

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 times- this 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 transferring 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**