



Beginner to Winner

Sailability & Paralympic Pathway



Sailing pathway from a

Welcome to the RYA family

From your first sailing experience to winning a medal, your most useful references are here:

RYA Sailability sites & RYA Training Centres
www.rya.org.uk/GetontheWater/Pages/Findafacility

RYA National Sailing Scheme: www.ryatraining.org

RYA Sailability: **0845 345 04 03**
Sailability@rya.org.uk
www.rya.org.uk/sailability

Matt Grier
RYA Disability Racing Development Coach
T **07773 77 33 20**
E matt@mg-marine.co.uk

RYA Racing: **0845 345 0382**
racing@rya.org.uk
www.ryaracingevents.org.uk



beginner to a WINNER!

Learn to Sail

How to get involved; face new challenges offering you excitement and freedom

Whatever your disability, Sailability can make it possible for you to sail. Many of the people we assist have no previous experience of sailing. We have many locations throughout the UK; all our sites have trained friendly volunteers and a choice of boats to suit your needs. Disability isn't an obstacle to taking part or of being successful in sailing.

There are over 100 Sailability sites across the UK, many have hoists, launching ramps, specially adapted changing rooms and most have qualified instructors. The clubs can provide volunteers to assist you both on and off the water, and training sessions to help you learn to sail are offered at the sites which are also RYA Training Centres.

You'll see further into this document the different types of boats used within sailing for people with disabilities. Though many disabled people sail boats without any adaptations.

To find details for your local sites you can visit our website and use the online search, www.rya.org.uk/sailability use the Where to sail search link. This is also available in a printed booklet which can be obtained from our office, 0845 345 0403 or sailability@rya.org.uk



Where from there...

When you've found a Sailability site that suites you best you can sail regularly and increase your skills and knowledge through RYA Training courses.

The RYA's training schemes are designed to help you progress through your chosen sport, whatever your age or experience. RYA Training centres run proficiency courses in dinghy sailing, powerboating, keelboats and cruising

The courses are run at around 800 RYA Recognised Training Centres in the UK and overseas. Their details can be found in the RYA Sailing & Windsurfing Centres brochure.

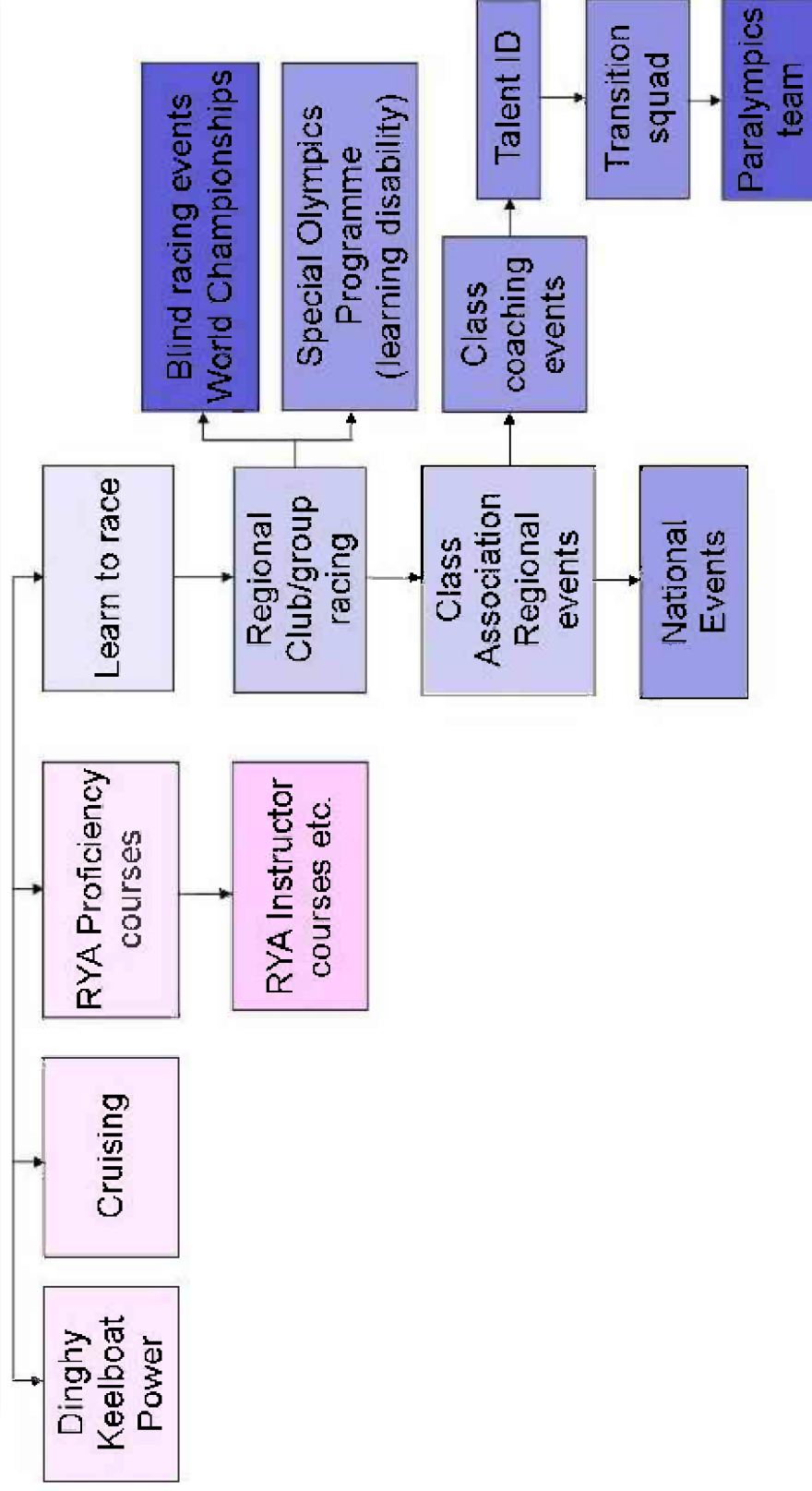
Each centre is inspected annually by the RYA to ensure high standards of instruction, equipment and safety.

