

Dr. Wolf-Dieter Mell

Forschungsvereinigung für die Sport- und Freizeitschiffahrt e.V. (FVVSF), Köln  
Institut für Boots-Tourismus (IBoaT), Bonn

# Getting old is not for cowards

**What developers of boats and equipment  
should think of**

Düsseldorf BOOT, Jan. 24 2017

Me (77) and my wife (73)  
sailing  
getting old,  
I know  
what I am talking about

Find data:

[www.fvsf.de](http://www.fvsf.de)

⇒ Forschungsprojekte

⇒ Fit & Sail  
Normdaten



## Getting old: What changes? (1)

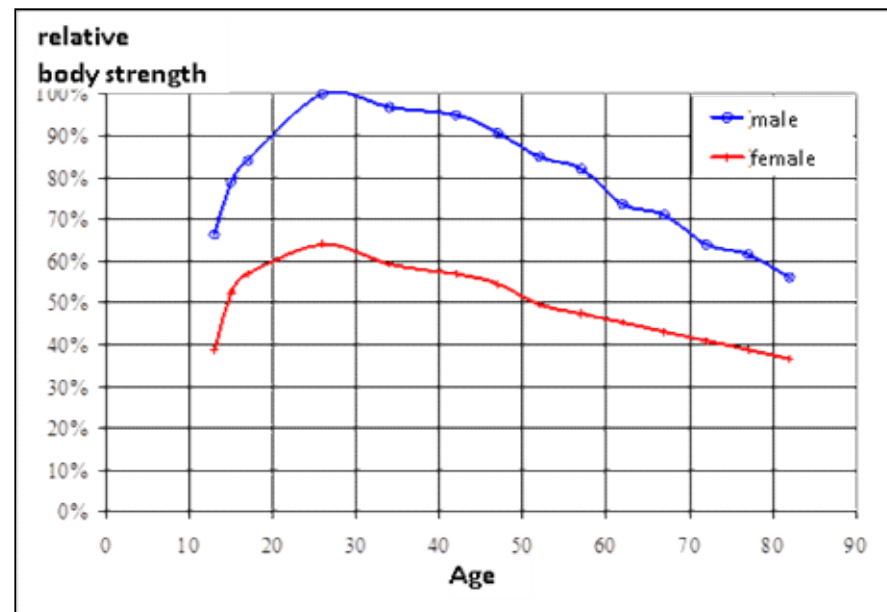
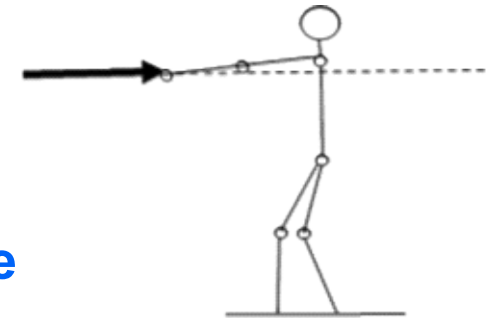
Prerequisite: One remains healthy

They enjoy boating, but ...  
strength, fitness and performance decrease

e.g. strength  
hauling ropes etc.:

maximum power  
at 25-30 years,  
decreasing to 60%  
at 80 years

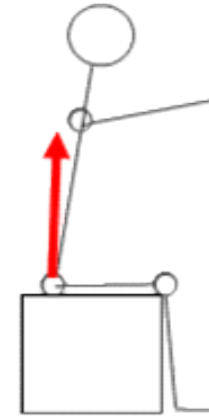
Attention:  
**differences**  
**male - female**



## A personal fitness test:

### Getting up from a chair

- Freehand with one leg: fitness very good
- Freehand with both legs: fitness normal
- With arm support: fitness weak



⇒ Personal fitness decreases with age

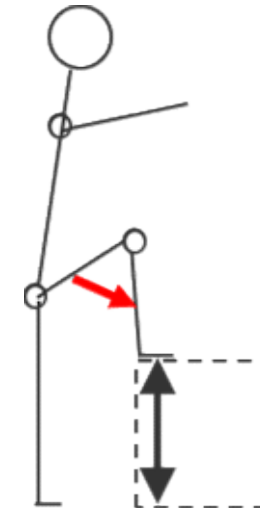
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## Getting old: What changes? (2)

**They enjoy boating, but ...  
the mobility decreases**

Problems e.g.:

