



Nautical Activities

Empowering family-friendly activities, community connections, and inspiration.

All ages and abilities are welcome to participate in an afternoon of nautical activities, with the goal of introducing some skills and concepts Phil uses while sailing as well as fostering new connections within the local epilepsy community. Attendees will receive a Sail For Epilepsy flag customized with the latitude and longitude of the port stop. The activities could take place in a covered outdoor space with tables and chairs or in an inside classroom setting, with projection capabilities.

ACTIVITIES

Sail for Epilepsy will provide materials and some staff as necessary to complete the following activities:

Introduction / Overview

Phil Haydon and a representative from the host organization will give an introduction and Phil will briefly discuss his journey with epilepsy.

Knot Tying

Using line, knot tying guides, and demonstration, a variety of knots will be taught and their common uses explained.

Signal Flags & Flag Making

An explanation of signal flag usage while at sea will be followed by a decoding activity to reinforce the concept. Participants will receive a blank flag template and crayons to make their own flag that will be made into one large flag commemorating the port stop.

Navigation & Celestial Objects

Identify the Big Dipper, learn how to find the North Star and how it can be used for navigation. Practice estimating when the sun will set. See an example of a local chart and aids used for navigation.

One More Step Challenge

The One More Step Challenge is a signature feature of the Sail For Epilepsy program. People with epilepsy, their families, and their caregivers are encouraged to identify something that they can do to live a fuller life. Participation in the Challenge results in becoming a Virtual Shipmate. The first names of all Virtual Shipmates are added to our boat so they can join us as we sail the oceans of the world. Phil will feature select Virtual Shipmates in videos and connect live with Shipmates while offshore to learn about their epilepsy journey. To close events, Phil challenges the participants to take the One More Step Challenge in a group activity.

HOST REQUIREMENTS

- secure suitable location
- provide tables / chairs / tents / volunteers as needed
- seek local sponsorship to offset any host costs (hosts will keep all proceeds)
- sell tickets or manage any required advanced registration
- provide any necessary food or drink
- publicize to a local audience

