World Sailing is responsible for sailing for people with disabilities worldwide.

Its responsibilities includes the Para Sailing Programme, Events and Equipment selection and lots more. It promotes, assesses and supports programmes for disabled sailing run by their Member National Authorities (MNAs) and Regional Sailing Federations (eg. ASAF in Asia)

World Sailing promotes all types of sailing for people with all types and degrees of disability.

World Sailing Executive Office is based in London, UK.
Sailing is one of very few sports in which athletes with and without a disability can participate on equal terms.

In 1996, sailing was included on the programme of the Paralympic Games as a demonstration event and it has been full medal sport from Sydney 2000 through the Rio 2016 Paralympic Games.

The core value of our sport are equity, opportunity to excel and empowerment for sailors with disabilities.
Sailing takes many forms; you can cruise, race or simply potter around in all kinds of boats, on the sea or on inland water. You can do it alone or in company, and you don’t have to be able to swim!

Starting or Returning to Sailing? You may have sailed before you became disabled, or you may have participated in other sports for people with disabilities.

One newly disabled woman with no experience in sport said 'I decided to be positive and took up fishing, pony driving, swimming and sailing. Sailing's my favourite!'

Another sailor said 'I've wasted 20 years of my life; I gave up sailing after becoming disabled. I was sailing at national level and thought I could never be good enough again. I hope others will not make the same mistake.' He has now found the right boats and with a little help, is enjoying all aspects of sailing, including open international competition.

Many sailors speak of feeling much less disabled and more self-sufficient when afloat: 'I can be my own man'
Para World Sailing Strategic Plan 2020-2023

World Sailing's 2020 - 2023 Para World Sailing Strategy outlines the goals, priorities and tactics that will enable the discipline to grow.

Launched at the 2019 Annual Conference in Bermuda, the goals include:

1. Increase Worldwide Participation to 45 nations on 5 continents by the end of 2023
2. Expand Competition
3. Effective marketing and communications
4. Governance and rules

You can find the PWS strategic plan at this link
Disabilities that may limit physical mobility

Cognitive disabilities

Developmental disabilities

Hearing impairments

Visual impairments
BOATS

There are several classes of sailboats that are popular and frequently used by adaptive sailing programs: Hansa Dinghy (Hansa 2.3, Hansa Liberty, and SKUD 18), SV/14, 2.4mR, Martin 16, Weta Trimaran, Challenger Trimaran, RS Venture Keel. Most are keelboats that require only minor adaptations in order to accommodate a person with a disability. In fact, just about any boat that has a stable platform has the potential to be used for instruction in accessible sailing programs.
Many different adaptations have been designed, developed and installed to help those sailors who need some adaptive equipment to enable them to sail to their full capacity.

Though some sailboats have been designed with people with disabilities in mind, most have not.

Adaptive equipment, some of which is extremely simple and economical to fabricate, enables sailors with disabilities to be extremely competitive at events from club to World Championship levels.

People who are new to sailing or still experimenting to find the best solutions to their own physical challenges should make temporary adaptations that can be easily installed and removed until they are completely comfortable with their adaptive equipment.
Examples of some items that can be used to adapt any boat might include a camping or yoga mat, short lengths of rope, a wood plank (smooth, no splinters) or a plastic cooler, and rolls of duct tape and electrical tape. With these items, one can create:

- A padded, non-slip seat
- Padding around sharp objects in the cockpit
- A “bench” to assist transfer from side to side
- Extra loops of rope to grip or form handles and provide stability in the boat
- Extensions to sheets

For sailors with disabilities, the following guidelines are important:

- Minimize obstructions within and around the boat.
Basic equipment needs for a new adaptive program

<table>
<thead>
<tr>
<th>Boats: 1-3 of the same type of boat that are already or can easily be made accessible</th>
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<tbody>
<tr>
<td>Powered Safety / Coach boat</td>
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<tr>
<td>Life Jackets / Personal flotation devices (PFD’s)</td>
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<tr>
<td>Program Release / Waiver (for all participants and volunteers)</td>
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<td>Additional needs for your specific venue may be necessary.</td>
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</table>
• **Prepare your equipment**
  Prepare your sailboats, powered safety / coach boats and facilities by making necessary modifications. It is beneficial, whenever possible; to include someone with a disability in your planning as they will be sensitive to what needs to be done.

