

Defence Instructions and Notices (Not to be communicated to anyone outside HM Service without authority)	
Title:	Exercise Highland Express 2016
Audience:	All Service personnel, especially Commanding Officers and Adventurous Training Officers, Expedition Leaders and Formation PDev Officers.
Applies:	Immediately
Expires:	01 Sep 16
Replaces:	
Reference:	2015DIN07-150
Status:	Current
Released:	October 2015
Channel:	07 - Training and Education
Content:	Adventurous Training Ocean Sailing Expedition
Sponsor:	Joint Services Adventurous Sail Training Centre (JSASTC)
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Keywords:	Offshore sailing, Army Sailing Association, Royal Naval Sailing Association, Royal Air Force Sailing Association, University Royal Naval Units, University Officer Training Corps, University Air Squadron, Adventurous training, Joint Services Adventurous Sail Training Centre
Local Keywords:	Adventurous Training, Offshore Sailing, Sailing Expedition, West Coast of Scotland, Sigma 38, Adventure, RYA Competent Crew, JSASTC
Supplements: (Please click on the links to access >>>>)	Annex B: Application Form
Related Info:	2013DIN01-007 Insurance for adventurous Training (AT) Activities www.pdevportal.co.uk/adventure_training/sailing (www.)
Classification:	OFFICIAL

OFFSHORE SAILING - EXERCISE HIGHLAND EXPRESS 2016

References:

- A. JSP 419.
- B. RN-BR 4024 Chap 6.
- C. Army -AGA1 Vol 1 Chap 11.
- D. RAF-AP 3342.
- E. 2013DIN01-007.
- F. JSP 950 Leaflet 1-2-12 1 Assessment of Medical Suitability to Attend Courses and Training.

Introduction

1. Exercise HIGHLAND EXPRESS 2016 is a Joint Services Adventurous Sail Training Centre (JSASTC) exercise taking place from 24 May to 30 Aug 2016. The exercise will be conducted in accordance with Joint and Single Service Policy, References A-D, and also relevant is Reference E.

2. The aim of the exercise is to develop adequate rigour, robustness, initiative and leadership to deliver the resilience that military personnel require on operations. It is open to all Regular and Reserve personnel.

Exercise Outline

3. The exercise comprises 3 elements, as follows:

a. **Delivery Leg.** The yacht will be delivered to Scotland from JSASTC Gosport by an Army team entering the Scottish 3 Peaks race which will finish in Troon Scotland on Tuesday 24 May. The yacht will then be delivered to Dunstaffnage Marina, Oban by Leg 2 (JSASTC Mile builder/experience leg) of Ex HIGHLAND EXPRESS. The delivery leg offers crews the opportunity to undertake longer passages for RYA qualifying purposes. It may be undertaken as 2 separate single week exercises, with a crew change mid-way, or as a single fortnight exercise for one crew.

b. **Oban Based Expeditions.** The main element of the exercise will be on the W Coast of Scotland using Dunstaffnage Marina, Oban, as a base for weekly expedition legs. Applications for more than 1 week will also be considered. Skippers will be able to choose their own sailing/passage plan, returning to Oban only for the next crew change. With the prior approval of the Project Officer, it may be possible to arrange crew changes at other locations if both crews agree. This exercise represents an excellent opportunity for crews to sail in a challenging environment of outstanding natural beauty, which includes the waters round Mull, Skye, the Small Isles, and the Hebrides. Skippers and crews will be responsible for organising their own transport to and from the yacht.

c. **Return Leg.** Ideally a unit will bid for the return leg from Dunstaffnage to Gosport, however if no bids come forward then this leg will be run as a JSASTC mile builder and experience course. The yacht will be handed over to Leg 14 at Dunstaffnage Oban on Tue 16 Aug and it must arrive in Gosport no later than Tue 30 Aug. The return leg offers crews the opportunity to undertake longer passages for RYA qualifying purposes. It may be undertaken as 2 separate exercises, with a crew change en route, or as a single exercise for one crew.

Details of the legs and provisional costs can be found at Annex A.

4. **Unit Charter:** The yacht will be available for a 1 week unit charter from a Tuesday to a Tuesday where indicated in Annex A.

