



MORNINGTON YACHT CLUB

Affiliated with Yachting Victoria

ABN 44 004 625 414



Sailing for Everyone

Sailability introduces people of all ages and abilities to the joys of sailing in a fun and inexpensive way, and in a supportive social environment. Many of the participants in Sailability just enjoy the freedom and fun of recreational sailing, while the more competitive strive to develop their racing skills. Click [here](#) to see the various types of sailing that are available to everyone.



Participants in Sailability are drawn from the general community, Disability Sport and Recreation Organisations, Special Developmental Schools, Adult Training Centres and other organisations. People of all abilities are welcomed. Participants can include people with no disability, the elderly, perhaps with some level of physical impairment, and people with a range of physical and intellectual disabilities.

Sailability has been in operation at the Mornington Yacht Club (MYC) since 2004. The MYC program encompasses a mid-week program, as well as a Sunday program. The mid week program focuses on groups from Adult Training Centres, while the Sunday program has more of a family focus, and is open to anyone who wishes to participate. Participants in both programs come from across the Mornington Peninsula, Frankston Municipalities and surrounds.

Full wheel chair access is available, as are [facilities](#) to hoist participants into and out of boats. A disabled toilet and wheel chair accessible change rooms are also available.

Participants can sail solo in a variety of specialised [Access Dinghies](#) or be accompanied by a volunteer co-sailor.

Programs and Times

The **mid-week program** operates on Tuesdays, Wednesdays and Fridays throughout most of the year, except for school holiday breaks and the months of June through August (which may vary each year depending on the winter weather). Operating hours are from 10:00am. to 2:30pm. By arrangement, the mid week program can also conduct special one-off days for select groups of people. Participation in any mid-week program days is priced on a group by group basis.

The **Sunday program** operates on the 1st and 3rd Sundays of each month from late October to the end of April. Operating hours are from 10:00am. to 1:00pm. Participation in the Sunday Program is via a gold coin donation.

Four disabled parking bays are available around the club house. Refer to the location [map](#) for details of parking. This map also shows the area from which Sailability operates at the Yacht Club.

For information about:

- Joining an MYC Sailability Program
- Trying sailing in one of our special Access dinghies
- Becoming a volunteer
- Making a tax deductible donation
- Organising a special one-off sailing day for your group

Contact:

MYC Sailability Coordinator:

Graeme Lyell

Phone: (03) 9783 7445

Email: glyell@optusnet.com.au

Post: P.O Box 291
Mornington Vic 3931

Mornington Yacht Club Limited
Schnapper Point Drive
Mornington

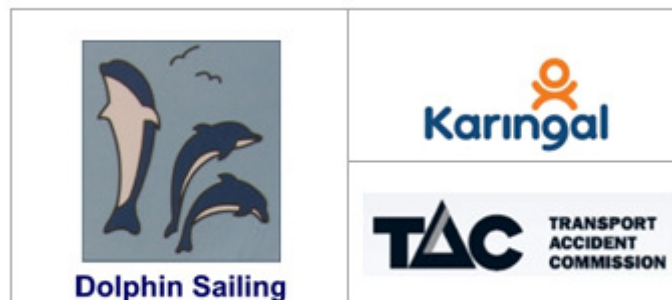
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Sailability at Mornington is proudly supported by:



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Types of Sailing Available

Several types of sailing are offered by MYC Sailability:

- **Recreational sailing**, where each participant is accompanied by an experienced sailor. Under these conditions, the participant may chose not to assist in sailing of the craft, or may participate in some small or significant manner, depending on the ability of the person and the judgement of the experienced sailor.
- **Assisted sailing**, where the participant sails the craft, but is accompanied by an experienced sailor.
- **Solo sailing**, where the participant takes the craft out alone (subject to approval of the Sailability program leader).
- **Race training and coaching**, where the participant may sail solo or assisted, and will receive coaching in sail and boat trimming, as well as racing techniques.
- **Competition support**, where volunteers support the participant in transport, rigging and launching of craft, as well as coaching.



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Access Dinghies

All sail craft used by MYC Sailability are purpose designed and built by [Access Sailing Systems \(Australia\)](#) to assist people of all levels of ability to experience the joys of sailing.

The key design features that work to achieve this are:

- Forward facing seat(s) with a low centre of gravity.
- Weighted and extended keel (ranging from 20kg to 70kg, depending on boat type).
- Sealed flotation chambers.
- Furlable main on all boats, and furlable jib on most boats.
- Centrally mounted controls for tiller, sheets and sail furling.
- Joy stick style of tiller operation, where “right means go right and left means go left”.

The types of sail craft available within the MYC Sailability program include the following:

<p>2.3 Double</p> 	<p>2.3 metres in length. Seats 2 side by side (sling seat), but has a 120kg load limit. Main sail, but no jib. Can be sailed solo.</p>
<p>2.3 Single</p>	<p>As above, but with a single (moulded) seat.</p>

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2.3 Single Servo



As above, but has electric controls on both the main sheet and the tiller.

The Servo can be mounted against the chest (as per the picture at left) or mounted on the keel housing.

3.03 Double



3.03 metres in length.

Seats 2 side by side (sling seat), with a 160kg load limit.

Main and jib.

Can be sailed solo.

Liberty



3.6 metres in length.

Single seater (moulded seat).

Main and jib in similar configuration to 3.03 above.

