The Crossbones Company

Retreat Itinerary and Safety Rules

- Arrive early, Meet and Greet at the docks, Dock Q, slip lucky 13, for our float plan and debriefing. Everyone will be assigned their job aboard our ship, Dubloon.

- 1 Hour introduction to the mechanics of goal setting and keeping, developing a big goal or dream, and identifying processes for positive reinforcement.

- Group sailing and traditional navigation activities in an immersive and hands-on experience operating our historic ship with our crew and Captain. We will make way under full sail across beautiful Lake Lanier.

- Fire side lunch, learning and reflection exercises

- 1 hour Free Time

-1 hour Looking ahead closing workshop on the way back home.

*(Maximum of 10 spots aboard at a time and the excursion will generally last around 8+ hours)*

Safety Rules

1. **The all-encompassing #1 rule... when in doubt, reach out. Please make our crew aware of any and all conditions that may apply during a full day out.**
2. **Previous sailing experience is not required,** but trainees must be capable of physical activity and mentally alert. **Trainees are required to be “able bodied”** and capable of hearing or understanding and responding to the crew's instructions, in order to participate safely in the exercises and respond as necessary if an emergency arises.
3. **Be aware** that situations will arise where there are slippery conditions, heavy objects, moving parts of the ships rigging, and movements of the ship that could cause motion sickness or loss of balance.
4. **We do not discriminate** on the basis of physical or mental disability except as required to ensure the safety of all participants and crew-members. If you have any conditions that may prevent safe participation, make sure the crew is aware of it before departure.
5. All allergies or special dietary restrictions must be reported no less than two weeks of your program date.
6. **Please note** that tobacco products, smoking or otherwise, including electronic devices, are not permitted while aboard Dubloon. Consumption of alcohol or any substance which may cause impairment is not permitted on retreats.
7. **- COVID-19 Advisory: Our company takes great care to ensure the health and safety of all our guest. Please be aware the we take temperatures of every person before boarding. Masks are provided but not required on deck. Do not attend if you have been sick in the past 5 days or have had Covid in the past 10 days.**