5. **Individuals:** There are a number of legs open to individuals or units that cannot provide a fully qualified skipper. These are great for individuals who want to gain experience in order to gain further qualifications. **Individuals from Yachtmaster to Novice are encouraged to apply**

The following criteria will apply to a unit charter.

a. **Skippers:** The skipper must be a RYA Yachtmaster Offshore or Yachtmaster Coastal Skipper holding SRC and First Aid.

b. **Mate:** The mate must be a minimum of a RYA Day Skipper

- c. **Crew:** HMSTC REDCOAT is coded for a minimum of 6 crew and a maximum of 8 crew. At least 1 crew member must be RYA Competent Crew qualified.
- d. **Passage Plans/Yacht Movement:** Yacht movement and Passage plans will be submitted in advance by skippers to JSASTC with cruising limits placed on Yachtmaster Coastal skippers.
- e. **CILOR:** Units are to provide CILOR
- f. **Fuel & Gas bottles:** The yacht will be taken over with full fuel tanks and full gas bottles (1 in use & 1 full) Skippers are to then fill tanks and gas bottles on return in preparation to handover to the next skipper. **This is at unit cost.**
- g. **Mooring Fees:** These are at unit cost.

The following criteria will apply to individuals applying for places on legs 2,7,9 and leg 14 if a unit cannot be found to charter the yacht.

- a. **Skippers:** The skipper will be a member of JSASTC.
- b. **Mate:** The mate must be a minimum of a RYA Day Skipper/ Yachtmaster Coastal for the return leg (Leg 14).
- c. **Crew:** The crew will be made up from individuals who have submitted applications or units who cannot find a skipper.
- d. **Passage Plans/Yacht Movement:** Yacht movement and Passage plans will be submitted in advance by skippers to JSASTC with cruising limits placed on Yachtmaster Coastal skippers.
- e. **CILOR:** Individuals are to provide CILOR. The Project officer will give details of how this is going to be achieved.
- f. **Fuel/ Gas bottles/Mooring Fees:** Individuals will be required to pay into a boat float to cover the cost of fuel and mooring fees for the week.

The Project Officer will notify successful applicants of the cost which is expected to be **£80.00 per person.**

Eligibility

6. This exercise is open to all Regular RN, Army, RAF and Reserve Forces personnel (normally only those personnel who qualify for COs certificate of efficiency/bounty) and URNU/University Officer Training Corps/UAS personnel. Novice sailors are particularly encouraged to apply alongside experienced personnel with RYA qualifications. **Both unit and individual bids are encouraged.** Offshore sailing is both physically and mentally demanding and therefore volunteers should have:

- a. A true spirit of adventure.
- b. Be willing to live in harmony with others in confined, uncomfortable and sometimes wet and arduous conditions.

- c. Be in-date for the appropriate Service Fitness Test; including a JS AT Swim Test (JSATST).
- d. Be medically fit for active service (MFD) overseas or have formal approval if below MFD.
- e. Possess an up to date passport that will remain in-date until six months after their exercise leg ends.

NB. Pregnant Servicewomen are not eligible to participate in adventurous training.

5. **Diplomatic/Security Clearance Northern & Southern Ireland.** If either the delivery or return leg crews plan on visiting either Northern or Southern Ireland they must inform the Project Officer at least 9 weeks in advance so that Diplomatic and security clearance can be obtained.

Funding & Finance

6. **Unit Bids :** Units wishing to charter the yacht will be required to pay an refundable deposit of **£150.00** and a charter cost of **£50.00**. The £150.00 refundable deposit which equates to the cost of mooring the yacht in Dunstaffnage marina, should a unit cancel their booking and no replacement can be found will be refunded at the end of the leg.

The total cost with refundable deposit and charter cost is **£200.00** cheques payable to “**JSASTC**” at the time of booking.

7. **Individual Bids.** There will be individuals who wish to apply or units that cannot provide a skipper and they will be required to pay **£80.00** per person cheques payable to “**JSASTC**” at the time of booking.

8. **Funding Support.** Participants may approach their chain of command for support from Public Funding, or approach sources of NPF for help. These include unit, formation, Service and pan-Service NPFs. Guidance is offered, however, there are many other sources which are not listed below.

a. **RN.** RNRM Lottery participants should normally expect to receive a contribution after completion of the exercise but must apply in advance of the exercise in order to ensure approval of the grant. AB and JNCOs for whom this process represents a barrier to participation should contact the Project Officer.

b. **Army.** Funding support for Army personnel is found in AGAI Vol 1 Ch 11 part 5 sect 11.082 this accurately signposts units and individuals to the appropriate funding avenues. Further guidance can be obtained from the unit AT Officer/ RATO or through the RC Ops Engt SO2 AT.

c. **RAF.** Personnel should seek advice from their Station AT Reps/PED Flights, and apply using AT For AT8.

