

Extreme Abilities and SSA Adaptive Surfing 2015

Program

40 volunteers
30 participants

08h00 – 08h30

Registration

08h30 – 09h00

Welcoming and Opening

09h00 – 12h00

Group circulation through stations

Each group will have 30 -40 minutes at each station (1-5)

For time efficiency, it would be best if the first participants to arrive be divided into the first groups and moved to the first stations so that as soon as the welcoming is over, the first group will be able to enter the water.

12h00 – 13h30

Lunch will start at 12h00 sharp, the last group will still be in the water until 12h30 and will join the rest of the participants for lunch until 13h30.

13h00 – 14h30

Adaptive Surfing demo and last round for those who want to go again.

Everyone needs to be out of the water before 14h30.

14h30 – 15h00

Group photo and Closing ceremony

Participants

30 Participants will be divided into groups with the same or similar types of disabilities. Each group will consist of 5 participants, thus there will be 6 different groups to circulate through each station.

Volunteers Stations

Station 1: 2 volunteers needed

This station is at the announcement gazebo where everyone is gathered. The groups will be announced at this point and will be escorted from here to the second station. This station needs to be manned by 2 people. These 2 volunteers will be responsible for keeping time and will blow the whistle after every 40 minutes, signaling the shift to the next station. They will also be responsible for organizing the participants in to 6 groups of 5 and ensuring that the next group will be ready when they are called to the next station.

Station 2: 8 volunteers needed

This station is in the dressing room area. Participants will be escorted to the dressing rooms at the lifesaving club where they will be assisted in being fitted with a suitable wet suit and then move towards the next station. Station 2 needs to be manned by 8 people, preferably 4 ladies and 4 gentlemen to help and assist with fitting the wetsuits. This group will consist of care workers and physiotherapists who have knowledge of how to safely dress and move mobility impaired people.

Station 3: 3 surf coaches needed

This station will be at the edge of the beach close to the ramp. Here the participants will receive their beginners surf lesson and instructions on ocean safety etc. This station needs to be manned by at least 3 Surf Coaches. After each session, wet wetsuits need to hung up at this point before participants return to station 2.

Station 4: 5 volunteers needed

This station covers the beach area from station 3 to station 5. The people working at station 4 needs to be fairly fit as it will be their responsibility to push and help the participant to the edge of the water at station 5. As there will be 5 participants in each group, 5 people needs to man this station. This allows for 2-3 trips at a time, it may vary from different disabilities.

Station 5: 15 volunteers needed

This station is in the water ankle deep to waist deep (white wash area). Here, our two main concerns are the safety and the enjoyment of the participants. There will be 5 participants entering the water at a time. For each participant there needs to be 3 volunteers. Each of these volunteers must either be a life guard, surfer or surf coach. The perfect ratio would be 1 life guard, 1 surf coach and 1 surfer for each participant. For this group to function, a minimum of 15 people is needed. This allows for 3 volunteers assisting 1 participant in the water at a time.

Station 6: 3 volunteers needed

Between stations 1, 2, 3 and 4 there will be escorts needed to assist and show the way to the participants. For this task there will be 3 people needed, 1 between each station.

Officials: 4 coordinators

The event coordinators and will attend to any problems or query during the event.

Event Layout

