

CANSail Para Program Guide





Sail Canada - CANSail Para Program Guide initiated from the Parasport LTAD Summit Implementation Project - 2015

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1. Preface

1.1. About this Guide

In October 2013, the Sailing Parasport LTAD Summit brought together delegates with expertise in sailing, sport and para programs to review the status of disabled sailing programs in Canada. During the summit, the group drafted a project plan focused on increasing the support available to disabled sailing programs across Canada. The goal for this project was to deliver strong para programming across the country at the grassroots and developmental levels in which sailors can progress. National programming will provide consistency for sailors, coaches and sports/program administrators. Projects identified during the summit include:

- System & Community Alignment
- Promotion & Facilitation of Sail Canada Programs (CANSail system)
- Training / Orienting Learning Facilitators
- Training & Competition Pathway & Structure
- Equipment Innovation
- Paralympian Mentoring of Coaches

Equipment Innovation and Paralympian Mentoring are two projects that remain important to the initial outlined - they will evolve as the first four priorities take shape. For that reason they are not outlined within this initiative.

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A contractor was hired in March 2015 to review the work and advance the first set of deliverables. The following document contains information and resources gathered or created by the contractor which may be helpful to coaches and program directors.

Translation of materials will be pursued to ensure materials are in both languages. Revisions will be added according to feedback received and a revised copy will be made available following.

Information compiled/written by Amie Renaud
With support from Sail Canada's Samara Crothers and in partnership with the Canadian Paralympic Committee. With thanks to all those who have contributed to the contents.

1.1.1. *Language used in this Document*

Sport and physical activity are an important part of everyday life and should be a positive experience for those engaging in it. Language can be a barrier to this positive experience for people with a disability and can be a source of confusion or apprehension for coaches and sports/program administrators new to working with sailors with a disability.

An effort has been made to provide consistency and relevance in the language used throughout this guide.

Language is a topic addressed in the Para Professional Development Module discussed in section 4.2.



The Canadian Paralympic Committee identifies **Parasport as any sport for people with a disability**. **Parasailing, disabled sailing, ablesail and sailability** are all terms used to describe the **sport of sailing for people with a disability**.

Some Recurring Acronyms

AWAD (Athlete with a Disability), Coaching Athletes with a Disability (CAWAD), Disabled Sailing Association (DSA), Learning Facilitator (LF), Long Term Athlete Development (LTAD), Long Term Sailor Development (LTSD), National Sailing Authority (NSA), National Sport

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Organization (NSO), Para (prefix: Para-sport/Paralympic/ Para Athlete), Provincial Sailing Associations (PSA), Provincial Sport Organization (PSO), Subject Matter Expert (SME).

1.2. *Intended Audience*

The information found in the following guide has been written with the following groups in mind:

- Grassroots program administrators (Sail Directors, Board Members, Key Program Volunteers)
- Learning Facilitators
- Coaches
- Provincial Sailing Associations
- AbleSail Network
- Active and Future Sailors with a Disability
- Other Parasport organizations

1.3. *What is LTAD/LTSD?*

In 2011, the Canadian Sport for Life (CS4L) introduced the Long Term Athlete Development (LTAD) framework to improve the quality of sport and physical activity in Canada and to address the shortcomings of the Canadian sporting system. The LTAD is a scientific and athlete-centered approach aimed to maintain participation, increase results and protect athletes.

Administrators and coaches may use the LTAD for Athletes with a Disability to assess the quality of their programs. CS4L's "No Accidental Champions" poster may be a helpful tool.



Sail Canada's Long Term Sailor Development (LTSD) and CANSail programs both follow these principles. Administrators and coaches should familiarize themselves with the LTAD/LTSD principles (see additional readings) as well as the three additional factors for Athletes with a Disability:

- **Awareness Stage:** Information about the sporting opportunity is available to the general public and prospective athletes and sports organizations make their offerings known.
- **First Involvement Stage** (*formerly known as First Contact*): Participants have a positive first experience and remain engaged.

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- **Giving Back Stage:** Athletes with a disability are a vital source of information and encouragement for upcoming athletes; those with experience or retired from competition should be encouraged to remain involved in their sport in some capacity.

Additional Readings:

Long Term Sailor Development Module - Sail Canada

http://www.sailing.ca/files/LTSD_Final_Eng_2011_05.pdf

No Accidental Champions poster - Canadian Sport for Life

<http://canadiansportforlife.ca/sites/default/files/resources/No%20Accidental%20Champions%20Poster.pdf>

Online resources for Athletes with a Disability - Canadian Sport for Life

<http://canadiansportforlife.ca/resources/Athletes%20with%20Disabilities>

2. CANSail Para Program Components

2.1. CANSail Para Checklists

Canada's Long Term Sailor Development (LTSD) framework provides developmentally appropriate programming for sailing from sport entry through learning and training for both able-bodied sailors and sailors with disabilities. The CANSail program is an important part of this long term athlete development and is designed to be a set of progressive learn to sail standards focused on providing sailors with a solid foundation of core skills. CANSail allows sailors to learn and progress in any type of boat and consolidates key skills and solid experiences before adding complex skills. The Para checklists are based on this philosophy with additional suggestions or adaptations that may help to better evaluate the skills of sailors who have disabilities.



