

SAIL TO PREVAIL

The National Disabled Sailing Program

Sail To Prevail creates opportunities for children and adults with disabilities to overcome life's adversities through our therapeutic sailing program.



"Sailing is a positive addition to in-patient therapy."

— JACLYN KLINE,
RESIDENT DOCTOR,
HASBRO CHILDREN'S
HOSPITAL

Each summer, approximately 1,000 people with disabilities learn the skills of sailing in our fleet of uniquely adapted, 20-foot sailboats. Our programs strongly encourage disabled individuals to be *active participants* by steering the boat and trimming sails. The measurable outcomes demonstrate increased self-confidence in all parts of their daily lives, the camaraderie of teamwork, and improved leadership skills.

Since 1982, Sail To Prevail has improved the lives of more than 17,000 people through therapeutic sailing programs that focus on improving the mind, body and spirit.

SAILING PROGRAMS FOR ALL DISABILITIES

Physical Disabilities

When needed, participants are boarded onto our boats using a transfer lift. They are then safely secured into specially designed pivoting seats allowing them the freedom of movement to sail the boat. Physical disabilities include, but are not limited to, paralysis, blindness, and amputation.

Intellectual Disabilities

The Sail To Prevail instructors are trained to help make sailors out of people with developmental disabilities such as ADD/ADHD, Asperger Syndrome, and Down Syndrome.

Cancer

The Sail Away from Cancer Program was established and pioneered by Sail To Prevail. Pediatric cancer patients sail with their resident doctors and family members to create a unique "out of hospital" experience. This specialized program has demonstrated positive outcomes.

Veterans with Disabilities

Honoring those who have served our country, the Disabled Veterans Program offers a free weekend of sailing to our distinguished veterans wounded in combat.

The Broad Spectrum of Autism

Children with autism are designated certain tasks aboard the sailboats to improve their focus and concentration skills. Young sailors are encouraged to sail with a caregiver or parent, if appropriate.



91% of participants have more confidence in other activities of daily life.

99% have a more positive outlook on life.

90% feel the program increased teamwork skills.



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"Sail To Prevail is the highlight of my summer!"
— SARAH ANN, AGE 11

Emotional Disabilities

This new program is dedicated to those individuals who are experiencing emotional trauma in their lives. Our methodology seeks to enhance the positive aspects derived from participating in the soothing and comforting environment of sailing.

Traditional Therapies

Sailing and other participatory activities can be important in the continued physical, mental, and societal re-entry success of people in physical therapy. Pulling lines and steering the boat can provide beneficial physical and occupational therapy. Additionally, sailing rejuvenates the mind and provides an opportunity to rebuild confidence and experience progress.

Wednesday Night Racing Series

Each Wednesday evening, Narragansett Bay is the venue for lively, spirited and fun racing among our more advanced sailors with disabilities. Each 20-foot adaptive sailboat has two disabled and one able-bodied crew. The action is competitive and leads to a celebration for all after the 10-race series, culminating in a trophy presentation for the winner at the end of the summer.



"These kids learn that they really can do anything and become part of a haven, a place where people understand them and they fit in like family."

— JOSE, FORMER PARTICIPANT WITH CEREBRAL PALSY / NOW A VOLUNTEER



Confidence is Cool Day Camp

"You can do anything you set your mind to"!

Our day camps are offered to physically disabled children, ages 7-17, and are administered in four one-week sessions. Participants are able to enjoy two days of sailing a week. As in most Sail To Prevail programs, those with no experience are welcome. Activities on other days include swimming, wheelchair sports, kite-flying, arts and crafts, and field trips to a museum, aquarium and zoo. Camps are designed to push boundaries, promote new friendships, encourage mentorships, build confidence, and emphasize fun!

**SAIL TO
PREVAIL**
 The National Disabled Sailing Program
 Paul Callahan, CEO

P.O. Box 1264
 Newport, Rhode Island 02840
 401.849.8898 | www.sailtoprevail.org
 Sail To Prevail is a 501(c)(3) charitable organization