

## Volunteer Training 2017 Itinerary

Friday 6/9

5:30 – 6:30

6:30 – 7:30

7:30 – 8:30

BBQ & Mingling

3 Main Ingredients to Waypoint Programs

Putting it into practice.

Saturday

9:00 – 9:45

Welcome, Schedule & Coffee

Get to Know our Group

Review of last night

9:45 – 10:30

Kayak Skills – On Land

1. Transfers

2. Boat fitting

10:30 – 10:45

Break (Prepare to Launch)

10:45 – 11:45

On the water

Group formation

Tandem practice, learning to steer!

11:45 – 12:30

LUNCH

12:30 – 1:15

15 min Stations

1. Seat & Boat Adaptations

2. Paddle & Hand Adaptations

3. Loading the trailer

1:30 – 2:30

On the water

Wet exits

Rescues

2:30 – 3:00

Checklist & Evaluations