2.1.1. Using These Checklists

Your program may tailor exclusively to sailors with disabilities ("para program", "Able Sail", "Adapted Sailing Club" etc), or you may work in a primarily able-bodied setting but occasionally work with sailors who need adaptations to such aspects as boat selection, equipment, timing, or technique in order to achieve the required outcomes for each

The **goal** is to allow the sailor the best opportunity to demonstrate his or her sailing skills, and to give you, the coach, the best tools to accurately assess those skills.

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CANSail level. As a coach, the Para Checklists may allow you to modify the evaluation criteria without compromising skill progression. **It is important to note that Learn to Cruise instructors may certify individuals with disabilities by applying the same principles. Checklists and Rubrics can be found in Sail Canada instructor accounts (online account provided to Sail Canada trained, certified or past instructors). Clubs may request the Checklists from their National Sailing Organizations. They can also be found in your Checklick account for those clubs registered under Checklick.**

- Some skills are **unlikely to need adaptation**, for example these CANSail 1 skills:
 - ◆ **Ex: Trim sails for a close hauled course for 5 minutes. Sail within defined boundaries.** Whether a sailor is using a dinghy or a keel boat, a tiller or an autohelm, he or she should demonstrate these skills as part of the CANSail progression.

- However, some skills may **require some adjustments or creativity** to be appropriately assessed in a para setting, for example, this CANSail 3 skill:
 - ◆ **Ex: Match sheeting to rate of turn.** This skill, while important, may be challenging or even impossible for a sailor who uses a windlass and/or autohelm, so an additional note has been added to this skill on the checklist:
 - ◆ **Match sheeting to rate of turn (timing may vary if sailor is using assistive devices).** With this addition, sailors who use assistive devices are not penalized, however the coach will still need to see that sailors use these devices (potentially in combination with manual techniques) to match steering and sheeting as closely as possible, perhaps by adjusting the timing of these actions or alternating steering and sheeting.

- Finally, some skills **may simply not be appropriate or necessary** for some sailors or classes, such as this:
 - ◆ **Right a turtled boat and continue sailing.** Some sailors who have disabilities, particularly those who sail in dedicated para programs, sail keel boats and this skill is simply not applicable. In this case, you will notice the skill has an asterisk (*) which means may not be applicable for some para sailors/keel boats and you may check the “Not Applicable”.

Remember that the goal is for sailors to complete the skills as closely as possible to the CANSail standards and to be assessed in a way that is most appropriate to their needs, goals, and ability.

You may have a sailor with a disability who sails dinghies and does have the ability to perform this skill, perhaps with a modified technique. Work with each sailor individually to develop the most appropriate way to assess his or her CANSail skills

With thanks to Joel Taylor, Terry LeBlanc, Scott Lutes who helped develop these Checklists.

2.2. CANSail Para Rubrics

There are several ways to make adaptations to skills to make them more appropriate for a sailor with a disability. Some of the parameters to alter include:

- Timing
- Space
- Equipment
- Rules
- Technique

Remember, every sailor is unique. Be creative, work with your sailor and reach out to other programs and coaches!

For more ideas on how to adapt sailing skills to sailors who have different needs and/or who use specialized equipment or assistive devices, work closely with your sailors to discover what works for them. The CANSail Para Rubrics offer additional notes for your para sailors. You may also reach out and consult with the disabled sailing and coaching community around you, the AbleSail Network or your PSO and NSO to get in touch with other clubs and coaches.

3. System and Community Alignment

3.1. Education and Promotion

Education and promotion are key components to a successful program. These can be broken down into two fundamental categories:

- **Outreach (Recruitment):** No two sailing programs are alike; every program will be different, therefore it is important to make sure your local community is aware of what is available to them and how they may access it.

Outreach is as easy as 1, 2, 3

- 1. Prepare your message**
 - Determine your method of delivery. Will you be conducting in-person informational visits, delivering posters or pamphlets, using social media platforms, or a combination? Ensure your message is concise and consistent.
- 2. Target your audience**
 - Determine who you are targeting, and then reach out. Talk to local gyms, recreation centers, schools, athletic training centers, rehabilitation centers, disability resource organizations, sports associations, health professionals, etc.
- 3. Find out if your efforts were successful**
 - Follow up with new participants: How did they find out about the program? Was there enough information? How was their initial experience with the program? If they do not plan on returning, what were their reasons? Can any changes be made based on the feedback collected?

