

Adapting Boats to Bodies

Strategies for growing Adaptive Sailing



Presenters

- Sarah Everhart Skeels, Chair US Sailing Committee for Sailors with Disabilities
- Jen French, Warrior Sailing Program

Objectives

- What is “Adaptive Sailing”?
- Busting the Myths of Adaptive Sailing
- Resources to promote and expand Adaptive Sailing in your waters



What is Adaptive Sailing?

Jen – Warrior Sailing video would be great here
Betsy - any short video you have would be great here
no internet service will be available in the conference room, so will need on thumb drive

Why Adaptive Sailing?

- ❖ Create a POSITIVE DIFFERENCE
- ❖ Increase Your Membership and Outreach Base
- ❖ Increase Access to Funding Opportunities
- ❖ Create New Partnership and Sponsorship opportunities
- ❖ Provides Full Inclusion to Your Community

Busting Myth 1: Facility

- Title II entities ADA guidelines for boating facilities, Section 1003:

<http://www.ada.gov/regs2010/2010ADAStandards/2010ADAAstandards.htm> - c10

- Not Title II: Key areas

- Parking
- Restrooms
- Shelter
- Access



Facility Access Options



Facility Access Options

Audience Scenario?

Busting Myth 2: Transfers

- Technique for Transfer
- Take guidance from participant
- Simple tools
 - Balance
 - Transfer boards
 - Hoyer Lifts



Busting Myth 2: Transfers



Salvage



Transfers Options

Audience Scenario?

Busting Myth 3: Boats

- There boats designed specifically for people with disabilities
- Just about any boat can be adapted
- Simple tools
 - Transfer Systems
 - Blind Sailing
 - ???



Busting Myth 3: Boats



Boat Adaptation Options

Audience Scenario?



- ❖ Adaptive Sailing Resource Manual
- ❖ Pioneer Grants
- ❖ Adaptive Sailing Center Site Accreditation
- ❖ Instructor Workshop

Adaptive Sailing Resource Manual



Adaptive Sailing Resource Manual



The National Standard for Quality Sailing Instruction in Cooperation
with the International Association for Disabled Sailing



- ❖ Comprehensive manual that provides information to help start a program or expand an existing program.
- ❖ Downloadable version is FREE on the US Sailing website:
 - ❖ <http://www.ussailing.org/education/adaptive-sailing/manual/>



Pioneer Grants

2015 Recipients:

❖ Bay Area Association of Disabled Sailors (CA)

- ❖ Formalized training program for the BAADS small boat program using existing facility and equipment. Funds went toward hiring US Sailing Instructors to provide classroom instructional sessions and on the water drills

❖ College of Charleston (SC)

- ❖ Custom seats and adaptations for J22s; hoist lift.

❖ Lake Champlain Community Sailing (VT)

- ❖ To support existing adaptive watersports program with the focus of expanding on current programming to help sailors with advanced skill development

❖ Traverse Area Community Sailing (MI)

- ❖ To support: keelboat instruction for veterans with disabilities; start a Special Olympics sailing program; Community Sailing Day; build needed adaptations

Adaptive Sailing Center Accreditation





Adaptive Instructor Workshop



According to the US Census, 1 in 6 families deal with at least one disability in their family.

US Sailing's Adaptive Instructor Workshop is three day course that covers all aspects of setting up and teaching an adaptive sailing program.

What to expect out of the course:

- Become more comfortable with identifying and understanding of a variety of disabilities.
- Find out how you can facilitate positive learning experiences for someone with a disability.
- Learn how to adapt your existing program to accommodate all sailors.
- Learn how to adapt boats to bodies! Hands on experience creating adaptive aids from everyday items as well as building transfer boxes.
- Learn how to work with cognitive disabilities, including autism, downs syndrome and those with limited verbal skills.
- Gain live experience on board boats working with students with disabilities.

Sign up for a course today at
<http://www.ussailing.org/education/calendar/>



Every sailing program in the United States, whether Yacht Club or Community based, should have at least one instructor familiar with Adaptive Sailing.



"With the information I've learned, I can return home and change the lives of disabled individuals in and around my community!"

- New Bedford, MA



"Dare to take this seminar. It might just be a life changer!"

- Palo Alto, CA



"A course truly dedicated to accessible sailing has been missing from the curriculum for years. Thank you!"

- Boston, MA



"US Sailing does such an excellent, professional job of setting standards.....Thank you for recognizing the importance of creating structures for adaptive sailing."

- Seattle, WA



"I would highly recommend that others participate in programs like this."

