

PRESS RELEASE

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SUPPORTING THE PARTICIPATION OF CHILDREN WITH ASD IN SAILING

SailAway – “Supporting the participation of children and youth with developmental disabilities in sailing” is a European initiative aiming to foster social inclusion and develop the personal skills of children and youth with autism spectrum disorders (ASD), by encouraging their participation in team sports activities such as sailing.

SailAway will focus on improving the skills of sailing professionals and clubs on how to effectively involve children and young people with ASD in their activities and programmes, as well as raising awareness of parents of children with ASD about the benefits and access to such opportunities.

These aims will be achieved by **building the capacities and skills of sailing coaches and instructors** in delivering inclusive sailing activities for children and youth with ASD, by **enhancing the awareness of parents** of children with ASD on the benefits and access to sailing programmes and by **increasing access to sailing activities** for children and youth with ASD.

In this framework, a **guide for sailing clubs** will be developed – containing guidelines and practical strategies to implement when working with children and youth with ASD – as well as an **e-learning platform**, which will host the capacity building curriculum modules.

SailAway is an Erasmus+ project, implemented in Greece, Bulgaria, Cyprus, Croatia, Italy and Spain by the following organisations: KMOP, Rijeka Sports Association for persons with disabilities, Montetauro Cooperativa Sociale, Mira'm Fundacio CV, CARDET, Nautical Club of Paleon Faliron and Yaht Klub KAP.

For more information on the project please visit the website: [+++++](#)

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THE BENEFITS OF SAILING

Engaging in sports or physical activities can generate positive benefits for youth, such as increasing self-esteem, developing social skills and improving mental health and general well-being. Children with ASD, who tend to be less physically active, are no exception. Sailing is a sport that can help these children build self-confidence and practice social interaction with peers within a supported environment.



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