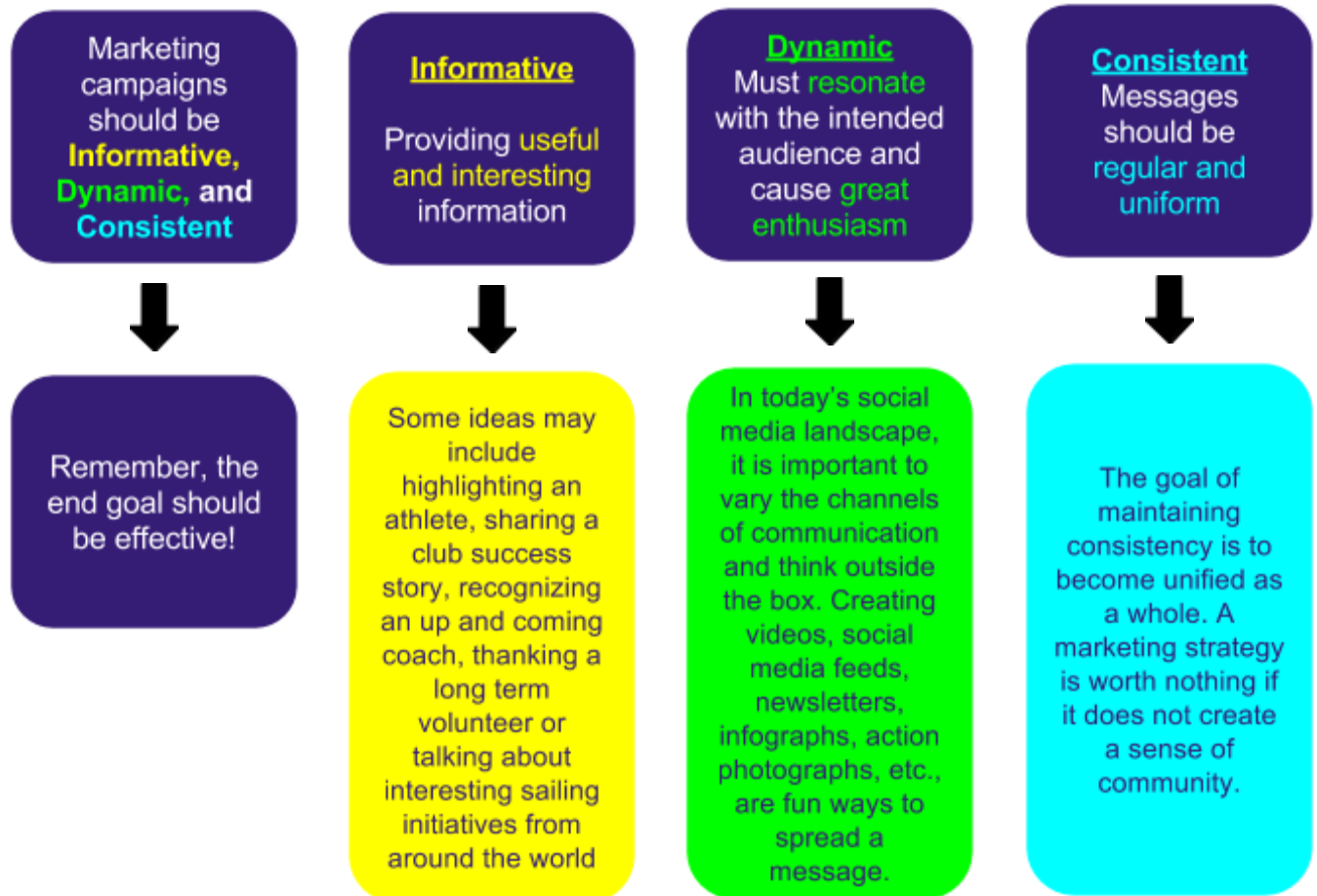
Helpful Hint

Remember, your sailors are an important resource, ask questions. How did they **find out about sailing**? What **brought them to your club**? What made them **continue each season**? Would they like to get involved with a **role on the committee**? Would they be interested in **attending outreach speaking engagements** with local organisations?

See appendix at the end of this resource for promotional & marketing tools that may be used on your social media pages, in a newsletter, in volunteer recruitment packages, in instructor training, in poster format at gyms, community centers, etc.

