



Sailors with disABILITIES

Schools' Training Manual

Sydney Harbour



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Document Version 6.0

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1. Who and What is Sailors with disABILITIES

In 1994, Sailors with disABILITIES (SWD) was formed as a non-profit organisation to offer people with disabilities the opportunity to go sailing. SWD is made up of a group of dedicated people, who love sailing and want to encourage others, no matter their abilities, to share their pleasure in the sport that is exhilarating, fun and challenging.

SWD's activities are aimed at helping people with a disability demonstrate their skills, dedication and commitment to achieving their goals. There are many levels of sailing that can be achieved and all sailors compete at the same level as the sea makes no allowances for anyone.

Sailors with disABILITIES is committed to changing society's perception of people with disabilities, and the way they regard themselves by providing the tools to build confidence and self esteem.

Our vision is to take ownership of our circumstances and create vehicles to demonstrate what can be achieved. We are a not for profit organisation founded in 1994 which uses integrated sailing as a medium to deliver free programs to disabled and disadvantaged children, adults and their carers

Over 3,000 children a year participate in our programs during the week and on weekends, supported by 150 volunteers on Sydney Harbour and along the east coast of Australia.

Harbour sailing, ocean racing, youth and schools' programs, and inshore and coastal sail training programs are just some of the ways SWD achieves this goal. We are working hard to continue to offer this service free of charge, but we need to rely on the generosity of our sponsors and volunteers.

Please visit our website for further information about our organisation:
www.sailorswithdisabilities.com.

2. Important Information for Group Sail Days Sydney Harbour

GROUP LEADERS and CARERS

Following must be read and understood

SAILORS WITH DISABILITIES GROUP SAIL DAYS – IMPORTANT INFORMATION



We look forward to welcoming you on board our boat. The following information is very important to read in advance of your sail with us. As our organisation is run by volunteers, we need you to help us, so please do read the following carefully.

- 1. PLEASE MAKE SURE YOU HAVE NOTED YOUR SAIL DAY TIME AND DATE, AND HAVE SENT AN EMAIL WITH THE FOLLOWING INFORMATION**
 - confirmation of final numbers,
 - the name and mobile number for the team leader,
 - confirmation of the number of people who will be in wheelchairs,
 - confirmation if this is your 1st, 2nd, 3rd etc sail with SWD and
 - confirmation that you have read and accepted the information in this document

TO DI LITHERLAND AT SWD.

- 2. PLEASE PROVIDE SWD WITH A CONTACT PERSON FOR YOUR GROUP ATTENDING THE SAIL DAY – WE NEED A CENTRAL CONTACT PERSON IN CASE THERE ARE WEATHER CHANGES.**
- 3. PLEASE READ THE FOLLOWING HELPFUL INFORMATION TO ENSURE YOUR SAIL DAY WITH US IS ENJOYABLE.**

Who we are

Sailors with disabilities (SWD) is committed to changing society's perception of people with disabilities. SWD's members believe that disabled people are capable of participating in active and responsible roles within society and should be treated as equals.

Harbour sailing, ocean racing, youth and schools programs, and inshore and coastal sail training programs are just some of the ways SWD achieves this goal. We are

working hard to continue to offer this service free of charge, but we need to rely on generosity of our sponsors and volunteers.

Please visit our website for further information about our organisation
www.sailorswithdisabilities.com.

All participants are to be made aware of and accept the following terms and conditions

All care will be taken by SWD during your time on the boat. Should something happen that, despite SWD's efforts, leads to loss or damage of property, or injury, you agree by participating in the sail that you will hold SWD free from any responsibility for the loss, damage or injury.

Time

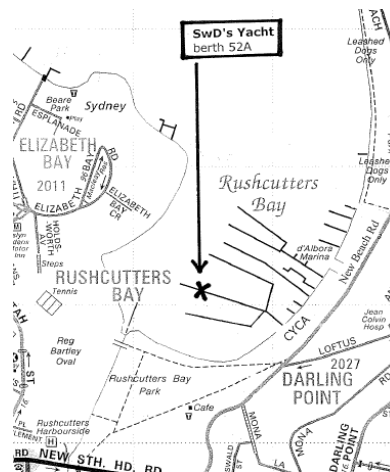
We run two sessions per day for harbour sail days throughout summer:

- 9.30am – 12.00pm
- 12.30 pm – 2.30 pm

We understand that there may be delays due to a variety of reasons, however, the yacht is always prepared to sail later or return earlier subject to your requirements.

Address

The boat is moored at the Cruising Yacht Club of Australia (CYCA), New Beach Road, Rushcutters Bay/Darling Point. The boat is usually on the main arm at berth A44, or nearby. She has a pale blue hull.



Toilet

Due to the severe limitation regarding the use of the boat's toilet, all necessary toileting should be carried out at the marina prior to joining the boat. There are wheelchair accessible toilets in the Club. Carers may be required to sign in as visitors to the Club prior to the use of these toilets.

Parking is not easy. There is some on-street parking on New Beach Road, however, after dropping the children at the Club, you may need to go to Darling Point Road, beyond St Marks Church. Please allow at least 20 minutes to find a carpark and walk back to the Club. Disabled car parking may be available outside the club but it cannot be guaranteed.

