

A joint project of the Rotary Clubs of
Northbridge & North Sydney

The Rotary Clubs of Northbridge and North Sydney have joined forces to give disabled people the opportunity to discover first hand the wonderful experience of sailing.

Members from all three clubs volunteer their time to assist the sailors both on and off the water. Members of the general public who wish to participate are also welcome.

Ramp facilities allow wheel chair access to the floating pontoon and a purpose built crane and sling allows the volunteers to get even the more seriously disabled sailors into the dinghies, carefully and easily.



Contact:

Sailing Coordinator, Sally O'Neill

0411 886 539

or

President, John Taylor

0416 009 482

jt@zeta.org.au

*Introducing disabled people
to the joys and freedom
of sailing*



MIDDLE HARBOUR

Safety first...

Our volunteers have all been trained to treat our special sailors with the greatest of care and respect.

Both sailors and volunteers must wear life jackets whilst sailing and the specially designed Access 303 sailing dinghies are virtually impossible to capsize. As an extra precaution, a motorised "rescue boat" is always on hand.

If the weather is not suitable for safe sailing, one of our experienced volunteers will call a halt to the day's proceedings



What to wear...

You will need soft sole shoes, sun hat, shorts, a spray jacket (or jumper) and a hat with a cord – so that it won't blow away.

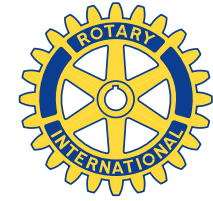
Sun glasses and 30+ sun block are also recommended on sunny days.

Your compulsory life jacket is supplied.

What does it cost...

Casual sailors pay \$5 for the day's sailing. We encourage regular sailors and volunteers to join Sailability Middle Harbour at a cost of \$40 annual membership. There is no joining fee.

Friendship, fun & freedom!



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Where and when...

Our sailing area is to the south of Middle Harbour Yacht Club – off Chinamans Beach (map on back page).

We sail from 9.00am to 1.00pm on the second and last Sunday of each month.



How to participate...

Volunteers are greatly rewarded by the smiles on the faces of the delighted sailors. To assist, call Sally O'Neill on 0411 886 539 or John Taylor on 0416 009 482. They will confirm details of our next sailing day.

If you wish to become a sailor, please book with Sally or John and they will advise the time to turn up. There are parking spots available for our disabled sailors in front of Middle Harbour Yacht Club.

Happy sailing!

