



Summer 2020 Volunteer Opportunities

Questions? Contact Camille Cauchois, Program Manager at camille@achievetahoe.org or 530-581-4161x5

Position(s) Overview and Impact: Assist individuals with disabilities participating in summer sports such as adaptive waterskiing, adaptive flat water paddling (kayaking, canoeing, paddle boarding), providing lunch at Donner Lake and/or tubing on Donner Lake. Volunteers will work directly with participants, helping them to find success in each activity.

General Qualifications: It is not necessary for you to have experience teaching people with disabilities how to water-ski or paddle, however **applicants must possess strong swimming skills, and be comfortable in the water for a prolonged period of time.** As a 501©(3) non-profit, we ask that each volunteer be committed to fundraising in a way that is meaningful to them, so that we are able to uphold our mission statement of keeping their recreational opportunities affordable for individuals with disabilities.

Training and Support Provided: Achieve Tahoe offers all the training necessary to become a summer programs volunteer. All new volunteers are required to attend volunteer training specific to the programs they are interested in – please review the training dates listed below.

Benefits of Volunteering: You will be helping Achieve Tahoe provide recreational opportunities to people with disabilities who would not otherwise be able to participate in. You will be making a positive impact on someone's life every time you volunteer.

To Apply: Fill out a volunteer profile at <https://www.achievetahoe.org/support/volunteer> or email camille@achievetahoe.org.

1. Adaptive Water-Skiing Instructor

Location: *Private Water Ski Lake at [Wake Island](#), North Sacramento*

1. You will assist with the set up and tear down of the program
2. Fit participants into proper gear and provide instruction.
3. Work for extended hours in the sun and heat or other variable conditions
4. Be comfortable in the water for prolonged periods of time
5. Work as a starter*/jumper*
 - a. Starter – assists the skier to attain the correct body position for starting and may assist the skier with balance while waiting for the start. A water Starter may “drag” a short distance behind the skier to assist with balance after the skier starts. Upon the conclusion of the lesson, Water Starters will meet or “catch” the returning skier and assist him/her to the shoreline. This position requires strong swimmers and individuals that will be comfortable getting in and out of the water for long periods of time
 - b. Jumper -Jumpers perform all the duties of water starters with the extra task of entering the water from a chase boat to assist a skier that has fallen. The jumper is the first person to get to a fallen skier and should be trained in emergency water safety techniques. Although injuries are very rare, skiers that have just fallen may be frightened or disoriented.

The minimum commitment we ask of our volunteers for our **water-skiing** program is **6 days** (including two mandatory training days).

- Training Dates (2 required for new water ski volunteers, 1 required for returning water ski volunteers): **May 15th, 16th, and 17th, 2020**
- Program Dates: **June 12th, 13th, 14th, 19th, 20th; July 17th, 18th, 19th; August 7th, 8th, 9th, 28th, 29th, 30th, 2020**

2. Sierra Summer Sports Instructor

Location: Donner Lake, Truckee

1. Help set-up the activity site, including hauling kayaks/paddleboards to and from the beach. Must be comfortable carrying 50lbs with proper body mechanics.
 2. Assist participants in a variety of activities such as jet skiing, tubing, kayaking, paddle boarding, canoeing and beach games.
 3. Work for extended hours in the sun and heat or other variable conditions.
 4. Engage participants throughout the day to try each activity, in a safe and educational environment.
 5. Help clean-up the activity site at the end of the day.
 6. The minimum commitment we ask of our volunteers for our **Sierra Summer Sports** program is 5 days (including the mandatory paddle training).
- Paddle Training Date (1 day required): **June 6th and 7th, 2020**
 - Program Dates: **July 9th, 10th, 11th, 12th, 23rd, 24th, 25th, 26th, 30th, 31st; August 1st, 2nd, 13th, 14th, 15th, 16th, 20th, 21st, 22nd, 23rd, 2020**

3. Sierra Summer Sports Boat Owner & Driver

Location: Donner Lake, Truckee

1. Launch your boat on Donner Lake. Safely take participants with disabilities and their friends/family on tube rides around the west end of Donner Lake.
 2. Follow Achieve Tahoe safety guidelines. An observer will be provided for the day if needed.
 3. Achieve Tahoe provides the tubes, observer, and can also pay for gas, registration, etc.
 4. If you are interested in this opportunity, please reply to camille@achievetahoe.org so we can set up a time to talk on the phone.
 5. The commitment we ask of our volunteers for our Sierra Summer Sports Boat Owner/Driver position is **4 consecutive days**.
- Program Dates: **July 9th, 10th, 11th, 12th; July 23rd, 24th, 25th, 26th; July 30th, 31st, August 1st, 2nd; August 13th, 14th, 15th, 16th; August 20th, 21st, 22nd, 23rd, 2020**

4. Sierra Summer Sports Lunch Captain

Location: Donner Lake, Truckee

1. Plan a buffet-style lunch menu for 40-50 people taking allergies and food preferences into consideration.
 2. Grocery shop for all the food ahead of time. Budget provided by Achieve Tahoe.
 3. Prep all the food and bring it to the West End Beach of Donner Lake. Lay out the food in a buffet, ready to serve people at 12:00pm.
 4. Communicate with Achieve Tahoe ahead of time about the number of people being served each day.
 5. Achieve Tahoe provides kitchen supplies, plates/utensils, prep space and the budget.
 6. Clean up the buffet at the end of lunch and pack out all the food/supplies.
 7. The commitment we ask of our volunteers for our Sierra Summer Sports Lunch Captain position is **3 consecutive days**.
- Program Dates: **July 10th, 11th, 12th; July 24th, 25th, 26th; July 31st, August 1st, 2nd; August 14th, 15th, 16th; August 21st, 22nd, 23rd, 2020**