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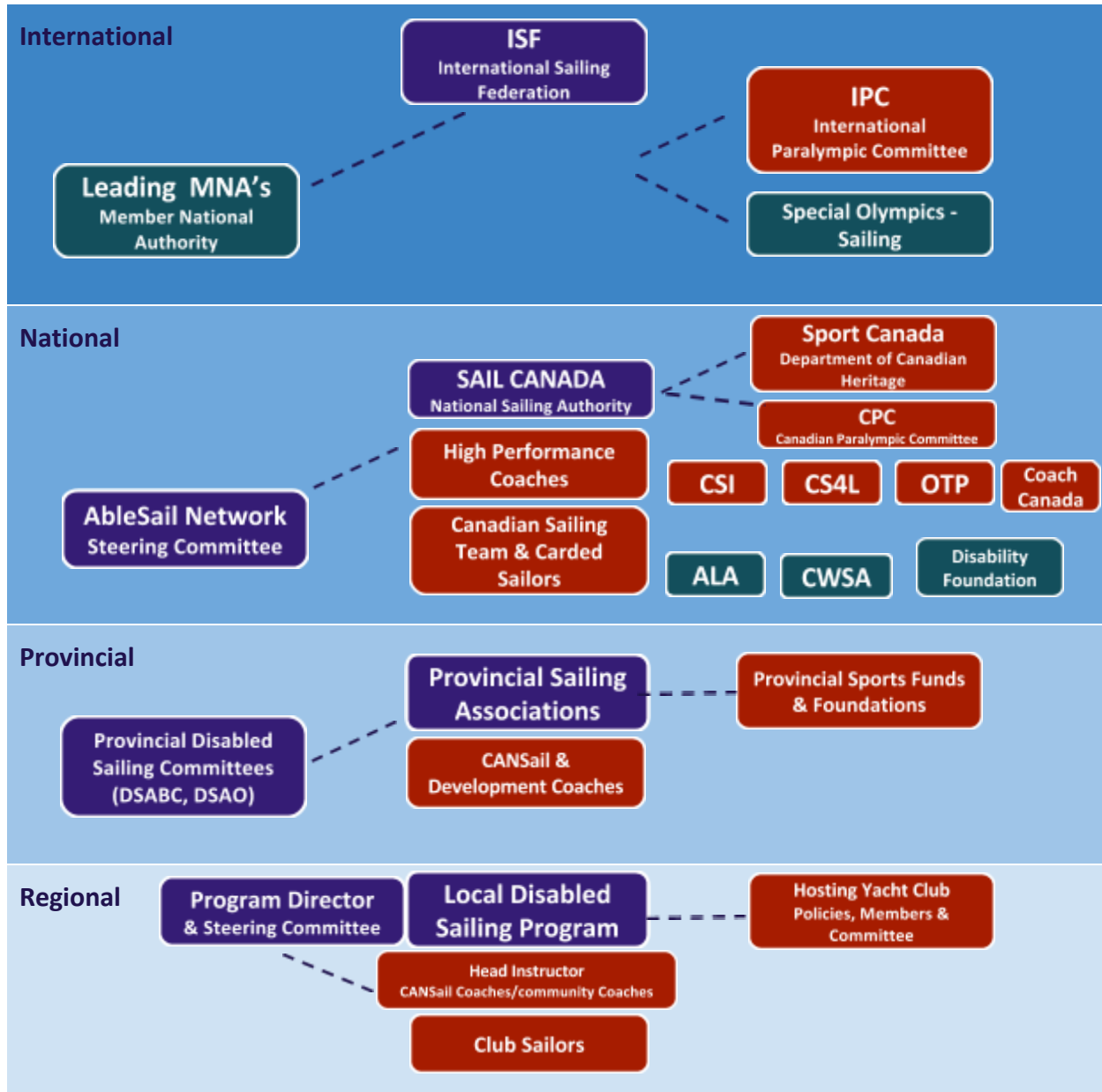
→ **Marketing Strategy (Promotion):** A marketing strategy can be very helpful in raising awareness and generating excitement about the sport on all levels; regional, provincial and national.



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3.2. System and Community Alignment

Stakeholders Chart: There are many parties with a common interest across the national sports system. The chart below maps out primary stakeholders within the disabled sailing system. This chart is not exhaustive.



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International: ISF (International Sailing Federation, formerly ISAF), MNA (Member National Authorities - ex: New Zealand Sailability, Australia Yachting Sailability, US Adaptive Sailing, Sail Canada, etc.), IPC (International Paralympic Committee), Special Olympics (Sailing)

National: Sail Canada (National Sport Organization), CPC (Canadian Paralympic Committee), CSI (Canadian Sport Institute), CS4L (Canadian Sports for Life), OTP (Own the Podium), ALA (Active Living Alliance for Canadians with a Disability), CWSA (Canadian Wheelchair Sports Association), Disability Foundation (Sam Sullivan Disability Foundation), CST (Canada Sailing Team).

→ Best Practices & Guidelines

Although there is no one-size fits all approach, the following Sailing Associations have developed guidelines. Topics covered include getting started, instructional techniques, equipment and facility adaptations, risk management, insurance, an overview of common disabilities encountered, coaching supplements and templates for running programs and events (see Resource section for web-links).

US Sailing Adaptive Sailing Manual

In conjunction with the International Association for Disabled Sailing (IFDS), a how-to guide for running an adaptive sailing program.

Yachting Australia Sailability's Inclusion Manual & Volunteer Support Document

In conjunction with New Zealand's committee for sailors with a disability, have come up with a number of best practice documents and guidelines.

RYA's Sailability's Inclusion Manual

Club guidance manual containing the information to cover every aspect of working with sailors with a disability.

AbleSail Network's Member Library

Seek affiliation with the ASN to access its Members Library, documents include program support, annual reports, volunteer manuals, financial support and more.

TEAM - Together Everyone Achieves More

Everyone has a role to play! *Sailors, instructors, learning facilitators, high performance coaches, volunteers, program directors and the sporting associations make up the backbone to disabled sailing in Canada. Working together will be the only way to ensure a sustainable future for sailing programs across the country.*



4. CANSail Learning Facilitators and Instructors

4.1. Para for Learning Facilitators

Learning Facilitators are a vital part in the delivery of the CANSail and LTAD pathways as they are directly training our new generations of CANSail instructors. It is important that the Learning Facilitators have knowledge of the Para program for the following reasons:

- So that they may provide the correct information about disabled sailing to new instructors.
- So that they may modify their feedback appropriately for para coaches achieving higher certifications.
- So that they may inform new and returning instructors about other coaching pathways they may not have considered.
- So they may generate excitement for Disabled Sailing in the coaching community.

