

# Sailability Hong Kong



Making Sailing Accessible to **EVERYONE**

Registered charity no: 91/15775

Founded in 2009, Sailability Hong Kong provides the opportunity for **everyone** to learn to sail. Our boats are ideally suited for new sailors, to experience their first water-based experience, whilst also offering this opportunity to people with a disability (physical or intellectual), the under-represented within our community and those with life-changing illness or in need of rehabilitation. Our sailors, with an age range of 7 years to 80+, have shown that sailing increases self-confidence, independence, responsibility and self-esteem whilst having fun. Additionally, our specially adapted boats can be sailed by those recovering from accidents, strokes or suffering a major illness. To date over 2,500 different people have sailed with us, with many returning on a regular basis.



## Introduction to Sailing

ideally suited to those who have never sailed. Our boats are safe and offer the opportunity to learn the principles of sailing whilst progressing through our Hansa fleet. Following this introduction, you may wish to transfer to Hebe Haven Yacht Club to enroll in the HKSF Level 1&2 sailing scheme.

## Scallywag Program

this program in conjunction with **Sun Hung Kai** was introduced to promote sailing for the under-represented in Hong Kong. The program targets 7 - 22 years with the opportunity to progress to the HKSF Level 1&2 sailing scheme.

## Schools/NGO/Charities

programs designed to offer sailing to Local and ESF SEN schools, NGOs & other Charities.

It also incorporates training for teachers, parents, carers, etc to accompany sailors with more complex needs whilst sailing.



For more information about our programs or to learn more about us, our volunteers and sailors, please contact:

e: [kay@sailability.org.hk](mailto:kay@sailability.org.hk)

w: [www.sailability.org.hk](http://www.sailability.org.hk)

# Making Sailing Accessible to EVERYONE and changing lives



## Golden Age Sailing

Sailing provides an ideal opportunity for some relaxing gentle exercise whilst learning a new skill and gaining new friends. Golden Age Sailors are usually a welcome addition to any sailing club because they can use their skills and experience and also become mentors for the younger sailors. Sailability also offers sailors suffering from age related disabilities, enjoyment on the water.

## Well Being Sailing

a newly introduced program to support those with Mental Health Challenges to change their lives, whilst gaining confidence, increased self-esteem and learning a new skill with people who understand and care.

## Family Days

for families to enjoy their first water borne experience in our safe and secure boats.

## Team Building

program designed for companies/organisations wishing to promote inclusiveness and/or to learn more about disability awareness within our community. Enjoy a day's sailing with your team with competitive challenges during the day.

## Weekend & After School Sailing

programs introduced to provide extra curricula sailing on a regular basis to those who wish to learn to sail and for those who may wish to progress to our racing teams.

## Team Sailing

many of our sailors with disability represent Hong Kong in local, regional and international regattas. If you are a sailor with a disability and would like to join one of our teams or someone who would like to be a buddy sailor to accompany sailors to regattas, please contact us.

