency of urination at night (nocturia)
- Difficulty starting urination
- Weak urine stream or a stream that stops and starts
- Dribbling at the end of urination
- Inability to completely empty the bladder

Less common signs and symptoms include:

- Urinary tract infection
- Inability to urinate
- Blood in the urine

Treatments for BPH

A wide variety of **treatments** are available for enlarged prostate, including medication, minimally invasive therapies and surgery. The best treatment choice for you depends on several factors, including the size of your prostate, your age, your overall health and the amount of discomfort or bother you are experiencing.

If your symptoms are tolerable, you might decide to postpone treatment and simply monitor your symptoms. For some men, symptoms can ease without treatment. **Medication** is the most common treatment for mild to moderate symptoms of prostate enlargement. The options include:

- Alpha-blockers
- 5-alpha reductase inhibitors
- Combination drug therapy
- Tadalafil (Cialis)

Minimally invasive or surgical therapy might be recommended if your symptoms are moderate to severe and medication hasn't relieved your symptoms, or if you have a urinary tract obstruction, bladder stones, blood in your urine or kidney problems. The obstruction may be intrinsic (e.g., prostatic enlargement, bladder stones, urethral stricture) or extrinsic (e.g., when gastrointestinal mass compresses the bladder neck causing outlet obstruction). **Urinary retention** often occurs without warning. It is basically the inability to pass urine. In some people, the disorder starts gradually, but in others it may appear suddenly.

Acute urinary retention is a medical emergency and requires prompt treatment. The pain can be excruciating when urine is not able to flow out. Moreover, one can develop severe sweating, chest pain, anxiety and high blood pressure. Other patients may develop a shock-like condition and may require admission to a hospital. Serious complications of untreated urinary retention include bladder damage and chronic kidney failure. Urinary retention is a disorder treated by a doctor, and the quicker one seeks treatment, the fewer the complications. Acute urinary retention is treated by catheterisation. This is usually done by a trained healthcare professional.

But what to do if the urinary retention happens to you in the middle of the sea while you are alone and far away from medical help?

- Run the water. Turn on the faucet in your sink. Sit on the toilet. Try to relax, close your eyes, and focus on the sound of the water.
- Rinse your perineum. The perineum is the area of flesh between the genitals and the anus. Sit on the toilet and try to relax. Use a squirt bottle to rinse your perineum with warm water.
- Hold your hands in warm or cold water. Fill a shallow bowl with warm or cold water and place your fingertips into it. Hold them there until you get the urge to pee, and then try to do so into the toilet.
- Go for a walk. Physical activity can sometimes stimulate the bladder. Try walking around a room or a hallway until you feel you need to pee.
- Sniff peppermint oil. The smell of peppermint oil may give you the urge to pee. Place a few drops on a cotton ball and bring it with you to the toilet. Sit on the toilet, relax, and sniff

the cotton ball. You might also want to try putting the peppermint oil directly into the toilet.

- Bend forward. Sit on the toilet and relax. When you're ready to try to pee, bend forward. This may stimulate your bladder.
- Try the Valsalva maneuver. Sit on the toilet and bear down, as if you were having a bowel movement. Use your forearm to press gently on your lower abdomen — but take care not to press directly on your bladder. Urine that moves back up into the kidneys can cause infection or damage.
- Try the suprapubic tap. Sit on the toilet and relax. Use your fingertips to rapidly tap the area between your navel and penis. Tap once a second for up to 30 seconds.
- Use relaxation techniques. Sit on the toilet and relax as much as you can. To relax further, close your eyes and begin breathing deeply. Make an effort to relax all of the muscles in your body, from head to toe.
- Touch your thigh. Sit on the toilet and relax. Stroke your inner thigh with your fingertips. This may stimulate urination.

If you still have trouble passing urine after attempting these techniques you may require **catheterization**.

Self-catheterization

Self-catheterization sounds frightening to many people. It seems as if it would be painful or embarrassing. In fact, it is amazingly **easy, and there is rarely any discomfort**. You need to relax and take some deep breaths before you start. Male patients require the following equipment for intermittent self-catheterization:

- Catheter—Usually a clear soft plastic or soft red rubber
- Lubricant— Use a water-soluble lubricant, NOT petroleum jelly

- Cleansing packet or washcloth– Use a mild cleanser
- Container to drain urine in
- Plastic bag or plastic-lined pouch to store the catheter

You may catheterize yourself while standing over the toilet, sitting on a commode, reclining in a chair or lying in bed. The **procedure** for men is as follows:

1. Wash your hands with soap and water. You may wash the catheter at the same time by wrapping it around your hand. Rinse your hands and the catheter with running water. Dry your hands and shake excess water out of the catheter.
2. Hold the penis with your non-dominant hand (the hand you do not write with or use to feed yourself) and wash the head of the penis.
3. Lift the penis gently upward and outward. With your dominant hand grasp the catheter 2” to 3” from its tip. Dip the catheter tip into lubricating jelly. Pass the lubricated tip of the catheter into the opening in the penis and slowly advance the catheter with constant, steady pressure until the catheter reaches the bladder and urine begins to drain. When the catheter reaches the area of the prostate, it may be difficult to continue. Take some deep breaths to relax and be patient. Leave the catheter in place until all urine stops draining and then slowly pull the tube out, stopping whenever urine begins to drain again. Allow the urine to drain completely before beginning to pull the tube out again. The urine may be drained into the toilet or into a container.
4. Once the catheter is removed, run tap water through it and wash your hands and the catheter with soap and water. Rinse the catheter and your hands well. Dry your hands, shake the catheter, and put it in its bag or pouch for the next use.

It is very important to put these items in your first aid kit just in case you need them somewhere far away from the hospital.

Protection against benign prostatic hyperplasia

Physical activity has myriad health benefits, which may extend to protection against benign prostatic hyperplasia development and progression. Any kind of physical activity has been proposed to protect against BPH by several possible mechanisms, including **reducing body size, decreasing sympathetic nervous system activity, and lowering levels of systemic inflammation**. Lack of physical activity can make you retain urine. Activities like walking, jogging, and swimming can help reduce urinary problems. Consistent with this hypothesis, several studies have observed protective findings between physical activity and BPH-related outcomes (physician diagnosis of BPH, BPH surgery, BPH medication use, and clinical indicators).

Sailing is a sport that will work many aspects of physical fitness such as core and muscle strength, aerobic fitness, balance and agility. Sitting too much might not just give you a big belly - it can also raise the red flag for your prostate health. According to research published in the Journal of Physical Activity and Health, as your activity level drops, your blood levels of a certain protein linked to prostate cancer spike. The researchers measured the participants' physical activity levels and found that men with an extra hour of sedentary time in their day had a 16% greater chance of having elevated prostate-specific antigen (PSA) levels. On the other hand, guys with an hour more of light physical activity per day were 18% less likely to have elevated PSA scores. When sitting on traditional chairs the weight of the upper body, which can be considerable, presses the pelvis. Also, we sit for longer periods of time, and men are also heavier than before.

1. Men who stand more and whose work is physical have 23% less prostate cancer than office workers.
2. About 49% of all cancers of men in Europe concentrate

in the region between the sacrum, pubic bone and sitting bones (in an area the capacity of which is about one litre) where men have the prostate, bladder, urethra, anus, rectum, and part of the colon. As much as 70% of all those cancers occur in the prostate.

3. Men who have prostate infection feel pain on all seats, but considerably less on a two-part saddle seat where the gap prevents pressure from building up inside the pelvis.
4. There is a growing number of men whose already enlarged prostates have shrunk back after they have used a two-part saddle chair with about a 40 mm wide gap under the pelvic opening.
5. The prostate is very close to the skin, just round the edge of the pubic bone, and thus gets a lot of sitting pressure.

Prostate cancer

Prostate cancer begins when cells in the prostate gland start to **grow out of control**. Almost all prostate cancers are **adenocarcinomas**. These cancers develop from the gland cells (the cells that make the prostate fluid that is added to the semen). Other types of cancer that can start in the prostate include:

- Small cell carcinomas
- Neuroendocrine tumors (other than small cell carcinomas)
- Transitional cell carcinomas
- Sarcomas

These other types of prostate cancer are rare. If you are told you have prostate cancer, it is almost certain to be an adenocarcinoma. Some prostate cancers grow and spread quickly, but most grow slowly. In fact, autopsy studies show that many older men (and even some younger men) who died of other causes also had prostate cancer that never affected them during their lives. In many

cases, neither they nor their doctors even knew they had it. ASCO, the American Urological Association, American Society of Radiation Oncology, and the Society of Urologic Oncology recommend that men with high-risk early-stage prostate cancer that has not spread to other areas of the body should receive radical prostatectomy or radiation therapy with testosterone suppression therapy as standard treatment options.

Treatment of advanced prostate cancer

Locally advanced prostate cancer (stage III) may be treated with **external-beam radiation therapy, testosterone suppression therapy or surgery**. Treatments may be given in different combinations to stop cancer from growing and spreading. **Active surveillance** is also an option. It is widely accepted that at least 24 months of testosterone suppression therapy is needed to control the disease, but 18 months may also be enough. For those who have a radical prostatectomy, radiation therapy is given after the surgery. This is called **adjuvant or salvage radiation therapy**.

Rich Stearns

On June 22, 2018, Rich Stearns embarked on a 333-mile sailing adventure. Starting in Chicago, his sailing boat, J/88 Hokey Smokes, guided him through the waters of Lake Michigan to Lake Huron to his final destination, Mackinac Island. He made the bucket-list trip by himself. As a sailing boat enthusiast, Stearns is no stranger to the allure of the water. He has been racing sailboats since 1962 and has been selling sailboats through his company, Stearns Boating, LCC, for nearly two decades. But this time the trip was personal. “After a bout with prostate cancer, I thought it might help survivors to see someone doing crazy things, and show them that prostate cancer is not the end of the world,” he said.

“So, I decided to undertake the challenge to raise money for prostate cancer awareness and information.”

Stearns’ trip was part of the 22nd Great Lakes Singlehanded Society’s Chicago to Mackinac Island Challenge. This challenge is considered one of the toughest sailing challenges on the Great Lakes, taking between 50 to 80 hours to complete with temperatures averaging 40 to 50 degrees at night. Stearns **completed the challenge in 70 hours**, placed first in his class and fifth overall, and raised more than \$10,000 for prostate cancer supportive services at the University of Chicago Medicine’s Section of Urology under the direction of Arie Shalhav, MD.

Two years ago, Stearns was diagnosed with prostate cancer and was referred to UChicago Medicine by a fellow sailor. For him, it’s important that others know the options available if they or a loved one are diagnosed with prostate cancer. “This sailing event raised money so others will be able to get the knowledge they need if it happens to them,” he said. “Cancer is not something that always happens to someone else.”

