



## SUMMER ASSISTANT VOLUNTEER

**General:** On average, each instructor needs the support of 1-2 volunteers for a successful summer lesson. Summer Assistants work closely with an OAS Instructor to handle equipment, aid the participant and join in on the fun activity. Each assistant will follow directions given out by Instructor regarding support, comfort and guidance for student. Occasionally, assistants work independently as a “buddy” to more experienced participants in the designated activity.

### Key Responsibilities:

- Work with and support Instructor and students of all ability levels within your sport
- Act in a professional and ethical manner
- Always be actively positive, friendly and courteous in your interactions with students, co-workers, and others
- Comply with all safety procedures
- Personal conduct, both on and off duty, which appropriately reflects the policies and standards of OAS
- Maintain good communication with OAS staff

### Support & Time Commitment:

- OAS Orientation
- Specific hands on training relative to the sport assisting with
  - OAS will do its best to equip volunteers with the skills and knowledge necessary to have a rewarding experience, in return, we ask volunteers to take commitments to OAS seriously.

### Qualifications:

- Must be a minimum of 18 years of age
- Strong hard skills relative to the sport assisting with
- Complete a National Background Check
- Must read, sign and comply with all information lined out in the OAS Volunteer Manual
- Must attend appropriate trainings

### Kayaking/ Stand Up Paddle Boarding

Volunteers help the instructor prepare for the kayak lesson, carrying boats from the parking lot to the water, fitting life jackets, assisting participant to the water and into the boat and kayaking in a tandem or single kayak, or stand up paddle board.

*Expectations:*

*Comfortable paddling for 2 hours in a single or double kayak.*

*Able to lift and carry 50 lbs.*

*Comfortable swimming in a river or lake with a life jacket*

## **Road Cycling**

Volunteers cycle, or walk (maybe even jog), alongside participants around paved trails. You can assist in helping them get up, pushing bikes or assisting with navigation.

*Expectations:*

*Able to lift 50lbs*

*Comfortable biking on paved trails.*

*Have own bike to ride along with participants*

## **Mountain Biking**

With the expansive selection of trails within Bend, volunteers assist on mountain bike lessons by riding along with participant and instructor, carrying tools and water, aiding in transfers and bike transportation.

*Expectations:*

*Able to lift 50 lbs.*

*Intermediate Mountain Biker & Comfortable biking single track (ie. Phils, the River Trail)*

*Must have own bike to ride along with participants*

## **Golf**

Volunteers accompany participants on the driving range to playing up to 9 holes of golf at Awbrey Glen Golf Course. You may be asked to drive a golf cart, carry golf clubs, tees, balls or water and assisting/teaching golf techniques.

*Expectations:*

*Comfortable driving golf carts*

*Adhere to Awbrey Glen dress code*

## **Rock Climbing**

Volunteers belay and boulder with participants at Bend Rock Gym. There will also be opportunities for outdoor rock climbing in the future!

*Expectations:*

*Certified to belay at Bend Rock Gym*

*Have own harness, rock climbing shoes and belay device.*

## **Hiking**

Volunteers accompany groups or individuals hiking through the beautiful scenery and mountains of Central Oregon.

*Expectations:*

*Able to lift 50 lbs.*

*Comfortable hiking with 20lb pack*

*Comfortable hiking on maintained trails for 2 hours*

## **Yoga**

Volunteers assist in preparing the space, setting up mats and props, checking people in and cleaning up the space at the end of class.

*Expectations:*

*At least 1 year yoga experience or approval of instructor*