



# How to become an inclusive club

## Sailability edition



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# Introduction

Hello!

Thank you for taking the time to look at our new resource aiming to get you up to speed with what we have been working on. It provides some handy step by step guidance to help you become a more inclusive club for students at your university. In 2019, BUSA increased their developmental focus to several areas viewed as important in the latest Membership Survey (February 2019).

One area was **inclusion**, which included expanding opportunities for students with disabilities.

Over the last season, I have been engaging with key stakeholders within RYA Sailability and Special Olympics GB helping produce articles on provision for young people, run workshop sessions and create plans for a new Sailability Team Racing discipline. Looking towards the future, as we begin to formalise our partnership with RYA Sailability, myself and a small student working group want to begin looking at 'grass roots' inclusion within our member clubs. Get in touch if you're interested in joining.

And so that is where this guide comes in. Please get in touch for more club specific advice- we are here to help you!

**Karen Thomas**

BUSA Chair 2019-2021

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# What are we trying to achieve?

**Our long term inclusion goal: For all students to join university and feel able to access sailing.**

For student sailors with disabilities to:

- 1) Engage confidently with club activities.
- 2) Feel supported and part of a university sailing team.

To achieve this, all member clubs will have the knowledge needed to consider accessibility in all aspects of their club.

## **What are we going to do to achieve this?**

Well.. It is only the beginning but with your support we can make big changes, fast.

- To double the number of Hansa sailors competing at BUCS/BUSA Fleet Racing Championships each year.
- To engage with one member from each USC, to work out how your club can become more accessible.
- To create resources and freely accessible points of contact for all club committees.

# Who can offer targeted support?



## DISABILITY DEVELOPMENT OFFICERS

Midland DDO: Brett Cokayne

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Central DDO: Sarah Sibley

[ddo.londonsoutheast@rya.org.uk](mailto:ddo.londonsoutheast@rya.org.uk)

Southern DDO: Leon Ward

[ddo.south@rya.org.uk](mailto:ddo.south@rya.org.uk)

Eastern DDO: Jane Ellison

[ddo.east@rya.org.uk](mailto:ddo.east@rya.org.uk)



## CLASS ASSOCIATIONS

HANSA CLASS: Bob Scull (Chairman)

[chairman@hansaclub.org.uk](mailto:chairman@hansaclub.org.uk)

CHALLENGER CLASS: Richard Johnson

[advice@challenger-sailing.org](mailto:advice@challenger-sailing.org)

## YOUR LOCAL SAILABILITY CLUBS

The [RYA Sailability website](http://www.rya.org.uk) has a useful directory for all their active clubs- take a look to see if your host club/clubs close to your university are running.



## University Support

This support will vary dependent on your higher education institution.

### How can you find out what is available?

- **Speak to your Student Union.** Most universities will have a full time dedicated disability officer who will be happy to help.

- **Speak to your Athletic Union** or Sports Service to find out if they offer support and/or have contact with new and current students identifying as having a registered disability.

# What is a Sailability Club?



**Across the UK, there are over 220 Sailability Centres...**

**Some focus on racing, others on experiential sails, and then others offer everything in between.**

- Some clubs sail small dinghies (such as Hansas/Challengers), while others sail larger keelboats.
- Sailors with a whole range of disabilities take part - from people with visual impairments, people who use wheelchairs, people with learning disabilities and people with other physical and mental health conditions.

**Just like Sailability sailors, there are no two sailability clubs that are the same!**

**But they all have the same ethos of making sailing accessible for people with any kind of disability.**

# What is a Sailability Club?



To find your local club, use the RYA '[Where is my nearest...](#)' webpage. Make sure you select 'Sailability Centre' in the Type of Club box.

