

## PARA SAIL

### NCCP Para Sail Coaching Pathway

<https://www.sailing.ca/files/How to become a CANSail Instructor w Prereq EN 2018.pdf>

### NCCP

<b>CANSail Para 1 &amp; 2</b> For questions, concerns and to register contact Melanie O'Brien: <a href="mailto:ucansail@ontariosailing.ca">ucansail@ontariosailing.ca</a>	Fundamental skill acquisition in any type of boat. Fundamental stage of the Long Term Sailor Development (LTSD).
<b>CANSail Para 3 &amp; 4</b> For questions, concerns and to register contact Melanie O'Brien: <a href="mailto:ucansail@ontariosailing.ca">ucansail@ontariosailing.ca</a>	Applied skill acquisition in any type of boat. Learn to Sail Fast stage of the LTSD.
<b>CANSail Para 5 &amp; 6</b> For questions, concerns and to register contact Melanie O'Brien: <a href="mailto:ucansail@ontariosailing.ca">ucansail@ontariosailing.ca</a>	Applied skill consolidation in any type of boat. Learn to Train stage of the LTSD.

The CANSail Para program is designed to facilitate any adaptations base on boat selection, equipment, timing, or technique needed in order to achieve the required outcomes for each CANSail Para level.

### HIGHLY RECOMMENDED – PARA SAIL

<b>CANSail Para Program Guide</b>	<a href="https://www.sailing.ca/files/CANSail Para Guide 2016 1.pdf">https://www.sailing.ca/files/CANSail Para Guide 2016 1.pdf</a>
<b>Sail Canada's Coaching Athletes with a Disability</b> To Register contact Melanie O'Brien: <a href="mailto:ucansail@ontariosailing.ca">ucansail@ontariosailing.ca</a>	The module is designed to provide the basics of what you need to know to get started, especially in First Contact, Fundamentals, and learn to sail fast settings. Sail Canada Trained and Certified Instructors & coaches, at any CANSail level are eligible to take this course. Volunteers working with para sailors and programs are also encouraged to participate to increase their understanding and awareness. The module is designed to provide additional and specialized information to CANSail instructors and para program volunteers who wish to gain more knowledge or specialize in instructing & coaching sailors with a disability.

### HIGHLY RECOMMENDED

<b>NCCP Coaching Athletes with a Disability</b> To Register: <a href="https://www.coach.ca/coaching-athletes-with-a-disability--s17345">https://www.coach.ca/coaching-athletes-with-a-disability--s17345</a>	Coaching Athletes with a Disability is a resource for coaches who are new to coaching athletes with a disability. Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.
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### FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program. <http://coachesontario.ca/qfg/bursary-program/> or email [q4g@coachesontario.ca](mailto:q4g@coachesontario.ca)

### Useful Links:

Need more information? Email [education@coachesontario.ca](mailto:education@coachesontario.ca) to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Sail Canada <https://www.sailing.ca/able-sail-para-s15685>
- Ontario Sailing <https://ontariosailing.ca/instructor-services/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada [www.coach.ca](http://www.coach.ca)
- ParaSport Ontario <https://www.parasportontario.ca/index.php/clubs/sailing>