Steve Benjamin

An Olympic Silver Medalist Steve Benjamin (1984, 470 class), and lead salesman with North Sails, Benjamin is known fondly throughout the sailing community as “Benj.” He has re-dedicated his Tripp 41 Custom as **Robotic Oncology** in tribute to the life-saving skills of **Dr David B. Samadi**, Chief of Robotics and Minimally Invasive Surgery at Mount Sinai in New York, N.Y. because he is a prostate cancer survivor. Anyone familiar with prostate surgery would say, “Surgery six months ago and he’s out sailing?!” And anyone familiar with Benjamin would say, “That guy has the most positive attitude!” The successful return to the helm of a racing boat is largely credited to positive thinking by the patient and to robotic rather than “open” surgery where the recovery time is lessened.

Enjoy Cruising with No Limits: Sailing with Arthritis

Taking on an adventure like sailing can become challenging for people with **arthritis**. Generally, people live their 20s and 30' working hard towards achieving their career goals and retirement. When they hit the 40s, they hope to take on new challenges and experience things they have always been determined to do. However, arthritis is an issue that crops up in most people after the age of 40.

Sailing or boating is a great outdoor activity that will help you maintain an active lifestyle. You'll be amazed at how water activities have the potential to keep your body and mind healthy. If sailing is an adventure that you have always wanted to try, let arthritis not stop you from taking on this new escapade. With **minor adaptations and goal adjustments**, you are fully set to experience the best of sailing.

Understanding rheumatoid arthritis

This inflammatory disease is the most common autoimmune arthritis. When your immune system attacks healthy cells by mistake, it can cause inflammation, swelling, and joint pain. As a progressive disease, rheumatoid arthritis can get worse over time. If not treated well, it can even lead to serious complications, including damage to the joints and organs.

Sailing with arthritis

Sailing with arthritis is not going to be easy unless you make finer changes to your journey. For instance, if you have mild

arthritis, you should be able to comfortably step in and out of smaller boats. Although, it's not a recommended approach for people with severe arthritis, as it can be taxing on the joints. Don't let arthritis stress you out! Here are some tips for you to consider:

1. Accessibility and turbulence are two major factors to think of when considering sailing with arthritis. Pontoon-style boats are considered to be highly accessible for those who have major concerns with arthritis. This boat straddles long supporting floats, with the floor of the boat rising above the water. Since the floor is leveled with the dock, you don't have to climb a ladder and strain your joints, some even are wheelchair accessible. Another key factor is that pontoon boats are extremely stable in water with minimal turbulence.
2. If you require more assistance, there is adaptive equipment for sailing available. Always consult with your local marina or research to find out what equipment can help you make this journey a smooth sail.
3. Finally, and most importantly, always consult your doctor before getting on with the sailing adventure. If you feel unsafe or unstable, we highly recommend you avoid sailing.

An inspiring story: cruising with rheumatoid arthritis

Willingness and mental strength can help you overcome every challenge. This inspiring adventure of **Tami Florer** and her husband is sure to get you thinking. Before Tami met her soulmate at Portland Yacht Club, she was diagnosed with rheumatoid arthritis. They bonded over their common love for sailing and set out on adventures together. They made a lifetime investment on Beneteau 40 to go cruising as much as her health issue allowed her to.

Tami was determined to find a solution for her rheumatoid arthritis, and she met with specialists. Although rheumatoid arthritis doesn't have a cure, there was a short period of remission. And, she took it as an opportunity window to depart on new sailing adventures. In 2014, they departed over the Columbia River bar and arrived in Victoria a few days later. Based on her medical specialist's recommendation, she used a scopolamine patch for her leg during the trip. After a short stopover in Victoria, they pursued their journey into Alaska and back to Puget Sound.

As the journey became more intense, slowly things started changing for Tami. In October, as she arrived in Santa Barbara, exhaustion took over. She woke up the next morning to extreme inflammation and pain due to arthritis. Luckily, she was equipped with non-inflammation medication that was prescribed by her specialist. After this minor setback, she had to get to the nearest hospital for administered medication. Once Tami fully recovered from pain and inflammation, she was adamant about getting back on the sailing journey. Tami and her husband decided to pursue their sailing dreams back again.

What changed?

After her arrival back in Victoria, they discovered an infusion hospital in Seattle. She continued her medication and explored Victoria for a little over a month. They strategized their journey around her health issue and were able to accomplish their sail to Juneau, Sitka, and back to Ketchikan, Alaska.

Her medication has now changed into a daily pill. If you ask Tami, she would not trade her sailing experiences for anything and is thankful for every moment that it has given her. If her experience has taught aspiring sailors with arthritis something, it is to be always **prepared with medication, research infusion centers, stay connected with your specialists and strategize** your trip

effectively. Cruising with rheumatoid arthritis is not impossible with some research and planning to back your journey up. Don't let a medical condition drag you away from your dreams of sailing.

Healthy Mind Games

Forgetting the Clutter and Clearing the Brainwaves

Is it possible to improve your memory? If you've ever found yourself forgetting where you left your keys or blanking out information on important subjects then you have probably wished that your **memory was a bit better**.

A strong memory depends on the **health and vitality of your brain**. Whether you're a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp or a senior looking to preserve and enhance your grey matter as you age, there are lots you can do to improve your memory and mental performance. The human brain has an astonishing ability to **adapt and change**— even into old age. This ability is known as **neuroplasticity**. With the right stimulation, the brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways.

How to increase your cognitive abilities

The brain's **incredible ability** to reshape itself shows when it comes to learning and memory. You can harness the natural power of neuroplasticity to increase your cognitive abilities, enhance your ability to learn new information and improve your memory at any age. By the time you've reached adulthood, your brain has developed **millions of neural pathways** that help you process and recall information quickly, solve familiar problems and execute habitual tasks with a minimum of mental effort. But if you always stick to these well-worn paths, you aren't giving your brain the

stimulation it needs to keep growing and developing. You have to shake things up from time to time!

Memory, like muscular strength, requires you to “use it or lose it.” The more you work out your brain, the better you’ll be able to process and remember information. But not all activities are equal. The best **brain exercises** break your routine and challenge you to use and develop new brain pathways.

Four key elements of a good brain-boosting activity

1. It teaches you something new. No matter how intellectually demanding the activity, if it’s something you’re already good at, it’s not a good brain exercise. The activity needs to be something unfamiliar and out of your comfort zone. To strengthen the brain, you need to keep learning and developing new skills.
2. It’s challenging. The best brain-boosting activities demand your full and close attention. It’s not enough that you found the activity challenging at one point. It must still be something that requires mental effort.
3. It’s a skill you can build on. Look for activities that allow you to start at an easy level and work your way up as your skills improve —always pushing the envelope so you continue to stretch your capabilities. When a previously difficult level starts to feel comfortable, that means it’s time to tackle the next level of performance.
4. It’s rewarding. Rewards support the brain’s learning process. The more interested and engaged you are in the activity, the more likely it is that you’ll continue doing it, and the greater the benefits you’ll experience. So choose activities that, while challenging, are still enjoyable and satisfying.

Think of something new you’ve always wanted to try, like learning how to play the guitar, making pottery, juggling, playing chess, speaking French, dancing the tango, sailing or mastering your golf

swing. Any of these activities can help you improve your memory, so long as they keep you challenged and engaged.

While mental exercise is important for brain health, that doesn't mean you never need to break a sweat. **Physical exercise helps your brain stay sharp.** It increases oxygen to your brain and reduces the risk for disorders that lead to memory loss, such as diabetes and cardiovascular disease. Exercise also enhances the effects of helpful brain chemicals and reduces stress hormones. Perhaps most importantly, exercise plays an important role in neuroplasticity by boosting growth factors and stimulating new neuronal connections.

Brain-boosting exercise tips

- **Aerobic exercise** is particularly good for the brain, so choose activities that keep your blood pumping. In general, anything that is good for your heart is great for your brain.
- **Exercising in the morning** before you start your day makes a big difference. In addition to clearing out the cobwebs, it also primes you for learning throughout the day.
- **Physical activities** that require hand-eye coordination or complex motor skills are particularly beneficial for brain building.
- **Exercise breaks** can help you get past mental fatigue and afternoon slumps. Even a short walk or a few jumping jacks can be enough to reboot your brain.

Sleeping to help boost your brain

A good night's sleep is also important for your memory. There is a big difference between the amount of sleep you can get by on and the amount you need to **function at your best.** The truth is that over 95% of adults need between **7.5 to 9 hours of sleep** every

night to avoid sleep deprivation. Even skimping on a few hours makes a difference! Memory, creativity, problem-solving abilities, and critical thinking skills are all compromised.

But sleep is critical to learning and memory in an even more fundamental way. Research shows that sleep is necessary for memory consolidation, with the key memory-enhancing activity occurring during the deepest stages of sleep.

A life full of friends and fun comes with cognitive benefits. **Relationships stimulate our brains**, in fact, interacting with others may provide the best kind of brain exercise. Research shows that having **meaningful friendships** and a strong support system is vital not only to emotional health but also to brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline.

Stress is one of the brain's worst enemies

Over time, **chronic stress destroys brain** cells and damages the hippocampus, the region of the brain involved in the formation of new memories and the retrieval of old ones. Studies have also linked stress to memory loss. The scientific evidence for the **mental health benefits of meditation** continues to pile up. Studies show that meditation helps improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high-blood pressure. Meditation also can improve focus, concentration, creativity, memory and learning and reasoning skills.

Meditation works its “magic” by changing the actual brain. Brain images show that regular meditators have more activity in the left prefrontal cortex, an area of the brain associated with **feelings of joy and equanimity**. Meditation also increases the thickness of the cerebral cortex and encourages more connections between brain cells—all of which increase mental sharpness and memory ability.

You've heard that **laughter is the best medicine**, and that is true for the brain and the memory, as well as the body. Unlike emotional responses, which are limited to specific areas of the brain, laughter engages multiple regions across the whole brain. Furthermore, listening to jokes and working out punch lines activates areas of the brain vital to learning and creativity. Just as the body needs fuel, so does the brain. You probably already know that a diet based on **fruits, vegetables, whole grains, “healthy” fats (such as olive oil, nuts, fish) and lean protein** will provide lots of health benefits and can also improve memory. For brain health, though, it's not just what you eat—it's also what you *don't* eat.

It's not just dementia or Alzheimer's disease that causes memory loss. There are many **diseases, mental health disorders, and medications** that can interfere with memory. Emotional difficulties can take just as heavy a toll on the brain as physical problems. Mental sluggishness, difficulty concentrating, and forgetfulness are common symptoms of depression. The memory issues can be particularly bad in **older people who are depressed**, so much so that it is sometimes mistaken for dementia. The good news is that when the depression is treated, memory should return to normal.

