

LD BRIEFING May 2017

The number of members with Learning difficulties (LD) is almost *half our membership* and is more including groups. They can vary from very disabled members to those with mild learning difficulties some may also be autistic. The majority of LD, (appx 20 members), will take part in the RYA Certificate of Recognition Scheme. This is based at 5 levels with a list of skills, some are compulsory and some you can choose. This makes it suitable for different levels of ability.

- **Entry** – Can sit and get in a boat, wear a buoyancy aide and point at the sails. It is suitable for those more disabled in groups and for individuals who go out with carers. It may take several weeks to sit in a boat. They must do 4 sessions, *2 on the water*. (7 completed last year).
- **Bronze** – Can steer a boat, cleat and uncleat a sheet, put on a buoyancy aid and know the jib and mainsail. Freedom Support and others, both in the Access and Longboats, go straight to this. At least *5 sessions on the water*, so it will take a few weeks and up to a season. It is good for groups and individuals.(12 completed last year)
- **Silver** – Can tack and gybe, leave the pontoon safely, sail a figure of 8, steer a straight line. At least *7 sessions* over a season or more. They may start to sail alone and do the RYA Certificate of Recognition Start Racing course with assistance. (2 Completed last year but is often more).
- **Gold** – Can tack and Gybe and know the difference! Sail upwind and sail a triangle, rig a boat or instruct someone else to, control speed and sail safely alone. Do the start racing course without assistance. (1 completed last year, about 5 have completed it in total).
- **Platinum-** Can sail solo in strong winds, know when luffing and correct it, can help teach others and understand mark rounding rules! The scheme is too difficult for most people, Michelle, Adrian and Jonathan have passed, but only Michelle fully. I suggest that like *Peterborough Sailability* we do an amended version with an emphasis on mark rounding, spilling wind and sail setting (in for beat, out for run) as these seem the hardest for participants to complete.

Each member has a book which is kept in a ring file, one for Freedom Support and one for others. Each session is recorded in the back, Freedom Support staff do theirs. If you are taking a scheme member out, look in their book for 1 or 2 things to do. In the long boat try to get people steering, pulling the sheets and identifying parts of the

boat like the main, jib, bow and stern by saying or pointing.

Instructors and Assistants can tick off practised and completed skills and S. I's sign off the levels, issue badges and record in the book. The badges, book etc. are kept in a box file. Barbara and myself try and keep it organised.

Consistent standards are not easy to maintain, so some flexibility can be given in the level of support. So it is ok if the instructor gives direction help them sail a triangle and they have got 2 seasons experience for them to get their silver

This year we are planning to try Freedom Support in 2 groups of 4 Access boats, 45 minutes for each group. There are some who get ready quicker than others so they can go out first and we encourage them sailing in pairs.

Start racing Course and Special Olympics

We have run a couple of *Start Racing* courses each year with 4 sessions each. We base it on the RYA Certificate of Recognition and the Special Olympics syllabus. Now we are a registered **Special Olympics** Club through Northamptonshire Sport and the national scheme. See web link. So, we are eligible to send a team to an inter club event at Rutland or at the National or International races. Lots of sports including; Tennis, golf and athletics are involved. For an event, all the coaches and assistants need to have a DBS clearance check (Child protection), paid for by Special Olympics.

This year if we keep the main sessions at 4 boats each, but still have as many sailors as possible and at all levels using instructors for the final races and duck hunt.

This is much easier now we have a Jaffa and our own buoys.

Course Dates: 19/23/26/30, June
25/29, September

Subject to availability, Richard, Mike, Karen, Matt, Michelle, Meg, Roy and others.

Richard Elliott S.I

LD lead Northampton Sailability