• **Design a program**
  Holding a 'Come and Try' day is a great way to introduce individuals with disabilities to sailing. **DO NOT FORGET THAT THE OUTCOME FOR ALL PARTICIPANTS IS THAT THEY HAVE FUN.** Remember, at the end of the day your ultimate goal should be to teach someone to sail and to retain sailors after the initial sailing day. You will not get 100% of participants returning but high retention is a key goal for any program.

• **Train your staff/volunteers**
  Explain how the program will operate and make sure everyone is properly trained.

• **Find sailors**
  Pick a date, time and let your local or national community know.

• **Plan the next steps**
  Decide what your next step will be.
FACILITY REQUIREMENTS

Challenges with physical access can be managed with a positive attitude and minimal loss of independence for sailors who have disabilities. Prior to inviting individuals with disabilities to your site, you may need to make a few adjustments to your venue and familiarize your staff and volunteers with adapting instruction and/or boats.

Accessible facilities benefit everyone. Much of the following can be introduced easily at the design stage or at minimal cost if changes need to be made to your site.

Take a look at your sailing center and ask yourself the following questions:

- Are the docks / pontoons accessible to a person in a wheelchair?
- How will a wheelchair-using newcomer get into a boat?
- Are the restrooms / toilets accessible?
- Are the car park, walkways, and building doorways accessible?
WHILE ASSESSING YOUR FACILITY CONSIDER THE FOLLOWING

**Ramps**
- Ideally, ramps should have gentle slopes and level areas near doorways to prevent wheelchairs rolling back down the ramp when opening a door.

**Steps and Stairs**
- Some wheelchair users can manage a small step independently but two or more steps may require a small ramp or physical assistance.

**Docks & Pontoons**
- The dock / pontoon should be wide enough to allow two wheelchair users to pass by each other, but this is not absolutely necessary (approximately 6 ft. / 180 cm). It is important for the dock / pontoon to be stable and not tilt over and submerge if everyone moves to one side.

**Shore-based launching**
- Shore-based launching requires a firm, smooth beach, surface or ramp. If necessary, this can be improved by laying carpet, planked walkway, heavy duty rubber matting or plywood on top of the surface.
**Accessible Doorways**

- The width of the door frame should be a minimum of 36” (inches) to accommodate most wheelchairs and ideally have 36” (inches) of clear space when the door is open.

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**Pathways/Walkways**

- Ideally, pathways and walkways should be hard surfaced (not sand, gravel or muddy grass) and clear of any obstructions.

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**Accessible Restrooms/Changing Rooms**

- Make an existing restroom / bathroom more accessible using wide doors with a pull rail on the inside; non-slip floor surface and grab rails by toilets, sinks and showers, both vertical and horizontal in position.
INSTRUCTIONAL TECHNIQUES

TIP: Remember that sailing theory, rules, and tactics are the same for everyone, although physical parameters may be different when working with sailors that have a disability.

Paraplegics & Quadriplegics
Most people with paraplegia and quadriplegia will be able to speak and communicate his/her needs and participate in developing creative adaptations that will make the sailing experience easier and safe.

Brain Injuries
When instructing/coaching an individual with a brain injury, take into consideration that it is important to talk slowly, clearly and to provide small amounts of information at one time. Break the task down into components.

Visual Impairments
When in the presence of a person with a visual impairment, it is best to speak directly to them, using their name, which lets them know you are speaking to them. Talk clearly, but not louder than normal.