How to learn new things?

You can't remember something if you never learned it, and you can't learn something—that is, **encode it into your brain**—if you don't pay enough attention to it. It takes about eight seconds of intense focus to process a piece of information into your memory. If you're easily distracted, pick a quiet place where you won't be interrupted. Try to relate information to colors, textures, smells, and tastes. The **physical act of rewriting** information can help imprint it onto your brain. Even if you're a visual learner, read out loud what you want to remember. If you can **recite it rhythmically**, even better.

Connect new data to information you already remember,

whether it's a new material that builds on previous knowledge, or something as simple as an address of someone who lives on a street where you already know someone. For more complex material, focus on understanding basic ideas rather than memorizing isolated details. Practice explaining the ideas to someone else in your own words.

Review what you've learned the same day you learn it, and at intervals thereafter. This "spaced rehearsal" is more effective than cramming, especially for retaining what you've learned.

Mnemonics (the initial "m" is silent) are clues of any kind that help us remember something, usually by helping us associate the information we want to remember with a visual image, a sentence or a word.

So how does all of this correlate to sailing?

Sailing is a sport in which **you have to use your brain as well as your body**. The following are some of the benefits of sailing that can help your memory improve.

Mental wellness: Being out on the water puts you in a good mood, not just because of the calmness of the water but because of the salty air. The saltiness of the sea air is composed of charged ions that aid in the body's oxygen absorption, which in turn balances serotonin levels. The more balanced your body's serotonin levels are, the happier you're going to be.

Lowering stress levels: The swooshing and splashing of water, the rhythmic movement of the boat and the sound of the wind in the sails can all affect brainwave patterns. This relaxes and soothes a busy and highly stressed-out mind.

Increasing agility: The various tasks associated with sailing also help improve your flexibility and agility. Activities, like pulling lines and moving around and keeping yourself stable on a moving boat, can significantly improve your hand-eye coordination and motor skills.

Improving concentration: Because many people today are chronic multi-taskers, they should develop a deep sense of concentration. With the ultimate goal of staying safe while on board, sailing enhances a person's ability to focus even with multiple tasks at hand.

Improving communication skills: To effectively control a boat, the captain and his crew must act as a unified unit. To do this they need to learn how to communicate effectively, especially through non-verbal means. Everyone onboard has a crucial role to play to keep the ship afloat.

Spatial awareness: Sailing requires the participant to be aware of the dimension of the boat along with the space required for the manoeuvring of the boat. By sailing, you can have an increased understanding of how much space something requires; this skill translates to skills required on land as well such as driving.

Organisational skills: Being on a ship requires that everything is kept in "shipshape." After being exposed to this mentality, other aspects of your life begin to reflect this standard. You will become more organised in your personal life, which will boost motivation to eat healthier, exercise more and increase your quality of life.

Sailors Use Science, Maths & Engineering: Sailing is more than just who can be the strongest, you have to be a scientist, mathematician and engineer as well. You have to be able to read the wind, clouds and weather patterns to determine what side of the racecourse you will be sailing on. You have to calculate your moves and angles to the wind to make sure you are not sailing too far away from your next mark or intended destination. And you have to be able to put your boat together and perform simple maintenance tasks to keep your boat in good sailing condition. Here are some of the mnemonic devices we use while sailing for terms, procedures, and rules that need to be memorized. Many of these are critical to safety, and over the years boaters have

invented various little mnemonics to help them navigate the complexities. The most fundamental navigation lights are the *running lights* required on all boats over 5 meters. The basic running lights are white to the stern of the boat, red to port, and green to starboard. The colored lights are visible from forward of the boat as well as the sides. The three running lights may be mounted in some ways, separately or combined, high or low, but must always be masked so that you see the appropriate color from each direction.

Mnemonics for sailing

There are several useful mnemonics related to the color of the running lights. First, remember that **port wine is red**, so the red running light is on the left side of the boat. Second, you see **stars** in good weather, which is when you like to **go** out on the water, so **green for go equals starboard**. Third, stoplights (traffic signals) in most places show red when you should stop, green when you should go. The running lights and the right-of-way rules are arranged so that if you see another boat's port (red) running light and there is no other rule to tell you what to do, you should give way ("stop"), while if you see green, you should maintain course and speed ("go"). **Red means stop, green means go.**

In addition to the three-colored running lights used by all boats, a powerboat must show a **white masthead light** visible from the front. This light must be mounted higher than the running lights. Depending on your angle relative to the powerboat, the masthead light might or might not appear to be in line with the visible running light, but it will always be higher. (From the stern, only the stern light is visible, regardless of the type of propulsion. This is because you aren't going to collide with a faster boat that's ahead of you, and if you're the faster one, you have to give way regardless of propulsion method. To summarize, if you see a red light, you're looking at the port side of a sailboat. Conversely, green shows the

starboard side of a sailing machine. A white light means you're seeing somebody's stern, but you don't know whether it's power or sail.

Mast lights are shown in addition to running lights to identify vessels more precisely than simply, "I'm a boat." If a boat has no mast light at all, it's a **sailboat**. Other, more complex mast light combinations indicate the operational status of the boat. They are usually, though not always, shown all-around:

Red over Red

This boat is dead

(or "Captain's in bed" or "Captain's in the head," or "Captain's dead"). Two red lights in a vertical line indicate a vessel "not under command." In other words, when you see this combination, don't expect them to do anything to avoid you, regardless of what the right-of-way rules say. You should show these lights any time there is a circumstance, such as an engine or steering failure, that prevents you from complying with the rules of the road.

Red over Green

Sailing machine

(or "sailing is keen"). Note that this is the less-used of the two sailboat lighting combinations. Most sailboats identify themselves by the *lack of* a white masthead light visible to 22.5 degrees abaft the beam. Don't assume that lack of red-over-green means it's under power!

Red over White

Fishing boat lights

If the fishing gear extends over 150 meters (492 feet) from the boat, an all-around white light must indicate the direction.

Green over White

Trawling tonight

Note that this is different from the general fishing lights.

White over White

Short tug/tow in sight

A *short* tow is under 200 meters (656 feet).

White over White over White

Long tug/tow in sight

A *long* tow is over 200 meters (656 feet).

Red over Red over Red

Rudder Rubbing Rocks

This refers to a vessel constrained by her draft. It applies only under international rules.

White over Red

Pilot ahead

A pilot boat waiting for “customers” displays this combination so that boats needing a pilot will be able to find it. Pilot boats also display this combination when waiting to pick up a pilot who is finished with a customer.

Red over White over Red

Red When Restricted

A vessel showing this combination is restricted in its ability to maneuver. Stay away! Examples include vessels servicing navigation marks, cables, pipelines; vessels dredging, surveying, or carrying out underwater operations (such as dive boats); any vessel engaged in servicing, replenishing, or transferring cargo or persons; or any vessel launching or recovering aircraft.

Stern Lights

Boats can also show stern lights to help identify them. These are only visible when you are behind the boat. Some stern light combinations include:

Yellow over Yellow

A pushy inland fellow

This refers to the stern lights of a tug pushing a barge, under the inland rules only. Improved by Rod McFadden.

Yellow over White

My towline is tight

This refers to the stern lights of a tug towing astern.

Weather

When the wind is at your back, the low is on your left. A formula for finding the centre of a weather system. This works only for the Northern Hemisphere; in the South, it's reversed. Combined with a feeling for the direction weather moves, you can use this to make forecasts.

Red sky at morning,

Sailors take warning.

Red sky at night,

Sailor's delight.

One of many classics. I learned this when I was a kid. I don't recall the mechanisms that make it true, but colorful dawn means bad weather, while a colourful sunset means that tomorrow will probably be great sailing. Here's to red sunsets!

Sail to Prevail PTSD

PTSD or **Post-traumatic stress disorder** has become a common psychiatric disorder amongst people who may have witnessed or experience something **extremely traumatic**. After a devastating incident in life, it's alright to feel frightened, sad, anxious, and disconnected. But, if you feel stuck in those memories that remind you of that traumatic experience over and over again, it can lead to PTSD.

This mental health condition is commonly found amongst war veterans. As per recent statistics, it was found that over 75% of the veterans suffer either a brain injury or PTSD. It can cause severe anxiety issues and present difficulty coping with ordinary life. From intrusive memories to drastic changes in behavior, the **intensity of symptoms** can vary from person to person. Counseling, support groups, and medication are practical measures to assist cure PTSD; however, it is best to consult a doctor for the right advice. Another equally effective cure to PTSD is the experience of sailing. It not only helps develop new coping skills but also overcomes PTSD efficiently.

Sailing as a cure

Several sailing schools have started therapeutic programs for veterans as well as other people affected by PTSD to assist them with recovery. Sailing is a combination of physical and mental challenges that provides **great relief** and adds to the comradery. Mark Bridges, Able Sail's volunteer director who is an avid sailor

himself is also a retired RCMP officer. During his sailing experiences and therapeutic session, he has witnessed the positive impacts this activity has had on those affected by PTSD. According to him, sailing is a task-oriented **stress buster**. It needs focus and attention, which will prevent your mind from wandering off.

He cited an example of **Karlene Milson**, who was one of his first sailing students. She had to witness an unfortunate accident that led to the death of her loved one. At first, like many, she struggled to cope with PTSD, but then she discovered this **therapeutic sailing program**. It helped her cure her anxiety attacks and unhealthy thinking patterns.

There are several discounted sailing lessons that are offered by some of the prominent sailing schools around the world for military and veterans who are looking for a **PTSD cure**. Sailing is an experience that acts as a solution for stress. It's physical, mental and emotional therapy. The **sound of the water** as it gently laps your yacht, **gushing winds** that help you control your boat and a **sense of accomplishment** after having arrived at your desired destination are all part of the solution. The sense of achievement is enormous. The quality of the sailing journey and the ultimate achievement of arriving at the destination help you forget about everything that has been running through your mind. By the end of the journey, you'll forget about the unrelenting stress, anxiety, and depression that you started off with.

Well-deserved affirmation

When you are away from the land, somewhere in the deep blue sea, it is imperative to become completely **self-reliant**. From securing something on the deck to untangling the mast, every little accomplishment gives you a well-deserved affirmation. For those who have experienced the mystical curing power of sailing, they'll tell you that it is a **therapy in reverse**. It aligns your mind and body to work together while zeroing out on stress and anxiety.

