

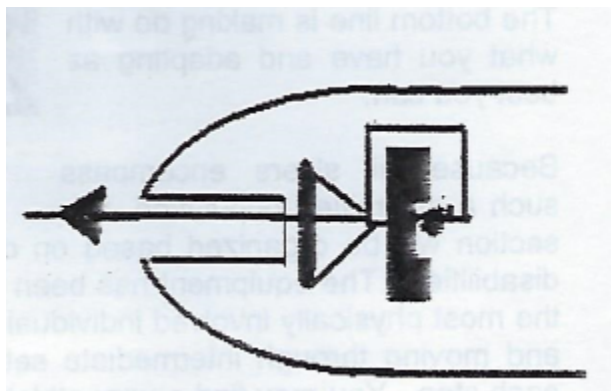
The LOF Volunteer's Guide to Sit Skiing:

*New volunteers: it is recommended that you read through the "Waterski Terminology" page before proceeding with this section

Sit skis are selected according to a skier's difficulty level. Generally, the narrower the ski, the more advanced the skier (think: narrower ski, less surface area, harder to balance). LOF possesses many different sized cages so that a sit ski can be customized for a skier's comfort. The cage is easily mounted on the ski (above outriggers, if desired), with 4 wingnuts. Note that the cage can be mounted more forward or backward on the ski depending on the skier's preference and leg length.

Once a fully assembled ski is placed on the dock, volunteers help transfer the skier from his/her wheelchair (if applicable) and assist the skier so that he/she is comfortable in the cage. Feet should be strapped securely in the velcro strap. **All equipment vital to the skier (prostheses, orthotics/braces, prescription goggles, etc.) should always have some sort of flotation device attached to it BEFORE the skier enters the water.**

If the starting block will be used, volunteers should ensure that the knot is on the skier's side of the block. If the skier does not wish to hold the handle, the handle should be tied around the block according to the picture below:



Side skiers, if there shall be any, should get ready at this time. Two volunteers will help lower the skier into the water. One should be on the dock, lowering the ski from the front. The other volunteer (the dragger) should be in the water at the back end of the ski, guiding the skier into the water and ensuring that the ski stays balanced. The dragger should hold on to the back of the cage. Once the skier and side skier(s) are ready for launch, the dragger will yell, "HIT IT," signaling the boat driver and jet ski driver to take off. (*Note that intermediate/advanced skiers may not require the help of a dragger; and that side skiers are only necessary for beginner sit skiers who are shedding outriggers).

The spotter, jet ski driver, and dockmaster will all be in contact via a 2-way radio. The spotter should also have one hand on the quick release at all times and should be alert for

any potential hazards. The handle on the quick release should have some slack while the spotter holds it so as not to pull it by accident. If the spotter suspects even the slightest hazard, he/she should pull the quick release.

If the quick release is pulled or the skier lets go of the handle, the jet ski jumper should jump off the side of the jet ski and swim quickly toward the skier. This individual will help the skier float back into the cage, replace the handle in the block (if necessary), and act as the dragger when not in close proximity to the dock. When all parties are ready for re-launch, the jet ski jumper/dragger will again yell, "HIT IT," once again signaling ONLY the boat driver (not the jet ski driver) to take off. At this time, the jet ski jumper will quickly re-mount the jet ski, and the jet ski will take off in the direction of the boat.

The spotter will warn the dockmaster when they plan to return to the dock. At this point, the dockmaster should prepare a minimum of 2 dock jumpers to be ready. The boat will approach the dock so that its path is parallel and slow down once the skier is in front of the dock. The dock jumpers will jump into the water and swim quickly toward the skier. One dock jumper will help the skier get back to the dock, while the other will swim the sit ski back to the dock. While the dock jumpers are assisting the skier, the spotter should immediately tow all ropes into the boat to ensure that they do not get caught in the boat's motor.

The LOF Volunteer's Guide to Stand Up Skiing:

*New volunteers: it is recommended that you read through the "Waterski Terminology" page before proceeding with this section

Stand up skiers will come to the dock when called and a volunteer will bring his/her skis to the dock when they are needed (skis should all remain on land when not in use to prevent overcrowding on the dock). Stand up skiers (unless very advanced) should be given dry land instruction on the dock prior to skiing.

The skier should be instructed to sit on the ground, place feet flat on the dock, and draw his/her knees up to his/her chest. The skier should be given a handle to practice with and should be instructed to hold it and always keep his/her arms straight. A volunteer will hold the opposite end of the handle and simulate the pull of the boat by pulling on the rope. The skier should be instructed to slowly stand up by the force from the boat (and always keep his/her arms straight). Once the skier has mastered this, it's time to help him/her put skis on.

To prepare waterskis, dunk them in the water so that the bindings are fully submerged and hold for a few seconds. Lay the skis down flat near the edge of the dock and add a scant amount of dish soap to the bindings. The dish soap will help the skier easily slip his/her feet into the bindings. It is helpful for a volunteer to kneel beside the skis and hold open the binders so that the skier can rest a hand on the volunteer's shoulders for balance while putting skis on.

Once the skis are on, it is time to help the skier get in the water. All equipment vital to the skier (prostheses, orthotics/braces, prescription goggles, etc.) should always have some sort of flotation device attached to it BEFORE the skier enters the water. Instruct the skier to sit on the edge of the dock so that his/her feet are dangling into the water. If the skier is

using the boom, he/she shall wait for the boat to approach the dock before getting in in the water. Once the boom is within reach, he/she should grip the boom with both hands and then slide in the water. Long line skiers can slide in the water as soon as they are given their waterski handle.

Beginner skiers sometimes need further instruction once they are in the water. While holding the handle/boom, he/she should curl up into a ball, put bring his/her chin to his/her knees, and align the tips of his/her skis so that they are sticking out of the water. As with dry land instruction, arms should always be straight. Once the skier is ready, he/she can yell, "HIT IT," signaling the driver to launch.

The spotter and dockmaster will be in contact via a 2-way radio. The spotter should also be alert for potential hazards. Dock jumpers are not necessary for stand up skiers, but can be helpful to weak swimmers or skiers who are not totally comfortable in the water.

Once a stand up skier is dropped off, volunteers can instruct him/her to take off his/her skis. For easy removal, have the skier pull the tip of the ski to his/her face and let his/her foot slide out. Typically stand up skiers can swim themselves to the dock once their skis are off.

HAND SIGNALS:

LOF volunteers frequently use hand signals to communicate with skiers and each other while on the water. These are particularly helpful when trying to communicate over loud boat engines. We also use specific rope signals for all skiers, specifically those who are blind and visually impaired.

Read below to learn more!

Thumbs up – increase speed (usually given by a skier/tuber to inform the boat driver to speed up)

Thumbs down – decrease speed (usually given by a skier/tuber to inform the boat driver to slow down)

Pat your head – signals the boat driver to return to the dock

"Slice" hand across neck – signals the boat driver to stop immediately

One tap on the tow rope – signals skier get inside the wake

Multiple taps on the tow rope – informs the skier that he/she can ski outside the wake as he/she pleases

Circling index finger – informs the skier that the boat is about to turn