

Adaptive Sailing

Description:

Sailing provides opportunities for participants to experience the exhilaration of the open sea and fresh air. Sailing requires the changing of the rigging and rudder on a boat to change the direction and speed of the boat. The boat is moved by wind against the sails. Sailing gives patients the opportunity to work on their balance and learn new skills.

Expected Group Outcomes:

- Build self-esteem
- Improve life outcomes through sailing
- Increase skills and capability
- Increase balance and trunk control
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must have completed an AOA Physical Evaluation with Recreation Therapy
- Must be able to provide own transportation to the location
- Must be able to transfers independently or with supervision
- Must be independent with self-care

Group Size:

Maximum 13 participants

Cost Per Participant:

\$10 per person

Activity Waivers/Paperwork required (if applicable):

Rancho Waiver of Liability (*new waivers required every year*)

Frequency per Month:

- Occurring once per month
- Must reserve 2 days in advance

Address:

U.S. Sailing Center

5489 E. Ocean Blvd,
Long Beach, Ca 90803
(562) 433-7939

www.ussclb.org

Adaptive Sailing Pictures