School/Group minibus transport. When using this transport there is a possibility of using a CYCA allocated parking facility. Please contact your duty Skipper 10 minutes prior to arriving at the club and you will be advised where CYCA parking is available.

Public Transport

By Train

The nearest station is Edgecliff.

By Bus

Nos 324, 325 and 326 depart from Circular Quay going to the Eastern Suburbs (travels along New South Head Road, alight at Rushcutters Bay Park). No 327 departs Gresham Street and stops on New Beach Road at the CYCA entrance.

How to find the boat

When you get to the entrance of the CYCA, take the path to the right of the club, past the restaurant and down towards the water, out onto the wharves. Walk straight ahead onto wharf A, and you'll find us on the left, at berth 44 or nearby.

Photography

SWD has cameras on the boat for security and promotional purposes and we reserve the right to use any photos both on our website and for other promotional purposes. Where wireless coverage is available live images from the boat will be posted on our website. Digital photos and/or video of all our sailing trips are usually available on our website a day or two after the trip.

Copyright of photographs and videos will remain with SWD.

The fixed CCTV cameras on board will be in use on most sails.

What to wear and bring

Please wear warm casual clothing and white/light soled shoes. Please bring:

- **No black soled shoes allowed on board**
- Wet weather clothing/spray jacket if available
- Wide-brimmed sun hat with chin strap and sunscreen
- Drink, preferably water in a plastic container. **NO GLASS PLEASE**
- **If your group has sailed before, bring your **SWD Red Hats****

Please note that our boat is a *Smoke-Free Zone*.

Weather

As sailing is a water sport we usually sail even if it is raining, however we sometimes have to cancel a sail due to strong winds. If it is necessary to cancel your sail the Duty Skipper will advise your contact before 6pm on the evening prior to the sail. However, should the weather be particularly adverse on the morning of your sail day and you have doubts on the ability of your children to handle the changed conditions you can contact the Duty Skipper to cancel.

The decision of the Skipper to sail or cancel is final.

However on arriving at the boat the person in charge of the group may decide to cancel or limit the time the boat is out.

Participants

We take a maximum of 15 people, including carers (MAXIMUM 5 WHEELCHAIRS – this may be reduced depending on the size of the chair). If there are electric wheelchairs the total number may have to be reduced. The minimum numbers are 10 people, including at least 5 people with a disability.

Cancellation policy

Visitors may cancel or postpone a booking at no cost up to 2 weeks prior to the sail date.

We also need the information of the participants and the name and mobile number of the person who will be in charge on the day. If we don't receive this information a week beforehand, SWD will be entitled to cancel the booking/sail.

To be invited to sail with us again, visitor groups need to respect our cancellation policy.

Feedback

Feedback from visitor groups is important because it allows SWD to improve its programs and to demonstrate to our corporate sponsors the extent and benefits of our programs.

We provide each visitor group with a feedback form but we also greatly appreciate any letters, drawings and especially photographs that visitors send us after their sail day. Please note that we may display these items on our website or reproduce them in promotional material.

To be invited to sail with us again, visitor groups need to comply with our request for feedback.

Membership

Visitors are invited to become members of SWD, and if you are interested in becoming a member, please talk to a crew member on your sail day or download a membership form from our website. The annual membership fee is \$50.00.

Responsibility for the behavior of the guests while on board will always remain with the CARERS and should the SKIPPER decide that there is not sufficient control being exercised then the boat will return to base and the sail terminate.

PLEASE EMAIL DI LITHERLAND AT SWD,
info@sailorswithdisabilities.com, and confirm the above information has been read and understood by the Carers for the nominated sails.

