



Sailors FAQ

How do I start? Find out what is already happening in your area. Contact Yachting New Zealand, a yacht club near you, or any other disabled sports organisation for the names of people and clubs who will help you get started or re-started.

Where do I start? Some organisations and yacht clubs offer 'Have a try' days. These are excellent ways to find out if you will like sailing. Visit the Yachting New Zealand website to find a club near you.

What clothing do I need? Clothes should keep you warm and dry. Even on the sunniest day, it can be cool out on the water. Always take a complete change of clothes, not because you will fall into the water, but because you may get splashed. (Do not invest in special clothes until you are certain that you like sailing you can usually borrow waterproofs for a trial day.)

Will the weather be a problem? All good sailors carefully monitor the weather. You will not be expected to sail in conditions beyond your capabilities or wishes.

Will I be taught how to sail? Training is normally available for beginners. Courses range from basic boat handling to racing skills. Training can be easily modified for people with disabilities, and many instructors will welcome your advice on how to meet your needs. Yachting New Zealand runs courses at all levels.

What if I cannot find help? If you cannot find an established sailing organisation providing opportunities for people with disabilities, create one! Contact Yachting New Zealand, they can help.

Need I worry about safety? A buoyancy aid/lifejacket is always worn; initially someone will lend you one. Experienced sailors will be on hand to provide all the safety equipment required, including rescue boats.





Volunteers FAQ

Do I need special training? No. But it's useful and fun to learn about safe boating practices and even some basic coaching skills. Yachting New Zealand offers courses in many aspects of boating that can help up skill volunteers.

What level of commitment is expected of me? That's up to you. And you can decide once you are involved. But remember, a promise of help will be relied upon. Someone's sailing could depend on you!

What is there for me to do? Transporting disabled sailors to the venue; helping sailors move around the shore; launching, rigging and retrieving boats; handling trailers; fetching and carrying; assisting with transfer into and out of boats; assisting on the chase boat, washing boats; Boat maintenance; enjoying the fun and social interaction.

Can my sailing experience be used? Absolutely. Coaches and sailing buddies will always be welcome.

Are other skills useful? Yes. But none is essential. If you are a medical professional, handy with tools, or have experience supporting people with disabilities, your skills will be welcomed.

Do I have to be physically strong? No. There is work for everybody.

What's in it for me? Loads of fun! Sailing often takes place in lovely settings. Somehow, it seems to attract crowds of super people. So, come along and see for yourself. You may get cold and wet and muddy, or hot and sticky and sunburnt; but we can promise you a lot of fun!

