

APPROVED BY
Project Manager
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REGULATIONS
on the project International Children's Sailing-Rowing Centre for Tourism
and Sports «Lake Pleshcheyevo»

Sailing-Rowing school as a link between intellectual, physical, spiritual and moral aspects of educational activities.

1. General Provisions

1.1. These Regulations define the goals, objectives, organization and procedure for the project of the International Children's Sailing-Rowing Centre for Tourism and Sports «Lake Pleshcheyevo». Sailing-Rowing school is regarded as a connection between intellectual, physical and spiritual and moral aspects of educational activity (hereinafter - the Project). The Project is long-term and is aimed at promoting and implementing activities in education, additional education for children, additional professional education.

1.2. Project organizer is the private educational institution «Orthodox classical gymnasium-boarding school of the Svyato-Aleksievskaya Pustyn in memory of Archpriest Vasily Lesnyak»

1.3. Project start date: 1 July 2021.

1.4. Project closing date: 30 June 2024

1.5. The project is organized in an eight areas, comprising a whole range of events in offline and online formats.

1.6. Project Geography

Territories of the Central Federal District of Russia: Moscow, Moscow, Ivanovskaya, Lipetsk, Oryol, Tula, Belgorod, Vladimir, Kaluga, Kursk, Tambov, Bryansk, Yaroslavl, Ryazan, Smolensk, Voronezh, Kostroma, Tver Regions (participants of the Project's offline events); territories of the North-western Federal District of Russia: St. Petersburg, Leningrad Region (participants of offline events of the Project); Remote regions of Russia: Amur, Arkhangelsk, Vologda, Irkutsk, Kemerovo, Kirov, Magadan, Omsk, Sverdlovsk, Tomsk regions; Trans Baikal, Krasnoyarsk, Perm, Primorsky, Khabarovsk Territories (participants of the

Project's online events); countries of Eurasia: Greece, Germany, France, India, Kazakhstan, Serbia, Kyrgyz Republic, Bulgaria, Azerbaijan, Uzbekistan, Belarus.

These Regulations define the goals and objectives of the Project, the Project's activity areas, target groups of the Project participants, the quantitative and qualitative results of the Project, planned to be achieved, the system of organizing information support of the Project, the sources of the Project's funding, the procedure for building the Project's team work, further development of the Project.

2. Project Goals and Objectives

2.1. The Project's goal is to create conditions for the upbringing of a harmoniously developed personality with high civic and social responsibility based on basic spiritual and moral values, historical and cultural traditions, and the principles of a healthy lifestyle by involving children and young people in regular sailing and rowing tourism and sports on Pleshcheyev Lake, the birthplace of the Russian Navy.

2.2. Project Objectives

- To form and maintain a material and technical base for sailing-rowing tourism and sports, consisting of ships, means of transportation and storage, means to ensure the safety of those involved, related technical means and structures.

- To create a sailing and rowing school as part of the system of additional education for students of 10 to 18 years old within the Gymnasium and to establish its year-round activity in theoretical and practical training in different classes of sloops and yachts.

- Provide an opportunity for organizing and holding summer camps for children and youth of 10 to 18 years old from other regions and countries, create a system of reception, accommodation and training on Pleshcheevo Lake in sailing and rowing tourism and sports.

- Organize and support a volunteer movement in the form of summer camps to involve young people of 18 to 35 years old in volunteer activities aimed at the development of sailing and rowing tourism and sports.

- To organize tourist, excursion and local history activities on the monuments of history, culture and nature for students within the Gymnasium and participants of summer camps - children and youth from other regions and countries.

- Organize and conduct forums, water holidays, sailing festivals, regattas and interregional competitions with the participation of specialized organizations in cooperation with the All-Russian Sailing Federation.

- To create and develop an online education system for children and youth of 10 to 18 years old, as well as to improve the qualifications of specialists, ensuring the availability of educational programs for remote regions.

