



YACHTING NEW ZEALAND

# COACHING TOOLS

## LTS Disability Supplement

### Notes on coaching sailors with a disability

*Ask the sailors if they need your assistance- don't assume they need help*

*Consider attending a 'No Exceptions' training module*

- Coaching a sailor with a disability is fundamentally no different to coaching any other athlete, however there may need to be a couple changes to accommodate the different equipment.
- Nearly everything in the L1 & L2 handbook is relevant!
- Sailors with a disability should be taught as any other sailor would. They are expected to rig their own boat and be responsible for completing the checklist in the book, with as minimal adaptation as possible.
- If you are instructing a blind sailor, consider the communication techniques you use. A good idea is to use a clock analogy: the jib sheet is at 2 o'clock to the boat, or the wind is at 9 o'clock.
- If there is an exercise (such as the capsize, or tying knots) that the sailor is physically unable to do due to the nature of their disability, ensure they can at least identify purpose and describe it to somebody else who can help them complete that task in the future.
- Yachting New Zealand recommends that any instructors or coaches that work with sailors with a disability attend a YNZ/ Halberg Trust Inclusive Coaching seminar- or other 'No Exceptions Training' modules.



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Learn to sail Instructors using the LTS supplement are encouraged to use the unmodified version wherever possible. Changes to the LTS Syllabus should only be made when the sailor's disability prevents them from achieving an item on the checklist.

## Level One

*Part 1:* Test your lifejacket to make sure it can keep you face up out of the water. If you cannot complete the 50m swim test, at least get in the water to see how you float!

*Part 4:* Capsizing may not be possible if using an adapted boat, however the sailor will still need to learn to bail the boat, and learn what other rescue scenarios could be. How would you ask for help if you needed it?

*Part 5:* Some organisations sail from a dock because the keel/centreboards remain down for the time you are sailing. For this reason you need to learn how to leave the dock. Try to approach the dock slowly and come in on an upwind or slight reaching angle. Also, teach correct placement of lifting strops, and how to use the bowline to stay in control.

*Part 6:* Describe /show how to lift people in and out of the boat. Also, mention that the joystick crosses steering lines so that it works opposite to a tiller.

*Part 9:* Getting out of irons in the servo: sails out, wait until going backwards, then helm over.

### Changes to the Checklist

*pt3.* I can identify and describe how to make knots

*pt4.* I can explain to somebody how to help me if I'm in danger

*pt5.* I can get myself in and out of the boat safe

I remember to check that my C.B. pin is in

## Level 2

*Part 1:* Include how to reef. Add another boat diagram with more terminology ie: Traveller, Reef line, Jib, Jib sheet, Mainsheet, Cleat, Pulley, Centreboard/keel, Centreboard/keel case, Centreboard/keel pin, Inspection hatch

*Part 3:* Add where to sit, moving even the head side/side will be like a roll tack.

### Changes to the Checklist

*pt1.* I know how to reef my sails

*pt3.* I can identify and describe how to make knots

*pt7.* I can come along the dockside safely

*Use Games to teach the skills- keep the learning FUN!*

*Don't wrap sailors in cotton wool, let them experience the school of hard knocks from time to time*