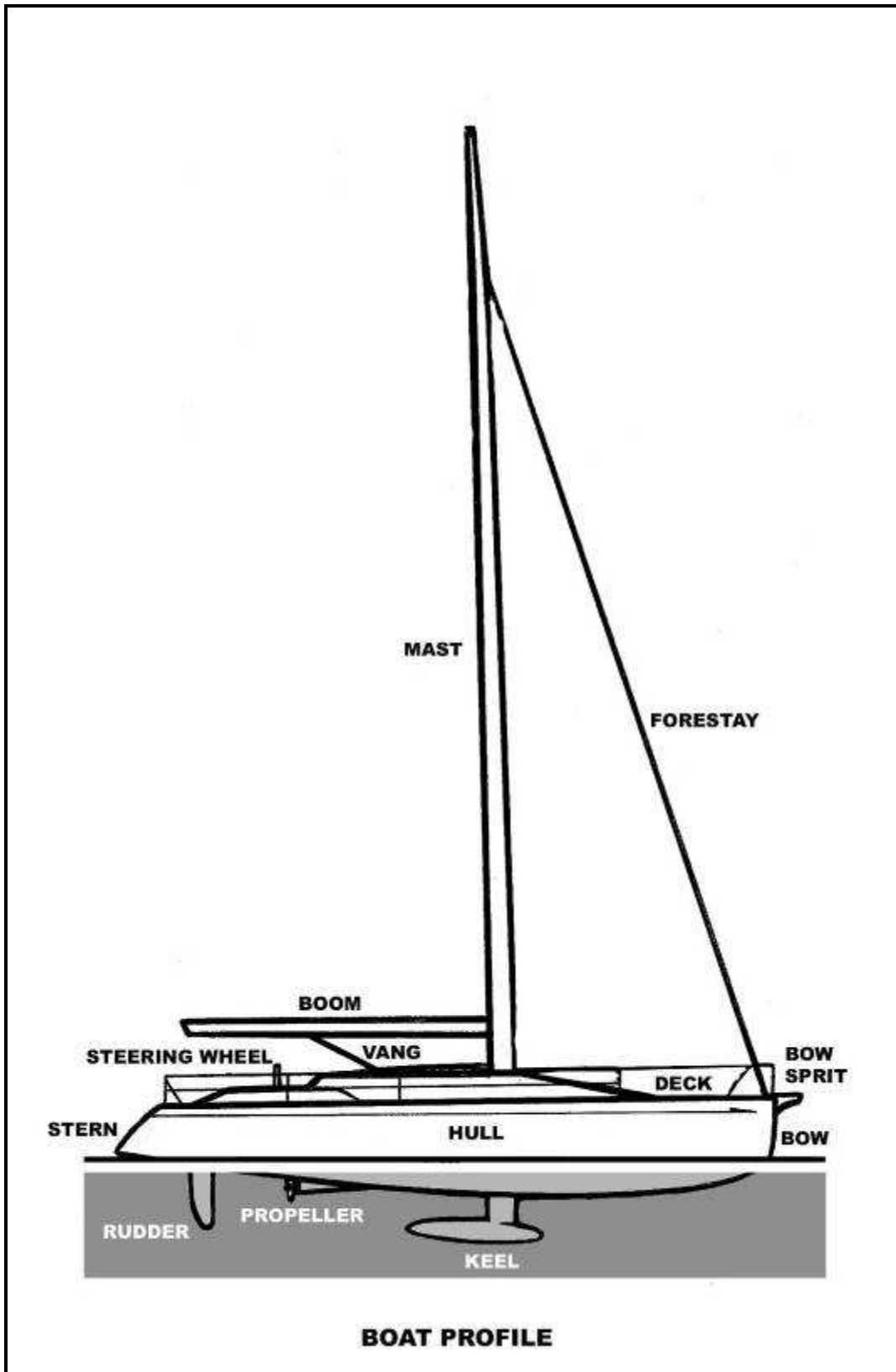
3. About the Boat

In the year 2000, with the help of its members and sponsors, SWD built and launched a Lyons' design 16m yacht. This boat includes many thoughtful adaptations for disabled people and has a wide