Educate the Educators:

Providing training for Learning Facilitators (LF) can be done in an effective way without making many changes to their current LF curriculum. Simply incorporating a **Disabled Sailing Supplement** - this can include a summary of this manual, a summary of the CAWAD Module, or a new combination of materials - into yearly LF clinics can bring new LF's up to speed on what they should know about Disabled Sailing. This can all be done in a few hours with minimal impact to their training by an approved **Subject Matter Expert** (*a coach or program administrator with a significant background in disabled sailing, who has demonstrated continued efforts to advance the sport in Canada and approved by the leading sailing authorities - Sail Canada & AbleSail Network*). With new training, the LF's are prepared to provide the same instruction to their respective coaching communities. In this sense, disability training becomes an **integrated part of all instructor's pathways**.

Note: A Disability Supplement could also be incorporated into the online component of the Fundamentals Module for new instructors.

4.2. Coaching Athletes with a Disability (CAWAD) - Para Professional Development Module For Sail Canada

Providing proper training to current disabled sailing instructors is as important as reaching out to new instructors. Sail Canada's *Coaching Athletes with a Disability Module* is a professional development module available to clubs and programs looking to improve their instructor's preparedness. This module, developed by Subject Matter Expert Jenny Davey, has been delivered at several programs to date and can be made available to programs upon request through their National Sailing Authority when it is feasible.

In accordance with the National Coaching Certification Program (NCCP), all instructors are required to achieve and maintain a certain amount of professional development points (see <http://www.sailing.ca/nccp-maintenance-of-certification-program-p195175> for more information). This course is a *professional development module*, meaning it will contribute a total of 3 points towards instructor's maintenance of certification.

This clinic is an NCCP accredited course, providing in-classroom and on-water training delivered by CAWAD LF's who have many years of experience coaching sailors with a disability. This course is great for both new and returning instructors. See more information below.

Sail Canada's Coaching Athletes with a Disability Module (CAWAD)

Course Goals

The Coaching Para Sailors Module is intended to provide coaches with basic skills and knowledge necessary to welcome a sailor with a disability into their program and provide safe, appropriate support for the sailor's learning, particularly for coaches working in Awareness, First Contact and Learn to Sail Fast settings.

It is important to recognize that this module is not designed to "make them all teach the same way"; rather, it aims at giving them an opportunity to improve and develop skills that contribute to effective leadership and the promotion of learning by the athletes.

The goal is to augment individual coaching styles with a new skill set aimed at coaching individuals of all abilities.

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This course covers many different topics: reflection on disability, appropriate language, what is disabled sailing, overview of sailing vessels, how to integrate a sailor with a disability into your program, how to transfer safely using different transfer methods, how to set up and use assistive devices, common teaching practices, safety considerations, and many more.

A Note for For Sailing Authorities

- Clubs and programs desiring to host a CAWAD Module should contact their respective PSA to request a course and initiate the process.
- Instructors wishing to attend a CAWAD Module should contact their respective PSA to find out where the nearest available module is being held.

Course Length and Requirement

This is a one-day clinic yielding 3 NCCP points for Sail Canada Instructors.

Candidates taking this clinic must be a Sail Canada In-Training, Trained or Certified coach. Room for program volunteers (for example a young volunteer taking the necessary steps towards becoming an instructor) may be made at the discretion of the course Facilitator, and after instructor registration has been complete.

Clinic will be hosted at a facility offering disabled programming, and delivered by an approved CAWAD LF.

A Note for For Sailing Authorities

A CAWAD LF must meet the following criteria:

- 1. Has demonstrated a significant background in coaching disabled sailing*
- 2. Has demonstrated continued participation in disabled sailing*
- 3. Approved by 2 of the following: Sail Canada, AbleSail Network and a Lead CAWAD LF.*

Note: A candidate may be asked to co-deliver the module before receiving approval to deliver as the Lead.

Training Materials

For Participants: Para Sailing Coach Workbook and Reference Materials

For CAWAD Learning Facilitators: Para Sailing Learning Facilitator's Guide

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A Note for For Sailing Authorities

- For PSA's who do not possess the Training Materials, please contact Sail Canada for the electronic version.*
- CAWAD LF's will need to acquire these Materials prior to the clinics for reviewing and distribution.*

Course Fees & Registration

Course fees will vary per province.

Cancellation policies will follow the same as all clinics.