All the courses in the sailing scheme can be taken in a dinghy, small keelboat or multihull so you can have tuition in whatever type of boat you wish. Some courses can be completed in just two days, most are flexible and often available as evening or half-day sessions. Others may take longer.

Please see the RYA Training web site for further details on which course is suitable for you. www.ryatraining.org or call 0845 345 0384



Learn to sail - racing pathways



Learn To Race

Where to start racing

- Initially the best place is with our local Sailability group and also your local sailing club
- You can join one of the many Class Associations association
- Attend local, regional and class Association regattas in your chosen craft
- Attend national championships and if held international regattas
- Link with other appropriate RYA racing programmes.

Sailability & Paralympic Racing Pathway

Below is some detail on the ideal way thought the Racing Pathway for different age groups and disabilities.

Route one

For sailors who are either new to sailing, are too old to be eligible for the RYA able bodied junior and youth Squads or for who the able bodied pathway is not appropriate to disability.

1. Start racing in an Access, Challenger or Martin 16.
2. Get classified by the International Classifier Sue Parry
3. Get noticed by the Sailability talent identification process.
4. Sailor invited to join the RYA Challenger transition squad.
5. Sailor is evaluated by the racing development coach as to the most suitable craft to sail according to disability, size, age and gender.
6. Sailor obtains a Paralympic boat as guided by the RYA Development Coaches and participates in with the UK racing circuit for that class.
7. Sailor subject to results and other performance factors may then be invited to join the Skandia Team GBR Development Squad for one of the Paralympics classes.
8. The next step up the ladder (Podium Programme) requires achievement at Paralympic class World and European Championships. Details of the required results and other Paralympic information can be found in the Olympic Classes Fixture book by on the following link www.skandiateamgbr.com/events/pages/programmevents
9. Sailor is then needs to get selected for the Paralympics and win a gold medal (hopefully!)

Route two

*For sailors who are already sailing in the able bodied squads.
Become noticed through the RYA talent identification process.*

1. Get classified by the international classifier Sue Parry (details of the ISAF Classification system can be found further on)
2. Sailor moves through the able bodied Junior or youth programme or challenger programme. For further information on the Junior and Youth programme please see the website www.rya.org.uk/Youth/youthsailracingprogrammes
3. Sailors may well be encouraged to remain in able-bodied RYA Pathway Classes or transfer to Paralympic Pathway or a combination of both depending on most appropriate options for the sailor development
4. Sailor subject to results and other performance factors may then be invited to join the Skandia Team GBR Development Squad for one of the Paralympics classes.
5. Next steps as per points 7, 8, 9 outlined in Rout One



Third way

Whilst the above overview of the RYA/Sailability system describes a stepping stone approach, Paralympic potential can be identified through any mechanism and any sailor with aspiration to go paralympic sailing is encouraged to get in touch with the RYA Disability Racing Development Coach, Matt Grier.

