

BOSS life skills training Lesson Plan

Outdoor Recreation: Mixed Water Sports and B-B-Q

Maximum number of participants: 30

The purpose of these mixed water sports, bicycle, and BBQ event is to improve morale among single service members, connect them to the community in which they are stationed through emphasis on natural history and environment, to instruct on water-safety, open water rescue, and safe use of water craft in open-ocean. As a weekend activity, participants will help in kitchen functions with instruction by MWR staff.

Service members will help in the process of hitching the trailer, loading and rigging kayaks using practical knots and webbing, plotting and navigating a course based on water and weather conditions, and safely launching and paddling kayaks and Stand up Paddleboards (SUP).

MWR Recreation Specialist will oversee proper handling of watercraft and provide instruction on proper use of PFD (personal flotation device), with instruction on verbal/ non-verbal distress and safety signals, and open-water rescue. Rec-Spec will also commentate on local history, flora, fauna, and ecology of the Monterey Bay Marine Sanctuary adjacent to the Presidio of Monterey army garrison on which service-members are stationed.

Service members will help in the process of safely landing water craft, rigging kayaks/ SUP and will aid in washing and returning equipment (including cookware) to depot facility.

ITINERARY:

Meet at Lovers Point **1100-1400** for BBQ and mixed watersports

YOU WILL NEED TO BRING:

- Wear board shorts/ swim suit as you may be sitting in low water at times or may become fully submersed.
- Rain-jacket or other warm top layer (**NOT-COTTON**) which may become splashed or submersed by salt water.
- Towel and change of clothes (if getting in the water)
- sun protection (sunscreen, hat, sun glasses)
- drinking water (1-2 liters)
- strapped sandals or other appropriate footwear which **will** become wet and may become dislodged (water shoes available for purchase ODR)

DO NOT BRING anything which you do not to become partially or fully submersed or misplaced during event (ie. Cell phone, wallet, cameras, precious family heirlooms, etc...)

WHAT TO EXPECT:

This event is open to all eligible BOSS patrons on a come and go basis. Food and transportation will be provided for up to 15 service members on a first come first serve basis. A meal will be provided along with mixed watersports equipment. Instruction will be provided on the safe handling of equipment, and patrons will be required to check in with BOSS/ ODR staff upon arrival and departure.