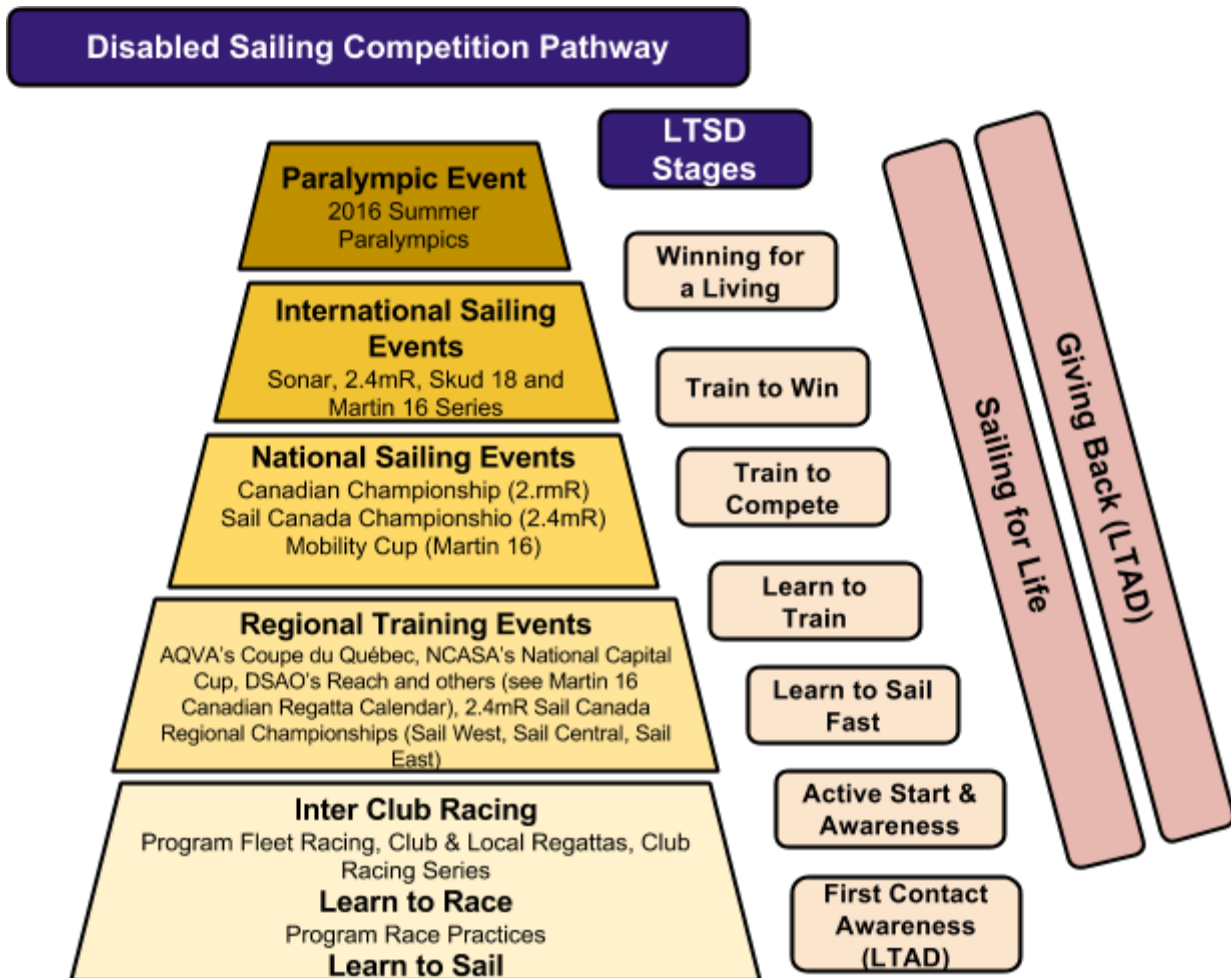
Course registration will be facilitated through the PSA via their online clinic registration system.

A Note for For Sailing Authorities

- PSA's should try their best to keep the fees as minimal as possible.*
- CAWAD LF will be compensated following the hosting PSA's LF fee breakdown.*
- Registration will be conducted by the host PSA using their respective clinic registration systems and registrant lists shall be provided to the CAWAD LF's with adequate time to contact participants.*
- CAWAD LF's and PSA shall work together to ensure the successful delivery of the module.*

5. Training and Competition

5.1. Training and Competition Pathways



Visit the Royal Yachting Association's **"Beginner to Winner - Sailability and Paralympic Pathway"** to find out more about competition pathways and classification (see Appendix & Resources for link)

5.2. Paralympic Sailing

Coaches are currently training para athletes for the 2016 Rio Paralympics. The International Sailing Federation (ISF) will be campaigning to reinstate Disabled Sailing in Tokyo's 2020 Paralympic Games. On June 3rd 2015, ISF announced a new Paralympic Development Program.

An excerpt from the ISAF's press announcement on the Paralympic Development Program:

"The ISAF Paralympic Development Program aims to:

- *Support the development of national disabled / Paralympic development programs within ISAF Member National Authorities (MNAs);*
- *Increase attendance by nations at events using Paralympic classes of equipment i.e Sailing World Cup / Disabled Sailing World Championships / Paralympic Games qualification events;*
- *Increase the number of classified sailors registered within ISF member nations;*
- *Enable ISF member nations involved in the program to develop sustainable grassroots 'participation' oriented disabled sailing activity to feed 'performance' programs."*

To stay up to date, sign up for ISF's Disabled Sailing Bulletin: www.sailing.org/sailors/disabled.

6. Final Remarks & Future Considerations

As interest increases, there continues to be a need for quality sustainable sailing programs across Canada. In recent years, sports for people with a disability have generated much attention and built a growing audience through the increase of education and awareness campaigns, the proliferation of media coverage for para sporting events, the improvements to recreation inclusivity policies and the rise of government funding to para-sports agencies.

