



CVSS

Sailing for people with disabilities

WELCOME TO SAILING WITH CVSS

ADVICE TO PARENTS, ASSISTANTS AND SAILORS



CVSS sailing for people with disabilities
is a Registered Charity.

To know more about **CVSS** visit our website

www.cvssailors.org.uk

or

Contact us on 07751 628750

Email: cvss@cvssailors.org.uk

CVSS is an organisation run entirely by volunteers who are all keen to encourage people with disabilities to sail and Katakana. Many are able, with our support, to sail on their own from their first visit.

This leaflet is also about the contribution you can make to ensure the sailing is as safe and pleasurable as possible.

Facilities

- We sail our boats from Bury Lake Young Mariners (BLYM) a sailing club at Rickmansworth Aquadrome. The clubhouse has facilities such as changing rooms, disabled toilets and a meeting room but only has refreshments on Saturdays.

Our Boats



- Our sailors use Access dinghies. These are purpose-built boats with a high level of buoyancy for safety.
- They can be sailed easily using a simple joystick type control rather than a traditional tiller.
- We have single seat and double seat boats this means less confident sailors can sail with a helper until they feel able to sail one.
- We have three Katakana which seat 6 paddlers

We are able to transfer less mobile sailors into a boat using our hoist.

The weight limit of the hoist is 127 kilos (20 stone)

Safety Boats

- When our sailors are on the water a powerboat provides supervision, safety cover, and will also give advice and encouragement.

Buoyancy Aids



- All sailors and helpers are fitted with a buoyancy aid when they arrive at the club. Some sailors are required to wear a life jackets
- **It has to be worn when on or near the water.**
- It must be worn over clothing and needs to fit snugly. This means a sailor's clothes should allow for this.

Clothing

- When sailing there is always the possibility of getting wet. You should bring a spare set of clothes when you sail.
- Trousers are the best form of dress for both men/boys and women/girls because of the mobility required. However, jeans are not suitable for sailing because they are not warm and do not dry quickly.
- Sitting still in a boat on a lake you are more exposed to the elements (wind and sun) than on land. Clothing needs to be warmer and windproof/waterproof (e.g. fleece or cagoule).
- On the water you are more exposed to the sun so clothes with long sleeves help to avoid sunburn.
- Hats are very important for sailors. If it's sunny they protect the head, if it is cold they reduce heat loss. BUT they need to fit or be attached to avoid ending up in the water.
- The best shoes for sailing have flexible soles, so most trainers are suitable and firm soled leather shoes are not.

Glasses and Sunglasses



- Glasses and sunglasses may be essential but they can easily fall in the water and be lost. Please use glasses

Sun screens

- In a boat you are very exposed to the sun, please provide high factor sun screen for your sailor or arrange for a carer to do so, **sunburn can be very dangerous.**

Drinks



- Sun and wind can cause you to become dehydrated very quickly. You should consider providing your sailors with a bottle of water for the boat.