Talent Identification & Development

In an effort to underpin the World Class Paralympic Pathway, RYA Sailability introduced a Talent Identification and talent Development programme (ID and TD).

In support of this the RYA and Sailability fund a Sailability Racing Coach. The Coach spends the season visiting a variety of class regattas. In addition to offering general race coaching to all the sailors at these regattas, the role is also to identify potential talent, this is part of the Sailability talent identification process, for further, more individual tailored, race coaching programmes with a view to developing those sailors in the hope they will transfer into paralympic classes, the World Class Programme and ultimately paralympic selection;

For further information please contact the Sailability Racing Coach Matt Grier, RYA Disability Racing Development Coach,
T 07773 77 33 20 E matt@mg-marine.co.uk

The RYA Challenger Transition Squad - What is it, and where does it fit in?

The RYA Challenger Squad has been introduced to bridge the gap between the RYA Sailability classes and the Paralympic Programme. As such it provides a Talent ID opportunity for the Skandia Team GBR Programme whilst creating a coached squad platform to assist with sailor development.



How do you qualify to join this squad, there are two routes:

Route one

- Be regularly at the front of your class
- Have the dedicated use of a challenger
- Have your own support team
- Want to sail in the 2012 and 2016 Games
- Attend at least four of the Challenger championships
- Maintain position at the front of the fleet

Route two

- Be talent spotted through the World Class Pathway – Junior, Youth Olympic.

Skandia Team GBR Squads

The RYA Paralympic Programme as supported by the World Class Programme and is known as Skandia Team GBR.

As outlined in the Pathway there are a number of levels currently supported by the World Class Programme – Olympic Development Squad and Podium (also known as Performance)

Individuals are selected for the development squad based on a number of factors including:

- Attained specific performance standards (as assessed by ODS Manager)
- Medal winning potential
- Correct disability and physique for chosen class
- Commitment, personal goals and aspirations
- Age



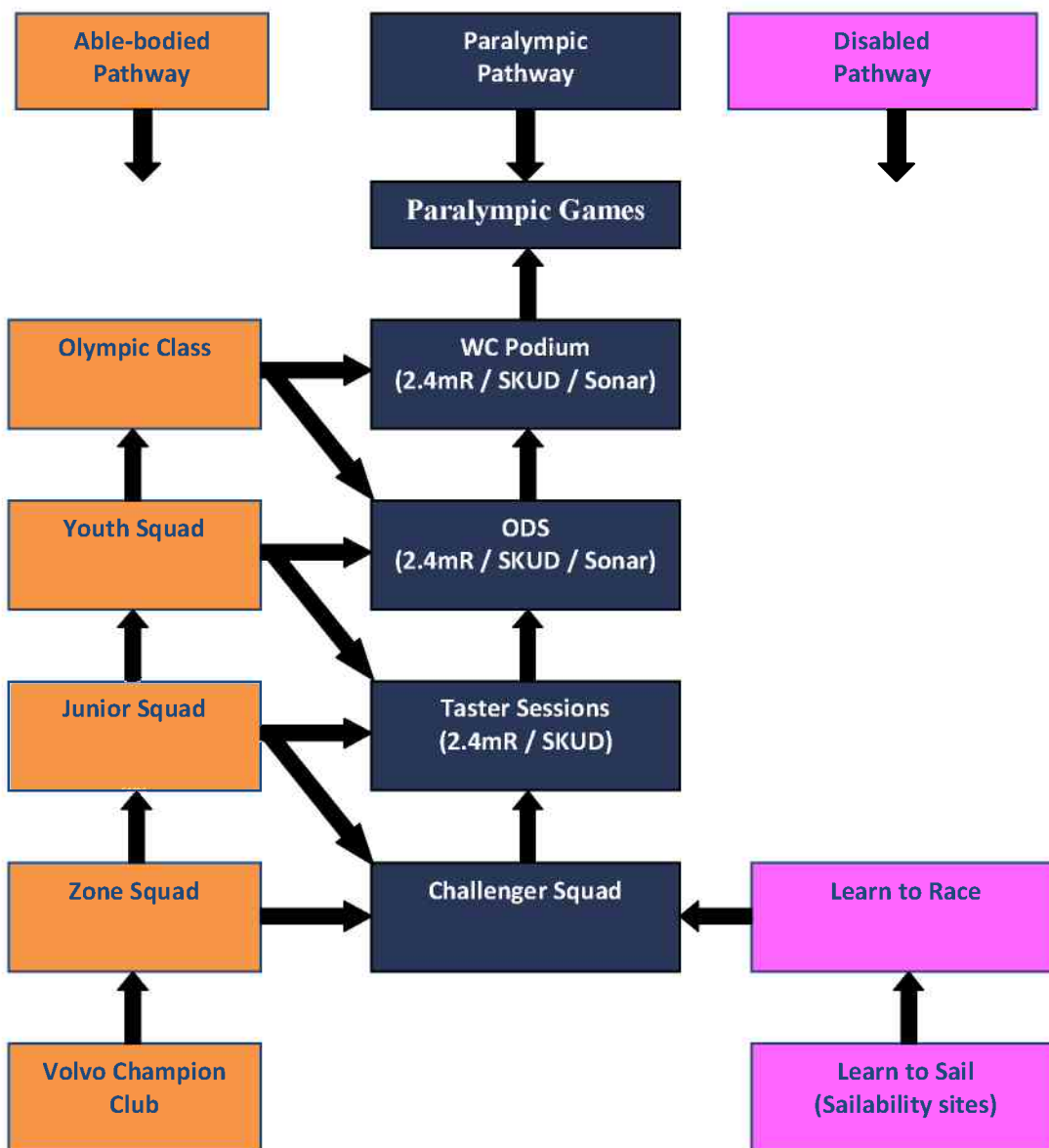
Levels of funding are heavily reliant on medal success at the Paralympic Games but typically financial support increases as sailors move through the programme and all levels receive the support of coaches and Skandia Team GBR specialists