## Key things to remember when approaching a Sailability Club:

- They are run by volunteers, so may not be able to reply right away.
- Understanding the range of sailors they cater for (sailors who are ambulatory or require hoists for example) is essential, as well as their boats, and what sort of sessions they run (racing, experiential or a hybrid).
- As charities, these groups will have Trustees etc through whom new initiatives (like yours) will need to be agreed.
- Some groups struggle for volunteers and capacity, so be sensitive to the demands this might create for them, as well as the opportunities it may create for your club!
- Part of the governance around Sailability requires DBS checks, and volunteer disability awareness training, that you might need to engage with as part of the risk management of supporting sailing activities for people with disabilities.

# Why should your club get involved?

01

## Inclusion

- Awareness of barriers students face
- An opportunity to expand & develop
- Offering more, for more students

02

## Growth

- Increasing the 'scope' of your club
- Increased member diversity and numbers

03

## Collaboration

- Chance to engage with local sailing initiatives
- Increasing inter club expertise, working and collaborating with external experts

04

## Skill Development

- Opportunities for experience-based learning and growth
- Opportunities for members to attend courses, conferences and learn alongside other BUSA clubs





# First Steps – *Set Up*

## What resources does your host club need for you to run an accessible session?

- **Boats** – Firstly, not everyone has a physical disability. Some students with hidden disabilities may be able to sail in your firefly fleet. If your host club has a fleet of Hansa's/access dinghies, great! If you are unsure, [chat to your DDO](#) and they can advise.
- **Safety cover** – Drivers must be aware of increased ratios, training and equipment. All drivers must also be aware of key safety issues relating to boats with fixed keels. Your DDO or local Sailability Club can help here- learn learn learn!
- **Hoists may be required** for some sailors with physical disabilities - many people with disabilities will be able to advise you on the sort of assistance they may require in transferring from shore to boat and vice versa. Be guided by them.
- **Accessible pontoon and launch area** - Don't forget to check all your clubs facilities (they can't sail without getting changed!)
- **Travel** to and from the club - Again, ask the individual and they will be able to tell you any specific requirements.



# First Steps – *Promotion*

## How can you promote your sessions as you begin to offer them?

**Social media-** Check out the media channels used by BUSA, RYA Sailability and Hansa Class UK at the end of the document.

**Questionnaire-** You can create online forms for individuals at your university to show interest, and to assess individual needs.

**Online video call-** Another forum for interested students, allowing anyone to join and ask any questions they may have..

## What are we doing to help?

- Creating a formalised partnership with RYA Sailability, increasing access to expertise, opportunities and resources.
- Working to make more of our major championships and initiatives accessible for all.
- Creating and promoting resources, learning from clubs within and outside of the BUSA membership.



# Next Steps – *Future proofing*

## How can you ensure your accessible sailing initiative lasts?

- **Knowledge transfer** – Appoint a lead committee/club member each year. Ensure there is a handover/support period each year.
- **Resource storage** – Create/add to your club shared drive with resources that helped with initial set-up and growth.
- **External support** – Take note of valuable contacts, building a relationship with them to ensure future support (eg RYA DDOs).
- **Volunteer & grow** – Make the most of opportunities to help with local sailability clubs, accessible sailing initiatives supported by BUSA and beyond. This will increase the opportunities you offer.





# Club Case Study 1

## [University of Birmingham](#)

### How a session works

We need a few people to help launch the Hansa boat for use, but once on the water anyone using the boat is able to join in with any racing or activity which we are running for our development squad or our RYA level members, during the session.

This does depend upon the access needs of the individual - those in a wheelchair may require a hoist which not all clubs have. Once in the water, the boat is very safe and good to join in any activity level. George is a very competent sailor but newer sailors might need additional safety cover.

### How can your host club help you?

We have a good relationship with Bartley Sailing Club, where the picos and Hansa we use for Wednesday sessions are based. Our midlands DDO helped us hugely by helping us get access to the Hansa. It really helps to have good working relationships, especially setting new things up!

