



World Sailing

Steering the Course

Women's Sailing Festival



sport / nature / technology



Welcome to World Sailing's women's sailing celebration, Steering the Course

Steering the Course is launching again for 2022 and this year the festivals will be bigger and better than ever.

We are again encouraging Sailing Clubs, Centres, Member National Authorities, Class Associations and volunteers to sign up to support the event and then to take part in any one of activities suggested.

2021 saw a range of activities from Taster Sessions, Race Days, Inspiration Talks and Seminars to social media campaigns and eSailing events and we want this momentum to continue.

Steering the Course is an international opportunity for women from across the world to have a go at sailing, whilst also encouraging pathways into coaching and race management. This is a global initiative to bring together sailing communities and encourage new women and girls to fall in love with the sport.





When will Steering the Course run?

2022 will see two festivals take place again to match the springtime in both the Northern and Southern hemisphere, but participants are encouraged to take part in whichever festival suits them best:

- **Northern Hemisphere Festival** – Friday 20 to Sunday 29 May 2022
- **Southern Hemisphere Festival** – Friday 30 September to Sunday 9 October 2022

Participants can also choose the best days to suit them, whether it is a weekend or the whole 10 days. If you can't complete an activity within the chosen dates, don't be put off, the most important part is increasing awareness and participation.

World Sailing is also aware that this important action should be a focus of our attention all year round, so we will be working on a year-round social media campaign to increase awareness. We encourage any participants to take part in this initiative too.

