

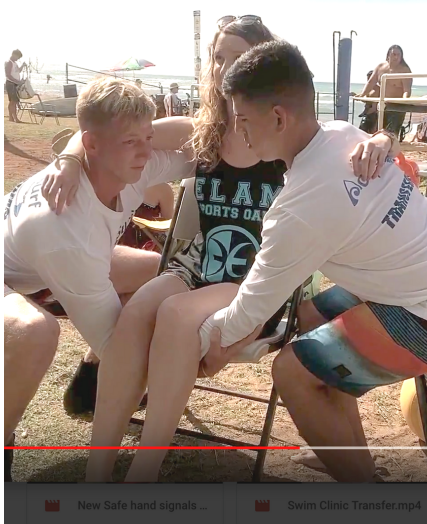
Fireman's Carry

Most likely situations

- Moving to/from chair
- Moving to/from ground level

STEP 1: READY POSITION

- With the surfer in a stable position, stand on each side in line with the surfers hip
- Squat down, keeping your feet wider than hip distance to have a strong base of support
- Reach one arm under the surfer's armpits and grasp your partner's forearm- allowing the surfer to rest their arms across your shoulders
- Reach your other arm under the surfer's knees



STEP 2: LIFT

- 1 person will communicate with the athlete and instructs them to keep their arms strong so they are easier to lift
- 1 person gives the command to lift ("one, two, three, lift")
- The athlete should remain in an upright position while Person 1 and Person 2 stand together

*if the athlete was sitting in a moveable chair, have another volunteer clear it from under the participant to open a path



STEP 3: SIT

- Taking small steps, carry the surfer to the surface they will sit on
- Slowly lower athlete down together, guiding the athletes hips far back into the chair



MAKE SURE TO KEEP IN CONSTANT COMMUNICATION WITH YOUR PARTNER THROUGHOUT THE TRANSFER PROCESS