

## What to wear?

In spring and autumn it can be cool on the water so you will need layers of warm clothing, soft sole shoes, waterproof jacket and trousers and a hat.

In summer, shorts, sunglasses, sun block 30+ and a sun hat are sometimes needed.



## What does it cost?

Your first taster session is free. After this we encourage sailors and volunteers to join and ask for a donation to cover membership costs.

**If you are interested, phone or email to arrange your first session.**



## Can you help?

### As a supporter

Our sailing programme is only made possible by the generosity of those who support us with donations, sponsorship or grants. If you would like to help our disabled members enjoy the benefits of sailing you can contact us or make a donation to Poole Sailability directly through

[www.virginmoneygiving.com](http://www.virginmoneygiving.com)

We welcome donations or sponsorship from individuals as well as commercial organisations.

### As a volunteer

For those who will be sailing, a skill level equivalent to RYA Level 2 or Day Skipper is essential. Potential helpers will be invited to attend a sailing session to see how they like it, and if their skills meet our requirements they will be welcome to join.

You can also help with fund raising and social events, or helping with other important tasks, such as 'meet and greet' and welfare of sailors at the beginning of a session.

[www.poolesailability.org.uk](http://www.poolesailability.org.uk)

[poolesailability@gmail.com](mailto:poolesailability@gmail.com)

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Registered Charity 1166542

Poole Sailability is affiliated  
to the Royal Yachting  
Association (RYA)



*Ensuring disability is not a barrier to experiencing the joy of sailing*



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## ***Is sailing for you?***

Poole Sailability provides a facility for people with impaired health or a disability to experience the fun and friendship of sailing with other like-minded people in a supervised environment.



On Wednesday evenings and Sunday mornings from April to September, members can learn to sail or just enjoy being on the water with assistance from our experienced and friendly volunteers.

You can be sure of a warm welcome whether you are a first timer or an experienced sailor. We also have social activities throughout the year.

## ***Where do we sail?***

We are based at the Rockley Point part of the Rockley Park Holiday Park who support our activities. The shore side facilities include fully accessible toilets, disabled parking, and a welcoming beach café.

Our sailing area is the beautiful Poole Harbour which is one of the largest natural harbours in the world.



The session starts with everyone getting kitted out with a lifejacket which we provide. There is then a short briefing about the planned sailing session.

We then head down to the pontoons, where there are plenty of helpers ready to assist you to get on board our boats.

A session usually lasts about two hours on the water, but sometimes we arrange an all day session to explore further afield in the harbour.

## ***What do we sail?***



The fleet consists of four stable and comfortable 20 foot Hawk keelboats, with cushioned seats. Each boat has two experienced volunteers.

Our sailors are encouraged to helm the boats under power and sail, to handle the sails and ropes and take an active part in the sailing of the boat, under the watchful eye of an experienced skipper.



Our boats are accompanied by our Safety Boat, which can provide a swift response if needed, and ensures the safety of all.