

Stand Pivot Transfer



Most likely situations

- Moving to/ from wheelchair
- Moving to/from beach chair
- Moving to/from stationary chair

STEP 1: READY POSITION

- Have athlete move to edge of seat, with assistance if needed
- Angle the athletes heels in the direction of where they are transferring
- Squat, and grip your thighs on the outside of their legs, gripping tightly
- Ensure their arms are in a safe place (in their lap, or around your waist if they are able)

STEP 2: STAND

- Reach under the campers "sit bones", avoid gripping clothing as it may tear as a result
- Rock the athlete forward (counting to 3 is helpful to gain momentum)
- Maintain good body mechanics, lifting up with your legs on "3", keeping your back straight and erect
- Bring them close to provide support and keep your hands on their "sit bones" as you prepare to pivot

STEP 3: PIVOT

- Keep three points of contact **at the knees, hips, and shoulders**
- You may need to place one hand on the athletes back if they require more support
- Taking small steps, use your legs to guide the athlete back toward the surface they will sit on
- Continue to step until the back of the athletes legs are touch the surface they will sit on

STEP 4: SIT

- If the athlete is able to, have them reach back for armrest or seat
- Slowly lower athlete, guiding their hips far back into the chair while maintaining a safe and stable body positioning

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