

Introduction

The IDSA Resource Manual contains comprehensive information for any ISA Affiliated Clubs or Recognised Training Centres who are thinking of developing sailing for people with disabilities, and some answers to frequently asked questions from potential sailors and helpers.

This manual has been produced by the Irish Disabled Sailing Association, with the support of the Irish Sailing Association.

Much of the material included in this manual was given to us by the International Foundation for Disabled Sailing, and we would like to acknowledge their support and thank them for allowing us the benefit of their resources collated from experience in other countries.

Sailing – the Sport for All

Sailing is a unique sport that takes the 'dis' out of disability, and where able-bodied & disabled sailors sail together and compete against each other on equal terms. An example of this integration was seen in 2003 when a 'disabled sailor' won the ISA Helmsman's Championship – an event where the top 24 Irish Sailors compete for the national title.

One of the reasons why disabled sailing is one of the fastest growing sports in the world is that it has been made truly accessible for all persons regardless of their level of impairment.

The IDSA and ISA are committed to developing sailing as an integrated part of mainstream sailing in clubs and training centres, to ensure friends and family of people with disabilities may enjoy participation in a fun and social sport together.

This manual is intended for guidance purposes only.

**Copies of this Resource Manual can be obtained from the
Irish Disabled Sailing Association
info@sailforce.ie**

The Irish Disabled Sailing Association (IDSA)

The IDSA has been in existence since 1982 and is the National Organisation affiliated to the Irish Sailing Association, with responsibility for the promotion and development of sailing for people with disabilities.

The aims of the IDSA are:

- To provide the necessary support for people with disabilities to sail.
- Encourage sailing as an activity, primarily for pleasure, but also to facilitate those who desire to develop their competitive potential.
- Lower the age at which people with disabilities can sail.
- Develop and foster team spirit between able bodied and those with disabilities, through leisure and competitive sailing.

The Irish Sailing Association (ISA)

The ISA is the National governing body for Sailing in Ireland, and as such is committed to supporting the work of the IDSA in the promotion and development of sailing for people with disabilities. The ISA is also committed to supporting the development of its Affiliated Clubs and Recognised Training Centres, and in this role can also give tailored support for organisations thinking of promoting disabled sailing.

What can the IDSA and/or ISA do for you?

- The IDSA and ISA may be contacted to give help and advice to any organisations that are looking to develop sailing for people with disabilities.
- A site visit may be arranged (free of charge), to give tailored advice on how your organisation might develop disabled sailing.
- A presentation can be given to Members/committees on developing a programme for disabled sailors.
- Advice on safety, boats, equipment, ISA training requirements, funding, best practice, etc.
- Networking with clubs who have 'been there, done that'.
- Work with committee to develop an appropriate programme.

For **IDSA** contact information see: www.sailforce.ie or email info@sailforce.ie

For **ISA** contact information see: www.sailing.ie or email info@sailing.ie