Sailing Adventure Therapy

Over the last few years, there have been several studies conducted to prove that sailing is an effective remedy to cure the symptoms of PTSD. It not only reduces stress and functional problems but also improves one's self-esteem. Every individual has a different threshold of managing stress and panic. When it comes to sailing, it is all about **preparation and perseverance** that helps you navigate the waters and stress at the same time. Sailing Adventure Therapy or SAT is a treatment or mental therapy that is now being commonly practiced and suggested to veterans affected by PTSD. It increases **psychological flexibility** and creates a liberating experience.

Oakcliff Sailing Center, Gulf Breeze Sailing, and New Brunswick sailing school are some of the sailing schools that have specially designed therapeutic programs for PTSD-affected veterans.

Setting Sail Again after Brain Injury

An acquired brain injury (ABI) is an injury to the brain that is not hereditary, congenital, degenerative or induced by birth trauma. Essentially, this type of brain injury is one that has occurred after birth. The injury results in a change to the brain's neuronal activity, which affects the physical integrity, metabolic activity or functional ability of nerve cells in the brain.

There are two types of acquired brain injury: traumatic and non-traumatic. **A traumatic brain injury (TBI)** is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force. Often referred to as an acquired brain injury, a non-traumatic brain injury causes damage to the brain by internal factors, such as a lack of oxygen, exposure to toxins, pressure from a tumor, etc. Some people can successfully recover without consequences, while others can gain both mental and physical disabilities. The main effects of ABI can be a **change in personality, changing social roles, decreased life satisfaction and changes in motor and cognitive abilities.**

Sports tourism is gaining more popularity, and every day there are new studies on the positive effects of participation in sport for people with disabilities. These effects can differ from increasing self-confidence, social mobility and body image. Volunteers, as well as technological improvements, are the key to making sports tourism more accessible and available for people with disabilities.

Studies about physical activity after brain injury

Recent studies suggest that an increase in physical abilities reinforces a **positive body image** as well as creates more **independence**. It is the atmosphere of the holiday that is making people realise they are capable of performing certain tasks. So rather than an increase in abilities leading to more independence and a better body image, it is an increase in self-esteem that makes people less dependent on help and feel better about their bodies.

First-time visitors are always excited about taking the first holidays independently after their acquired brain injury; the participants are not used to using their '**new**' **bodies** in an environment like this. They appreciate the freedom that the professionals and volunteers give them to act independently, knowing they are there to help when and where necessary. We can consider **the sailing boat to be the controlled environment** most scientists ask for in the studies. It seems true that a holiday in such a controlled setting is a nice start to discovering what is still possible after an ABI. The biggest difference between the group first-time visitors and the repeat visitors lies in the new experience: while repeat visitors are used to the boat and already know what is possible and what is not, the 'newbies' recognize the motivation of becoming independent and learning more about this.

Sailing process

When someone does something outside of their comfort zone and has a great experience, their **self-confidence increases** and carries over to other areas in life. Part of the process of sailing is to problem solve and eliminate barriers that can be easily translated to their lives at home. That process ignites creativity, as participants think of other activities they want to do and discover ways to safely reach their goals.

Once everyone is in the boats, **they are all sailing**. No longer does anyone see limiting physical conditions but big smiles on everyone's faces as they learn to read the winds and trim the sails.

Gil Strohheker

One of the best examples of that is **Gil Strohheker**, Swiss traveler who spent most of his days sailing. He got in a bad accident while driving his bicycle to his friend's house and it was unclear if he would even survive. When he woke up after his accident he had some difficulties, but his doctor was impressed with Strohheker's discipline, simple living and the ability to ride or walk immense distances without sleep, which he got from sailing all over the world. That is why his doctor decided to go with him on his first sailing trip after the accident. The doctor, who is a neurologist, intends to come to Canada to sail with Strohheker back across the Atlantic.

He said that it was the only way he could have a clinical eye on him and it is going to be **a kind of rehab** because he will be able to sleep – which when you're going solo you are not able to do. And although he is still not in very good shape, Gil has a lot of knowledge. He can teach anyone how to sail. Through that voyage, they will learn together where Strohheker's **limits** now lie and whether his life of adventure can continue. Asked aboard the cabin of his boat what a bad verdict from his friend the doctor would mean to him, Strohheker put a finger to his lips and said, "Shhhhh. Of this, we do not talk. I would rather the white bears had got me."

Finding a solution

There are numerous sailing courses for people with brain injuries, and there are a lot of studies on that subject. Most people agree that they are in better shape after sailing because of the freedom it

gives them. In the moment they do not think of their disabilities, but rather on finding a solution to the problem at hand. They can translate that positive feedback to their lives back at home. They become more **self-assured**, and their body image changes when they do things they didn't think were possible beforehand.

High Pressure and High Seas: Do They Mix?

Hypertension, also known as high blood pressure, is an extremely common health issue. A recent health statistic revealed that 1 out of every 3 adult population may be diagnosed with **high blood pressure**. This medical condition is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. As the flow of blood into your narrow arteries increases, your blood pressure also tends to increase.

Health risks of hypertension

Hypertension can have serious repercussions on your health and well-being. There are two types of blood pressure, **primary and secondary** hypertension. Primary is more dependent on age, sex and family history. It tends to develop gradually over the years. And, secondary hypertension can be caused due to underlying health conditions like tumors of certain glands and organs, chronic alcohol use, etc. Some of the health risks of the hypertensive crisis include:

- Stroke
- Heart attack
- Loss of consciousness and memory loss
- Damage to the eyes and kidneys
- Fluid backup in the lungs
- Aortic dissection
- Unstable chest pain

How is hypertension connected with sailing?

Sailing is an activity that requires upper body strength, stamina, and endurance. Sailing does help build muscle strength and increased physical endurance, improves your cardiovascular health and can even assist with **reduced blood pressure**. Apart from physical benefits, proximity to water has the potential to improve our mental well-being too. All said and done, it is important to keep your health in check at all times, especially before boarding. It is imperative to have regularly scheduled medical appointments and keep up with the recommended medication from your doctor. If you are a frequent sailor, it's a best practice to even maintain a health journal quoting your medical conditions and varied blood pressure levels.

When you are off on a sailing trip, it's highly recommended to have a healthy diet plan as per your dietitian's request. Always include a **blood pressure cuff**, a stethoscope and any other dependable devices in your packing list. Although headaches, bloody noses or shortness of breath can be due to several other health conditions, if you associate them with exertion and stressful situations, it can most surely be symptoms of increased blood pressure.

Tips to handle hypertension on board

Prior to sailing, it's best to attend a coaching session on identifying the symptoms and treatments for potential health issues that may occur on board. Here are some tips to help you effectively handle hypertension.

- **Control weight:** There's an increased chance of being diagnosed with hypertension and cardiovascular disease if you are obese.
- **Maintain an exercise schedule:** The risk of blood pressure increases when your body is inactive. Keep up with your

exercise schedule, and improve your active lifestyle even when you are on board.

- **Eat healthily:** Stick to your recommended healthy diet, especially when it comes to salt consumption and calories.
- **Quit the use of tobacco:** Smoking can cause several health issues, one of the most critical ones being damage to your arteries.
- **Control stress:** Stress is directly proportional to your fluctuating blood pressure levels. You cannot refrain from feeling stress, but you can start practicing meditation on board.

Sailing is an exceptional sport that can help improve your **cardiovascular fitness**. You tend to uptake a large amount of oxygen while engaging in sailing, and it benefits your cardiovascular health and reduces hypertension.

Sailing through Stress

In today's world, there's no escaping the stress caused by work, kids, goals, deadlines and expectations. These **hounding responsibilities** only seem to increase and continue to make you anxious. After a long day at work, your to-do list seems to be an ongoing matter through the evening. There's no denying that stress has become a big part of our daily lives. **Anxiety is a fact of life**, but if you start believing that you need to feel stress to be able to function well, you're wrong. While there are several triggers that can cause stress, the most common factor is striving to meet the expectations of others.

Reaction to stress

Some may seem negative and dissatisfied; others may react abruptly, or some may just hold it within them until they **reach a breaking point**. Everyone tends to react differently to anxiety and stress due to the way their nervous system and body hormones function. In science terms, hormone secretion is controlled by the hypothalamic-pituitary-adrenal axis of the adrenal gland. When in stress, the adrenal glands secrete a dominant hormone called **cortisol**. It not only has the capability to mobilize your body, but also to provide the energy required to overcome the root cause. Apart from cortisol, the adrenal glands also produce adrenaline, aldosterone, and dehydroepiandrosterone (DHEA), hormones that directly impact the production and utilization of energy by your body.

Cortisol levels are usually higher in the morning and drop through the rest of the day. As **stress increases**, the level rises again and results in weight gain, fat accumulation, increased appetite, water retention, impaired memory and learning ability, and impaired immune function. If you are unable to manage your stress level and it continues to increase your cortisol levels, it may lead to a reduction in dehydroepiandrosterone (DHEA) levels. This can directly impact bone and muscle mass, menstrual dysfunction, aging concerns, rheumatoid arthritis, atherosclerosis, and Alzheimer's disease.

As for those affected by chronic stress, it can cause adrenal exhaustion. Your hormones stop responding to stress and can cause a complete disruption of all hormonal processes in the body. It doesn't stop there; it can also affect sex **hormones metabolism**. In women, due to the lack of progesterone, the ovaries will start to produce more testosterone. You'll start noticing acne, hairiness and potentially even cysts in the ovaries. The negative effects of fluctuating cortisol levels don't end there. They can adversely affect your pancreas and increase blood sugar levels. Now that we better understand the stress and its side effects, let's take a look at an **effective cure**. No matter what we try, there's no way to eliminate stress from your daily life. But, the good news is that you can always learn better ways to deal with it and prevent it from causing adverse health effects.

How does sailing help deal with stress?

If you have never tried a sailing retreat, you must. It's one of the best cures to deal with stress. Experience sailing through pristine clear waters and exploring gorgeous landscapes. Sailing has both **physical and psychological** benefits. This is one adventure that positively impacts the quality of life and develops mental strength. Here's another interesting fact for you: a recent study has proven

that the smell of saltwater can help **reduce stress** by 17%! Your daily challenges are replaced by the soothing sounds of water. We are not saying that with sailing you'll have no stress, there will be highly pressured circumstances and challenges, but you'll learn to be mentally strong and overcome them. Spending time away from your daily routine, enjoying the splashing water, brings about mental wellness, peace and relaxation that has a positive impact on your hormones and the brainwave patterns.

