



# Sailing

## WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



## GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on [rio2016.com](http://rio2016.com)
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on [rio2016.com/en/tickets](http://rio2016.com/en/tickets)
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at [rio2016.com/en/venues](http://rio2016.com/en/venues)
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on [rio2016.com/en/venues](http://rio2016.com/en/venues)
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- **This Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on [rio2016.com/en/app](http://rio2016.com/en/app) and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

## LEARN MORE ABOUT RIO

Nature, culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the [visit.rio](http://visit.rio) portal and discover the wonders of Rio de Janeiro.

## SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

## ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

## FORMS OF PAYMENT

**VISA** In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

## CONTACT US

An open channel to listen to you.  
Call centre: + 55 (21) 3004-2016\*  
[rio2016.com/en/contact](http://rio2016.com/en/contact)

\*Price of a local call if calling from Brazil.  
Price of a call to Rio de Janeiro if calling from overseas.

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## UNDERSTANDING THE SPORT

### HOW IT ALL BEGAN

Sailboat racing first appeared in the 17th century, in the Netherlands. The practice grew in England, when King Charles II, a great sailor, was restored to the throne. The sport was already well established when, in 1851, the schooner America crossed the Atlantic, departing from the United States, and won the race at the Isle of Wight - overcoming British ships and winning the trophy currently known as the America's Cup. Sailing events debuted at the Atlanta 1996 Paralympic Games, but as a demonstration only. The sport became a medal event at Sydney 2000.

### ABOUT THE COMPETITION

Designed for athletes with a visual or physical impairment, Paralympic sailing uses a functional classification system that takes body stability-related issues into account, based on hand functionality, the preserved degree of mobility, as well as aspects related to the amplitude of the field of view, and visual acuity. Three types of boat are used in the competitions:

- **2.4mR** – manned by a single athlete, who may have a minimal impairment
- **SKUD-18** – boat for two crew members, requiring the presence of a woman
- **Sonar** – class for three athletes. Each person gets a score ranging from 1 to 7 in accordance with their degree of impairment. The set cannot add up to more than 12 points

Paralympic sailing does not separate competitions by gender. Even in the

2.4mR class, in which the boat is controlled by only one athlete, women and men compete against each other.

### DID YOU KNOW?

At London 2012, British athlete Helena Lucas was not intimidated by the fact she was the only female athlete competing in 2.4mR and overcame her 15 opponents, winning the gold medal.







### PROGRAMME\*

SEPTEMBER	SESSIONS	
07	WED	
08	THU	
09	FRI	
10	SAT	
11	SUN	
12	MON	13:00 16:00
13	TUE	13:00 16:00
14	WED	13:00 16:00
15	THU	13:00 16:00
16	FRI	13:00 16:00
17	<b>SAT</b>	<b>12:00 17:30</b>
18	SUN	

\* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

### EVENTS

-  Single-Person Keelboat (2.4mR)
-  Two-Person Keelboat (SKUD 18)
-  Three-Person Keelboat (Sonar)
-  Mixed



## PLANNING YOUR TRIP

### ARRIVING AT THE VENUE

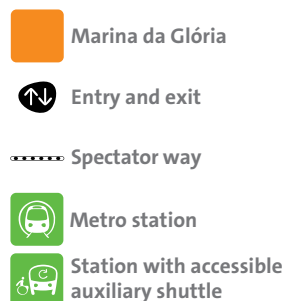
Marina da Glória, located at Parque do Flamengo, a site with eye-catching sights and breathtaking scenery, will host the sailing competitions of Rio 2016 Games. Check out how to get there:

**METRO - LINE 1 OR 2 > CATETE STATION**  
17min walk/1,200m

**Accessible station** - Access B of Catete Station is accessible. Departing from this station there is an accessible auxiliary shuttle service available for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at [visit.rio](http://visit.rio).

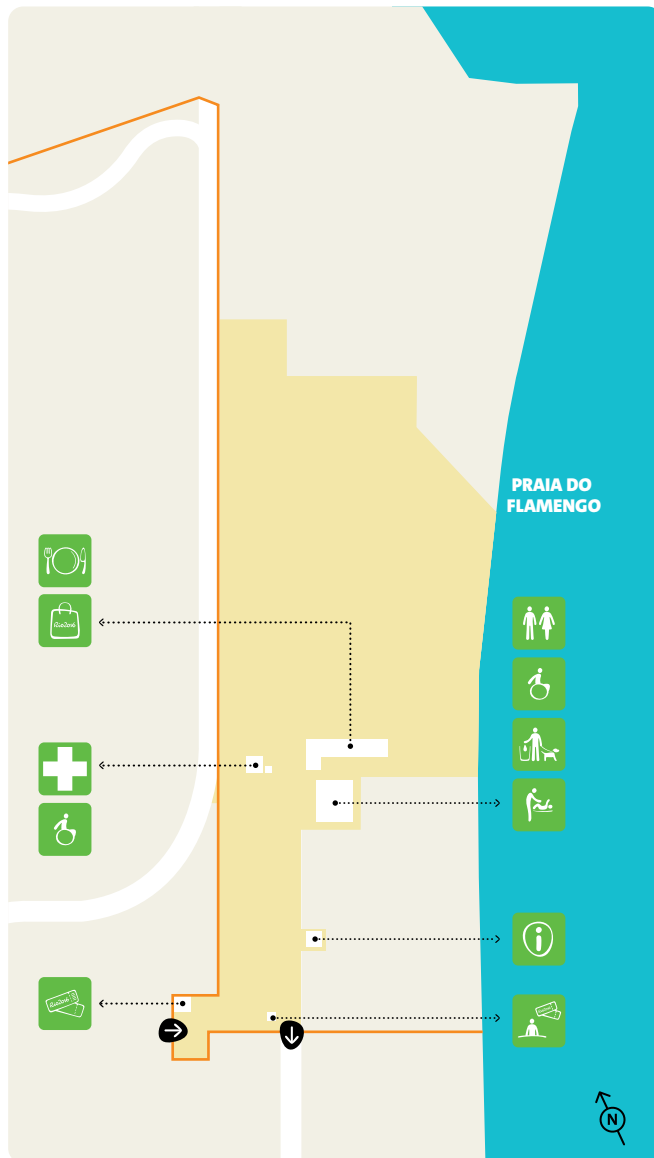
### ATTENTION!

- Instructions on how to arrive at the venue are intended only for ticket holders
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at [visit.rio](http://visit.rio)
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s



DISCOVERING THE VENUE

- Entry or exit
- Spectator way
- Ticket box office
- Ticket resolution office
- Public information
- Spectator medical post
- Toilets
- Accessible toilet
- Baby changing
- Dog relief area
- Food and beverage
- Rio 2016 Store
- Field of play



ACCESSIBLE SUBTITLE: IMAGE OF THE VENUE BLUEPRINT



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