



The Program

The sailing program operates between late May and the end of September. Youth and adults with a broad spectrum of disabilities sail with NCASA-Nepean Sailing Club.

Demonstration sails provide new sailors with an opportunity to try sailing with no obligation. An experienced companion sailor will take you for a 30 minute sail. A word of caution “those 30 minutes may change your life”.

Lessons help sailors develop skills so they can eventually sail independently. They also teach sailing terminology and water safety.

Recreational Sailing gives sailors an opportunity to practice their skills on the Ottawa River.

Racing encourages sailors to build and test their sailing skills against other sailors. At NCASA – Nepean Sailing Club Tuesday nights are for Learn to Race training. On Thursday nights we race Martin 16’s against large Keelboats in PHRF racing. We also compete in regattas in Montreal, Kingston and Toronto including the national regatta “Mobility Cup”.



How to contact us

From June 1 to August 31

contact NSC Sailing School at 613-828-1081 or nsc-school@nsc.ca

From Sept 1 to May 31

contact L. Alphonse at 613-737-9716 or laurie.alphonse@gmail.com

Sailing for people with Disabilities



National Capital Able Sailing Association

Proudly hosted by the:

Nepean Sailing Club
3259 Carling Avenue, Ottawa, ON K2H 1A6
Tel. 613-828-1081



History Able sailing started at Nepean Sailing Club in the mid 1990's when enthusiastic sailors with disabilities tried sailing initially on a Tanzer 22 sailboat. The first two Martin 16 sailboats were acquired by Nepean Sailing Club in 1997 and the National Capital Able Sailing Association was incorporated in 1998.

In 2003 Nepean Sailing Club and the National Capital Able Sail Association hosted Mobility Cup on the new able sail dock. Nepean Sailing Club acquired a third Martin 16 in 2003 and a fourth in 2005 to meet the growing demand. In 2008 Ontario Sailing loaned Nepean Sailing Club a fifth Martin 16.

In 2008 two members acquired International 2.4mR sailboats and are currently training for the 2013 Canada Summer Games.

Sip'n Puff Technology

Two Martin 16's owned by Nepean Sailing Club have auto-helms and Sip'n Puff technology that permit just about anybody to sail. Using a sip'n puff straw connected to a control box a sailor can control the sails and steer the boat.



Our Instructors and Coaches

Our instructors are Canadian Yachting Association certified and have been given additional training to work with individuals with disabilities.

Our volunteer coaches have had coaching and racing experience at the international level. They have coached at Youth world sailing championships and at North American regattas for sailors with disabilities.

We need your help

Volunteers are critical to the ongoing success of the Able Sail Program. Experienced sailors who can companion for sailors with disabilities are needed for both recreational sails and for the Tuesday night Learn to Race and Thursday Night PHRF Program.

Dock assistants are required for regattas and for special occasions such as demo days and off site displays.

Volunteers are also needed for public relations and assistance with social networking such as website design, newsletters etc.

Contact Laurie Alphonse laurie.alphonse@gmail.com or 613-737-9716 to volunteer.

Donations are needed to keep sailing opportunities for people with disabilities affordable. NCASA provides bursaries for lessons for sailors of limited means and also assists with travel expenses for sailors attending regattas out of town. NCASA is a registered charity under the income tax act (CRA registration # 87321366RR0001). Receipts will be issued for donations of \$20.00 or more.