- To organize network interaction with regional and abroad specialized organizations for the exchange of experience, mutual consultations, methodological work and the joint use of other resources.

3. Project Areas of Work

3.1. Work on the project is carried out in accordance with the developed program, which includes 221 activities in all of the eight areas of work, indicating the date of the planned start and end of the implementation of the program events.

3.2. The Project is planned to work in eight areas:

3.2.1. Formation and maintenance of material and technical facilities for sailing and rowing activities:

There will be formed and constantly maintained the material and technical base for sailing and rowing tourism and sports, organization and conduct of water trips, participation in regattas and competitions, consisting of vessels, means of transportation and storage, as well as means to ensure the safety of those involved and accompanying technical means and structures.

To ensure activities in all areas, special attention will be paid to the material and technical base. Premises will be rented in the town of Pereslavl-Zalessky to accommodate all personnel. On the basis of the Svyato-Aleksievskaya Pustyn, specialized classes and a gym will be equipped. There will also be a boathouse for winter storage and repair of ships and equipment.

On the shore of Pleshcheyevo Lake, there will be created the necessary infrastructure for sailing and rowing tourism and sports – a fenced area for organizing and conducting training camps, launching and lifting ships, organizing and holding events and competitions, equipped with security systems (fire shields, pump and hydrant, rescue tower, binoculars, etc.). Tents for storing equipment and modular buildings for the organizing committee of training camps and competitions will be placed on the shore.

In the city of Pereslavl-Zalessky, the administration will transfer a building and a land plot on the bank of the Trubezh River 100 m far from its confluence with Pleshcheyevo Lake. Previously, the building housed a Club for Young

Sailors, which is now abandoned. The building will be restored at the expense of co-financing and will subsequently be used for classes for children from low-income families in the city of Pereslavl-Zalessky.

Five YAL-6s, two trimarans, an inflatable motorboat, three trailers, several inflatable catamarans and other various equipment will be received as co-financing from the Svyato-Aleksievskaya Pustyn's Gymnasium.

In addition, vessels and necessary equipment will be purchased for the organization of the educational process, training camps and events: for the organization of practice, training camps and hikes: YAL-6 two-block - 3 pcs, Argi plastic - 5 pcs; for the organization of sports trainings YAL-6 clinker - 2 pcs, Optimist - 15 pcs, Luch - 10 pcs, Kites - 30 pcs; motor ship for accompanying hikes, regattas and competitions - 1 pc; snowmobiles for accompanying winter kite classes - 2 pcs, a car for transporting ships - 1 pc.

There will also be purchased the necessary equipment for organizing classes, hiking, training camps and competitions: helmets, vests, tents and much more.

Within the training process the work will be organized to maintain the material and technical base in the proper form and the necessary consumables, including rigging, will be purchased.

3.2.2. Educational activities within the additional education for students:

Developing this direction, a sailing-rowing school will be created as part of the system of additional education for students of the Svyato-Aleksievskaya Pustyn. It will work all year-round.

The educational process will be organized after the staffs are recruited. This is management, administrative and teaching staff.

The educational process can be conditionally divided into two components - theoretical and practical training. Training will be inextricably linked to seasonal changes. So, May to September, classes will be organized on Lake Pleshcheyevo - training in sailing and rowing. October to December - theory classes in the Svyato-Aleksievskaya Pustyn. January to March a snow kite practice will be organised on Lake Pleshcheyevo. April is the preparation of the fleet for launching at the Svyato-Aleksievskaya Pustyn.

170 children of 10 to 18 years of age study at the Svyato-Aleksievskaya Aleksievskaya Pustyn. Three courses will be formed: the first course - cabin boys (10 - 12 years old); second year - sailors (13-15 years old); third year - foremen (16 - 18 years old). Each course lasts for three years. Theory will be taught according to age differences. The practice will be organized on vessels YAL-6 - mixed crews, Ardzhi - mixed crew; Optimists are cabin boys; Luch - sailors and foremen;

Kite - for all courses; Indoor regattas - mixed teams. The competition will be organized in accordance with the requirements of the All-Russian Sailing Federation.

