

Post-18 Dual Career

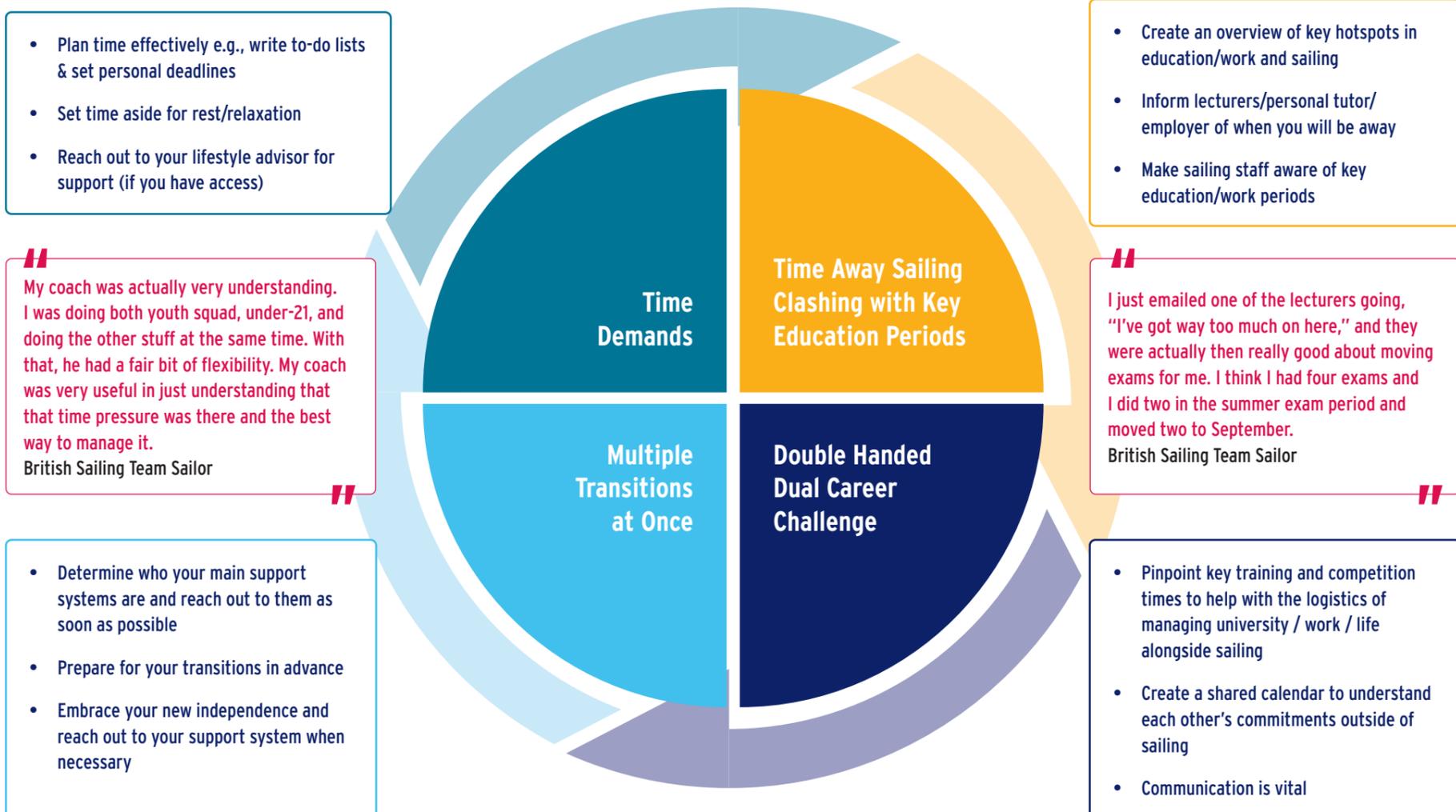
How do I balance sailing with education or work?

What is a dual career?

The term dual career can refer to an array of different forms of education and work, that an individual is involved in alongside their sailing career.

British Sailing statement on dual career

Sailing embraces all personal development opportunities in and out of the pathway. British Sailing recognise that all forms of education and training play a fundamental role in the sailor's progress and journey. We encourage sailors to have dual aspirations as it has been shown to support the long-term development of the person and performance on and off the water.



Support that may be Available to Sailors



TASS Support



Academic Flexibility & Support from University



British Sailing Support & Flexibility



Lifestyle Support



Personal Development Award



University Sport Scholarship Support



Support from Course Peers



Vocational Support & Flexibility from Employer



Mental Health Support



Campaign Leadership Management Programme



For more information, please refer to the 'Post-18 Dual Career Challenges, Support Available, and Best Practice' section of the 'Sailing Through a Dual Career' guide.

The guide also highlights some of the different routes you can take when you transition out of university and some of the different things you should consider before making the decision.