Hearing Impairments
Individuals with hearing impairments may use hearing aids, lip reading, sign language, or written notes to enhance their communication with others.

Intellectual Disabilities
An instructor/coach needs to be aware of some common denominators among the population of people with intellectual disabilities.
Hypothermia, Heat Exhaustion & Dehydration

Safety Considerations for People with Disabilities

Behavioural issues

Communication
Para Sailing Development Program
The World Sailing Para Development Program (PDP) helps Member National Authorities by assisting in the development of national Para sail, training programs, including supporting the training of Para sailors and their coaches through a number of dedicated performance clinics as well as helping to arrange classification opportunities for sailors that are not yet classified but wish to be in order to participate in competitive events.

The PDP:

- focuses on enabling the participating nations to grow sustainable training programs
- is aimed at increasing coaching and sailing competencies in Paralympic Sailing.
- aspires to increase awareness of Para Sailing and the number of coaches equipped to deliver Para Sailing experiences in their own countries.
- is aimed increase participation in Para Sailing Events
- is aimed to inform MNAs on how to incorporate Paralympic Sailing into their National Training Programs

What’s a Paralympic Development Program
How does it work?

- A residential 4-day training camp hosted once a year in each region: Africa, North America, South and Central America, Asia, Europe and Oceania.

- Each clinic will be run under the supervision of suitably qualified World Sailing Nominated Experts and coaches with Paralympic experience.

- All clinics are part funded by World Sailing

- Before a Para Sailing World Championship World Sailing will provide all PDP nations access to dedicated charter boats as well as supply dedicated coaches to work with all PDP nations attending the event. Daily briefing and de-briefing sessions will be arranged by this coaching team and on-water support will be provided on all race areas where PDP sailors are taking part.
Who can attend the PDP?

WS send to all MNAs/Regional Paralympic Committees an invitation to apply annually for attendance at the performance clinics.

Each application is reviewed by World Sailing and MNAs are assessed against pre-determined criteria that will identify their level of eligibility.

Each MNA/RPC can apply to have a maximum of 2 sailors, 1 coach and a care giver (if applicable) attend the clinics. The numbers of persons that can be put forward may vary from clinic to clinic.

MNAs successful in their application could have up to 50% of their travel expenses covered by the PDP subsidies as well as all accommodation / food costs during the clinics.
Basic Requirement to host a PDP

The selected venue needs to be fully wheelchair accessible and include all appropriate teaching facilities, health and safety policies, coaching and technical equipment, accommodation, catering, transport and transfers.

Excellent sailing conditions will be on the key requirements of any PDP venue.

Examples:

• Safe wheelchair-accessible pontoons (ideally floating pontoon with one personnel hoist for lifting disabled sailors).

• Safe sailing area.

x10 Paralympic Equipment or other equipment to accommodate sailors with disabilities

Accommodation within 10km of the sailing venue (preferably within walking distance). That can provide accessible accommodation for wheelchair users.
Thailand PDP

- 6 countries (EST, FRA, PHI, RSA, THA, USA)
- 14 sailors
APC member countries involved in Para Sailing (events organization, events participation, PDP)

1. Chinese Taipei
2. Hong Kong
3. Japan
4. Republic of Korea
5. Macao
6. Oman
7. UAE
8. Indonesia
9. Malaysia
10. Philippines
11. Singapore
12. Thailand

Asian Sailing Federation (www.asiansailing.org) has a specific Para Sailing Committee.
Para Sailing Development resources available online

US Sailing and World Sailing worked in conjunction to create the Adaptive Resource Manual, with the goal of providing resources and suggestions for organizations looking to develop an adaptive sailing program or expand upon an existing one.

The manual can be downloaded here: https://www.ussailing.org/education/adult/adaptive-sailing/resource-manual/

Other resources can be found on the World Sailing website: https://www.sailing.org/sailors/disabled/index.php
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