Hikes and camps for all courses will be organized annually in August.

3.2.3. Online education for young people and instructors in the regions and abroad:

There will be developed a methodology and a system of online education for youth and instructors (professional development of specialists) in the regions and abroad in order to ensure the availability of modern educational programs for remote areas and the use of advanced Russian and foreign experience.

At the first stage of solving the problem, it will be necessary to organize training for employees of the centre to create and establish a process for working with an online training platform. It is planned that at least three employees of the centre will undergo compulsory training, including a methodologist who is responsible for the process of creating all educational programs.

Studying the market offers of companies for the creation of online training platforms will allow to choose the best offer in costs, functionality and ease of use.

The training platform will include a course of additional education for children and youth in sailing sports, a course of additional education for children and youth in rowing sports, an advanced training course for teachers, methodological aids for teachers.

Additionally, the organized work on smm-promotion and seo-optimization of the created educational online product will systematically allow to increase the number of children, youth, teachers, enthusiasts in sailing and rowing tourism and sports involved in using the platform's materials.

In addition to the online platform, the website and video blog of the International Children's Sailing and Rowing Centre for Tourism and Sports «Lake Pleshcheyevo», created within the project, will allow children and young people from remote regions of Russia and foreign countries to be engaged in sailing and rowing tourism and sports. The posted materials will be designed to generate initial interest in the classes.

3.2.4. Summer Volunteer Program.

The volunteer movement «Sails of Pleshcheyevo Lake» will be created and supported. It will include a summer program (volunteer camps) to involve young people of 18 to 35 years old in a volunteer movement aimed at the development of

sailing and rowing tourism and sports, the implementation of environmental initiatives of the National Park «Pleshcheyevo Lake», as well as for the development of interregional and international relations.

The planned large-scale sports events in sailing-rowing tourism and sports made it necessary to formulate an additional problem to be solved within the project. The participation of volunteers in the training camp at Lake Pleshcheyevo will add the work process of the created centre with environmental and tourist activities.

Students and working youth aged 18 - 35 will be invited to participate in the volunteer programs. The volunteer program will last 7 days, during which the volunteers, under the guidance of the teacher-organizer, will take a short introductory course on volunteering and help in solving problems that arise during the training camps on Pleshcheyev Lake.

It is planned that during the season May to September up to 330 people will take part in the volunteer program: 22 groups of 15 people.

Information about the possibility of participating in the program (with registration to the program) will be spread via various channels: posting on the resources of the project partners (Pleshcheyevo Lake National Park, the Eurasian Peoples' Assembly, etc.), by establishing direct contacts with volunteer movements in Russia and abroad, launching the program in the Internet space.

Every year, starting October, after closing the season of volunteer programs, the programs will be analyzed and optimized for the set goals and objectives of this area of activity.

3.2.5. Organization and holding of summer camps for children and youth from other regions and countries:

It is important to provide an opportunity for organizing and conducting summer camps for children and youth from other regions and countries and create a system of reception, accommodation and training on Pleshcheyevo Lake in sailing-rowing sports and tourism in order to strengthen friendship between representatives of different regions, cultures and nationalities.

Often, the complete absence or insufficiently developed material and technical equipment does not allow educational institutions to qualitatively implement programs of additional education with children and youth. Equipped playgrounds, the availability of vessels of different classes, other equipment of the International Children's Sailing and Rowing Centre for Tourism and Sports "Pleshcheyevo Lake", available for working with children and youth, will contribute to the development of cognitive interest in children and youth, meet their need for interesting, practice-oriented training using a modern material and

technical base. Also this will remove the need to search for material resources to purchase ships, materials and equipment and labour costs for training, catering and accommodation, provided it is necessary to independently conduct such camps for pupils.

