



World Sailing

Steering the Course



Women's Sailing Festival 2023

sport / nature / technology



Steering the Course – shaping a pathway for women in sailing

In 2023, Steering the Course will take on a new focus, shaping a pathway for Women in Sailing. This focus will not only introduce new sailors to the sport but also dive into the many different pathways and careers available.

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.

Alongside this, World Sailing will focus on a number of key opportunities to high lights roles within sailing organisations, events and the wider sailing industry to show the variety of career opportunities, volunteer roles and ways to retain people within sailing.

Steering the Course remains an international opportunity for women from across the world to try sailing and fall in love with our sport as well as now celebrating those who remain in sailing, for life.



What can I do to take part in 2023?

We are still encouraging Sailing Clubs, Centres, Member National Authorities, Class Associations and volunteers to sign up to host activities as part of the two key festival times.

Activities suggestions can be found later on in the booklet, but as part of 2023 we are also encouraging those who take part to show the different paths that Sailing can take you down, whether this be from starting as a junior sailor through to being a lifelong sailor. Or taking your first steps in Race Officiating to attending your first event.



When will Steering the Course run?

2023 will see two festivals take place again but we are removing the Northern and Southern hemisphere focus. Events can be run in whichever festival suits your calendar best, even both festivals if you like!



Festival 1 - Friday 19 to Sunday 28 May 2023

Festival 2 - Friday 29 September to Sunday 8 October 2023

Participants can also choose the best days to suit them, whether it is a weekend or the whole 10 days. If you cannot complete an activity within the chosen dates, do not 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 communications 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.

Suggested activities 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,
please also
consider...

Inspirational talks or Q&A Sessions

Get a local sailing star
to answer questions and
inspire the next generation.

eSailing challenges

Challenge club members
to an eSailing event.
This is great if the weather
is not in your favour.

Open days

Think BBQ, Quiz night,
wine tasting – any event
to show the community
side of the sport.

International Women's Day 2023

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

Each year International Women's Day runs a theme and for 2023 this is #EmbraceEquity. **You can find out more about International Women's Day 2023 and the theme here.**

We would love to hear and see how your Sailing Club, Centre, Organisation or Federation is celebrating #EmbraceEquity, any content can be sent to content@sailing.org to potentially feature in World Sailing's social media channels.



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



More ideas for engagement

Check your event calendar

If you are hosting an event, is there an opportunity to hold a forum or a discussion on actions to be taken as part of an evening or social program.

Enhance your coaching knowledge

There are lots of materials online to enhance your knowledge around working with female athletes from beginners to high performance side of the sport.

Use Social Media

Social media is a great tool for celebrating the stars of your club/centre/organisation.

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.

Start beginning to plan what you would like to do for your event or activity or ideas and we will be in touch with more information.

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





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Women's Sailing
Festival



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