- maximum step height and step widths on stairs and while stepping over,
- no jumping anymore (how do I disembark ashore?)
- no running around  
the skipper prefers to sit or stand at the steering wheel wanting to control everything from this position

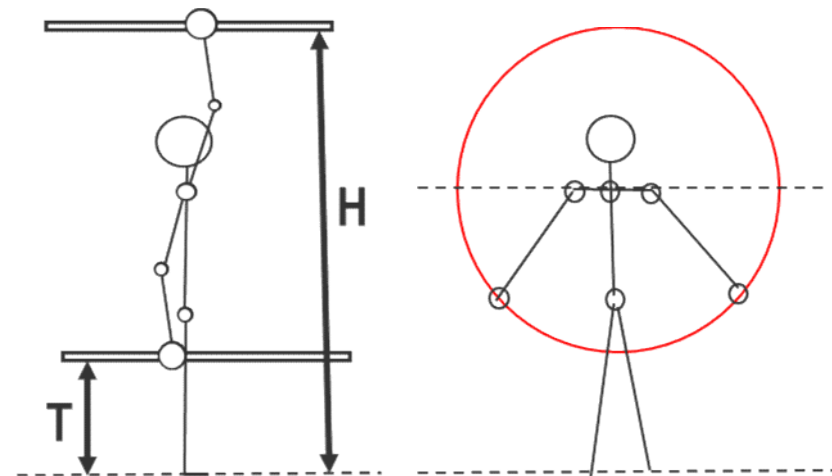
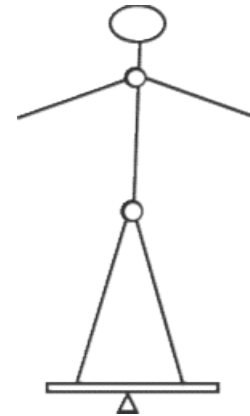


## Getting old: What changes? (3)

They enjoy boating, but ...  
the ability to maintain balance gets weaker

Central problem on board:  
⇒ solid handrails **everywhere**

Test:  
Ask a sporty senior lady  
to walk on board  
from the stern to the bow  
and up and down the stairs

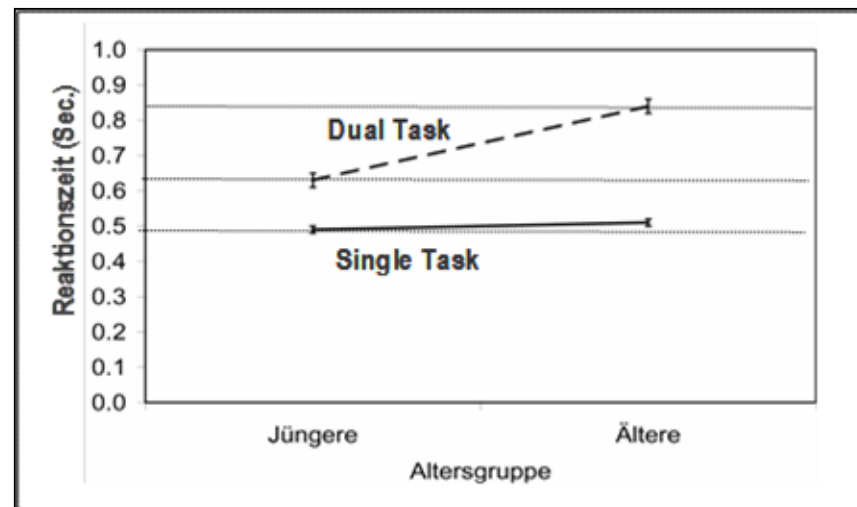


## Getting old: What changes? (4)

**They enjoy boating, but ...**  
the response times to simple stimuli  
are only slightly increasing with age,

**but: the response times in "multitasking" increase  
significantly with age**

Problems on board:  
**Stress caused by  
"multitasking overload"**



## Getting old: What changes?

**Stress:** Fear of imminent loss of control  
(if, for example, maneuvers run "out of control")

Symptoms: significantly increased heart rate (and high blood pressure)

**The risk of "multitasking overload" increases significantly with age (and the skippers know that, and don't like it)**

Examples:

- Maneuver in a narrow space, e.g. mooring
- Man overboard
- Complex maneuvers with much wind and current

⇒ technical assistance systems  
see professional shipping and automotive technology



## Getting old is exhausting

The aged boat enthusiasts  
They enjoy boating

And it is up to you  
to keep boating relaxing  
while your clients are getting older

# Thank You !

Have a successful weekend !