Classes supported are the Paralympic Classes outlined further on.

It is at this level that most competitive sailors aspire, to represent their country at the Paralympics. Only sailors qualifying under IFDS (international Federation of Disabled Sailing) Functional Classification rules are eligible to compete at Paralympic level. In brief a sailor has their functionality assessed in a boat and is awarded an FC number depending purely on functionality. For a detailed account of this process, please use this link <http://www.sailing.org/disabled>

For information on Skandia Team GBR contact racing@rya.org.uk or visit: <http://www.skandiateamgbr.com>

Olympic and Paralympic Pathways



Supporting the Programme

Develop your teaching and coaching skills

- Become qualified, courses are available from assistant instructor to senior instructor in all the RYA schemes.
- For those sailors who actively race and would like to help fellow disabled sailors to improve their racing skills, - become a RYA Racing Level 2 coach. Courses are available nationwide and you can apply for assistance with funding.

For further information contact RYA Coaching Development Manager Helen.cartwright@rya.org.uk

What boats to sail

The main classes of dinghy currently sailed by disabled sailors at clubs and groups around the country are listed on the next few pages.

All of the classes below have properly constituted Class Associations and anyone wishing to sail in one of these classes is encouraged to join their Class Association.

The Class Associations arrange regular competitive regattas during the season and there is no better grounding in understanding how to tune your boat, how to learn the racing rules and how to become a better racer than taking part in regular club-level racing. Some racing can be restricted to your class of boat or you may find yourself in a mixed fleet, either way there is no substitute for time on the water.



Access Class Association UK

Specifically developed for independent sailing and racing by sailors with a wide range of disabilities, this is a good introductory sailboat, irrespective of disability. It is easily manoeuvred and virtually uncapsizable. The boat, available in one two man versions was designed in Australia and is now built under license in the UK. There are over 300 Access dinghies in the country, sailed at over 80 clubs and RYA Sailability groups.

Contact Ron Sawford

T: 01536 330477 W: www.sailingforall.com W: www.accessdinghy.org



Martin 16 Class Association



Designed in 1995, specifically for people with mobility impairments, the boat is fast and stable, meeting the needs of experienced and first-time sailors, irrespective of physical disabilities. It has a joystick operated rudder and self-tending sails, and cannot capsize or sink. It has a lifting keel, and can be rigged by one person and sailing in minutes. Martin 16 championships are held annually both in the UK and throughout Europe.

W: www.martin16.com

Artemis 20

This state-of-the-art design allows disabled and able-bodied sailors to compete against each other in the same competition. The 6-metre carbon fibre keel boat, designed by Rogers Yacht Design, boasts many racing features but remains safe and manageable and has a tandem seating arrangement with optional joystick controls.

Contact Vizual Marine

T: 01243 784321 W: www.vizmarine.com



GOS 16

The Gos 16 is the boat of choice for those looking for a fun and environmentally friendly way of taking to the water but not wanting to capsize.