In addition to the created, ready-to-use, equipped with all the necessary equipment for sailing and rowing tourism and sports site, a program of weekly camps at the Centre will be developed and described in detail for organizations. The program will include different activities: theoretical lessons in sailing and rowing tourism and sports, practical exercises on ships of different classes, radial exits, meetings with experts, an excursion program on the history of the development of the Russian Navy in the city of Pereslavl-Zalessky, competitive regattas.

It is planned that during the season June - August, up to 600 children and youth from various organizations will participate in the training camp. Under the guidance of their teachers, they will come to participate in the training camp at Lake Pleshcheyevo. No more than 50 people can participate in the training camp in a week. In total, 12 weekly training camps will be held during the summer season, that is during the project there will be 36 training camps, and up to 1400 participants.

It is expected that the conditions created for children and youth in the weekly camping program will have a number of positive effects. They are:

- Raising the level of theoretical and practical training of children and youth in sailing-rowing tourism and sports;
- The formation of a sustainable interest in sailing-rowing tourism and sports;
- Development of physical (willpower, perseverance, endurance, etc.) and moral qualities (ability to help, conscientiousness, politeness, etc.) among the participants;
- The accumulation of a base of social contacts by teachers through acquaintance with colleagues.

3.2.6. Tourist, excursion and local history activities:

An integral part of the development of the project is the establishment of tourist, excursion and local history activities for students in the Svyato-Aleksievskaya Pustyn outside the Pereslavl district of the Yaroslavl region: for participants in summer camps - children and youth from other regions and countries, the organization of routes and excursions to the monuments of history, culture and nature of the Pereslavl district of the Yaroslavl region. Tourist,

excursion and local history activities for students in the Svyato-Aleksievskaya Pustyn will be organized thanks to the annual participation of up to 50 people in trips along the rivers of Russia in August. As part of the trek, it will be possible to visit excursion programs, get acquainted with local history. The hike will contribute to the development of tourism skills and general outlook among the participants. In total, it is planned to conduct three campaigns in 2021, 2022 and 2023 with students from the Gymnasium. The second important area of activity within the project, that allows solving this problem, will be the organization of additional activities of excursion and tourist orientation with children and youth of different target audiences. An excursion program around the city of Pereslavl-Zalessky with visits to museums will be held weekly for all participants of the training camp on the basis of the International Children's Sailing and Rowing Tourism and Sports Center «Pleshcheyevo Lake». Students who take part in the youth summer Forum «Alexandrova Gora», annually held in Pereslavl-Zalessky, will get the opportunity to become participants in radial excursions along Pleshchevo Lake.

3.2.7. Organization and holding of interregional sailing festivals and competitions:

Organize and conduct water holidays, sailing festivals, regattas in cooperation with specialized organizations (maritime centres, clubs for young sailors, sports clubs and sections); organize and conduct interregional competitions in different classes of yachts with the participation of the All-Russian Sailing Federation.

During the implementation of the project, it is planned to hold four events of different forms of organization: Sailing Festival in 2021 - 325 years of the Navy; Water Parade in 2022 - 350th anniversary of the birth of Peter I; Sailing Festival for the Cup of the National Park «Lake Pleshcheyevo» in 2023 - 35 years of the National Park «Pleshcheyevo Lake»; Forum of Representatives of Sailing and Rowing Tourism and Sports in 2024.

In 2021, a Sailing Festival, dedicated to the celebration of the 800th anniversary of the birth of Alexander Nevsky and the 325th anniversary of the Russian Navy, will be organized and held.

In 2022, the project's activities will be timed to coincide with the 350th anniversary of the birth of Peter I and the 330th anniversary of his creation of the Amusing Flotilla on Lake Pleshcheyevo of Pereslavl-Zalessky. There will be a Water Parade organized. It will demonstrate a historical retrospective of the development of ships from Peter I to the present day.

