



Welcome to Chesil Sailability



Sailor Guide 2015



Welcome!

Thank you for your interest in Chesil Sailability! We look forward to getting you out on the water and enjoying sailing with us.

This is a brief introduction to Chesil Sailability. Please contact us if you have any more questions or would like a chat.

1 Who are we?

2 Where and when?

3 Do I need to know how to sail?

4 How do I join? Individual and Groups

5 How old do I need to be?

6 Carers, friends and family

7 How to contact us

8 Sailing sessions

9 What to wear and what to bring to sailing sessions

10 Rules and Guidance

11 Volunteering with Chesil Sailability



1 Who are we?

Chesil Sailability is a group of people who are passionate about sailing; some of us have disabilities.

Inspired by the 2012 London Olympic and Paralympic Games, Chesil Sailability is a registered charity, set up in 2013 by a small group of local volunteers, to give people with disabilities the opportunity to experience the freedom, thrill and exhilaration of the water, whether they are already sailors or new to sailing. Importantly, we aim to provide a pathway to all aspects of sailing, be it leisure, training or racing. As far as possible, we will support people with physical, sensory or learning impairments or those who are managing long term illness to enjoy sailing and achieve their goals.

Please have a look at our website for more information, news and photos:
www.chesilsailability.org.uk and follow us on social media (Facebook, Twitter, Instagram).

We are run entirely by volunteers and raise all our own funding through grants, donations and fund-raising activities.

We have a small fleet of accessible dinghies, and new for 2015, a small keelboat. We use hoists where needed and aim to be accessible to as many people as possible – please tell us about your needs.

2 Where and when?

We are very fortunate to be based at the Weymouth and Portland National Sailing Academy (WPNSA), with the world class facilities of the 2012 Paralympic Games and then to sail on the Olympic and Paralympic sailing waters. We have our own portacabin as our base, close to the main building.

Sailing

For 2015, our regular sailing sessions are on Tuesday afternoons and evenings (2-5pm and 6pm – dusk), from May to the autumn. Check our website, social media and sailor emails for timings and details.

On Monday evenings we have sessions for more advanced sailors and our race team, with the possibility of joining in Castle Cove Sailing Club racing. Ask us if you are interested.

Social meetings

We meet monthly on Tuesday evenings in the winter for socials and have enjoyed pub meets and a Quiz Night – more ideas and help welcome!



3 Do I need to know how to sail?

No! We aim to cater for all levels. If you're a beginner or have never been sailing, come and have a go with us. An experienced skipper will take you out and you can decide how much you want to do. If you have been sailing before and want to develop your sailing – or even get into racing – that's great too. We want to make it fun, whatever your level and aim.

We also have a peer mentor scheme, so please ask for more details.

4 How do I join?

Individuals

To join, we ask you to contact us to arrange to come and visit us, during a sailing session, so that we can show you around and you can see how we operate – and meet and have a chat with some of our members. You will also need to fill in the online membership form, including a health questionnaire, so that we have the information we need to ensure your safety and to enable us to meet your needs. If you have health or medical needs or medication while out on the water, please discuss this with us. **We must have your details on our membership system before we can take you on the water.**

If you have problems with getting online, please ask for help. You can also get help from local libraries (ask about their Digital Champions, who offer one-to-one support). There are support sessions at Weymouth Community Fire Station too. Pilgrim House in Weymouth (tel 761828) offer one-to-one sessions for £5 for one hour.

If you have particular needs regarding the type of seat you can sit in or special hoisting and transfer requirements, we will ask you to come and meet our Director of Sailing, so that we can be sure we can be prepared properly for your sailing session.

Each sailing session costs £2.50 - £5 (depending on the boat) – and there is an annual membership fee of £15 for 2015.

Some of those who join us to sail also volunteer in many ways, for example helping with information and fundraising events, or being part of the committee. If you would like to get involved, please talk to us.

Groups

We are developing our provision for groups, so please contact us if you have a group who may want to try sailing. We will usually ask the organiser to come for a visit to see how we operate and how we can meet the needs of a group. The group organiser and/or carers will need to be on site during the sailing session (and may need to go on the water with members of their group if necessary). For groups, the fee per person per session is £5 (with no additional membership fee). Those who try with a group first may then also join as an individual (with membership then payable as above).



We also ask the group organiser to arrange for all the membership information to be completed for each sailor, on our online system. **We must have all the information before we can take anyone sailing.**

5 How old do I need to be?

Under 18: you will need a parent or guardian's permission to join and an adult to be on site with you.