9. **Payment Process.** The following process will be used.

a. **Unit Charter:** A refundable deposit of £150 and a charter cost of £50.00 total £200.00 per unit is required with initial applications. Cheques should be made

payable to “**JSASTC**”. This deposit will be forfeited if a unit withdraws and a replacement unit cannot be found to charter the yacht.

b. **Individuals:** Individuals will be required to pay £80.00 in full at the time of applying for a place. If an individual has to withdraw after being allocated a place and a replacement cannot be found, any monies paid will not be refunded. If a candidate is not selected for any leg their deposit will be returned, unless they wish to go onto a reserve list. Those personnel who are withdrawn by the chain of command should seek advice for a refund in accordance with Reference E.

c. If units or individual applicants are later unable to take up their allocated place for whatever reason, every effort will be made to substitute units or personnel. Additionally, should a unit or individual reserve not be found to fill the place, the unit/individual will forfeit the full cost of the deposit. **Therefore, it is essential that applicants take out personal insurance, to cover this eventuality.** This cover should also extend to unavailability of the yacht through technical difficulties (details can be found in Reference E). Note: It is not necessary to take out specialist insurance which covers Offshore Sailing.

10. **LSA and Subsistence.** Units and Individuals should consult JSP 752. Tri Service Regulations for Allowances and seek advice from unit admin staff.

11. **CILOR.** Units/ individuals should consult JSP 456 Volume 2 Chapter 7 Defence Catering manual and unit admin staff in order to apply for CILOR. **Units/Individuals will need to book this early and warn off budget managers in advance preferably before the start of the financial year.**

12. **Personal Insurance Cover.** Service personnel taking part in AT, formally approved under JSP 419 (Joint Service Adventurous Training (JSAT) Scheme), are considered to be engaged in the course of their normal duties and the MOD will accept vicarious liability for any negligent actions or omissions committed in the performance of those duties. MOD will facilitate medical treatment for personnel whilst undertaking AT including, if necessary, medical evacuation, family visits, and, in the event of a fatality, repatriation of the body. This may include rescue/recovery from the accident site where necessary. The MOD will not accept liability for any negligent actions or omissions committed by personnel in their personal capacity, for any associated costs, e.g. any additional medical expenses, hotel accommodation or travel costs for relatives, or for the loss of or damage to, personal property (unless caused by MOD's negligence). As a result of this limited cover, participants are strongly advised to purchase additional insurance having consulted Reference E.

13. **UK Based Travel.** Travel to and from Dunstaffnage Marina near Oban Scotland is expected to be at unit expense. Individuals should contact their local UPO or Admin Office for advice and authority to travel. Individuals are responsible for the cost of travel from the marina. Travel advice, car parking, hire car drop off and marina information will be given by the Project Officer.

Fitness to Attend

14. **MFD.** Personnel applying who hold a Medical Deployment Standard (MDS) of Medically Fully Deployable (MFD) should apply as per the application form. In accordance with JSP 950 all those who are MFD are categorised as 'Stage 1' Assessment of Fitness to Attend, i.e. self-certifying as MFD confirmed by the CO when approving the application. This process is self-contained within the normal application process.

15. **MDS Below MFD.** Those who are categorised with a MDS of less than MFD should process applications initially as a 'Stage 2' Assessment. Applicants should engage with their CO, MO and the JSASTC Project Officer to assess suitability to undertake the training. It will be necessary to confirm limitations that may apply, and the management of associated risks. This may then proceed to a 'Stage 3' Assessment; this will likely be needed for WIS. We will work with the CoC to endeavour to load those below MFD on the exercise if the applicant's CO supports the participation.

16. **Joint Service AT Swimming Test (JSATST).** The JSATST is the minimum requirement for participation in water-based AT, confirmed in Reference A. Prior to the conduct of the exercise the participant's CO is to ensure that the applicant can swim and has passed the relevant swim test. The JSATST is to be conducted at Unit level under the supervision of Unit PT/PEd staff and needs only be undertaken once. The JSATST consists of the following:

- a. Deep water entry wearing light clothing.
- b. 50m swim wearing light clothing in a maximum of four minutes.