Improve the Chances of Conception with Sailing

Having a healthy child has a significant meaning for all the couples who desire to be parents. Not every couple will be as lucky as they hope in their fertility journey. Unfortunately, our world is afflicted by **widespread infertility**, and childless civilizations are left hovering on the brink of collapse. According to scientists at the Hebrew University of Jerusalem, sperm counts among men in the west have more than halved in the past 40 years and are currently falling by an average of 1.4% per year. It was claimed by some commentators that humanity could soon become extinct– a chilling and alarming revelation. Western nations– although not developing countries– appear to be facing disaster. But what could be triggering this decline in sperm? And what can be done to counter it? Simply put, we don't know. The dangers of this ignorance were highlighted by **Professor Richard Sharpe** at Edinburgh University – though he was also quick to dismiss the more outlandish claims that current dwindling sperm counts could doom humanity. “The end of humanity is not approaching,” said Sharpe. “But at the individual level, for affected people, this trend could be tragic. We have no treatments for improving sperm production in infertile men, and we have no idea about what is the cause of the condition. We cannot remedy it. So we are completely hamstrung.” He warned that the field is still bedeviled by a lack of research investment. “We need a critical mass of scientists trying to find out what is happening and why it is happening. Unfortunately, we still do not have that. Not enough research is being done. Yet I believe the problem is getting worse.”

Challenges for couples

Infertility challenges a couple, their relationship and how they respond to each other's needs while dealing with their own. It is a *big deal*. Infertility is a life crisis affecting patients from all around the world. Infertile patients experience a tremendous amount of emotional turmoil as a result of their diagnosis. The risk of depression, anxiety, and distress is high for infertile patients. It has been hypothesized since Biblical times that stress can hamper fertility. This raises one of the most compelling mind/body questions: does infertility cause stress or does stress cause infertility? The answer thus far is not clear; the relationship between distress and infertility may not have a clear cause and effect direction. It is definitive that infertility leads to **significant distress** and that psychological intervention is likely to be associated with decreases in depression and increases in pregnancy rates. However, the impact of distress on treatment outcome is less definitive. It is evident that infertility patients experience distress, depression, anxiety and decreased quality of life. Higher levels of stress are related to reduced marital functioning and decreased life quality. For husbands, the strengths of the linkages did not depend on the source of the stress. For wives, however, the causal model suggested that fertility-problem stress had stronger **negative impacts** on sense of sexual identity and self-efficacy than did stress from other problems. Stress from any source had more impact on the lives of wives than of husbands, more impact on satisfaction with self and general well-being than on satisfaction with the marriage or health, and affected life quality mostly indirectly through its impacts on the marriage factors.

Stress is not a disease. It can't be cured or eliminated. We all experience it when we physically, mentally, emotionally and spiritually respond to life's tension. It keeps up our activation, attention level and the readiness of our body when crucial situations occur.

Stress activates physiological responses, adrenaline fires up and forces the organism to tap into its reserve. If we don't have enough rest we will likely run out of energy. It is important to be conservative when things go well, to have enough to spend when it's really necessary. Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a **good stress reliever**.

Physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise can also refocus your mind on your body's movements, which can improve your mood and help the day's irritations fade away.

Why sailing?

"It is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea... whether it is to sail or to watch it... we are going back from whence we came." -John F Kennedy 14-9-62

Did you know that the **smell of the sea** decreases stress by up to 17%? One thing we know for sure as far as stress relief goes is that when you throw off the ropes that hold you to land, you seem to throw all the stress off, too. While sailing there are other things to take care of and occupy your mind which replace the challenges of today's world. The Greeks had a word for this— **eudemonia**— which translates into "human spirit". It has been described as like a ballet or as being at one with the boat. Sailing produces a clearing effect that opens your mind and spirit in a way that nothing else does. The air is cleaner, fresher and there's a lack of pollen and dust out at sea, so you're in a natural environment. The wind in your face and the soothing sounds of water on the bow caress your senses gently.

The sound of the ocean, dolphins and waves and the calls of birds are the sounds used for meditation and massage to promote stress relief and total relaxation. Just the act of sailing, hoisting sails and trimming them, balancing on a moving platform is a great form of exercise. It's fun too! So that takes care of two ways people use it for stress relief. And you gain a healthy appetite... far, far from the nearest fast food outlet. And activities that go along with sailing, such as swimming, diving, exploring beaches and rainforests, are food for the soul, as well!

So it seems that if people take up sailing, thereby reducing stress levels, their personal and professional lives will benefit and they'll reap the advantages of a healthier and happier lifestyle. By reducing stress and taking your mind off conceiving, you are one step closer to figuring out if the problem is your stress level or something else. In this way you are one step closer to having a baby.

Don't Let Diabetes Stop Your Sailing Adventures

Sailing through diabetes can be a challenge. But, with better understanding about the disorder, you don't have to let your health hold you back from enjoying the adventure. A recent survey indicated that over 1.5 million people were affected by diabetes in the year 2019 alone. Diabetes is a metabolic disease that causes high blood sugar. Sailing is often not recommended on the grounds of health for people with diabetes. Pushing the boat through the gushing waves, steering it away from dangers and finally arriving at your dock is a true test of seamanship. However, between planning your sailing trip, researching your routes and making the necessary reservations, don't let your health hold you back from sailing. With a little better understanding and preparation, you will have no reason to sacrifice your health for an adventure.

Understanding Diabetes

Diabetes occurs when **blood sugar levels** in the body stay above normal. It is usually caused due to your body's inability to make insulin or not responding to the effect of insulin. If it remains untreated, it has the power to damage your nerves, eyes, kidneys, and organs. There are different types of diabetes – Type I and Type II diabetes, Prediabetes, and Gestational diabetes. If you are diagnosed with Type I diabetes, it's imperative to inject insulin regularly and monitor your blood sugar level.

- **Pre-Diabetes:** Also known as impaired glucose tolerance, is always present before a person develops type 2 diabetes. If you

identify pre-diabetes early, the chances are that you can lower your risk of complications that are associated with this condition.

- **Type 1 Diabetes:** This type of diabetes occurs because the insulin-producing cells of the pancreas are destroyed by the immune system. People diagnosed with Type I require regular insulin injection to control their blood sugar levels.
- **Type 2 Diabetes:** With this type of diabetes, your body continues to produce insulin, but not enough. Blindness, non-traumatic amputations, and chronic kidney failure are some of the future health complications that it can cause if it remains untreated.
- **Gestational Diabetes:** This is usually found in pregnant women that can affect insulin's ability to work properly.

Some of the common symptoms of diabetes include increased thirst and hunger, frequent urination and fatigue. Being stuck in the middle of the ocean with diabetes does not sound like an adventure, but you can always be prepared for emergencies. Let's evaluate how to manage diabetes while sailing.

How to manage diabetes while sailing

Managing diabetes while sailing is a bigger responsibility. The first and foremost step is to have **awareness** about the disorder. Sailing is a true test of both stamina and endurance, and those who are diagnosed with diabetes require high energy to survive on board despite having diabetes. Here are some ways to get yourself prepared for your next sailing adventure. Always stay focused and be diligent towards taking care of the condition through the adventure. You must understand that your health and safety must be kept a step ahead of enjoying the adventure. If you are adamant and have a strong drive towards getting to the ultimate destination through sailing, you need to take good care of your health. One of the biggest

challenges of sailing with diabetes is not having **access** to a pharmacy or a clinic on the go. It may be a battle with insurance companies to override your prescriptions and stock up on medication, but it is essential preparation for your sailing adventure.

- Always carry and stock up on sugar candy, a small bottle of juice, soda or an energy gel with you. This comes in handy when your blood sugar levels drop to a low and you need to test.
- Have a glucagon kit on your boat and get trained to use it. It helps raise blood sugar levels in a diabetic.
- Watch out for the symptoms and know when to get medical attention.
- Be prepared with more medical supplies than what is required. These must be stored in a place that is not compromised by the water. Whether it is using dehumidifier packets or dry bags, find a way to keep your insulin cool and dry.
- You might be a fully competent diabetic, but train your fellow sailors on what to look for in case of any emergencies. Be honest and candid about your diabetes with your fellow crewmates.

Apart from all of the above pointers, don't forget to take good care of your diet plan, estimate carbs and calories before your meals. Don't drain your **glucose levels**, and be prepared to test your blood sugar more often during your sailing trip. Being consistent with monitoring and following a strict diet and meal schedule will also help prevent any diabetic emergency.

How does sailing positively impact your diabetic disorder?

You don't have to justify your days spent on the water, even if you are diabetic. From the negative ions in the air, to the potassium in the water, there are tons of **physical and mental**

health benefits of being in the sea. Whether you are diabetic or not, sailing is for everyone who loves a fun adventure to break away from your daily routine. Here are some interesting health benefits that you must be aware of:

- **Staying fit** is important to maintain a healthy lifestyle. Sailing builds your muscle strength and endurance.
- Your physical fitness is based on your **mental wellness**. Sailing helps you relax and sets you free with the calmness of water surrounding you.
- Pulling lines or hosting sails can help improve your agility and flexibility as well as improve your skills to focus and concentrate.
- Sailing brings a certain discipline in your lifestyle, which is imperative to have, especially if you are diabetic.
- The sound of water as you are sailing has the power to reduce anxiety and positively impact your mood. You'll need to relax and get rid of anxiety attacks, especially if you are diabetic, to be able to survive onboard. Sailing has the power to enable you with just that.

Over the years, you tend to grow mentally and physically stronger to be able to manage to be diabetic. There are many voyagers out there whose stories and experiences will leave you inspired to start your own. Dealing with diabetes is an **everyday challenge**. It can be a daunting one, but you learn to live with it. So, don't let diabetes stop you from enjoying what you love. Be a good sailor and prepare yourself with extra supplies for your next voyage.

Around the World with Epilepsy

On a casual sunny day in England, **Phil Haydon** was riding to school with his friends. It was a regular school day, but he was excited about the much-anticipated summer school break. At just fifteen years old, Phil Haydon was an intelligent and energetic teenager who enjoyed biking like every other child on the block. In 1972, his life took a drastic turn while biking on the last day of that school year. A minor accident turned fatal for Phil when a brick hurled by a classmate struck him in the forehead, knocking him down in the street. His immediate reaction was to try and stand up straight, but he wavered. With blood slowly trickling down his face, he gathered all the courage to get to the school. Soon after, he was taken to the nearest hospital by the school administrators. Assessing the situation, the doctors took an instantaneous call to transfer him to a well-equipped hospital in Oxford. In just an hour, Haydon started having severe seizures. A surgery was soon performed on Haydon to remove the shard of brick from his forehead. Although the seizures were under control, his memory started failing, which began to affect his studies.

Although he failed half of his classes, he scored enough to be accepted to an undergraduate program and then took off to the University of Leeds in 1976. He continued his studies to earn a Ph.D. in physiology from the University of Leeds and complete postdoc training at the University of Iowa. He gravitated to the topic of **neuroscience** because of his unique personal history tying him to the field.