flat deck that accommodates wheelchairs.

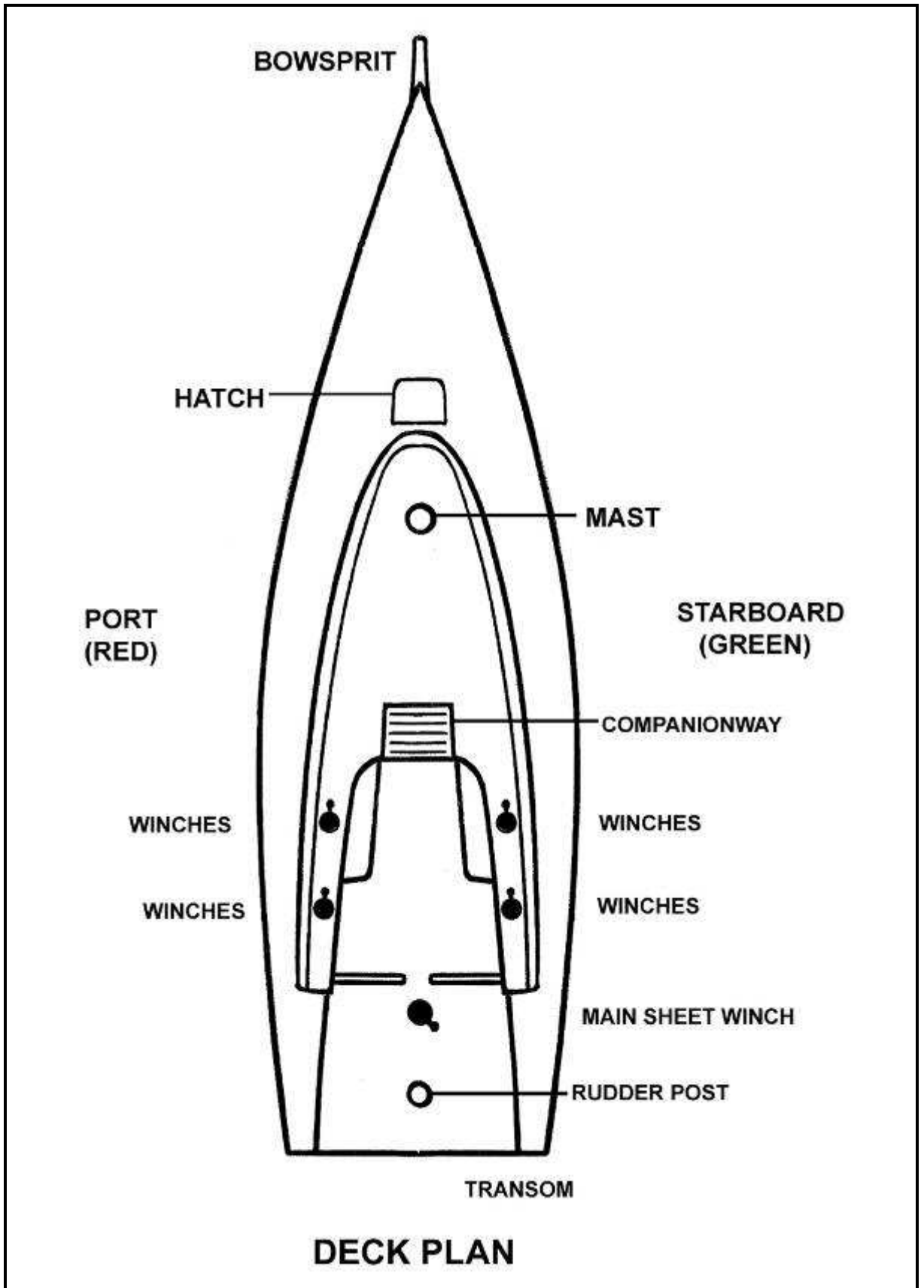
Boat Name: Kayle (also referred to as Sailors with disABILITIES)
Designer: David Lyons
Built: 2000
Length: 16.2m
Beam: 4.3m
Draft: 3.3m
Weight: 10 ton
Mast Height: 25.8m



