



## *Sailability Manly*

### NOTES FOR CARERS

*Without the help of carers it would be impossible to accommodate the people we take for a sail. To help you to help us the following points need to be followed for the comfort and safety of everyone.*

#### IN THE WEEK PRECEDING THE SAILING DAY :

Please notify the BOOKING OFFICER on [eli@manlysailability.com.au](mailto:eli@manlysailability.com.au) or 9976.2747 if you intend to bring a group or a person on the next sailing day, even if you have previously booked in. Specify the number of people attending, and their general level of ability.

#### ON ARRIVAL:

- At the registration desk, sign the form for both yourself and all your clients .
- If any of your party is not a member of Manly Sailability you will need to pay \$5 fee at this time.
- Tables and chairs are provided around the top deck area for you to sit while awaiting your turn to sail.
- Please report to the co-ordinator for the day; they will be wearing a bright ORANGE jerkin. This is most important to ensure your arrival time is noted and your turn to sail registered.

#### PREPARING TO SAIL:

Check that your client has a drink, is fully sun-screened and wearing a hat that will not blow off. Take them to the toilet if necessary well before their turn to sail.

Once your client is near the head of the queue, they must be fitted with a life jacket that is the right size, and it **MUST** be done up properly. Life-jackets are on a rail or arranged in bins according to size. Ask a volunteer for help if necessary

If your client uses a wheelchair and needs to be hoisted into a boat, you will need to ask a volunteer to help you fit your client with a sling, **BEFORE** taking them down to the pontoon.

#### ON THE PONTOON: The floating area where the boats come in

- When your client is called for a sail, they must have their life jacket on and be ready to sail and you must take them down to the pontoon.
- *Never take your client down if they are not wearing a life-jacket.*
- On the pontoon, please explain about your client to the Pontoon Manager who is wearing a **YELLOW** jerkin and the skipper who is waiting to go sailing. e.g. how well they understand simple instructions, if they like to help sailing, if they cannot talk, are blind, if they are liable to fit or become anxious etc. (not in detail).
- Introduce your client to the skipper, but do not try to get them into the boat by yourself; wait until one of the volunteers is with you. Please be patient as sometimes there can be an unexpected delay.
- If your client uses a wheelchair and the hoist is needed to get them into a boat, please be on hand to help and reassure if needed, and immediately afterwards take the wheelchair to the top of the ramp, put the brake on until it's needed.
- Note the sail colour of your client's boat so you can watch for when they are returning, and be on hand when they are getting out of the boat. Please don't wait on the pontoon as it can get quite busy. Each trip is about ½ hour.

- When your client returns and is getting out of the boat, be on hand in case they need to see you, but it is the responsibility of the volunteers to get them safely back onto the pontoon. This is for safety reasons.
- Have the wheelchair ready to wheel down to the pontoon when you see their boat return.

AFTER THE SAIL:

- Take your client back to the top deck, remove their life-jacket and replace it in the correct bin.
- Please don't leave immediately, as this is a good time to have any refreshments and socialise with the other carers and their clients in the very pleasant environment on the top deck.
- On Saturdays, coffee and tea is available for 50c at the registration area. BBQ is ready by 11.30am. It's \$2 for a sausage sandwich.

**NOTE:** The toilet down-stairs is for non-ambulant clients, there is a toilet upstairs toilet for clients who can walk, and for carers.

**It is vital that the downstairs toilet is used to dispose of body waste only. Do not put disposable undies or pads down this toilet as it will block.**

The most important thing is for you and your clients to enjoy the morning in a happy, relaxed and safe atmosphere.

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*Manly Sailability Contact for sailing days: Eli Demeny 9976.2747 or eli@manlysailability.com.au*