In 2023, the Great Sailing Festival «Sails of Pleshcheyevo Lake» will be organized. Also the Cup of the National Park «Pleshcheyevo Lake» will be held for, it will include sports competitions in different classes of yachts. In the spring,

the Forum of Representatives of Sailing and Rowing Tourism and Sports of Russia will take place. The events will be timed to coincide with the 35th anniversary of the foundation of the Pleshcheyevo Lake National Park.

The work algorithm for the preparation and conduct of each of the events, taking into account the developed schedule, is a set of a number of specific tasks that must be performed, they are: development and dissemination of regulations on the holding of the event; collection of applications and formation of a list of participants; organizing the reception of participants; search and invitation of experts and the judging panel of events; holding events and rewarding participants.

4. Project Target Groups

- 4.1. Students of the Gymnasium of the Svyato-Alexievskaya Pustyn of the Pereslavl district (of 10 - 18 years of age)
- 4.2. Orphans of 10 - 18 years of age
- 4.3. Children of 10 - 18 years age from disadvantaged and low-income families
- 4.4. Children of 10 - 18 years of age from single-parent families
- 4.5. Children of 10 - 18 years of age from remote regions of Russia
- 4.6. Large families
- 4.7. Students and working youth of 18 to 35 years of age
- 4.8. Management, teachers, specialized organizations of sailing and rowing tourism and sports in Russia and abroad
- 4.9. General public interested in the development of sailing and rowing tourism and sports in Russia and abroad

5. Quantitative and qualitative results of the Project

- 5.1. Quantitative results expected by the end of the Project implementation
 - Gymnasium students: 230
 - Participants of sports events: 450
 - Spectators of sports events: 5000
 - Forum participants, representatives of the sailing community: 50
 - Participants of the training camp on Pleshcheyevo Lake: 1800
 - Participants of the excursion and tourist program: 3900
 - Participants of the volunteer program «Sails of Pleshcheyevo Lake»: 990
 - Users of the online training platform services: 9000
 - Internet users who viewed the video blog: 24000
 - Organizations that have entered the network interaction: 60
 - Issues on the video blog: 150
 - Video lesson releases: 270

5.2. Qualitative results expected by the end of the Project implementation

For the participants of the events, it is an opportunity to be systematically engaged in interesting activities, for physical, cultural, social, and moral development. Participants of competitions and training camps will acquire the skills of collective interaction, form the qualities of responsibility, endurance, and a stable position for a healthy lifestyle. Participants of the excursion and tourist program will get acquainted with the history of the navy. The volunteers of the program «Sails of Pleshcheyevo Lake» will develop leadership skills. Users of the online platform and the Internet will be trained, forming a steady interest in the classes. The availability of the material and technical base on Pleshcheyevo Lake will allow different categories of citizens to join sailing and rowing sports. The project will be the beginning of the activity of the Centre for Sailing and Rowing Tourism and Sports in Pereslavl-Zalessky, which implements additional programs, international, sports, tourism, local history, events with children, youth, families and specialized organizations.

6. Organization of information support of the Project

6.1. Internal sources of the Project: YouTube channel and website created within the project, with seo-optimization and smm-promotion in social networks;

6.2. Sources of partners: Eurasian Peoples' Assembly <http://eurasia-assembly.org/ru>, Synodal OROiK <https://pravobraz.ru>, All-Russian Sailing Federation <https://rusyf.ru>, ANO World without Borders <https://parusa-pz.ru/about/>;

6.3. Internal sources of the Project organization: the gymnasium website <https://www.gimnazia-sap.com>, VK <https://vk.com/sweetpustyn>, blog <https://svalep.ru/blog/>;

6.4. Sources of authorities: website of DO YF <https://www.yarregion.ru/depts/dobr/default.aspx>, website of the administration of Pereslavl-Zalessky <https://admpereslavl.ru/>, website of the Ombudsman for the Rights of the Child of YF <https://www.yarregion.ru/depts/uppr/Pages/upolnom.aspx>; Social media resources; Yacht Russia magazine <https://www.yachtrussia.com>

7. Further Development of the Project

The International Children's Sailing and Rowing Centre for Tourism and Sports «Pleshcheyevo Lake» is a project that will eventually become a resource center, a form of unification, integration and concentration of resources, a place of concentration of information, methodological, educational, communication and other resources in order to develop mass sailing and rowing tourism and sports

among children and youth from different regions and countries to strengthen friendship and interethnic good-neighbourliness.