For over forty years, Phil Haydon has been seizure-free and kept his epilepsy under control pharmacologically. As an expert in the study of neuroglial interactions, Haydon has made several groundbreaking discoveries.

For the love of sailing

Before the fatal accident that occurred in his childhood, Haydon was a competitive whitewater kayaker. Due to epilepsy, he chose to stay away from his favorite water activity. After his kids started leaving home for college, he decided to get back in the water. Although kayaking was a little risky, he decided to venture into sailing. In 2007, after getting trained in sailing, he started cruising up and down the coast. Through practice, he started focusing on **offshore sailing** and racing. Although his epilepsy was medically controlled, he always knew sleep deprivation while sailing could cause his seizures to return. He trained his body to take up this new challenge and remained successful. Haydon would take an hour nap at night, set an alarm, wake up and go back to sleep. Haydon taught himself how to nap effectively and downloaded and calibrated an app that he used to monitor his reaction time aboard to determine if he required sleep. He also uses several precautionary measures including tethering and tying himself to the boat.

Giving back to society

Haydon was always inspired by the effect of sailing on his **mental well-being**. Since 2007, he has taken off on several sailing adventures. In 2017, he decided to take a new sailing challenge to create awareness about epilepsy. In November 2021, he plans to set sail from Boston and circumnavigate the globe on a fifty-foot boat flying a Tufts University School of Medicine flag. His objective is to raise awareness and money for epilepsy research,

considering there are over 50 million people worldwide who have been diagnosed with epilepsy.

He is confident that he will be able to complete the circumnavigation of the globe during a span of three years. Instead of one continuous trip, Haydon intends to complete different legs of travel with various crew members. Haydon hopes to blog his experience and write about his sailing stories throughout his journey. He will also be connected with his followers on social media and will be posting videos of his sailing adventure to get people inspired. As a neuroscientist Haydon will track and share his brainwave activity via a personal electroencephalogram. For him, this opportunity is all about educating people and encouraging patients, particularly children, to overcome the disorder.

Phil Haydon enjoys inspiring people around him. He has already done a tremendous job of educating people about epilepsy. By circumnavigating the Earth, Haydon will inspire people to come out of their comfort zone and stop giving medical reasons not to try something that they've always been passionate about. Whether you have epilepsy or not, a new and exciting adventure is always waiting for you!

Don't Let Lymphedema Stop You from Chasing the Wind

The lymphatic system transports lymph fluid, a mostly **clear fluid** consisting of white blood cells that help fight infection, water, waste products, fats and proteins. This fluid is drained from tissues and circulated throughout the body through lymph vessels and is filtered through the lymph nodes.

Symptoms

Lymphedema (LE) is the result of trauma to the lymphatic system or abnormal development of the lymphatic system. The symptoms can vary from individual to individual but include **swelling** of the affected limb(s), thickening of the skin, feeling of heaviness and tightness to the skin, fatigue, discomfort and sometimes pain. The advanced cases are sometimes frightening and disturbing to see. It should be your goal to never let your lymphedema reach that stage. Lymphedema is **incurable** and can only be managed by constant vigilance and knowledge.

Physical activity with lymphedema

The evidence on the effect of exercise for lymphoedema patients is limited; however, studies agree that exercise is **helpful** when it is gradually increased over time. There are some studies about people with lymphedema using exercise to help themselves and what has benefited them. Regular exercise will help you to **control your swelling** and can also make you feel good as it increases your endorphins. It will help you to keep your joints **flexible** and keep the

muscles well **toned**. It can also relieve pain and discomfort due to joint stiffness and lack of mobility. A gradual, steady increase in regular exercise will ensure that your body works efficiently. It also helps to reduce tiredness, stress, and anxiety and helps keep your bones and heart in good condition and your weight within normal limits.

Helping hand

Wearing a **compression sleeve or stocking** when you exercise is important and will help to control the swelling more effectively because the firm support offered by the compression garment assists the muscles to pump more efficiently. However, it is not as necessary to wear garments when swimming, as the water provides the same sort of **support** as garments. Water also provides resistance to movement which makes the muscles work harder – so **swimming/exercise in water** is especially good for people with lymphoedema. Some people also choose to wear their garments in the water (especially during hot weather) – this will help to enhance the effects of the exercise.

Each person's LE can vary – what triggers it, how much swelling is “normal” and when serious attention is needed. Although there is no scientifically proven lymphedema diet, it is important to eat a **balanced and healthy diet**. Excessive weight will add greater demands on the lymphatic system and make things worse. Doctors are encouraging their patients to find an activity they enjoy because they are more likely to keep it up. Water exercises are the most popular, and that is where sailing comes in. If you are near a body of water all day you can exercise whenever you feel like it, and that could help you with your lymphedema.

Lymphedema at sea

There are only a handful of people out there with lymphedema trying to cruise or live aboard the sailboat but that doesn't mean you shouldn't do it.

Skincare is a critical component of LE care. The first rule is to protect your skin from sunburn, which everyone should do anyway! Insect bites, cuts and scrapes while sailing can have more serious consequences because of the compromised lymphatics. Cellulitis, when bacteria infect the deep layers of skin and tissue beneath the skin, can be extremely serious. You should immediately clean any cut, scrape, or insect bite and cover it in an antibiotic ointment. And be aware mosquitos DO bite through compression stockings!

Washing your **compression stockings** is much more complicated when you are on a boat, so you need to have more pairs in order to change out sweaty pairs daily. The other important thing is that you should elevate your legs as much as possible. Taking shorter trips and stopping regularly can help with this.

If you have a **pneumatic pump** for lymphedema you will have to make sure you bring it with you. It can be your quiet time for reading but you should do it if it helps you. Nowadays, pumps can be smaller in size, so you can fit it on a boat without any problems.

Preparing for the trip

Before the trip, you should take some extra time to prepare, so you have everything you need. You should make sure your compression garments are up to date. This means that if your garments are almost six months old, it is time to make an appointment for a fitting for new ones. Garments lose their effectiveness around six months. Compression loss is due to wear and break down of materials in the fabric. It is good for you to schedule an appointment with your therapist for **manual lymphatic drainage** right before your trip. It feels good to get in optimal condition for upcoming stressful situations.

It is also good to make sure your **antibiotics** are current. No matter the length of your trip, you should take along a bottle of antibiotics just in case you develop cellulitis. Insect repellent is

also a must-have if you are going sailing. One never knows when you may encounter biting bugs. Sunscreen is a must, too. A sunburn can aggregate lymphedema.

Without a doubt, lymphedema makes cruising more **challenging, but** it becomes more **rewarding** if you follow the rules and listen to your body.

Sailing with a Chronic Illness: Multiple Sclerosis

The Sailing Sclerosis project, Oceans of Hope, is designed to help people living with multiple sclerosis and set them out on a path to recovery. This unique program is to inspire and empower those diagnosed with multiple sclerosis. People with chronic illnesses have managed to conquer their disabilities through sailing programs. Customized sailing programs have made a big difference in the lives of such people. The sea is often associated with healing power that has the potential to make you feel **happy, mentally relaxed, and it can reduce stress**. The environment you are in has a bigger impact on your mental, and physical health than you might realize.

The impact sailing has on the disease multiple sclerosis or MS is incredible. This is an **immune-mediated disorder** that affects the brain, spinal cord, and optic nerves, leading to various health issues such as vision problems and the loss of balance and muscle control. Multiple sclerosis is not restricted to a certain age group; it can happen to anyone between the ages of 20 to 49, sometimes even infants. A recent statistic revealed that over 2,000,000 people worldwide have multiple sclerosis. It's three times more likely to occur in women than in men, and it can be diagnosed only with a thorough neurological examination. As difficult as it may sound, your mental power can help you overcome most diseases. Sailing has been proven to **improve self-esteem and self-confidence**—two key factors to controlling your mind. There are quite a few sailing programs that are structured to help you overcome mental

health crises as well as conquer your chronic illness. The impact that some of these diseases have on your mental power is far worse than what it does to you physically. Oceans of Hope is one such initiative designed to help people affected with multiple sclerosis.

More about the sailing program: Oceans of Hope

It is an initiative that originated in Denmark to help people affected by multiple sclerosis. This sailing program **doesn't discriminate** between professional and amateur sailors. They have to face the weather and sea conditions alike. Oceans of Hope is specifically designed to change perceptions, to **empower the people** affected with MS to conquer the world, expand their horizons and take on new adventures.

'Oceans of Hope' also created the Sailing Sclerosis Foundation, which is led by the visionary, Dr. Mikkel Anthonisen, a specialist at Copenhagen University Hospital, Rigshospitalet, in Denmark. He intended to make people with MS feel liberated and connected. He formed this unique establishment in a bid to **raise awareness**, and he has successfully managed to do so. Being a sailor himself, Mikkel has dedicated his time and energy to work with multiple sclerosis patients since 2010.

Focusing on the positivity

No matter what your illness might be, whether you are physically unwell or mentally distressed, it is essential to **take your mind away from your disease** and focus on the positivity around you. Keeping yourself engaged, giving yourself the much-desired motivation to accept a new challenge and develop networks are some of the key tactics of a survivor. Oceans of Hope is one program that provides much-needed hope for people diagnosed with MS by teaching them to **face the challenges together**.

Experience the adventure

There are many whose life experiences gained through sailing will leave you inspired to get on the adventure. When it comes to disease, it is important to stay strong and focus on the good that's around you. It might be a nerve-racking decision to make. Especially because you will have to step out of your everyday comfort zone to **experience something different**. Although sailing, navigating through the ocean, and networking with people on your sailboat might sound new, it is definitely worth the excitement. The **balance** sailing brings to your life is astounding. It's your chance to sail smoothly through the chronic illness.

Sail Away after a Heart Attack

What if we told you that life doesn't stop when you develop **heart problems**. Would you believe us? Most people stop themselves from engaging in extreme sports and water activities, once they have been diagnosed with heart diseases or sudden cardiac arrests. We have compiled two inspiring stories of people who took on sailing as a passionate adventure, even after experiencing **life-threatening heart attacks**.

Exploring the South Pacific under sail by Graham Morse

This interesting life story is of an Englishman named **Graham Morse** who set out to explore the wild waters of the South Pacific even after suffering pericarditis, a life-threatening viral infection that can cause inflammation of the pericardium, leading to chest pain. He decided to set out on a sail to fulfill his dream of crossing the Pacific by way of fifty-five islands, nineteen countries, seventeen thousand miles, and one amazing adventure! The sail wasn't going to be an easy one, but to Graham Morse, it was a dream that he wanted to make a reality. He wanted to **relive the adventures** of his childhood heroes, Captain Cook, Thor Heyerdahl, and Christian Fletcher. Morse and his wife, Janet, wanted to explore the land and sea, discover some of the most beautiful islands located in the Pacific. As they started their journey, it led to some delightful discoveries of the people and lifestyle. They found that there was a world beyond technology. It allowed them to meet new people, experience life beyond their 9 to 5 work lifestyle and explore new horizons.

