



Sailing for People with Disabilities

<http://www.sailtoprevail.org/>

Sail To Prevail: The National Disabled Sailing Program

Sail To Prevail creates opportunities for disabled children and adults to overcome adversity through therapeutic sailing. Formerly called Shake-A-Leg Newport.

P.O. Box 1264

Newport, RI 02840

Phone: 401-849-8898

<http://www.shakealegmiami.org/>

Shake-A-Leg Miami

2620 South Bayshore Drive

Coconut Grove, FL 33133

Phone: 305-858-5550 x113

E-mail: info@shakealegmiami.org

Shake-A-Leg Miami's mission is to use the marine environment to improve the health, education, independence and quality of life for all with an emphasis on individuals with physical, developmental and economic challenges.

<http://olympics.ussailing.org/>

US Sailing Team

The official site of US Sailing provides information on Olympic and Paralympic teams.

<http://www.footeprint.com/sailingweb/>

Sailing Web: Options for Sailors with Disabilities

Sailing Web provides links to information on sailing clubs that are accessible to people with disabilities, accessible sailboats, and other resources.

<http://dmoz.org/Recreation/Boating/Sailing/Disabled/>

Open Directory Project: Disabled Sailing

The Open Directory Project provides links to sailing clubs with accessible programs in the US and other countries.

<http://www.sailingforall.com/>

Steve Sawford Marine

Steve Sawford Marine is a small family-run company based in the UK that is committed to enabling all people, regardless of ability, mobility, age or financial status to take part in

the sport of sailing. The company's main product is the Access Dinghy range and its accompanying launching and wheelchair users transfer systems.

The following book and video are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- Cantacuzino, Marina. **On Equal Terms: The First Disabled Crew to Sail Round the World.** London: Simon & Schuster, 1997.
Disabled participants in the 10-month race called the BT Global Challenge included four amputees, two deaf people, two partially sighted people and two people with cerebral palsy as crew members.

Videos

- **Sailors First: Creating Awareness About Disabilities.** Sherborn, MA: Aquarius Health Care Videos, 2004. (26 minutes)

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