The project will formulate a development strategy for the Centre for the next decade until 2033. It will reflect the development of each area separately and all areas combined. For the further development of the project, a Board of Trustees will be formed.

Direction 1. Formation and maintenance of the material and technical base will be carried out at the expense of sponsors. Each vessel will be assigned to business representatives and branded. Up to 100 ships of different classes.

Direction 2. The system of additional education for students of the Svyato-Aleksievskaya Pustyn will grow to the centre of additional education in Pereslavl-Zalessky and will conduct its activities through certificates of additional education. Up to 600 children annually.

Direction 3. Within the networking, the Centre will be able to attract the resources of third-party organizations. Up to 100 organizations.

Direction 4. The online school will be able to develop its activities in the areas of professional development of specialists, as well as carry out theoretical training of navigators. Children and youth - up to 5,000 annually. Professional development - up to 300 people annually.

Direction 5. The volunteer movement «Sails of Pleshcheyevo Lake» will be able to develop in the direction of providing sports and mass events on Lake Pleshcheyevo and supporting environmental initiatives of the national park. Up to 500 people for the season.

Direction 6. Summer camps for children and youth from other regions and countries can develop in the direction of a children's summer stationary camp. Up to 1,000 children annually.

Direction 7. Tourist, excursion and local history activities can take a central place due to the development of domestic tourism. Up to 3,000 people annually.

Direction 8. Organization and holding of interregional and All-Russian competitions with the participation of the All-Russian Sailing Federation - this activity can be carried out using the budget and sponsorship. Up to 500 participants annually. Media support will provide up to 100,000 views per year.

8. Project Financing

8.1. Support of the Presidential Grants Foundation:

8.2. Funds of the organizers of the project;

8.3. Private donations from trustees;

8.4. Subsidies of regional and federal budgets for holding interregional and all-Russian competitions;

8.5. Sponsorship (securing the right to brand the vessel by the sponsoring organization).

9. Project Team

9.1. General management of the Project and coordination of the implementation of program activities is carried out by the Project Manager.

9.2. The Project team consists of employees who have contractual relationship on work in the created sailing and rowing Centre: Head of the Centre, Deputy Head for educational work, Deputy Head for administrative and economic affairs, Deputy Head for security, Head of the Flotilla, Accountant, Methodist, Information and communication technology specialist, Secretary, Educator-trainer (7 people) and project workers: Project manager, Deputy project manager for working with the Project Team, Specialist for working with Project documents, Designer, PR manager, Content manager, Teacher-organizer for volunteers, Teacher-organizer for events performing their duties within the developed job descriptions.

10. Contacts

10.1. The Project organizer is the private educational institution «Orthodox classical gymnasium-boarding school of the Svayto-Aleksievskaya Pustyn in memory of Archpriest Vasily Lesnyak».

10.2. Contact information of the organizer of the Project: 152049, Yaroslavl Region, Pereslavsky District, Novoalekseevka village, Aleksievskaya Pustyn Street, 7, Phone 8 (920) 141 01 82, e-mail shkola.sap@yandex.ru, website <https://www.gimnazia-sap.com>

10.3. Project Manager: Vasilenko Ilya Alekseevich, Head of the Cadet Corps of the Orthodox classical boarding school of the Svyato-Aleksievskaya Pustun

10.4. Contact details of the Project Manager (for interaction on the Project): Phone +7 920 141 01 83, e-mail of the project sapfundcenter@gmail.com