



Sailing for People with Disabilities

Shake-A-Leg—Rhode Island

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

Shake A Leg Miami

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

US Disabled Sailing Team

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

Info on sending a US team to compete in the Paralympics.

Sailing Web: Options for Sailors with Disabilities

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

Lists sailing clubs which offer sailing opportunities to the disabled in the US and other countries. See list at: <http://www.footeprint.com/sailingweb/clubs.htm>

Disabled Sailing

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

Lists sailing clubs with accessible programs in the US and other countries.

Sailing Alternatives Inc.

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

Florida based

Access Dinghy

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

Based in Australia.

Steven's Blog on Disabled Sailing

<http://www.stevenfletcher.com/Category/37/>

Disabled sailing articles.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Lending Library tab.

Books

Cantacuzino, Marina. **On Equal Terms: The First Disabled Crew to Sail Round the World.** London: Simon & Schuster, 1997.

Disabled participants in the 10month race called the BT Global Challenge included four amputees, two deaf, two partially sighted 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.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.