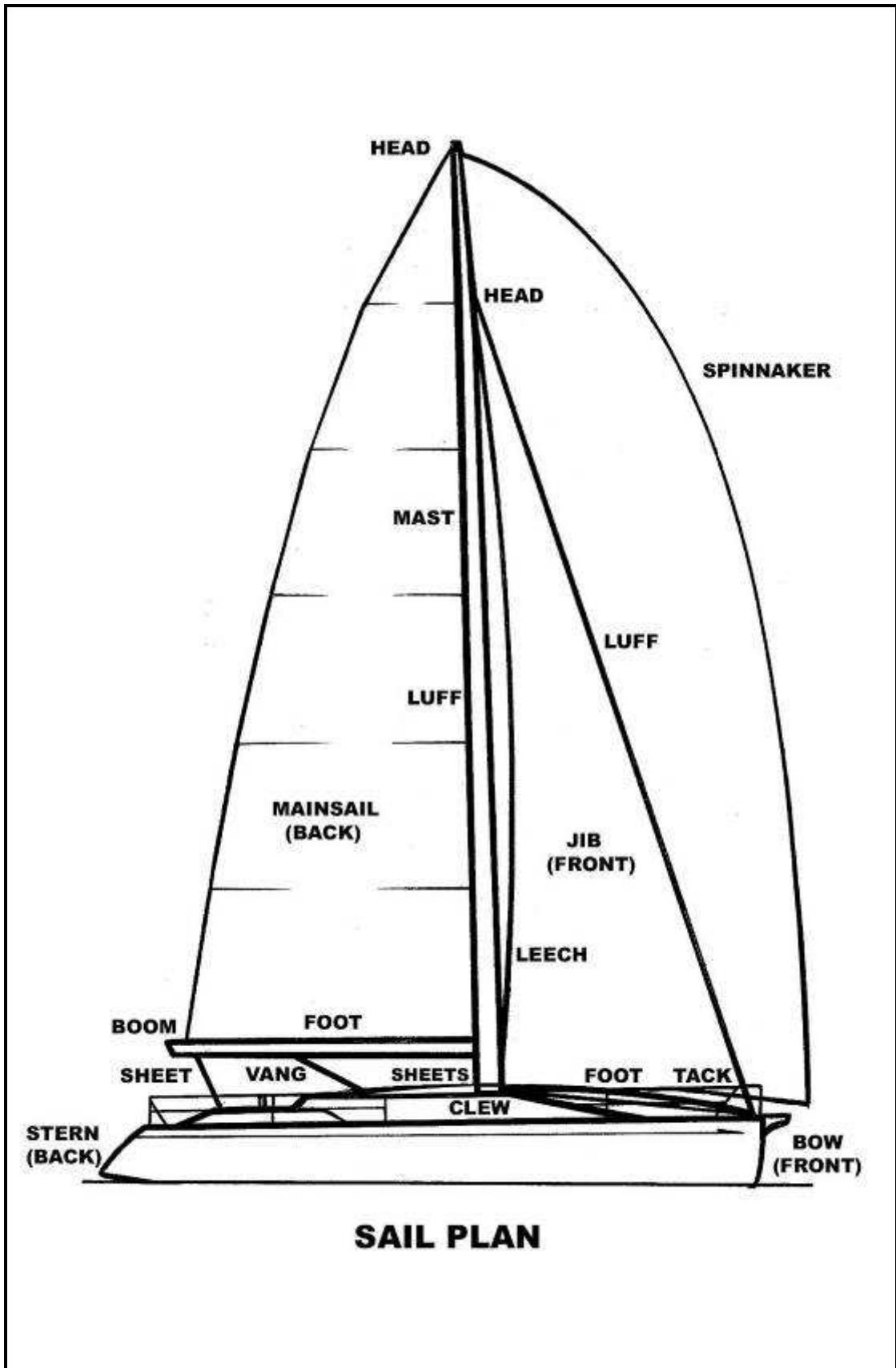
Boat Profile



Boat Deck Plan



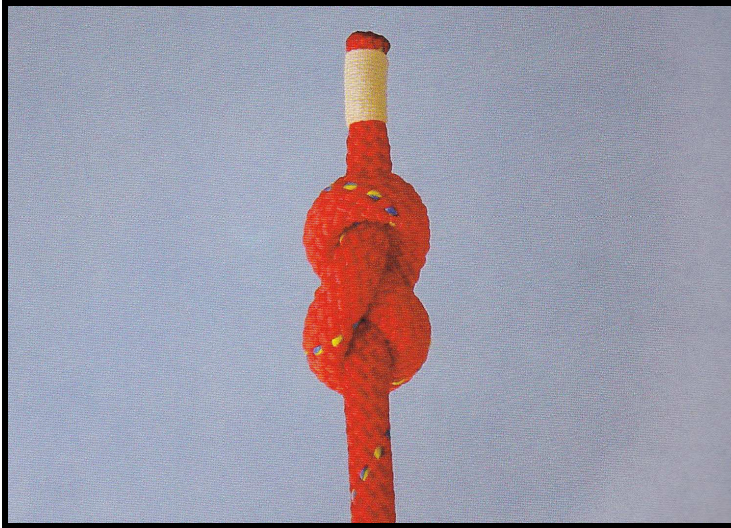
Boat Sail Plan



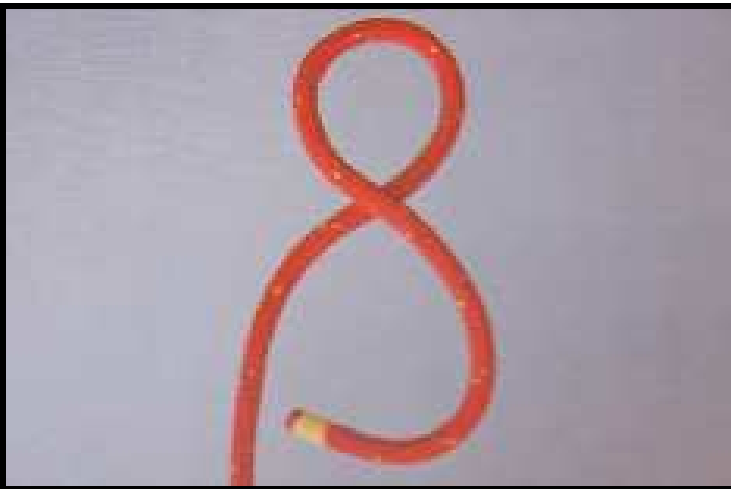
4. Basic Knots

Figure of Eight

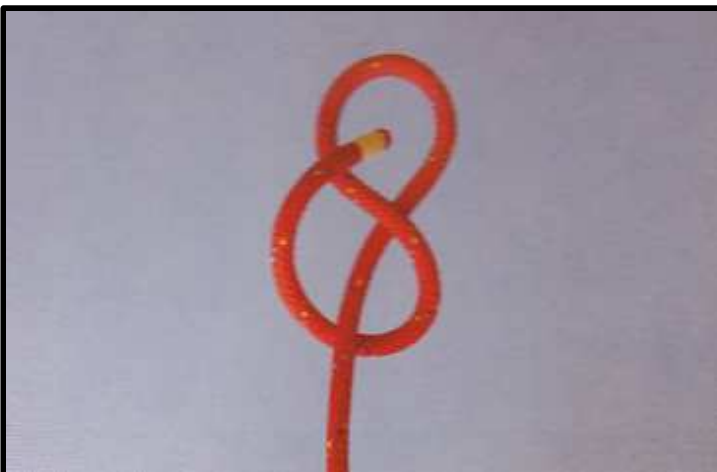
In thicker rope, the figure of eight knot serves as a 'stopper' knot, to prevent a rope running out through a pulley or a sheet lead.



