



LAND POSITIONS: Do you feel more comfortable out of the water?

Area	Description	Equipment
Equipment ★★	Volunteers will be assisting with fitting, organizing, checking out and retrieving equipment and gear for participants and volunteers.	rash guards, life vests, booties, back rests, pads, and paddles
Support/ Check-in ★★★	Volunteers will assist with preparing the equipment for use by participants and volunteers. They will be working closely with land and water safety, as well as the transfer team.	rescue boards, canoes, tents, surfboards, wave skis, SUPs, snorkel gear
Beach Safety ★★	Volunteers will maintain their position on the beach and keep watch for the safety of participants and volunteers	
Lunch ★★	Volunteers will be assisting participants as needed with lunch	Utensils, plates, groceries, cooking materials
Other	Volunteers will be assisting the participants in a cultural craft of lei making.	Greenery, flowers, raffia, lei needle, (depending on craft)
<ul style="list-style-type: none"> • Craft ★ • Funwall ★ 	Funwall survey to gather data for grants	

STAR RATING

Each activity is rated using a 3 star system based on activity level and physical demand

- ★ Low exertion, sitting - Low activity level
- ★★ Medium exertion, standing/walking/floating - Medium activity level
- ★★★ High exertion, running, lifting, working out - High activity level