



## Summer Programming

NWABA's provides summer sports and activities from June to August.  
See below for ways that you can be involved!

### Hiking

- Paired one-on-one with an athlete or with a group of athletes and other volunteers
- Use bells, verbal communication, or other auditory cues to guide athletes
- Any adaptive equipment used to assist athletes will be provided by NWABA

### Tandem Biking

- Paired one-on-one with an athlete; stay with the assigned group of athletes and other volunteers
- You, the "captain/pilot," ride on the front seat to steer and communicate with the athlete
- Give verbal cues and provide descriptions of the scenery while riding with the athlete
- All equipment will be provided. Feel free to bring your own helmet!

### Paddle Sports

- Paired one-on-one with an athlete to provide verbal and physical prompts
- Steer a tandem kayak, navigate with a single kayak, or lead on a stand up paddle board
- All equipment will be provided. Feel free to bring your own PFD!

### SWEP Program

- Tandem bike captains, hiking guides, and soccer enthusiasts needed
- Programs are held weeknights in July in Portland, OR and Salem, OR

### Camp Spark

- NWABA provides two weeklong summer camps, one in Oregon and one in Washington
- Volunteers will act as tandem bike captains, guide runners, and more

For upcoming events and current opportunities to get involved, visit [www.nwaba.org](http://www.nwaba.org).