17. **JPA Access.** All participants must maintain NOK information on JPA.

Crew Selection

18. As highlighted the strict manning standards for HMSTC REDCOAT are listed below:

- a. Skipper – Skippers must be a RYA Yachtmaster Offshore YMO or Yachtmaster Coastal Skippers YM Coastal and hold a Short Range Radio SRC and First Aid Certificates.
- b. First Mate – The first mate will be a minimum of a RYA Day Skipper or above.
A Yachtmaster Coastal Mate will be required for the delivery/return leg.
- c. Crew – The yacht is coded for manning minimum of 6 and maximum of 8 including the skipper, mate, the remaining crew will be made up of various levels of experience, but must include at least 1 RYA Competent Crew.

Application and Communication

19. **Application and Selection Process.** Application forms can be obtained from this DIN, or via the JSASTC website. All units/ personnel must submit an application form in the format at Annex B, with CO or delegated authority's approval. Applications must be accompanied by a cheque for **£200 for units** or **£80.00 for individuals** which can be accepted by a UK bank. Selections will be made by JSASTC using 'military judgement' to select a crew which will produce the optimum training impact, a fair allocation to the three Services and a suitable spread of ranks and experience.

20. **Unit Allocated Legs.** Unit allocated Legs may still have crew places available; in particular for the command appointments (Mate and RYA Comp Crew). There may also be novice crew gaps to fill. Please contact the Project Officer for further advice.

21. **Joining Instructions (JIs).** JIs will be published and sent electronically in order to allow early preparation to book transport etc.

Project Officer

22. The Project Officer for exercise **HIGHLAND EXPRESS 2016** is:

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Annexes:

- A. Exercise HIGHLAND EXPRESS 2016 (Legs and Costing).
- B. Application to participate in exercise HIGHLAND EXPRESS 2016.

EXERCISE HIGHLAND EXPRESS 2016 (LEGS AND COSTING)

Leg	From/To	Dates	Duration (Weeks)	Cost	Remarks
1	Gosport to Troon Scottish 3 Peaks Race	11 May – 24 May 16	2	£00.00	Allocated to APC Glasgow
2	Troon - Dunstaffnage	24 May – 31 May 16	1	£80 Note 2	JSASTC Experience/Mile builder
3	Dunstaffnage - Dunstaffnage	31 May – 07 Jun 16	1	£200 Note 1	
4	Dunstaffnage - Dunstaffnage	07 Jun – 14 Jun 16	1	£200 Note 1	
5	Dunstaffnage - Dunstaffnage	14 Jun – 21 Jun 16	1	£200 Note 1	
6	Dunstaffnage - Dunstaffnage	21 Jun – 28 Jun 16	1	£200 Note 1	
7	Dunstaffnage - Dunstaffnage	28 Jun – 05 Jul 16	1	£80.00 Note 2	JSASTC Experience/Mile builder
8	Dunstaffnage - Dunstaffnage	05 Jul – 12 Jul 16	1	£0.00 Note 3	JSASTC Maint Week
9	Dunstaffnage - Dunstaffnage	12 Jul – 19 Jul 16	1	£80.00 Note 2	JSASTC Experience/Mile builder
10	Dunstaffnage - Dunstaffnage	19 Jul – 26 Jul 16	1	£200 Note 1	
11	Dunstaffnage - Dunstaffnage	26 Jul – 02 Aug 16	1	£200 Note 1	
12	Dunstaffnage - Dunstaffnage	02 Aug – 09 Aug 16	1	£200 Note 1	
13	Dunstaffnage - Dunstaffnage	09 Aug – 16 Aug 16	1	£200 Note 1	
14	Dunstaffnage - Gosport	16 Aug – 30 Aug 16	2	£200 Note 1	JSASTC or Unit charter

Notes:

1. The Unit charter cost is a £150.00 refundable deposit and £50.00 charter cost. The cost to an individual is £80.00 per person.

2. Legs 2, 7 and 9 are JSASTC mile builders/experience weeks or for a unit that cannot find a skipper.

3. JSASTC only maintenance week.