Many Canadian sailing programs have experienced great successes and have been pioneering the way for newer grassroots programs! Although we still find programs who identify a gap in the quality of their programming, with a little creativity and teamwork, these gaps can easily be minimized. Some thoughts to consider going forward include:

- **Collaborating with other sports agencies.** Parasport agencies are looking for ways to engage with other parasports. Some benefits include:
 - Strengthening the para sports network (i.e. creating a diverse and united front)

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- Learning from others (ex: How has one sporting agency tackled a similar issue? What does their organizational structure look like? From what sources do they receive funding?)
- Talent transfer (ex: a winter para-athlete looking for a summer sport to compliment their training; a para-athlete who has already peaked in their primary sport transfers to disabled sailing for a new challenge; a person with a severe disability is not catered to within one sporting organization becomes a competitor in disabled sailing).

→ ***Strategic planning.***

→ ***Recognizing leaders in the movement.***

- Much of the advancement in Disabled Sailing has been a result of the continued efforts and dedication of many lifelong volunteers and sailors. Continued efforts to recognize these individuals are important. Many local programs have been acknowledging the efforts of their dedicated volunteers in various ways for several years, and experience volunteer retainment. Two examples follows:
 - During the events of the annual Mobility Cup Regatta, the Graham Alvey trophy is “presented each year to a person who has pushed the boundaries to support, encourage and inspire people with disabilities to participate in sailing. The award was first presented in Dartmouth, Nova Scotia, in 2007 and is named for the late Graham Alvey of Calgary.” To view a list of additional trophies and previous recipients of the Graham Alvey Award, see more at : <http://www.mobilitycup.org/awards.html>
 - US Adaptive Sailing example: “The Gay S. Lynn Memorial Trophy is highest awarded presented by the Committee for Sailors with Disabilities and is given annually to a person, volunteer, professional, or a organization, that is recognized as having made an outstanding contribution to disabled sailors and the sport of disabled sailing over a sustained period of time. The award is given out at either US Sailing’s Annual Meeting or a major disabled sailing event. The late Gay Lynn was a major supporter of disabled sailing for many, promoting the sport and letting people who had been injured know that they still had much to look forward to. In addition, Gay’s late husband Bill was a past President of US Sailing. Their son, Bill, is an active sailor—both offshore and one-design—is a past North American and World Sonar Champion. See more at: <http://www.ussailing.org/education/adaptive-sailing/gay-s-lynn-memorial-trophy/#sthash.LBTOUGCI.dpuf>”

→ ***Engaging the Disabled Sailing Community***

- Identifying young coaches with a future in para-coaching for grooming/mentorships.

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- Encouraging clubs to share news pieces on a shared platform (spotlight on one of their coaches, sailors, volunteers; examples of best practices; picture of the week; innovative ideas; recapitulation of a successful event, etc.

→ ***Continuing to support athletic development in disabled sailing***

- Athlete spotlight and stories from clubs. Newspieces about sailors involved in their local clubs.
- Promotional campaigns to help support athletes and their coaches.
- Creating coach awards to recognize successes in professional development stories and inspire future coaches.

All in all, the disabled sailing community is a great community possessing people with lots of expertise and the desire to see its continued success. Although there is always room for improvement, ultimately the end goal is a simple one: getting people out on the water and giving them the tools to advance.



7. Resources & Appendix

Appendix 1:

Entitled: Disabled Sailing 101 Infographic - Everything you need to know about disabled sailing

Description: Visual graphic aimed to present a quick overview of disabled sailing. Effective for capturing attention.

Application: Disability Supplement for LF's and Instructors, recruitment poster for new sailors, social media information piece for the general audience. Can be used in conjunction with the "You Can Sail" poster.

Appendix 2:

Entitled: You Can Sail - Disabled Sailing

Description: Promotional poster aimed to introduce disabled sailing to the general public. Focus on attention grabbing graphics that inspire excitement.

Application: Recruitment poster for new sailors, social media information piece for the general audience. Can be used in conjunction with the "Disabled Sailing 101" infographic.

Appendix 3:

Entitled: One Coach One Sport - Why Coach Disabled Sailing

Description: Visual graphic aimed to quickly present the key reasons. Effective for capturing attention and generation curiosity and interest among instructors.

Application: Disability Supplement for LF's and Instructors, can be used in instructor newsletter or on social media page. Targeting instructors (new and old). Can be used in conjunction with the "Disabled Sailing 101"



SAIL CANADA
presents



DISABLED SAILING 101

Everything you need to know about sailing for people with a disability

 Who?	 What?	 Where?	 Why?	 How?	 When?
<p>Everyone with a disability can sail, even those with the most severe physical limitations.</p>	<p>Sailors can sail for recreation, learn to sail, learn to race, train and compete.</p>	<p>Disabled sailing happens all over the world. There are currently 16 member sailing programs across Canada.</p>	<p>There are many reasons people with a disability choose to sail; To be physically active, to learn a new sport, to meet new people or to train and compete are just a few.</p>	<p>Disabled sailing occurs in adapted sailing vessels designed with weighted keels to prevent capsizing.</p> <p>Lifts may be used for transfers and specialized equipment can customize the sailing experience to the individual.</p>	<p>Sailing in Canada is typically a summer sport, with most programs running between the months of May and September.</p> <p>At a competitive level, sailors also train during the off-season and winter months and may participate in training camps outside of Canada.</p>

You
Tube

Check out YouTube's "Get Involved! Feat. Paul Tingley | Paralympic sailing" to see a Paralympic sailor in action







**STOP WAITING
START SAILING**

Visit AbleSail Network at www.ablesailnetwork.com to find a sailing program near you.