The fore and aft seating arrangement allows two people to sail. The "steering wheel" is controlled by the person in the rear seat and the person in the front can operate the sails.

This gives a positive and stimulating role for both helm and crew without either needing high level sailing knowledge or skill.

The Gos 16 is ideal for beginners and experienced sailors.



T: 01536 330477 **M:** 07855 972268

E: info@speedysports.co.uk **W:** www.sailingforall.com

Weta

The Weta is a 16 foot trimaran GRP based, with a main sail, gib and a spinnaker. It has a high level of stability, and is aimed at all skills levels. Simon Currey **T:**01932 840232

E: simonc@wetamarine.co.uk

W: www.weta.org.uk



Windrider



This versatile, trimaran has all the ingenious details that make the Windrider name synonymous with fast, safe and easy sailing. No capsizing hazard and thanks to the foot-operated rudder it's easy to control the sheets from the comfortable cockpit.

Telescoping beams make for simple set-up. With our custom designed trailer one person can setup and launch the Windrider 17 within 20 minutes. Please keep an eye on our news section, to the left of this page, to keep up to date with all the latest developments.

T: 01600 711949 **M:** 07730 684069

W: www.windrider.co.uk

Transition squad class Challenger Class Association



The single handed Challenger Trimaran was designed by Rod McAlpine-Downey, specifically to allow people with disabilities to sail and race independently on equal terms with able-bodied sailors. It has central seating, easy-to-board cockpit and a tiller in front for easy steering. It is a very safe boat and is considered to be virtually uncapsizable, making it particularly suitable for those with poor upper body strength and balance. It has a Portsmouth yardstick which means that it can be used in handicap racing against able bodied sailors.

Contact Richard Johnson **T:** 01733 265468
E: richard.johnson2070@ntlworld.com
W: www.sailchallengers.org.uk

Paralympic class International 2.4mR Class Association

The 2.4 Metre is a single-handed keel boat, a racer having the complexity of a sophisticated keel boat, without the high costs, but the fingertip feeling of a dinghy. The helms person sits facing forward, with all controls within arms reach, the sailing is not physically demanding and racing is done in one open class giving the opportunity for sailors with disabilities to compete on equal terms with able-bodied sailors.

It was selected as the single-handed class at the Paralympics in Sydney 2000, and has been the boat of choice for this Paralympic class ever since.

Contact Megan Pascoe
M: 07952411017
E: megpascoe@aol.com
W: www.24metre.org.uk



Paralympic class International UK Sonar Class Association



The International Sonar is a Paralympic keel boat. It performs like a dinghy but offers the security and flexibility of a larger boat. The 23-foot Sonar has a contoured, sit-in cockpit with angled seat backs. The Sonar's sail plan is designed for the efficiency and control with rig adjustments that allow crew to easily alter sail shape for changing conditions. A generous keel and deep spade rudder provide good stability and control. It can be raced competitively with 3-5 crew in all conditions.

Contact Peter Matthews
T: 01983 290 351
E: secretary@uksonar.info
W: www.uksonar.info

Paralympic class Skud

The new Paralympic class, the Skud-18, is fast and fun to sail, Paralympic classification criteria stipulate the boat has to be sailed by one person with sever disabilities and at least one of the crew must be female. It has a large asymmetric spinnaker and can be extremely physically challenging for the crew. The Skud-18 provides opportunity for sailors with disabilities to compete on equal terms with able-bodied sailors.



Class Secretary Jackie Gay
E: Jackie@jackiegay.fsnet.co.uk
W: www.skud.org.uk

How to get classified

Classification ISAF/IFDS EVENTS

This quick guide is designed to assist sailors, coaches, event and program organizers, and national governing bodies to ESTIMATE eligibility for participation in disabled sailing, based on the 2005 Functional Classification System (FCS) of the International Foundation for Disabled Sailing (IFDS).

The aims of the Classification system is to allow sailors with different degrees of physical disability to compete together in a fair and equitable competition.*

The IFDS Classification System are based upon the functions required to compete in sailing events and therefore may differ from other disabled sports/rating systems. Each Class has different ratings but it is all based on the same system.

The main functions of sailing have been identified as:

- (a) Compensation for the movement of the boat (Stability).
- (b) Operating the control lines and the tiller (Hand function).
- (c) Ability to move about in the boat (Mobility).
- (d) Ability to see whilst racing (Vision).

