

**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

**WATER POSITIONS: Are you comfortable in the water?**

|  |  |  |  |
| --- | --- | --- | --- |
| Area | Description | Equipment | Ratio |
| Surf Instructor  ★★★ | Surf instructors will provide physical assistance in order to successfully surf tandem with the participant. Surf instructors must be approved by key leaders and will need to be comfortable riding waves with participants on their stomachs, standing, or using adaptive devices | Surfboard,  Participant, long pants/ water tights | 1:1 |
| Surf Shadow  ★★★ | As needed- Shadows will surf next to surf instructors to learn the process of surfing tandem with participants | Surfboard,  participant | 1:1 |
| Pusher  ★★★ | Pushers are responsible for pushing surfers into waves. You will time waves and position the surfer into the ideal location. This position is ideal for individuals who are comfortable and familiar with surfing and being in the water for long periods of time. | Fins,  participant | 1:1 |
| Water safety  ★★★ | Water safety provides perimeter of the surfing area and are present to keep participants and volunteers safe | surfboard |  |
| Assisted Swim  ★★ | As a volunteer you will assist individuals in swimming within the designated zone. This may include floating in mobi chair, floating with support, and swimming nearby as a shadow. | n/a |  |