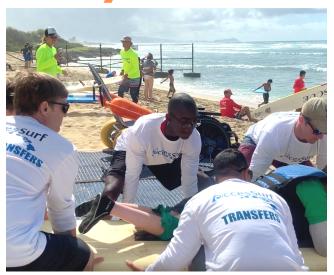
# Queen/ King's Carry

## **Most likely situations**

• Moving to/from board to water



### **STEP 1: READY POSITION/LIFT**

- 8-10 volunteers are needed for this transfer with 4-5 people on each side of the board
- The surfer will be laying on the board on their stomach
- Squat down, keeping your feet wider than hip distance to have a strong base of support
- Reach both hands under the board
- Lift with your legs, keeping the board level with all volunteers



#### STEP 2: LIFT

- Keeping both hands on the board, walk toward the beach
- Make sure to keep the board level at all timesthis means you may need to lift the board higher if you are going over uneven surfaces



#### **STEP 3: DISMOUNT**

- Lower the board past the shore break as a group
- While transfering into the water, keep the nose of the board straight to cut through the waves and reduce

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