Dependant on the class being sailed, these functions can be observed by testing sailing skills such as the use of

- (a) Tiller
- (b) Sheeting
- (c) Cleating
- (d) Transferring
- (e) Hiking



Quick guides per class

SONAR 3 - PERSON KEELBOAT

Benchmarkes

- 1 Quadriplegic, complete
Double (both sides) Through Shoulder Amputation.
- 2 Double Above Elbow Amputation
(and most High Paraplegics above T4)
Both Single (one side) Above Elbow Amputation & Single Below Elbow Amputation
- 3 Both Single Above Knee Amputation & Single Above Elbow Amputation
Double below Elbow Amputation
(and most Low Paraplegics)
- 4 Single Through Shoulder Amputation
Double Above Knee Amputation
Double Below Knee Amputation without prostheses
Single Above Knee and Single Below Knee Amputation without prostheses
- 5 Single Above Elbow Amputation
Single Above Knee Amputation & Single Below Knee Amputation, with prostheses.
- 6 Double below Knee Amputation, with prostheses
Single below Elbow Amputation
- 7 Single Above Knee Amputation
Single Below Knee Amputation without prosthesis.

There is no quick guide for other conditions (i.e. neurological). Sailors would need to be assessed face to face due to the variety of individual presentations

ACCESS DINGHY

Classification for the access is also based on the FCS 2005, often regattas are restricted to SP1 and SP2 and classification can take place at the event.

- (SP1-A)** Single Person class 1 - Sailors with "Very Severe Disability", requiring total electrical assistance for both sheeting and helming.
- (SP2-B)** Single Person class 2. Sailors with "Severe Disability", requiring partial electrical assistance.
- (SP3-C)** Single Person class 3. Sailors with limited sailing abilities in one, some, or all of the skills above (predominantly upper limb disability), and B2 and B3 visually impaired.
- (SP4-D)** Single Person class 4. All other sailors that meet minimum disability eligibility as above.

2.4 SINGLE- HANDED KEEL BOAT/ MULTIHULL

If you score 7 or below in the benchmark, you are likely to be eligible to sail in the 2.4 and Challenger classes, the criteria is for minimal disability according to the FCS 2005.

SKUD 18 – 2 person asymmetric dinghy

This is a 2 person dinghy designed to encourage the participation of more severely disabled and also of more disabled females in the sport! Therefore at least one of the crew must be female!

TPA –(Two- person A) - Sailors rating as a 1 on the FCS

TPB – Sailors that are eligible under the minimum disability criteria

VISUAL IMPAIRMENT

If you are visually impaired, the following determines your eligibility. The determinations are based on the International Blind Sports Association ratings (IBSA). In the UK we ask all visually impaired sailors to contact British Blind Sport for assessment and then forward details for a sailing passport.

Totally blind

(B1) -as defined by IBSA. The competitor cannot make use of any visual clues to assist in sailing. For example total absence of perception of light or some perception of the light but inability to recognize the form of a hand at any distance and in any direction

Partially Blind

B2 Visual acuity 0.0316 to 0.0050. in the best eye. OR Visual field 5 degrees or less in the best eye.

B3 Visual acuity 0.1000 to 0.0398 in best eye. OR Visual field less than 20 degrees and more than 5 degrees in the best eye.

	SONAR	ACCESS
Totally Blind – B1	Classification – 3	Single Person not recommended.
Partly Blind – B2	Classification - 5	Single Person SP3
Partly Blind – B3	Classification – 7 *	Single Person SP3

** Not all B3 are eligible to sail a sonar*

If you are still uncertain of your eligibility for disabled sailing, it is recommended that you undergo a National classification by IFDS certified classifiers. If there is difficulty with classification it may be necessary to undergo a further International Classification including a functional anatomical test, functional dock test, and functional sail test, according to the IFDS FCS 2005, which can be found on the internet at www.sailing.org.

Any further questions should be directed to your National Governing Body, or IFDS who can put you in touch with the relevant coaches and National classifiers.

Sue Parry
IFDS International Classifier

***Classification aims to be inclusive but with any rating system, there are conditions that do not fit the criteria, and it cannot take into consideration degeneration due to normal age related changes.**

This document is to be used solely for the intended purpose as stated above. Permission for use of this system for anything other than the stated purpose should be addressed with the Chief National Classifier.

***Sailing pathway from beginner to WINNER!
with RYA Sailability & RYA Racing***



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Racing - **0845 345 0382**

www.rya.org.uk