

SAIL TO PREVAIL

The National Disabled Sailing Program

NANTUCKET CHAPTER

**FREE Disabled Sailing for
Children and Adults!**



Mission

Sail To Prevail creates opportunities for disabled children and adults to overcome adversity through therapeutic sailing.

History

Sail To Prevail is a non-profit 501(c)(3) charitable organization founded in 1982 in Newport RI that has helped more than 10,000 individuals with disabilities in multiple states.

Nantucket Chapter

Sail To Prevail first started serving individuals with disabilities on Nantucket in 2009. The program currently offers an INDEPENDENCE 20' sailboat dedicated to serving the Island. First-time and experienced sailors are welcome. We are trained to accommodate all disabilities, including physical and developmental disabilities, as well as sailing specifically for autistic individuals, and those going through physical or emotional therapy. Additionally, we also sail with individuals and camps that visit during the summer.

Sailboat

The INDEPENDENCE 20' was custom designed so that even the most disabled sailor can handle the boat. It contains two swiveling, supported seats for those in wheelchairs. Seats are designed to give participants access to steering the boat as well as opportunities to grind winches and trim sails. Families, friends and medical professionals are encouraged to join, as our boats can accommodate up to five participants and one instructor. While learning how to sail is fun and enjoyable, most participants also experience increased self-confidence, the camaraderie of teamwork, and improved leadership skills.



"If I can do this, I can do anything!"

— CAMERON, AGE 8



[CONTINUED ON REVERSE]

Safety

All sailors are required to wear a Personal Flotation Device, which we provide. The INDEPENDENCE sailboat is designed to heel (tip) as little as possible. Safety is always our first concern. Instructors are trained specifically to handle individuals with disabilities and are US Sailing Level 1 Certified.

Location and Registration:

We are located at the Nantucket Boat Basin on Swains Wharf. Please call our office (401-849-8898) to schedule a sail.

Cost & Support:

Our program is FREE and is made possible by the generous support of our donors. Please visit www.sailtoprevail.org or call our office to make a donation. We are grateful for the support from the following organizations:



Since 1982, Sail To Prevail (formerly named Shake-A-Leg Newport) has improved the lives of over 10,000 people through therapeutic sailing programs that focus on improving the mind, body and spirit.

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P.O. Box 1264
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401.849.8898 | www.sailtoprevail.org
Sail To Prevail is a 501(c)(3) charitable organization

"Sail To Prevail is the highlight of my summer!"

— SARAH ANN, AGE 11



91% of participants have more confidence in other activities of daily life.

99% have a more positive outlook on life.

90% feel the program increased teamwork skills.