- San Francisco, CA



T AD 001 JAN 16 Course Card

Adaptive Sailing Instructor Workshop



Betsy Alison



Deb Gravelle

Adaptive Sailing Instructor Workshop



Classroom Curriculum

- ❖ Disability Awareness
- ❖ Understanding and Working with Different Populations of People with Disabilities
- ❖ Facility Requirements
- ❖ Adapting Boats to Bodies
- ❖ Recruiting Volunteers and Sailors
- ❖ Safety

Adaptive Sailing Instructor Workshop

❖ Interactive Curriculum: Visual Impairment exercises







Adaptive Sailing Instructor Workshop

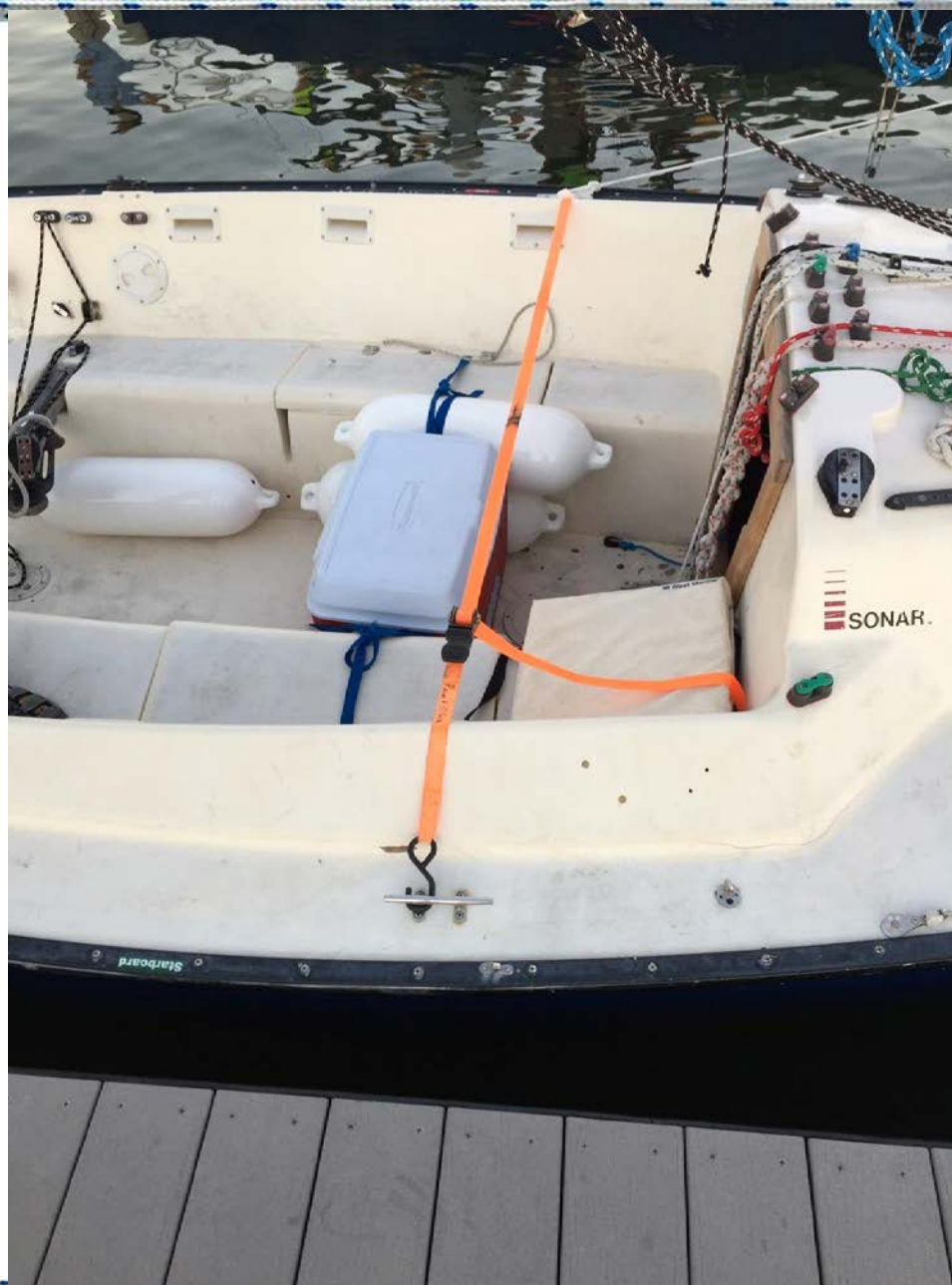
❖ Interactive Curriculum: Physical Access & Transfers



Adaptive Sailing Instructor Workshop

❖ Interactive Curriculum: Boat Adaptations







Adaptive Sailing Instructor Workshop

❖ Interactive Curriculum: Go Sailing!



Let's Go Sailing!



Your Opinion Matters

Please open the **Sailing Leadership Forum app** and complete the **session survey** found in the **menu bar**.

Thank you for attending this session