

# INCLUSION LEVEL 1/2 CARDS

## INCLUSIVE INDOOR SAILING

### QUICK INTRODUCTION

Inclusive Indoor sailing takes place in a sports hall and is based on a real sailing race, without the water. Teams of SEND and non-SEND pupils compete by navigating around a sailing course.

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### GETTING STARTED

#### Who the competition is aimed at?

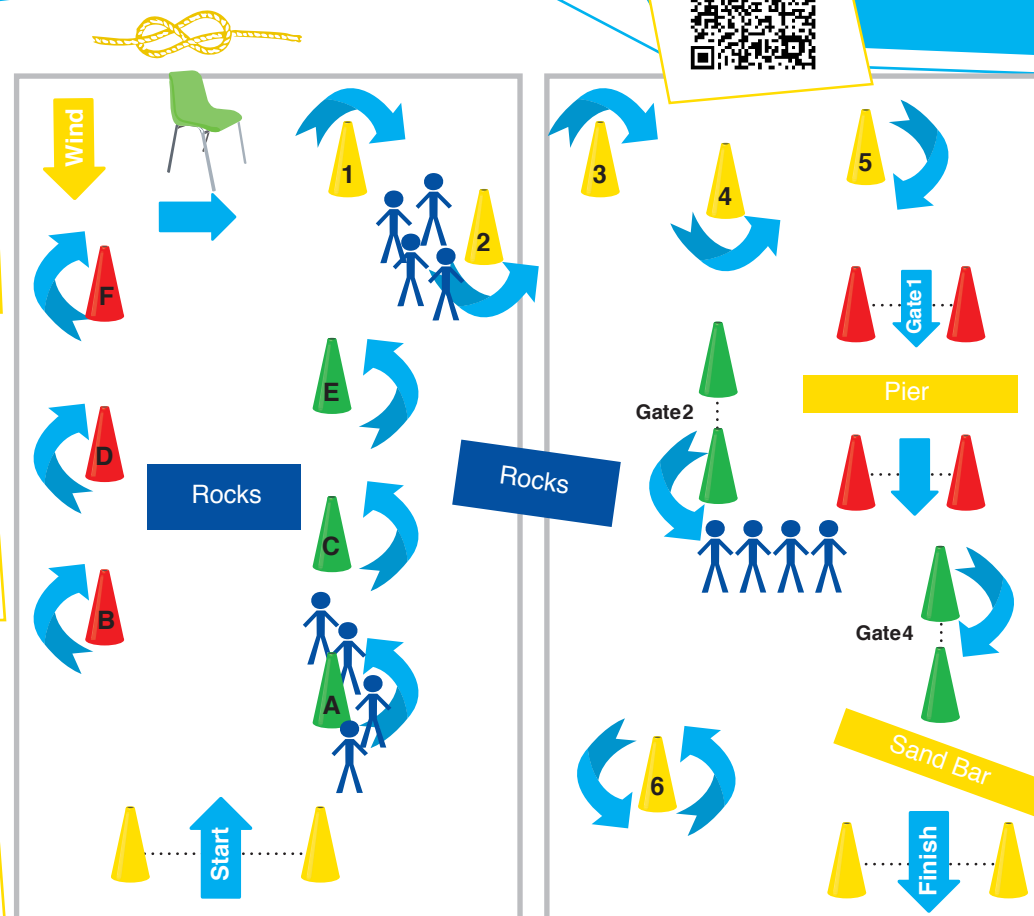
- Inclusive indoor sailing is aimed at SEND and non-SEND pupils who cannot easily access mainstream sailing competition.
- Pupils compete in teams of four that should include a mixture of SEND and non-SEND athletes.
- Teams of similar ability should compete against each other. To establish this, athletes can be timed running through the course individually and then grouped into teams with similar times.

### SETTING UP THE COMPETITION

- The competition takes place in a sports hall.
- The course is laid out across two badminton courts using cones, mats, benches, ropes and chairs.
- The course has an up wind, across wind and downwind section (see diagram for details).
- Indicate the wind direction on the sports hall floor.

### EQUIPMENT

- One length of rope per team (length 1.5m).
- Start and finish line: four yellow cones.
- **Up wind:** three red and three green cones and one mat.
- **Across wind:** four pieces of rope, one chair and five yellow cones.
- **Downwind:** one yellow, four red and four green cones, one mat and two benches.
- The equipment represents different elements of sailing. The team represents the boat, the rope represents the sail, cones represent buoys, chairs and benches represent pontoons and gym mats represent rocks or land.



# INCLUSIVE INDOOR SAILING



## RULES OF THE COMPETITION

- Teams navigate alternately until they have completed the course three times.
- Each team member must hold a knot on the rope throughout the whole race.
- From the start line teams navigate upwind to the knot tying pontoon then navigate across wind and downwind completing a 360 degree turn before crossing the finish line.
- **Up wind.** Each team member sets off following each other, holding the rope at hip level on the left side as they navigate around the first (green) buoy. As they prepare to navigate around the second (red) buoy they must pass the rope over their heads. The rope must be at hip level on the right side as they come around the red buoy. Teams must ensure the rope is passed overhead after each turn, keeping the rope on the inside around each buoy.
- **Across wind.** At the beginning of this section each team member must tie a knot (figure of 8). Once completed the team must all face inwards holding the rope (forming a small circle) and navigate around the yellow cones.
- **Downwind.** Teams must navigate the course standing side-by-side holding the rope in both hands, always facing downwind (towards the finish line). Teams must move between the red gates holding the rope at waist height and the green gates holding the rope above their heads, avoiding obstacles and selecting the most appropriate route. They must perform a 360 degree turn around the final yellow cone before crossing the finish line.
- Teams must hold the rope above their heads through gates one and three and at waist height through gates two and four. They must perform a 360 degree turn around the final yellow cone before crossing the finish line.
- If a team makes a mistake rounding a mark, miss a buoy or touch a rock, they must redo the previous task as a penalty.
- The team with the shortest average time wins.
- If more than two teams are competing consider running a round robin or head-to-head competition.

## SAFETY

- Ensure teams move safely around the course.
- Make sure there is run off space around the course.
- Ensure teams understand the course and know how to tie the knots.

## THINK TACTICS

- Assign roles e.g. skipper and navigator.
- Think about how people are positioned to navigate through each section.
- Ensure that the team moves in a way that accommodates everyone's ability.

## OFFICIATING

- While one team is competing the other team can officiate e.g. time keeping.
- Ensure everyone is holding onto the rope at all times.
- Ensure teams navigate each section correctly, award penalties if appropriate.

## THINK INCLUSIVELY

### Space

- Change the space over which the course is run.
- Adjust the number of sections of the course.

### Task

- Change the complexity of the different sections of the course.
- Allow athletes to move without holding the rope.
- Create personalised courses.
- Adjust the number of times teams navigate the course.

### Equipment

- Increase the length of the rope giving competitors more space to move.
- Remove or change the size of the obstacles.
- Use larger and or colour contrasting cones.

### People

- Change the number of people in each team.
- Allow teams to have substitutes.
- Allow teams to move in different ways around the course.

## SPIRIT OF THE GAMES STATEMENT WITH A FOCUS ON INCLUSION

### Teamwork

The whole race is based on teamwork, just like sailing a real boat. You cannot win without working as a team and making use of the skills of each team member, plus you can only move at the speed of the slowest team member, so you must work together.

