

Lost at Sea exercise

This exercise can be used in many different settings and training programmes, it is designed to work mainly within team building/leadership style training.

The delegates should be divided into groups of 4 and then given 10 minutes to individually score the items.

After this time the team members should confer and decide on the team's priority list. A maximum of 20 minutes should be allocated for the section.

When the second phase is complete a pre-prepared answer sheet should be revealed and they should score their individual and teams answers.

A discussion should then take place where individuals should compare their individual score against the team looking at why the scores are different What changed their minds, how where they influenced etc.

Lost at Sea Exercise

Scenario:

- You and your team have chartered a yacht.
- None of you have any previous sailing experience, and you have hired an experienced skipper and two-person crew.
- As you sail through the Southern Pacific Ocean a fire breaks out and much of the yacht and its contents are destroyed.
- The yacht is slowly sinking.
- Your location is unclear because vital navigational and radio equipment has been damaged.
- The yacht skipper and crew have been lost whilst trying to fight the fire.
- Your best guesstimate is that you are approximately 1000 miles South West of the nearest landfall.
- You and your friends have managed to save the following 15 items, undamaged and intact after the fire.
 1. A sextant
 2. A shaving mirror
 3. A quantity of mosquito netting
 4. A 5 gallon can of water
 5. A case of army rations
 6. Maps of the Pacific Ocean
 7. A floating seat cushion
 8. A 2 gallon can of oil/petrol mixture
 9. A small transistor radio
 10. 20 square feet of Opaque plastic sheeting
 11. Shark repellent
 12. One quart of 160 per cent proof rum
 13. 15ft nylon rope
 14. 2 boxes of chocolate bars
 15. A fishing kit
- In addition to the above, you have salvaged a four man rubber life craft.
- The total contents of your combined pocket's amounts to a packet of cigarettes, three boxes of matches and 3 £5 notes.

YOUR CHANCES OF SURVIVAL WILL DEPEND UPON YOUR ABILITY TO RANK THE ABOVE 15 ITEMS IN THEIR RELATIVE ORDER OF IMPORTANCE. GOOD LUCK!

Lost at Sea Rationale

According to the experts (US Coastguard), the basic supplies needed when a person is stranded mid-ocean are articles to attract attention and articles to aid survival until rescue arrives. Articles for navigation are of little importance since even if a small life raft were capable of reaching land, it would be impossible to store enough food and water to survive for the requisite amount of time.

Without signalling devices, there is almost no chance of being spotted and ultimately rescued. Furthermore, most rescues occur within the first 36 hours and a person can survive with only a minimum of food and water during that period.

So, the following is the order of ranking the items in their importance to your survival:

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| 1. Shaving Mirror | Critical for signalling |
| 2. 2 gallon can of oil/petrol mixture | Critical for signalling.
The mixture will float on water and could be ignited with one of the £5 notes and a match.
<i>What the experts don't say is how you get away from this conflagration or what to do if the wind should push the life raft into the flames!</i> |
| 3. 5 gallon can of water | Necessary to replenish fluids lost through perspiration
(that's sweat) |
| 4. One case of army rations | Basic food intake |

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| 5. 20 square feet of opaque plastic | Can be utilised to collect rain water and provide shelter from the elements |
| 6. 2 boxes of chocolate bars | Reserve food supply
<i>(what were you going to do with that much chocolate?)</i> |
| 7. Fishing kit | Ranked lower than the chocolate as 'a bird in the hand is worth two in the bush' <i>(I don't remember birds being on the list?)</i>
There is no guarantee you will catch any fish. |
| 8. 15ft of nylon rope | Could be used to lash people or equipment together to prevent it being washed overboard. |
| 9. Floating seat cushion | A life preserver if someone fell overboard |
| 10. Shark repellent | Enough said |
| 11. One quart of 160 per cent proof rum | Contains 80% alcohol, which is enough to be used as an antiseptic for any injuries, otherwise of little value – would cause dehydration if ingested <i>(that's drunk to you and me)</i> |

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| 12. Small transistor radio | Of no use without a transmitter. You would also be out of range of any radio station. |
| 13. Maps of the Pacific Ocean | Worthless without navigation equipment. It does not matter where <u>you are</u> but where the rescuers are! |
| 14. Mosquito netting | There are NO mosquitos in the mid-pacific ocean. As for fishing with it? – stick to the fishing kit. |
| 15. Sextant | Useless without the relevant tables and a chronometer. |