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CIRCOLO VELICO ARDIZIO

SAILING AS REHABILITATIVE AND THERAPEUTIC ACTIVITY FOR DISABLED PEOPLE



WOW PARTNERS



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WOW PROJECT OVERVIEW

Program: Erasmus+

Sport Action: Collaborative Partnership Call reference: EAC/A04/2015

Title of the Project: Wave On Wave – Water sports for young people’s physical activity

Grant Agreement n°: 2016-3593 / 001-001

Duration of the Project: 24 months

Budget: 497.238 € Grant approved: 397.238,40 € (80% of the total eligible costs)

Other contribution: 99.447,60

Objective: Promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

Topic: Encourage participation in sport and physical activity, especially by supporting the implementation of the EU Physical Activity Guidelines



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WOW PROJECT GOALS

- 1 To increase the accessibility of water sports reducing barriers that limit the possibilities of social inclusion, the promotion of equal opportunities and the “sport for all” approach principle
- 2 To strengthen volunteers skills in organization and management of activities and events of water sport associations by improving their role as professional providers of personal services to local communities
- 3 To remove cultural barriers in young people and adults, especially among families, teachers and school administrators, that limit water sports practice thanks to the transfer of technical, environmental and cultural knowledge
- 4 To reduce the early dropout phenomenon in water sports through new innovative methods of teaching, coaching and educating to “sport for all” values
- 5 To enhance the perception of water sports role in young people education through new forms of collaboration between the different actors of civil society



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CIRCOLO VELICO ARDIZIO GENERAL PRESENTATION

General presentation of the institution/organization

The Circolo Velico Ardizio (C.V.A.) is a non-profit sports association founded in 1987 by a group of friends passionate of sailing.

The association started its activities with 12 dinghies and catamarans.

In 2017, it celebrated the 30th years of activity, with 120 members and 80 boats, including dinghies and catamarans.



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GENERAL PRESENTATION

The C.V.A. has become the point of reference for sailors who use dinghies and catamarans. Among the latter, must be noted the massive presence of catamarans of class "A" (About ten) thus constituting one of the biggest fleets in central Italy.

Since 1993 the C.V.A. is officially affiliated to the Italian Sailing Federation (F.I.V.). In 2000 the C.V.A. obtained in concession 80mt of public beach.

At the end of 2008 early 2009 the C.V.A. built its new Headquarters on Ardizio beach (Pesaro)



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GENERAL PRESENTATION



LA SOCIETÀ

CIRCOLO VELICO ARDIZIO ASSOCIAZIONE
SPORTIVA DILETTANTISTICA

È AFFILIATA ALLA

FEDERAZIONE ITALIANA VELA

PER L'ANNO

2018



IL PRESIDENTE FIV
FRANCESCO ETTORRE



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GENERAL PRESENTATION

The Circolo Velico Ardizio, directly on the beach, promotes the diffusion of sailing and the respect for the sea among young people and adults.



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GENERAL PRESENTATION



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GENERAL PRESENTATION

The Circolo Velico Ardizio, has about 120 members, of which 70% practice sailing, mostly males.

Ore premises consist in:

1 nautical base,

1 storage equipment warehouse,

1 workshop cabin,

3 rooms changing room,

2 rooms used for sailing school,

2 bathrooms including 1 for the disabled.



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GENERAL PRESENTATION



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SPORT ACTIVITIES

The sailing school can count on the following boats/equipment:

4 Optimist, 3 Flying Junior, 2 Tridente 16, 3 O'pen Bic,
2 Laser, 2 Inflatables with motor.

Collaborate for the sailing school:

n. 1 Instructor apprentice

n. 3 1st grade instructors

n. 1 3rd grade instructor

All members of the Italian Sailing Federation.



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SPORT ACTIVITIES



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SPORT ACTIVITIES

Summer:

Sailing school for young people, adult and disabled people.
Organization of regattas, convivial moments for members and friends.

Winter:

Education to sail in school of all levels, about knowledge of sea, environmental education, sport activities, educational workshop of ship modeling.



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SPORT ACTIVITIES

Best results of our athletes:

2nd Classified Olympic Class Europa Championship in Trieste, year 2003.

1st and 3rd placing day, of O'pen Bic World Championship at Medemblik, year 2009.

3rd Classified absolute O'pen Bic World Championship at Travemunde, year 2014.