1. Take the loose end round behind the standing part.



2. Then go front to back through the eye.

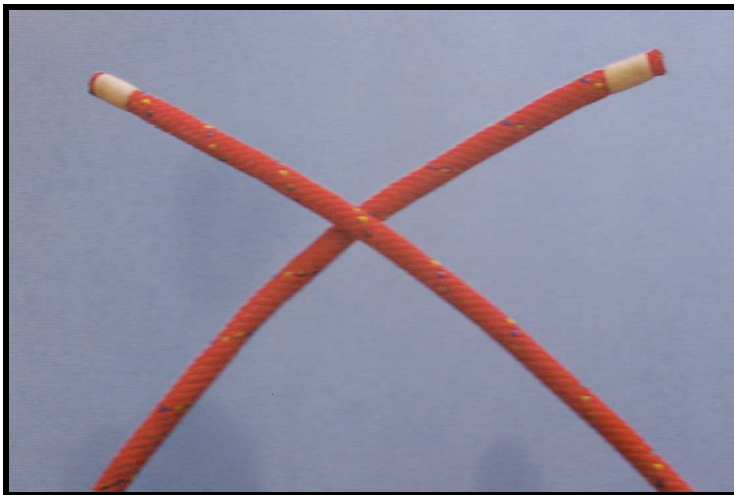


Reef Knot

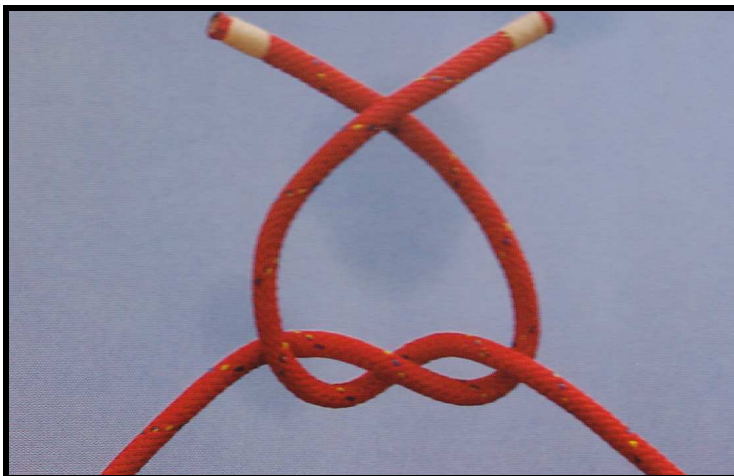
The Reef Knot ties together two ends of a rope under pressure.



1. First right over the left to tie an ordinary knot.



2. Then left over right to complete the knot.



Bowline

The bowline is a common knot used to make an eye that will not slip or come loose, and that is easy to untie even when the line is under a heavy load.



1. Form a small overhead eye in the rope and pass the loose end through the eye.



2. Go around the standing part and back through the eye again.



Clove Hitch

The clove hitch can be used to quickly fasten a rope that may then be adjusted in length.



1. Make a round turn and cross over.



2. Take the end around once more and push it through under itself.

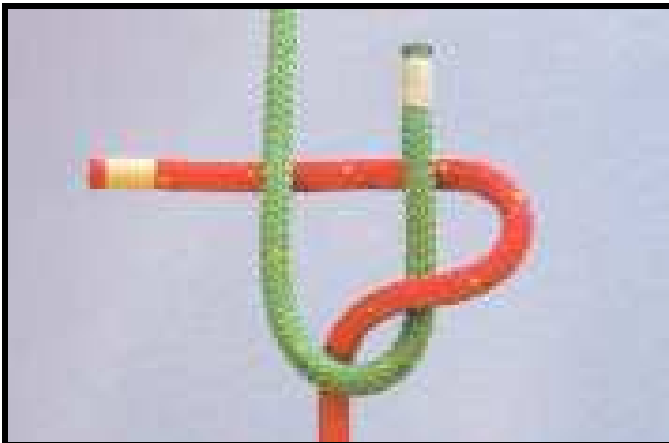


Sheet Bend

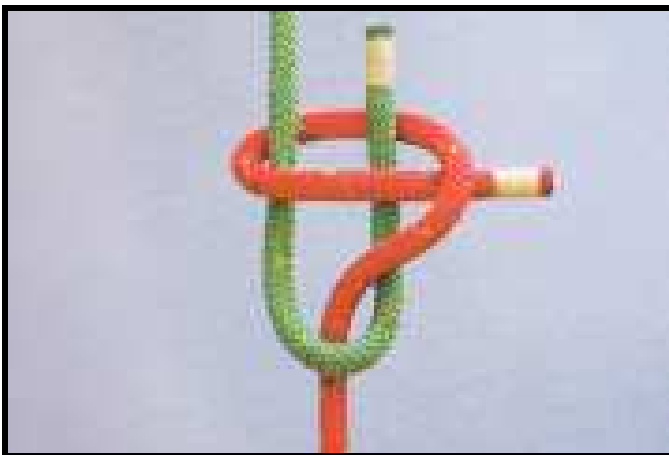
The sheet bend is used to join two ropes of not a similar thickness and composition.