They discovered new cultures, mysteries of ancient Polynesia and, most importantly, they met people and became a part of several village feasts. The voyage of the South Pacific Ocean was beyond fascinating for them. It was a learning experience, a discovery of the new lifestyle and new places. They sailed across the world's largest ocean on a once-in-a-lifetime opportunity that they decided to take on, come what may.

Sailing after a heart attack by Paul Covell

Paul Covell has always been an adventure junkie. When he decided to climb up Mount Kilimanjaro (5, 895 m) at the age of 66, he did everything to match up to his companions. Sure, he was breathless and took a few extra minutes to catch up with his group, but he didn't give up. He conquered the summit, an achievement that he is extremely proud of. This was then followed by his next adventure of cycling the south-west coast of Britain with two friends. When he decided to take off, he didn't know that 80 percent of the blood supply to his heart was blocked. He didn't turn back, instead, he chose to put in rigorous cycling to catch up with the group. He got as far as the guest house in Taunton before he succumbed to **chest pains** that led to a heart attack. He looked fit, no one could have assumed his cardiac problems, not even himself. He was directed to undergo coronary bypass surgery. Paul was worried about his health and the adventures yet to come.

After a successful surgery, all he wanted to do was to get back into the world of adventure he had left on pause. This time, it was **sailing**. He always had a passion for the sea, and it was difficult to keep him away. His sailing adventures started during his teenage years when he joined the merchant navy. Starting as an apprentice with Manchester Liners, soon enough, he progressed into a navigating officer. He recalls his sailing adventures to foreign lands and untouched waters became his underlying passion. Within

four years, he had crossed the North Atlantic about 52 times. In his mid-40s Paul decided to get back into sailing and excel at it. This inspired him to register to **sail around the world** at the age of 61. It wasn't an easy one: he had to face several hurdles caused by nature before he could accomplish the goal. From collision to the Caribbean hurricane, the sailing adventure wasn't a smooth one.

As he was recovering from his cardiac arrest, he thought he would never be able to enjoy the sailing days again. But in a matter of nine months, Paul was on his way to recovery. And, he set out on a sail again. This time a short blurb—a week-long sailing adventure from Palermo in Sicily to mainland Italy.

As Wyland quoted, 'The ocean stirs the heart, inspires the imagination and brings eternal joy to the soul'

Healthy Lifestyle and Sailing Retreats: Sam's Story

Sam was always a **workaholic**. Like many of us, he never had the time for himself and was always focused on building his career, family and gaining financial independence. Although his mornings started early, he was always late to bed. Sam was highly dependent on eating fast food in his car and rarely had the time to enjoy a healthy home-cooked meal. He was always busy with a lifestyle that he has built over the years. During the daily hustle and bustle of his routine, his health has always taken a backseat. Over the last few years, Sam gained over 20 pounds. He also developed several health concerns like hypertension, obesity, and stress. Eventually, he started having trouble focusing on work and communicating with his team effectively. Although he did go for regular medical check-ups, his concerns were more than just medication.

His health was already deteriorating in his early 40s. Finally, upon getting strong recommendations from his family doctor, he decided to try something different. After long consideration and being pestered by his family, he decided to **take a break** from his busy lifestyle, away from all the stress. Sam decided to give sailing retreat a try.

What did Sam get from sailing retreats?

For those of you who are not familiar with this retreat adventure, here's what the hype is all about. Sailing retreats are more than

just another adventure, they're all about cruising the blue waters and embarking on a journey of a lifetime. More than just a sport, sailing retreats are a learning experience that will change your life for the better. They will not only help you rediscover your inner self but also positively impact your health. This is an interesting expedition into the open waters with sea and wind to keep you company. Sam was a sailing novice, but with some help, he adores this new adventure. He has started taking more **sailing holidays** and knows when he deserves a break. Here are some of the health benefits that Sam has experienced through his sailing journeys.

Cardiovascular fitness. Fighting to find the right balance between work and family was always difficult for Sam. He was at the risk of hypertension, obesity which would have led to severe heart illness. But since he took up sailing retreats, Sam has experienced great changes in his lifestyle. By engaging in intense activities, his intake of oxygen improved, which directly impacted his cardiovascular health.

Stress Levels. Sam's busy lifestyle kept him away from enjoying a good break. But, the rhythmic movement of the yacht, the sound of the water splashing, and the wind helped him relax and rejuvenate. Sailing improved his brainwave patterns and helped relax his highly stressed-out mind.

Muscle Strength. The activities involved in sailing can be quite a task. From pulling and hoisting of sails to maneuvering the boat, sailing helped improve his fitness. Sam's muscle strength around his shoulders and back improved drastically with the help of his new active lifestyle.

By the end of his first sailing retreat, Sam was a renewed individual. He had lots of experiences and stories to share; he was already excited for his next sailing adventure, and his main take away was the positive impact on his health. By 2020, he already knew when his next trip will be.

SOURCES

Create a Dream Team while Sailing

<http://ussailing.blog/your-sailing-team/>

<http://www.nysailing.org/blog/form-a-sailing-team>

<https://www.marinareservation.com/articles/how-to-become-a-stronger-team-in-sailing-tips-tricks/>

<https://www.sail-world.com/news/206576/Forming-storming-norming-and-performing>

<https://www.usharbors.com/2021/01/boating-101-how-sailing-teaches-leadership-skills/>

<https://edition.cnn.com/2019/03/20/sport/sailing-leadership-tracy-edwards-ian-walker-olympics-business-main-sail-spt-intl/index.html>

<https://kbzk.com/cnn-sports/2019/03/20/how-sailing-can-offer-vital-lessons-in-leadership-and-teamwork/#:~:text=Tracy%20Edwards%2C%20the%20first%20person,to%20have%20as%20a%20leader.>

<https://trends.nauticexpo.com/project-330043.html>

<https://www.emg.co.uk/blog/team-building-sailing-the-basics/>

<https://blvdmilwaukee.com/cooking-meme-cggwpp/viewtopic.php?id=253674-disadvantages-of-working-in-a-team>

<https://www.careercliff.com/disadvantages-of-teamwork-how-does-team-work-affect-the-workplace/>

Sailing into the Sunset Alone

<https://www.ripeinsurance.co.uk/the-juice/top-tips-single-handed-sailing/>

<http://www.daveguenther.com/boating/singlehanding.html>

<https://www.sailmagazine.com/cruising/theres-a-first-time-for-solo-sailing>

<https://www.quantumsails.com/en/resources-and-expertise/articles/going-solo-getting-started-singlehanded-sailing>

<https://sailuniverse.com/2020/01/31/love-sailing-reasons-sailing-single-handed-crew/>

What Can Sailing Teach Us About Isolation

<https://www.telegraph.co.uk/sailing/2020/03/21/survive-self-isolation-solo-round-the-world-sailor-pip-hare/>

<https://www.theguardian.com/travel/2020/apr/04/i-live-alone-on-a-boat-at-sea-how-to-be-happy-in-isolation>

<https://www.businessinsider.com/living-on-a-boat-costs-tips-2019-7#living-on-a-boat-is-addicting-9>

Dream a Little Dream of Sailing

<https://www.aunttyflo.com/dream-dictionary/sailing#:~:text=The%20dream%20about%20sailing%20means,to%20make%20a%20long%20trip.&text=Whatev-er%20you%20use%20to%20sail,power%20that%20shifts%20us%20all.>

<https://m.tribuneindia.com/2002/20020609/spectrum/dream.htm>

http://www.sailingbreezes.com/Sailing_Breezes_Current/Articles/June02/sailaway.htm

Beauty and the Sailing

<http://www.mjsailing.com/cosmetics-that-stand-up-to-the-heat/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3783861/>

<https://www.sierraclub.org/sierra/ask-mr-green/what-are-safest-soaps-and-shampoos-for-boating-trip?amp>

<https://www.boatinternational.com/luxury-yacht-life/lifestyle/essential-grooming-products-for-sailors--31455>

<https://www.betternutrition.com/natural-beauty/beauty-products-sea-ingredients>

Burning up the Day: Chasing Shadows on the Open Sea

<https://www.discoverboating.com/resources/sun-safety-for-boaters>

<https://qsun.co/sailing-sun-protection/>

<https://www.sailorsforthesea.org/programs/green-boating-guide/sunscreens>

You Think You Are Great at Multitasking?

<https://www.sailingworld.com/doing-one-job-well/>

<https://sail1design.com/multi/>

<http://asianyachting.com/AYmasters/L1BoatHandling.htm#:~:text=The%20basic%20crew%20positions%20and,%2C%20Pit%2C%20Mast%20and%20Bow.>

<https://www.verywellmind.com/multitasking-2795003>

Mindfulness on Sailing

<https://www.skillshare.com/projects/Focus-is-the-ability-to-be-in-the-present-Give-it-everything-you-have/231290>

Paint away Your Troubles

<https://www.cruisersforum.com/forums/f74/can-you-oil-paint-while-on-a-boat-135059-2.html>

<https://thedesigntiles.net/2019/07/studiovisit-artist-gemmarasdall-sailing-sydney/>

https://en.wikipedia.org/wiki/Marine_art

<https://www.explore-acrylic-painting.com/ocean-landscapes.html>

<https://www.explore-acrylic-painting.com/ocean-landscapes.html>

Sailing Songs

<https://asa.com/news/2015/06/25/top-7-classic-rock-sailing-songs/>
https://en.wikipedia.org/wiki/Yacht_rock#:~:text=Yacht%20rock%20
https://en.wikipedia.org/wiki/Sea_shanty
www.ybw.com/features/ultimate-sailing-playlist-20-song-listen-onboard-your-boat-57573/amp
<https://spinditty.com/genres/12-Pieces-of-Classical-Music-Inspired-By-the-Sea>

Is Sailing Friendly to the Earth or Not?

<https://www.topsailinsurance.com/news/item/environmentally-friendly-sailing.html>
<https://www.sailorsforthesea.org/programs/green-boating-guide>
<https://eponline.com/Articles/2017/03/27/The-Environmental-Impacts-of-Boating.aspx>
<https://mountaineagle.com/stories/4-ways-to-refresh-and-reset-this-new-years,32825?>
<http://advantage-environment.com/experiences/a-new-way-of-sailing/>

Relationship on Boat, Smooth Sailing Or?