Age 12 – 18: we will take you sailing, with a parent/guardian on site.

Age 8 – 12: a parent/guardian would need to sail with you.

Under 8: we are sorry, we cannot take children under 8.

If personal care is needed or where appropriate due to the nature of your disability, a carer should remain on site even if you are over 18.

There is no upper age limit.

6 Carers, friends and family

We welcome carers, friends and family members. Please note that we cannot provide personal care, so you will need to organise that if necessary.

We have a strict policy of wearing buoyancy aids on the pontoons, for sailors and the volunteers helping them in and out of our boats. We prefer friends and family to watch from the viewpoint above the pontoon. We may be able to accommodate carers who want to join the sailors on the water where appropriate and possible.

If carers, friends or family want to get more involved as volunteers, please get them to talk to us and look at the Volunteer Information on our website.

7 How to contact us

See our website www.chesilsailability.org.uk

Email us at info@chesilsailability.org.uk
or sailors@chesilsailability.org.uk

Text us or leave a message on 07543 656390

Follow us on Facebook, Twitter and Instagram.

Contact us for a chat or to arrange to come and meet us.

Use the website, social media or our mobile number for contact on sailing days to check on weather etc.





8 Sailing sessions

Once you have completed our online membership form, we'll arrange your first taster session and then you can join in with general Tuesday sessions. Come along to the portacabin and register with our Reception Team. You'll be given a tally, which is part of our health and safety procedure, so we know who is on site with us. Don't forget to sign out and give the tally back after your sail!

Security at the WPNSA is important and gates are locked in the evening, so we may need to open them for you (or ring the mobile 07543 656390 to let us know you are waiting). Please check timings and details on the website.

The Reception Team will organise when you are sailing, which boat you will be in and if you need someone to sail with you. You may have to wait for your turn, so please bear with us.

Cancellation: we may have to cancel a session because of poor weather and we can cancel at short notice when the weather changes quickly. We have a cancellation process and we ask you to check our mobile phone, Facebook, Twitter and website for an update. We are sorry, but we can't phone everyone!

The sailing sessions are run by three teams.

On the Water Team: this includes qualified safety boat drivers and crew – we take safety extremely seriously and assess and train our volunteers. Experienced sailors or instructors, our Skippers, sail with you – or you may be able to sail on your own if you want and already know how to sail.

Pontoon Team: this team helps to get ready for sailing, checking you have the right kit and buoyancy aids and helping you in and out of the boats, using the slings and hoists if needed.

Reception Team: this team is based in the portacabin, getting ready for the session, meeting and registering you, ensuring everyone tallies in and out, and liaising with the other teams to get everyone on the water.

First Aid: we have a designated qualified First Aider for each session. All volunteers complete a DBS (Disclosure and Barring Service) check.

9 What to wear and what to bring to sailing sessions

WPNSA is a large exposed site – for sun, wind and rain! We suggest comfortable casual clothing, non-slip boat type shoes or boots or training shoes and some layers of warm clothing, including waterproofs, a hat and gloves if appropriate. You may also need suntan cream, hat with a lanyard, sunglasses and long-sleeved sun shirt.



Please bring your own lifejacket/buoyancy aid if you have one. If not, we'll lend you one.

We have a selection of buoyancy aids and waterproof jackets and trousers which you can borrow for the session – so there's no need to rush out and buy your own (until you get hooked on sailing!). We also have some slings to use with the hoists, for those who need them. If you have your own sling, you may wish to use that.

Don't forget drinks, hot or cold or both and a snack to eat. The WPNSA cafe is usually closed in the evenings although we do have access to the accessible changing rooms and toilets. We don't have access to any kitchen facilities. The cafe is likely to be open during the afternoon.

10 Rules and Guidance

We don't have many rules! But...

- You must wear buoyancy aids or lifejackets on the pontoons and on the water
- The decision of the Director of Sailing and Duty Manager is final
- Please respect all members of Chesil Sailability, sailors and volunteers
- Be aware that sailing does carry risks and follow the guidance given here and during our sailing sessions
- Please tell us if there are any changes to your health, disability or medication
- Please also update your details online if they change
- Have fun!

11 Volunteering for Chesil Sailability

Some of our sailors also volunteer for Chesil Sailability. There are plenty of ways you can help out, including:

- Fundraising
- Helping with social events
- Boat maintenance
- Behind-the-scenes admin and IT
- Publicity
- And many other things...

Please ask!