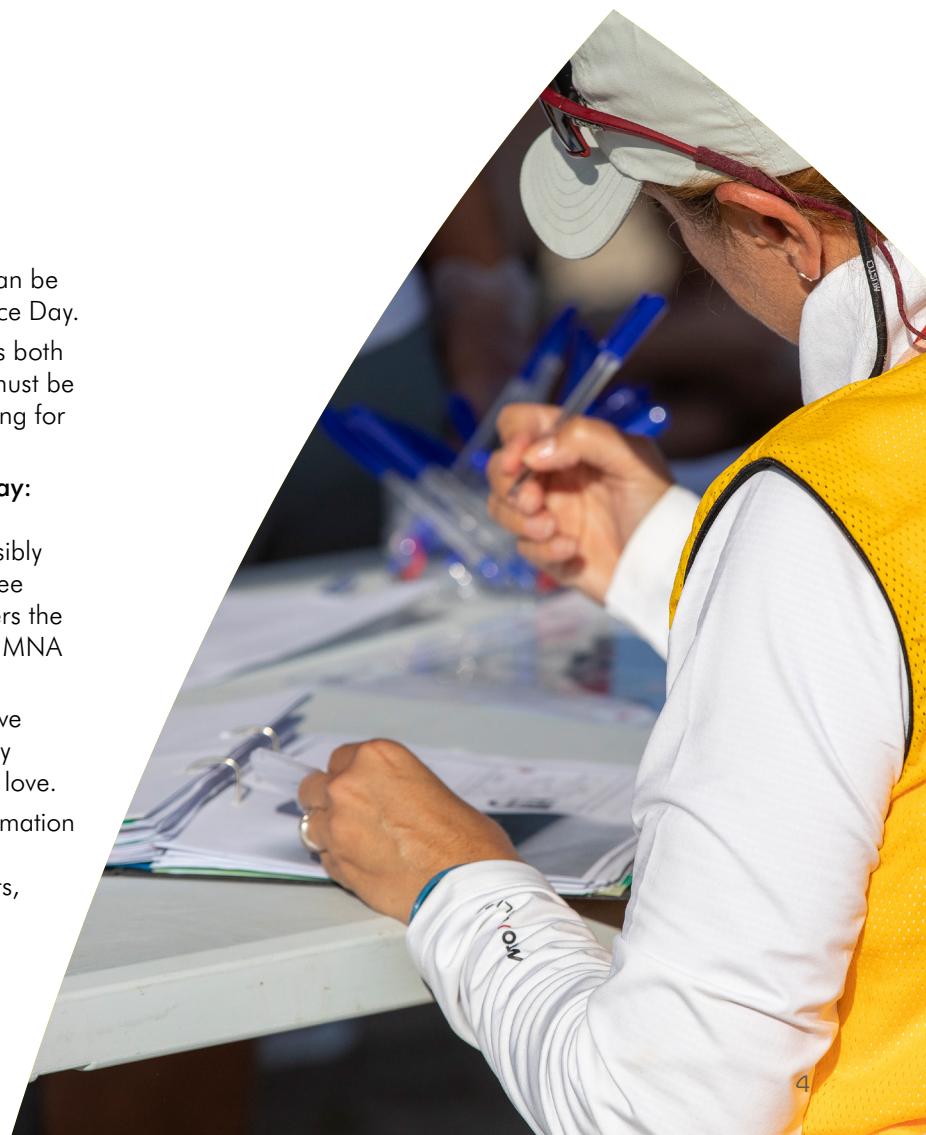


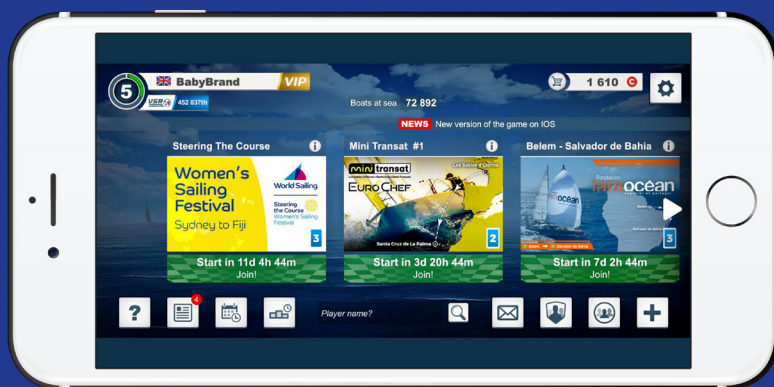
What activities can we run as part of Steering the Course?

We have a range of activity suggestions available but are also encouraging participants to suggest other ideas too. Any activity that promotes sailing as a sport or recreational activity to new participants, or invites existing participants to try new roles, is welcome. Clubs and Centres can also incorporate more than one activity. Our key focus is that all activities should be SAFE and fun.

Some suggestions include:

1. **Taster Sessions:** Fun sessions to get new participants involved in the sport, think across all disciplines in the sport too, to cover Dinghy, Keel, Windsurf and Kite. World Sailing will provide example session plans for different age groups to include games.
2. **Learn to Sail Courses:** For girls and women.
3. **Women's Race Day / Event:** Women only race day/event.
4. **Race Day with female race officials:** Where possible use a group of all female race officials or invite new interested females to shadow current race officials. This can be implemented alongside a Women's Race Day.
5. **Women at the Helm:** Can be used as both a training or racing exercise. Women must be helm in all training exercises or for racing for all races.
6. **Be an Instructor or Coach for the day:** Current female youth sailors work with instructors or coaches for the day (possibly even delivering the taster sessions) to see what its like to be coach. This then offers the opportunity to sign post them to future MNA coaching and instructor courses.
7. **Bring a friend along:** Encourage active participations to bring a friend or family member along to try out the sport they love.
8. **Information sessions:** 20-minute information sessions on volunteering opportunities including shore based regatta assistants, race officials etc.





As well as a range of social activities:

1. **Inspirational Talks or Questions and Answer Sessions:** Get a local sailing star to answer questions and inspire the next generation.
2. **eSailing Challenges:** Challenge club members to an eSailing event. This is great if the weather isn't on side or local regulations don't allow for gatherings.
3. **Open Days:** Think BBQ, Quiz night, wine tasting – any event to show the community side of the sport.

Submit Role Model Nominations

Carrying on from our role model campaign in 2021, we want to continue showcasing women in our sport. Whether it's the instructor who has taught generations of children to sail safely, or a new upcoming national race official, we would like MNA's to nominate them to be part of the festival. We will feature role profiles and information about the nominated person.

If you would like to nominate someone to be featured, please submit a video of them answering the following questions, as well as any additional supporting footage they might have of them in their role. The more footage submitted, the easier it is for our team to bring a video to life.



Name:

Role (please delete as appropriate): Instructor / Coach / Race Official

Briefly describe your current role and where you are based:

How long have you been in the role?

How did you get into the role?

What's been your highlight in the role?

What drives you to get up and come to complete your role each day?

What challenges did you come across getting to where you are today?

What advice would you give to someone interested in becoming a....:

Your favourite motivational message:





Case Studies

We are also looking for detailed information of existing projects, working to engage, support or empower women in the sport of sailing. We would love to share your stories of projects in a case study resource to help guide future projects.

If you would like to submit a case study, please provide an overview of your project, as well as answering the following questions:

- Aims of the project
- How the project came about / How you knew there was a need for the project
- Key Successes
- Things that changed or developed throughout the project
- Challenges the project has overcome
- How people can get involved

We're in! What do we do next?

If your Sailing Club, Class Association or Member National Authority would like to take part, sign up for the event [here](#).

Over the next few months World Sailing will then be in touch with more information on nominating female role models, session activity packs, branding information and our social media calendar so you too can get involved.

If you have any further questions please contact rob.holden@sailing.org or catherine.duncan@sailing.org





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