1. The green rope forms a bight. The red rope is taken around as shown.



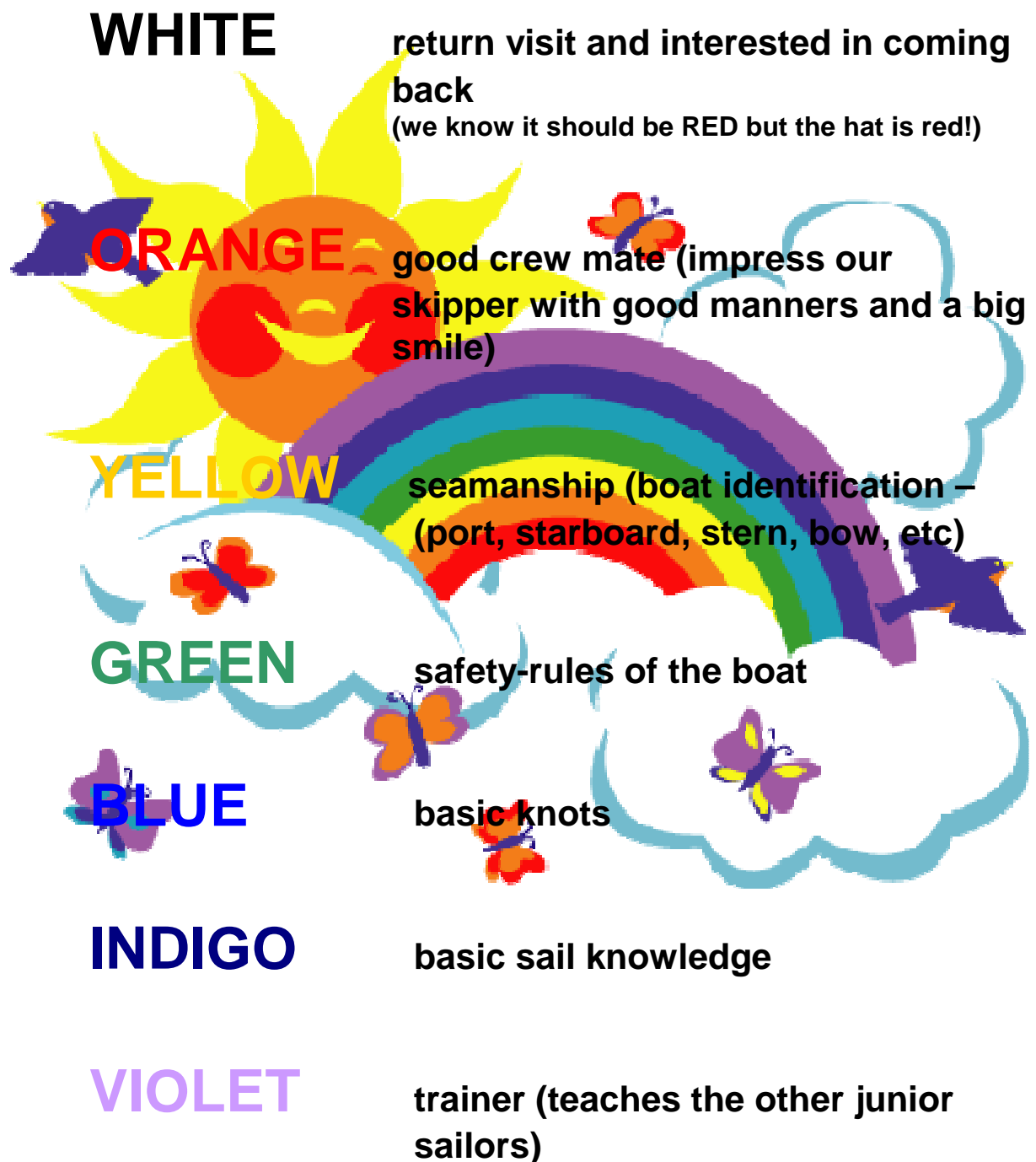
2. So that after being pushed through under itself, both ends finish up on the same side of the knot.



5. Skills Hat Markers

The training program is based on children enjoying their participation in our school day sails, and by using this simple manual at school before sailing, and on return visits, we encourage the children to pass a skills' test and receive a coloured marker for their SWD Hats.

The program follows the colours of the rainbow "ROYGBIV".



6. Glossary of Sailing Terms

Abeam	On the side of the yacht, or at right angles
Ahead	In the direction of the yacht's bow (front)
Amidships	In the centre of the yacht
Anchor	A heavy instrument for holding the yacht to the sea bottom
Astern	In the direction of the stern (back) of the yacht
Backstays	Rigging from the masthead to the stern or sides of a yacht
Berth	Place where yacht is moored or a place to sleep
Block	Case with a sheave through which a rope runs
Boathook	Long staff with a hook on the end to pick up a rope
Boom	Spar used to secure the foot of a sail
Bow	The front end of the yacht
Bowsprit	A spar protruding forward of the bow
Buoy	A floating object to tie up to or mark a channel
Clew	Corner of a sail at juncture of the leech and foot
Compass	Instrument that shows the course
Draught	Depth of water required to keep yacht floating
Fender	Device for hanging over the side to prevent damage
Foot	Lower edge of a sail or the bottom of a mast
Granny Knot	An improperly tied reef knot
Gybe	To bring the wind from one side to the other around the stern
Halyard	Ropes used to hoist sails
Head	Peak or top of a sail
Hull	The body of the yacht
Jib	The triangular sail secured to a stay forward of the mast
Jib Sheets	Ropes from port and starboard used to control the jib
Leech	After edge of a sail from the head to the clew
Luff	Forward edge of a sail from the head to the tack
Mainsail	Large sail secured to the back of the mast
Main Sheet	Rope controlling the main boom
Mast	Spar set vertical to support rigging and sails
Port	Left side of a yacht looking forward
Rudder	Blade used for steering
Shackle	U-shaped piece of metal with a pin through the end
Starboard	Right side of a yacht looking forward
Steering Wheel	Wheel used to move the rudder and cause the yacht to alter course
Stern	After or back end of a yacht
Tack	Lower fixed corner of a sail
Tacking	To bring the wind from one side to the other around the bow
Transom	A squared stern
Vang	Device fitted between boom and foot of mast to stop boom rising

