

CVSS

Sailing for People with Disabilities

USE OF SLIDER BOARDS Procedure

CVSS has 2 slider boards (highly polished, large rectangular robust, flat boards) that are used to help sailors with unsteady gait or who experience anxiety about the complex movements needed to board an ACCESS dinghy or KATAKANU .

This procedure describes the approved method for using a slider board.

2 CVSS volunteers plus a carer or a 3rd volunteer are required to use a slider board

This procedure requires that all concerned act efficiently but do not rush the sailor

ENTERING A DINGHY

1. CVSS volunteer visually inspects board to ensure it's structural integrity and absence of splinters etc
2. CVSS volunteer only moves board alone if he/she is strong enough to do so, if not gets help from another volunteer
3. ACCESS dinghy is firmly secured at bow and stern tight into the pontoon/jetty/shore mooring
4. Slider board is placed on the ground and over the edge of the Access boat so the edge of the board is close to the inner edge of the gunnel (forming a "bridge " between the jetty and the boat)
5. 1 person stands on the shoreward end of the board to avoid it tipping
6. 2 people assist the sailor to sit on the board and help propel the sailor who shuffles on the board towards the dinghy
7. If a double seat ACCESS is being used the "buddy sailor" already seated in the dinghy assists the sailor as she/he lowers him/herself into the boat seat. The buddy may also hold the boom to keep it out of the way.

8. If a single seat dinghy is used the sailor eases him/herself into the seat. Volunteer may hold the boom out of the way
9. Slider board is removed and placed in a safe storage area

LEAVING A DINGHY

1. Dinghy is secured firmly bow and stern.
2. Slider board is placed in position.
3. 1 CVSS stands on shoreward end of board.
4. Sailors positions self to move to seat self on end of board (assisted by carer if in a double boat).
5. 2 volunteers assist sailor onto board and along it away from water's edge.
6. Sailor is supervised by AT LEAST 1 carer /CVSS until he/she is seated on the ground away from the jetty/standing away from the jetty/in a wheelchair.
7. Board is stowed safely.