



WATER AND LAND POSITIONS: Are you comfortable moving between the water and land throughout?

Area	Description	Equipment
Transfers★★★	This is a key part of access to the ocean. Volunteers will be aiding participants in transferring from their mobility device to/from a beach wheelchair, or mobility device to/from the ocean. Volunteers should be comfortable with hands-on interaction with participants.	Beach chair
Water and Shoreline Safety★★	Volunteers will be maintaining safety and aiding with equipment to/from water. They will also aid participant in water recovery from water to water craft.	rash guard, booties

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