Para Sailing
Equipment, Adaptations and Training

APC Webinar, 04 November 2020
BOATS

Most of the boats already available in different countries 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.

ADAPTATIONS

Though some sailboats have not been designed with people with disabilities in mind, most can be easily adapted. Adaptive equipment, some of which is extremely simple and economical to fabricate, enables sailors with disabilities to start approaching sailing and competing at events from club to World Championship levels.
Standard boats can be used to run a para sailing program if they have these characteristics:
- Stable in navigation
- Spacious to allow people space for legs
- Easy to access
- With seating space (if used for physical disabilities)
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

**In general and as guideline every adaption should minimize obstruction inside and around the boat**
Para Sailing Specific Equipment
One person

Hansa 303

2.4mR
Para Sailing Specific Equipment
Two-person

RS Venture Connect

SV/14
Para Sailing Specific Equipment
Other boats
Instructing and Coaching
The Diverse Inclusive Sport of Sailing

Don’t Change anything
Adapt according to need not expectation
General Principals

• Inclusivity
• Communicate
  • There are many levels of ability
  • Many adaptations
  • Many Personalities
• Understand that the students are Able
• Time
• Safety
Instructors (The Teacher)

- Anyone can Sail
- Courtesy
- Safety
  - Life Jacket
  - Equipment to help people out of the Water
  - Physical Aspects
    - Handling of people
    - Temperature
    - Sun
    - Catheters, Bags etc
Instructors (The Teacher)

- Assess your student
- Short Sessions
- Consider individual adaptations
- Expect success
- Allow Success
- Step by Step learn to sail program
Getting people in and out of boats

• Carrying
• Sliding in (Boxes and Jetties)
• Hoists
• Off other boats
Coaching

• Don’t Change your Coaching Philosophy
• Develop a Coach/Athlete Philosophy with the Athlete
• Develop a periodised plan including
  • Boat Handling
  • Fitness
  • Competition
  • Psychology
Coaching

• Do not eliminate fitness but consult on programs
• Training Timing must be considered in the Plan
• Consider maintenance and setup of equipment
• Understand class rules
An Athlete Centred Approach is Vital and Essential
For information, update or any other request:

**Massimo Dighe**

Mob: +44 (0)7919 050223
massimo.dighe@sailing.org
Skype: massimo.dighe
www.sailing.org

www.sailing.org/new-to-sailing/disabled-sailing
Thank you
Questions?