

# Yachting NZ Inclusive Coaching!!



*Creating a coaching session that includes sailors of all levels and ability. So that everyone can practise and compete in the session with equal amount of coaching time and input.*

## Terminology

- The term handicapped is used for golf and scoring boats, not a name for people.
- The context of a word makes it positive or negative.
- Medical terms tend to have a negative feel about them
- Words like suffer are also negative.
- We don't need to group or label people, lets just go sailing.



## Philosophy

*“There is far more to this than little boats and sailing. Sailing is the ideal catalyst which brings together members of the whole family and community. It integrates disability and helps able bodied people to understand disability, it includes minorities and the elderly as well as females, and involves young children in a clean and natural, environmentally friendly activity which is good for them, and good for the whole community.”*

[Access dinghy website](#)

ACQUIRED DISABILITY	CONGENITAL DISABILITY
Accident or illness	Born with the condition
Know how to do a skill but may struggle to physically do it	Less comprehension of the skill, takes longer to learn it.
If you know a little about what the person can do, you can assist them to sail in a way that will work for them. It's more important than knowing what they can't do.	

## Examples of how to be inclusive

### Modify Drills for sailing:

Don't separate slower & faster sailors look at drills that even things up. E.g. make the leader do a 360 and the others will catch up. Another example, the first sailor gets to the top mark all sailors turn and head for bottom mark at the same time.

We want to avoid splitting into groups of ability as much as possible when dealing with beginner sailors. Use a buddy system and rotate partners, the kids will teach each other and use language that will make sense to each other. Make the activity work for the less able individuals.



## CASE STUDY

### Teaching kids how to get out of irons

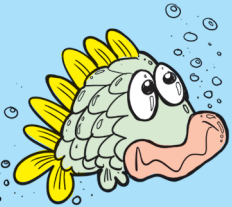
- **Teaching style** – Simple terminology (stick for tiller and rope for mainsheet)
- **Teaching style** – Make up a rhyme to help remember (Push push or pull pull)
- **Rules** – Sailing up to the mark (not important how close they are to it)
- **Equipment** – Tiller extension off (makes it easier to change sides and hands)
- **Environment** – Choose area where wind is steady, shifts will make it hard.

## TIPS

- Think of scenarios before they happen, plan in advance.
- Ask the sailor what they can and can't do.
- Don't assume they need your help; ask if they would like your assistance.
- It is important for disabled and able sailors to be active so don't worry if someone gets injured its part of the game. Don't wrap people in cotton wool

let them experience the school of hard knocks from time to time.

- Don't make it different to the normal activity.



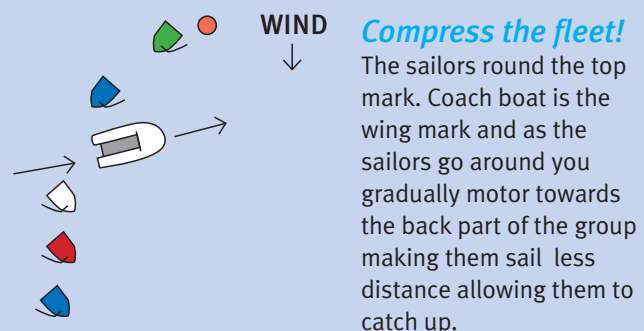
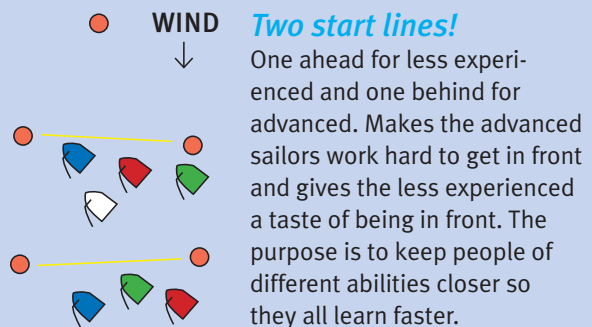
## FOR MORE INFORMATION...

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## Use the TREE tool to modify a game or drill to suit any individual

- T** **TEACHING STYLE;** to be used, e.g. buddy the person they will steer the boat and the partner will control the mainsheet. There are many different methods of teaching find one that suits.
- R** **RULES;** modify the rules to create success for the individual. E.g. its not important if they hit the mark, the most important thing is that they are able to do the activity.
- E** **EQUIPMENT;** e.g. tiller extension put away, how can you modify equipment to make it easier technology is a big part of sailing use it to make sailing easier.
- E** **ENVIRONMENT;** you can modify the environment to make learning easier. E.g. Find a sheltered area with little tide to make sailing easier.

## Examples of inclusive games and drills...come up with some of your own



### Sit on your bum drill!

This takes the emphasis away from the physical aspect and makes the sailors trim sails and make good decisions. This will bring other kids to the front of the race and will create a more even playing field for the less physical sailors.