**Your host club can't help unless they know what you're hoping to achieve! Start emailing them now as we found that replies can take a long time.**





# Student Case Study 1 - George

Following my above knee amputation in July 2018, I was quite upset at the thought that I might never sail again. Fortunately, my Mum did some research and found the Whitefriars Sailability Group just a 40 minute drive from my home in Wiltshire. I started in April 2018 and I met lots of very kind and friendly members and volunteers, who showed me many different types of accessible boats, and the different means of access like the hoists. I ended up going every week as I loved the independence on the water and being able to sail again. Thanks to them I was encouraged to sail at uni, attend the RYA multiclass and other events, which I also really enjoyed, and was a great opportunity to meet other disabled sailors of all ages.





# Club Case Study 2

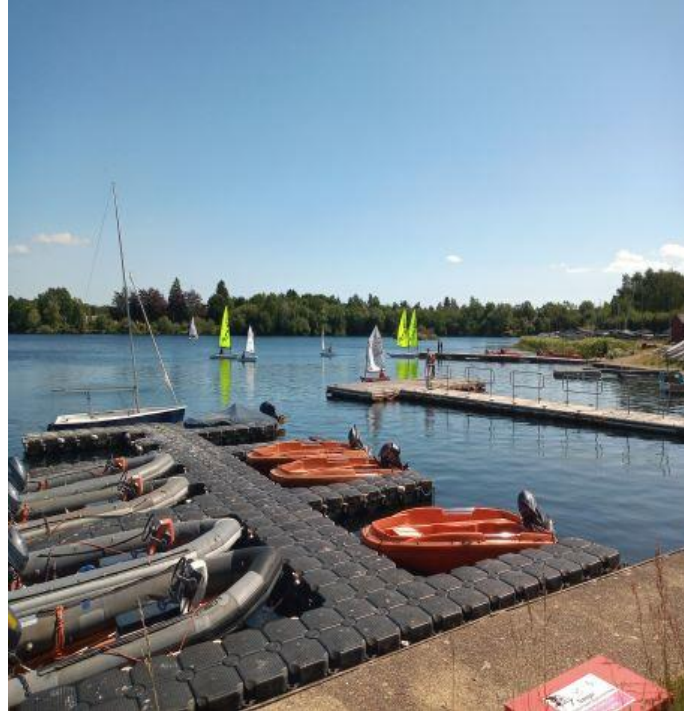
## [Southampton Solent University](#)

### How a session works

The Hansa boats are rigged and launched by designated volunteers to support the sailors and then tied up on the pontoon. 2 safety covers are always on the water before participants enter the boats. Spinnaker Sailing Club has a hoist, for wheelchair users, which we need to ask to use along with the boats.

Once the participants are ready, an on-land briefing happens to start each session and we then guide everyone into the boats and use the appropriate equipment if needed.

Participants can be divided up into groups depending on ability and different aspects can be focused on i.e development and racing, meaning everyone is benefiting from the sessions.



### How can your host club help you?

**A mutually beneficial relationship** - We have a positive relationship with Spinnaker Sailing Club who own Picos and Hansa's which we are looking into renting for our sessions going forward. Previously, we have held training sessions and events which has improved our relationship with the club.

**Learn what they can offer** - The facilities of the club are great and cater to everyone's individual needs. If you are not sure how your club could support fully accessible sessions, get in touch with the club commodore and find out more. If you don't ask, you won't know!

Please ask us any questions that you may have about the Club and how they support us. We can forward these onto Spinnaker Sailing Club if we are unsure, to help you set up your own successful sessions.



# Student Case Study 2 - James




My name is James , I'm 20 years old and had Cerebral Palsy since birth . I have been sailing for around 11 years initially in an Artemis 20 keelboat and regularly in a 2.4mr and Martin 16 . I have struggled for confidence during my time sailing for one reason or another . Following encouragement from the BUSA team I decided to take part in the Fleet Championships last year in plymouth this was a massive confidence boost as well as me gaining many friends .

I would urge all universities to look at improving inclusion as I would love for other sailors to feel as involved in their clubs as i now do.,



# How can you find out more?



 @hansaclassuk  
 Hansa Class UK  
 @hansaclassuk



 @ryasailability  
 RYA Sailability  
 @ryasailability  
#MoreThanSailing



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