<https://www.sailsquare.com/blog/guides/living-boat-sailing-lifestyle-relationships/>
https://eoceanic.com/sailing/tips/24/57/how_do_romantic_relationships_fair_in_long-distance_cruising_situations?FAQ_ID=57¬ify=
<https://bluewaterwalkabout.com/12-reasons-sailing-adventuring-couples-stay-together-longer/>
<https://theculturetrip.com/north-america/usa/articles/couples-who-travel-have-better-sex-and-heres-why/>
<https://www.usatoday.com/story/travel/2013/02/07/valentines-day-travel/1893591/#:~:text=Of%20those%20couples%20who%20travel,year%20mark%20in%20their%20relationship.>

Sexy Sailing Holidays

<https://www.allatsea.net/sex-and-the-single-hander/amp/>
<https://www.yachting.com/en/news/the-captain-at-yacht-week>
<http://www.sailing-women-on-yachts.com/sexy-sailors.html>
<https://www.thrillist.com/amphhtml/travel/nation/best-sex-cruises-sex-party>
<https://www.marineinsight.com/marine-safety/7-dangerous-diseasesdisorders-seafarers-should-be-aware-of/>
<http://boating.ncf.ca/boating-sex.html>
<https://www.allatsea.net/yacht-crew-relations/>
<https://carlyleoceandrive.com/cruise-sex-parties/>
<http://severemma.com/cruise-ship-hook-up/>

Sailing as a Family Bonding Experience

https://www.tripadvisor.com/ShowUserReviews-g147313-d209701-r122588960-Hotel_Riu_Palace_Tropical_Bay-Negril_Westmoreland_Parish_Jamaica.html

Heal your Body and Soul with Water

<https://en.wikipedia.org/wiki/Hydrotherapy>

<https://www.wellbeing.com.au/body/health/water-works-hydrotherapy.html#:~:text=Hydrotherapy%20includes%20an%20ocean%20of%20water%20treatments.&text=Warm%20water%20melts%20muscle%20tension,purifies%20pores%20and%20promotes%20sleep.>

<https://livewellrehab.com.au/what-is-hydrotherapy-and-how-does-it-work/>

<https://www.myhydrotherapy.com/history-of-hydrotherapy/>

Sailing Blind; Sailing by Sound

<https://wcblind.org/2019/08/sound-technology-makes-sailing-fully-accessible-to-people-who-are-blind-or-visually-impaired/>

<https://visionaware.org/everyday-living/recreation-and-leisure/sports-and-exercise/sailing-and-boating/1235/>

<https://psmag.com/social-justice/sailing-blind>

<https://www.yachtsandyachting.co.uk/sailing-techniques/sailing-senses-tips-from-a-blind-winner/>

<https://www.seasheboygan.org/blind-sailing>

Wake up to the Fatigue at Sea

<https://captnmike.com/2016/06/03/dead-tired/>

Sleep and Fatigue Among Seafarers: The Role of Environmental Stressors, Duration at Sea and Psychological Capital Sigurd W. Hystad*, Jarle Eid

<http://maritimemedicine.org/2016/06/24/fatigue-in-seafarers/>

<https://theblondeblueeyedtraveler.com/2017/07/26/breathing-in-the-sea-air/>

Sailing after Dark

<https://www.sailmagazine.com/cruising/sleep-and-seamanship>

<https://www.yachtingworld.com/practical-cruising/night-sailing-top-tips-expert-advice-94159>

<https://www.sailmagazine.com/cruising/tips-for-sailing-after-dark>

How to Cure Insomnia with the Sea?

<https://www.yachtcharters.com.au/sleeping-sea/>

<https://www.marine-society.org/posts/six-ways-to-improve-your-sleep-at-sea>

<https://seatosummitusa.com/blogs/adventure-tips/camping-could-cure-your-insomnia>

Don't Let Dehydration Be the Cause of Poor Sailing Performance

<https://www.webmd.com/food-recipes/features/quest-for-hydration>
<https://www.practical-sailor.com/safety-seamanship/whats-the-best-way-to-stay-hydrated-at-sea>
https://www.theyachtmarket.com/en/articles/general/how_to_stay_hydrated_when_sailing/
https://www.tribord.co.uk/advice/importance-staying-hydrated-sea-tp_6342#:~:text=Hydration%20and%20sailing.,to%20the%20phenomenon%20of%20dehydration.
<https://www.webmd.com/a-to-z-guides/dehydration-in-adults-treatment>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3623621/>

Breathing in the Sea

<https://hopayacht.com/content-page/blog/food-allergies?lang=en>
https://books.google.hr/books?id=rnZNCAAQBAJ&pg=PT237&lp-g=PT237&dq=sailing+and+allergies&source=bl&ots=2LOAmne-Aef&sig=ACfU3U02mtPn4NVDjKMpCDNdrPrDAKwC9g&hl=en&sa=X-&ved=2ahUKEwiT3K_YuNHpAhUPr4sKHVofANAQ6AEwAXoECAsQA-Q#v=onepage&q&f=false
<https://www.houseboatmagazine.com/2016/03/nothing-to-sneeze-at>
<https://www.sparrow.org/departments-conditions/conditions/allergies>
[https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Nursing_Pharmacology_\(Ernstmeyer_and_Christman\)/05%3A_Respiratory/5.03%3A_Diseases_of_the_Respiratory_System](https://med.libretexts.org/Bookshelves/Nursing/Book%3A_Nursing_Pharmacology_(Ernstmeyer_and_Christman)/05%3A_Respiratory/5.03%3A_Diseases_of_the_Respiratory_System)
https://www.foundationhealth.org/services/clinics_centers/specialty_care/allergy/allergy

Survive to Sail

<https://www.nhs.uk/conditions/prostate-cancer/#:~:text=The%20prostate%20is%20a%20small,sperm%20produced%20by%20the%20testicles.>
[https://www.mayoclinic.org/diseases-conditions/benign-prostatic-hyperplasia/symptoms-causes/syc-20370087#:~:text=Benign%20prostatic%20hyperplasia%20\(BPH\)%20%E2%80%94,urinary%20tract%20or%20kidney%20problems.](https://www.mayoclinic.org/diseases-conditions/benign-prostatic-hyperplasia/symptoms-causes/syc-20370087#:~:text=Benign%20prostatic%20hyperplasia%20(BPH)%20%E2%80%94,urinary%20tract%20or%20kidney%20problems.)
<https://www.nhs.uk/conditions/prostate-cancer/>
<https://www.sail-world.com/news/206038/Race-for-prostate-cancer-awareness>
<https://www.roboticoncology.com/pdf/nw-surviving-cancer.pdf&ved=2ahUKEwiOgsGnqoHqAhXLk4sKHfgebAOkQFjAAegQIAhAB&usg=AOv-Vaw0LrwzJ27wd6diN7APKijOF>
<https://givetomedicine.uchicago.edu/donor-stories/going-solo-for-prostate-cancer-awareness>
<https://salli.com/en/advanced-health-information/pelvic-area/prostate-health/>

<https://www.bergenurological.com/intermittentselfcath.shtml>
<https://www.healthline.com/health/how-to-make-yourself-pee>

Healthy Mind Games

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4150378/>
<https://www.cs.hmc.edu/~geoff/mnemonics.html>
<https://www.sailbrightlingsea.com/membership/the-benefits-of-sailing-1>
<https://www.verywellmind.com/great-ways-to-improve-your-memory-2795356>

Setting Sail Again after Brain Injury

https://www.wur.nl/upload_mm/b/f/d/95d49ac5-eff0-4533-819c-b61455ba38eb_Peters%20Saskia%20BscThesisTourism2017.pdf
<https://craighospital.org/blog/adaptive-sailing-program-fosters-freedom-and-builds-self-confidence>
<https://www.thechronicleherald.ca/news/local/setting-sail-again-swiss-traveler-recovering-from-brain-injury-after-cape-breton-bike-crash-312140/>

Improve the Chances of Conception with Sailing

<http://www.sailingtojessica.com/infertility.html>
<https://www.theguardian.com/science/2017/jul/29/infertility-crisis-sperm-counts-halved>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6016043/#:~:text=Infertile%20patients%20experience%20a%20tremendous,that%20stress%20can%20hamper%20fertility.>
<https://pubmed.ncbi.nlm.nih.gov/1601146/>
<http://www.sailing-women-on-yachts.com/stress-relief.html#:~:text=The%20sound%20of%20the%20ocean,a%20gentle%20form%20of%20exercise>

Don't Let Diabetes Stop Your Sailing Adventures

<https://www.healthline.com/health/diabetes>
Don't Let Lymphedema Stop You from Chasing the Wind
<https://theboatgalley.com/cruising-stories-cruising-with-lymphedema/>
https://theboatgalley.com/cruising-stories-cruising-with-lymphedema/?fbclid=IwAR2whGsG7qR870NZqTFwx_-Fr0VdwrLpowQJPZlTrTljU4DiknN-QE1-KdA0
<https://books.google.hr/books?id=fTFgxcvKAjsC&pg=PA84&lpg=PA84&dq=SAILING+WITH+LYMPHEDEMA&source=bl&ots=ARoz78EkN-W&sig=ACfU3U2aw-BcaorV5z8a1eBv>

Sailing with a Chronic Illness

<https://www.oceansofhope.org/about/>

Dear sailors and those of you who dream of sailing,

I hope that within this book you will find many answers to questions that connect sailing and health— a guide to a simple lifestyle that can be a restorative or cure for the difficulties that life on land brings to us and those we love.



I do not see myself as a writer but rather a diligent collector of what others have written and published. In front of you is not a medical manual, a deep-thinking literary work or a philosophical discussion, but a collection of topics about sailing, oceans, islands, new acquaintances and social interactions— a way of discovering new things about ourselves and others. I took the liberty to cover diverse topics such as music, painting, family, nutrition, sun protection, interpersonal relationships and family, as well as more serious topics such as PTSD, epilepsy and ADHD.

You certainly don't have to read everything— feel free to skip the chapters that don't interest you. I didn't have time to verify everything others recommended (especially in the Sexy Sailing Holidays chapter!) The material covered in this book is ideally just a starting point for further search on the Internet— a list of links may be found at the end of the chapters. At the very least, I hope that it acts as an inspiration to set sail.

Let this book be just an outline of one point of view. I invite you to draw your own conclusions with the help of other experts in this field. Although this book was prepared primarily for me, to convince me that I need to sail more and work less, it would have been selfish not to share with others. I hope you are reading this while floating in an exotic bay of a distant island or because you have already read your entire library several times.

Thanks to everyone who shared their experiences over the web and allowed me to compile them under one headline: Retreat Sailing. You are the real authors of this book.