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SPORT ACTIVITIES



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COURSES AND METHODOLOGY

3 types of courses:

1° Initiation and knowledge of safety regulations at sea and land.

2° Improvements of sailing skills, first notions for beginning competitive activity, regatta rules.

3° Competitive, training and participation in regattas.

The methodology is the one proposed by the Italian Sailing Federation.

Special courses for disabled people (Vela Spiegata).



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COURSES AND METHODOLOGY



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

Vela Spiegata

The purpose of the project is to favor the practice of sailing among disabled people, using the sea and water sports as an effective tool of social integration and rehabilitation at psychological and social level, by using small sailing boats (sailing dinghy).

The project, operational since 2010, involves about fifty people, their families, sailing instructors, a psychologist, educators and volunteers.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA



Article on Vela Spiegata from «il Resto del Carlino» (01/10/2017)



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

Vela Spiegata is performed in group and this constitutes a positive factor for socialization and mutual support. Indeed hierarchy and rules respect, cooperation in boat, reciprocal help, mutual aid principles and attention to each other are naturally part of the sea dimension. Recreational sailing is an effective tool to discover and develop unknown or hidden potentials in disabled people and offers significant rehabilitative and therapeutic opportunities.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

Blind, partially sighted, deaf people, young people with serious family situation, people affected by down syndrome or autism are attending the courses. The use of the boat, the technical notions and the practices of sailing do not require only agility and strength, but also special sensitivities that with appropriate measures can be developed in subjects with sensory and motor impairments or psycho-social discomforts.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

The navigation stimulates and promotes the acquisition of skills regarding body knowledge, self-image, neuro-muscular control, the activation of multiple perceptive channels, the control of emotions, as well as socialization, communication, relational interaction and affectivity in broad sense.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

EVALUATION OF BENEFIT OF SAILING FOR DISABLED PEOPLE

Relational Factors: participants appeared more open, more capable of communicating, more inclined to use irony in communications and have trust in the other.

Mood: it appears generally improved, young disabled people appeared more relaxed and joyful, the aggressiveness appeared decidedly resized and contained. In this experience they come into contact with a particular form of fear, an original form evoked by the elements of nature. This type of contact engages different fields of mental and physical functions that broadens the possibility of self-knowledge and allows an emotional harmonization, which plays a large role in conquering emotional control and dough, positively influencing behavioral determinants.

Socialization: On this level, which moreover connects with evidence to the previous ones, the results have been truly evident, in fact we have noticed an improvement in the ability to collaborate and work in team, the attention to the other has improved as well as the capacity to carry out operative activities orienting physical and mental energies towards a common goal.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

EVALUATION OF BENEFIT OF SAILING FOR DISABLED PEOPLE

Motor activity and fine motor skills: The motor activity required is particularly stimulating for the balance skills and neuro-muscular responses; this exercise allows the achievement of a more elaborated body representation and harmonization of motor skills.

Improvement in these areas has been found in almost all subjects; it has been possible to recognize a greater fluidity in the movements. A particularly important factor, found in the majority of cases, is a marked improvement in the ability to perform fine movements; the precision to perform minute manual work has improved, implying a fairly advanced level of neuro-motor integration. The execution of complex marine knots is just one of the examples of the competences reached; but other skills have also been demonstrated, such as, to build small models of sailing boats that require a good ability to represent the object to be reproduced and a notable fineness and precision in handling of material.

Sensoriality: an improvement of neuro-functional area in the majority of the participants have been remarked by psychologists and social operators, but it was particularly evident for blind ones; in this case, the compensatory sensory refinement processes already activated, benefited from stimulations received and contributed to a considerable reinforcement and expansion of these functions.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA

The activities carried out in the summer 2017:

ANFFAS

5 people with psycho-physical disabilities (aged 15-38 years)

8 meetings of 3 hours every Monday in the months of June, July and August

I.Ri.Fo.R.

3 people affected by the Prander-Willi syndrome

8 meetings of 3 hours every Friday of the months of June, July and August

ITALIAN UNION BLIND AND IPOVEDENT

3 blind or partially sighted persons

8 meetings of 3 hours every Friday of the months of June, July and August

11 unpaired persons benefited of Vela Spiegata project for 72 hours of activities.



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GOAL 1: ACCESSIBILITY OF WATER SPORTS: VELA SPIEGATA



Article on «Corriere Adriatico»
13/7/2017



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