

SEATING FOR SAILING (ANOTHER FORM OF MOBILITY)

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Sailing for people with disabilities is a growing sport all over North America. Unlike most other sports, sailing is accessible to all – no matter how severe the disability. Seating for sailing is very similar to seating for wheelchairs. Rehabilitation professionals have a great deal to offer disabled sailing programs by sharing their expertise regarding the provision of adequate postural support, skin protection and access to special electronic controls.

This poster explains how specially designed sailboats make it possible for people with varying levels of disability to not only sail but even to compete on a level playing field with able-bodied sailors. Information on adapting boats for disabled use is shown. The similarities between wheelchair seating and sailboat seating are illustrated. A handout with a list of additional resources is available.