7. What's What On The Harbour

Historical places of interest on the harbour:

Bradley's Head - named after First Lt. William Bradley, 1788. The Mast of the HMS Sydney commemorates the battle between Sydney and a German Raider "Emden" on November 1914. A Doric Pillar from first Sydney Post Office was placed at Bradley's Head in 1870, it was the eastern end of a measured nautical mile, the other end is the centre of the tower on Fort Denison.

Camp Cove - first site of settlement or camp by Captain Philip on 21st January 1788 with Captain Hunter and three long boats

The **Cruising Yacht Club of Australia** is the premier Ocean Racing Club in Australia. It is the home of the Rolex Sydney to Hobart Race and yes SWD did compete in the 1998 race, the crew went on to win its division in the race.

Cockatoo Island - named after wild life, first wheat silo store, convict barracks and prison. First Naval dry dock which became a major ship repair facility.

Darling Harbour - named after Governor Ralph Darling; early name Cockle Bay, site of abattoirs and ship building

Elizabeth Bay - "Tresco" the official residence of the Commander of Naval Support Command. Built in 1865.

Farm Cove - the site of the colonies farm, now Botanical Gardens.

Fort Denison - after Governor Sir William Denison. Site of Sydney tide gauges, a gun is fired at one o'clock each day. Previous names are Rock Island and Pinchgut; Fort construction began in 1840.

Garden Island - was given its name because it was the site of the colonies first market garden. In 1788 Governor Phillip sent an Officer and a party of men from HMS Sirrus to clear an area for the garden. Originally an Island, it was redeveloped to house the Navy. There are extensive aboriginal carvings on the eastern end of the island.

Until the mid 1980's parts of a Japanese midget submarine and the bow of the voyager were positioned on this site

The sculpture on the eastern side of Garden Island is a monument to the corvette?

Goat Island - named after the first fleet's practice of putting goats on the islands to graze.

Harbour Bridge - In 1885 a tunnel was proposed. The bridge spans were joined in March 1932. Granite was transported from Moyura on the south coast by ship.

Kirribilli House - residence of the Prime Minister. Built in 1833.

Mosman Bay - "Mossman's Bay" - after Archibal Mosman who had a whaling station in 1830.

Neutral Bay - known as neutral harbour, directed by Governor Phillip as an anchorage for foreign ships to anchor. Ships were unable to train their guns on the settlement at Sydney Cove.

Middle head - a maze of tunnels and gun emplacements.

Mrs Macquarie's Point - after Governor Macquarie's wife, it has a seat carved in the rock where she would sit and view the harbour.

Opera House - site of Fort Macquarie the first harbour fortification to be built. Demolished in 1900

Port Jackson - the official name of the harbour, named by Captain Cook, 7th May 1770 for Sir George Jackson, Secretary to the Lords of the Admiralty.

Quarantine Beach - location of the Quarantine Station 1837 to 1979. The rock carvings of those who were compelled to remain are a stark testimony to their plight.

Rose Bay - named after Sir George Rose, a close friend of Governor Phillip in England. Site of the sea plane base.

The **Royal Australian Naval Sailing Association** building is located within the Sir David Martin Trust site. This site was the venue for the 2000 Olympic and Para-Olympic sailing. The site also houses the Drill Hall, which is grey in colour and clad in galvanized iron. It was originally situated on the current Opera House site, and was the departure point for the Sudan Contingent, 3rd March 1885, the first Australian Military Force raised for service overseas.

Royal Sydney Yacht Squadron - opened in October 1862. The Flag staff is from the collier "Bellambi" and the whale bones are from two fold bay.

Rushcutters Bay - named because it was the collection site for local building material, original name was rush cutting bay

Shark Island - named because of the numerous sharks in the area particularly during the whaling season.

Spring Bay - a fresh water spring is located in the area. Ships would resupply their water stocks on arrival.

Sow and Pigs - named by the early settlers because, at low tide, the rocks resemble a sow and her piglets.

Sydney Cove - named after Viscount Sydney, Secretary of Estate for the Colonies 1788

Taronga Zoo - Aboriginal name for water view. Built in 1912 on the Ashton Park Estate. Originally the Zoo was located at Moore Park.

Whales are becoming more frequent in the harbour Each year, dolphins and seals are regular visitors and there is a permanent colony of Fairy Penguins at Manly. Whales were first sighted in Sydney Harbour in 1790 when a large Sperm Whale was sighted off Bradley's Head.

Vaucluse Bay - named by Henry Brown-Hayes, a convict who purchased land and named it after Fontaine-de-Vaucluse - a town in France.

Watson's Bay - named after Robert Watson, the first Sydney Harbour Master.

Reference - Sydney Harbour. J.M.A. Stringer & Co. 1984