Dual rudders for additional control.

Servo available where required.

High performance craft, targeting competition, rather than recreational sailing.

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Support Facilities



If able to do so, participants are encouraged to board and disembark all watercraft with minimal assistance from volunteers (part of building independence for the person). However, where necessary, participants can be hoisted into any watercraft using a combination of sling and lifting crane. This provides a safe means of transferring the participant, at the same time protecting the health and safety of volunteers.



Various sling sizes are available, or participants can provide their own.

Where participants have difficulty in maintaining a comfortable seated and mostly upright position within any of the watercraft, a range of specialised support bags (developed in Germany by Thies Vacu-tec) can be provided.

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Volunteers



Volunteers play a critical role in the success of all of the MYC Sailability programs. These volunteers are drawn from both the MYC, as well as the wider community. All volunteers are required to have a current Working With Children Permit.

Volunteers do not require any prerequisite skills or qualifications, as they are provided with on the job training. This training covers areas like working with the disabled, boat rigging and launching, getting participants out on the water, sailing techniques, working in a team, and more.

Sailability MYC is registered with Centrelink in Mornington so that unemployed persons can volunteer with MYC Sailability and in doing so, comply with Centrelink's volunteer work code.

More volunteers are always needed, so if you have an interest in this area, please [contact](#) the Program Coordinator.

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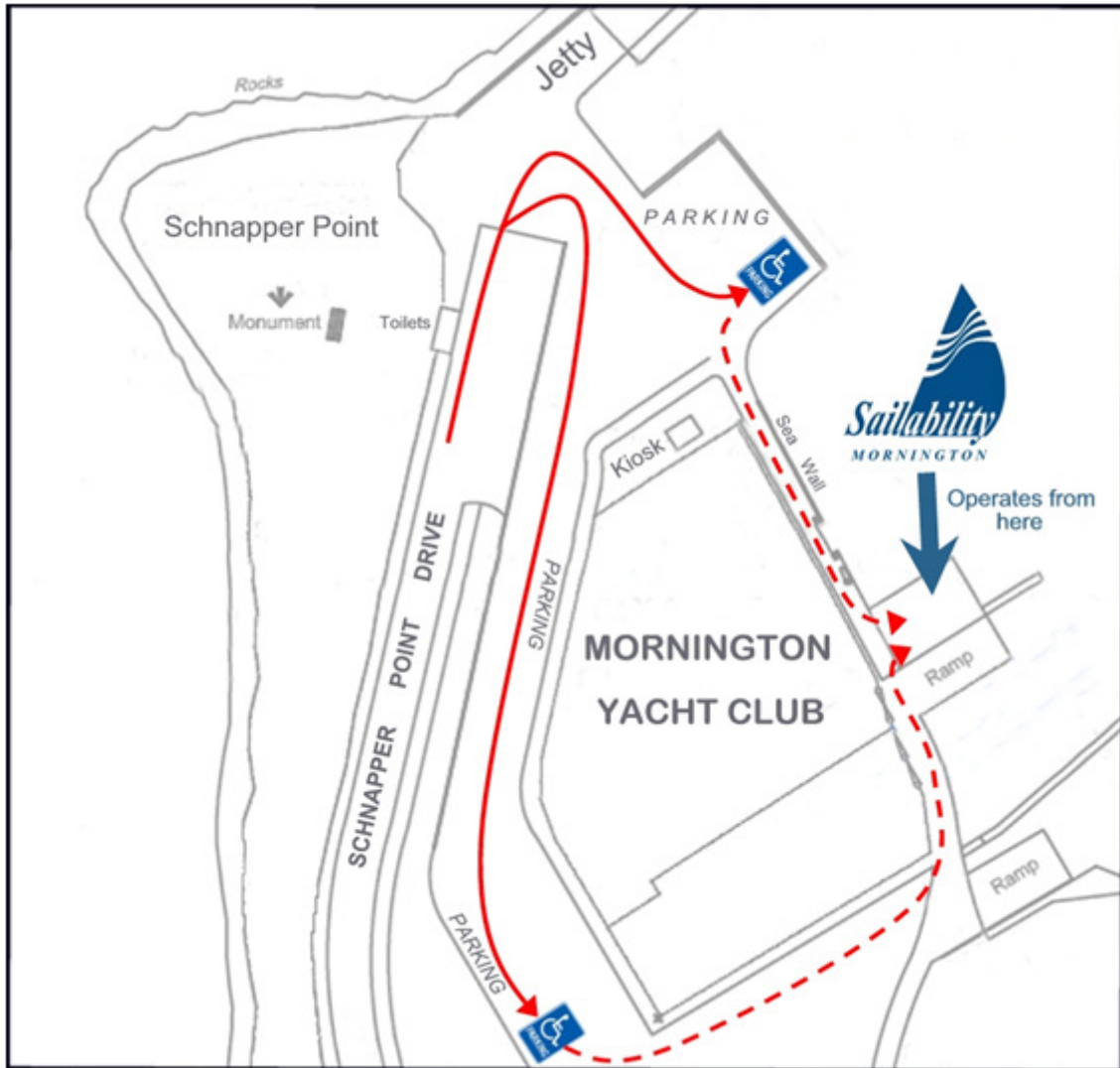


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Disabled Parking

The map below shows where you can find disabled parking, as well as the area where Sailability operates from.



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