

Adaptive Sports Connection Sailing Program

04.2019

SAILING VOLUNTEER GUIDELINES & RESPONSIBILITIES

As an ASC kayak volunteer, you are expected to be courteous and professional in your interactions with participants, families, community partners, medical professionals, ASC staff and other volunteers, as well as any outside sources you may contact for assistance.

In addition, ASC expects their sailing volunteers to abide by the following guidelines:

1. All instructors/volunteers must have read the general volunteer guidelines and responsibilities along with the sailing guidelines and responsibilities.
2. Volunteers must be familiar with weather patterns and the inherent dangers that come with extreme weather conditions.
3. Everyone must wear a coast guard approved personal flotation device at all times when on the water and on the "beach" area adjacent to the water.
4. Volunteers must attend a sailing safety and information meeting session taught by a ASC lead volunteer or staff.
5. Volunteers must ensure that all participants are within visible and audible distance at all times.
6. Before participants are on the water, an ASC volunteer must be on the water ready to give assistance if needed.
7. Participants should never be taken in the vicinity of potential hazards such as downed trees in the water, shallow water, or dams.
8. All equipment must be inspected before being used for a lesson. If the equipment has any deficiency that affects operational safety, the equipment must be taken out of service and an out of service tag must be filled out.
9. At no time should a participant be strapped into or tied to a boat.
10. Volunteers should work and perform tasks within their level of training. Volunteers wishing to increase their training level should attend mid-season trainings.

Unleash the Power of Volunteering – Make a Difference in the Lives of Adults, Children, and Veterans with Disabilities. [Learn more at AdaptiveSportsConnection.org](http://AdaptiveSportsConnection.org)



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SAILING ESSENTIAL ELIGIBILITY CRITERIA

All sailing participants must acknowledge the ability to perform the following EEC:

- Meet all General EECs
- Breathe independently (i.e not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted life jacket
- Independently get out of a capsized boat

Anyone who is unable to meet these criteria will need to speak with staff or a lead volunteer to discuss adaptive options to make sailing a safe and enjoyable program.

Thank you for helping to carry out the ASC mission of connecting individuals with disabilities, their families, volunteers, and community organizations through a lifetime of adventure sports!