Your local disabled sailing program is:



ablesailnetwork
réseauvoileadaptée

You CAN Sail

TRY IT OUT

LEARN TO SAIL

LEARN TO RACE

COMPETE FOR FUN

TRAIN TO WIN

SAIL FOR LIFE



SAILING IS A SPORT FOR EVERYONE!

Sailing is becoming an increasingly popular sport for Canadians with a disability. The boats are safe and designed to facilitate adaptations. Even people with severe physical limitations can participate in Sail Canada's CANSail Para program. Sailing is a great way to build confidence, remain active, develop skills and become part of a new community. Whether it be recreational sailing, or the opportunity to compete, sailing offers something for everyone!

PHOTO: (ABOVE) CANADIAN PARALYMPIC COMMITTEE- THE CANADIAN SKIDU/DUO MICROBERTS/GAY TAKEN AT IEDS WORLDS 2014. (LEFT) QUINTE SAILABILITY; PHOTO TAKEN FROM DOCK WITH VISIBLE MARTIN 16

PARASAILING



For more information on para-sailing in Canada and to find an affiliated training center please visit Sail Canada at www.sailing.ca and the AbleSail Network at www.ablesailnetwork.com

For more information on parasports in Canada, please visit the Canadian Paralympic Committee at www.paralympic.ca



Sail Canada | Voile Canada
Canada's National Sailing Authority | L'autorité nationale de la voile



ONE SPORT ONE COACH

Having a good coach is crucial in any athlete's development. Coaching a sailor with a disability is fundamentally no different than coaching an able-bodied sailor. Find out why you should try coaching disabled sailors!

1

coaching

- Push your coaching creativity
- Work with a variety of sailors
- Train sailors and attend regattas
- Coaching in a small group setting
Many programs have one on one coaching

2

life

- Become a better sailor
- Expand your knowledge
- Help others realize their goals
- Be a part of a supportive community

3

career

- Learn from experienced sailors and coaches
- Pursue a career
Many instructors have pursued careers in health & fitness, law, sports development and more thanks for their time coaching sailors with disabilities
- Become a leader in the sport

For More information on Disabled Sailing in Canada, visit ablesailnetwork.com and sailing.ca
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Additional Readings & Resources

Note: Seek affiliation with the AbleSail Network to access its member library and all of its resources.

Disabled Sailing Authorities

Blind Sailing International

<http://www.blindsailinginternational.com/>

International Association of Disabled Sailing

<http://www.sailing.org/sailors/disabled/index.php>

Sailability Online

<http://www.sailability.org/>

US Adaptive Sailing

<http://www.ussailing.org/education/adaptive-sailing/>

Yachting Australia Sailability

<http://www.yachting.org.au/participation/sailability/>

Special Olympics - Sailing

<http://www.specialolympics.org/sailing.aspx>

Additional Readings/Resources

Long Term Sailor Development Module - Sail Canada

http://www.sailing.ca/files/LTSD_Final_Eng_2011_05.pdf

No Accidental Champions poster - Canadian Sport for Life

<http://canadiansportforlife.ca/sites/default/files/resources/No%20Accidental%20Champions%20Poster.pdf>

Online resources for Athletes with a Disability - Canadian Sports for Life

<http://canadiansportforlife.ca/resources/Athletes%20with%20Disabilities>

“Boats Designed for Disabled Sailors” - International Sailing Federation

<http://www.sailing.org/sailors/disabled/adaptations.php>

“Adaptive Sailing Resource Manual” - Adaptive Sailing, US Sailing

<http://www.ussailing.org/wp-content/uploads/daroot/Adaptive%20Sailing/Adaptive%20Sailing%20Resource%20Manual.pdf>



Sail Canada - CANSail Para Program Guide initiated from the Parasport LTAD Summit Implementation Project - 2015

“The Inclusion Spectrum” - Yachting Australia Sailability

<http://www.yachting.org.au/wp-content/uploads/2013/10/the-inclusion-spectrum-of-sailing.pdf>

“Sailability Volunteer Strategy” - Yachting Australia Sailability

<http://www.yachting.org.au/wp-content/uploads/2013/10/sailability-volunteer-support-document.pdf>

“OSA Accessible Sailing Resource Manual” - Ontario Sailing

[Download in AbleSail Network’s Member Library.](#)

“Sailing with a Disability - Where to get started” - Yachting Australia Sailability

<http://www.yachtingnz.org.nz/recreational/sailors-with-a-disability>

“Inclusion Resources” - Yachting Australia Sailability

<http://www.yachtingnz.org.nz/clubs/club-resources/inclusion-resources>

“Equipment Directory” - RYA Sailability

<http://www.sailability.co.uk/index.php>

“RYA Sailability Centers of Excellence” - RYA Sailability

<http://www.rya.org.uk/PROGRAMMES/RYSAILABILITY/Pages/CentresofExcellence.aspx>

“Beginner to Winner - Sailability and Paralympic Pathways” - RYA Sailability

<http://www.rya.org.uk/sitecollectiondocuments/sailability/Web%20Documents/Paralympic%20Booklet%202008.pdf>