

Appendix O

Spotting, Lifting, Lowering, Transporting and Supporting Techniques

Prior to introducing an intramural/club activity involving spotting, lifting, transporting, or supporting techniques, intramural/club supervisors need to determine that students have instruction in proper lifting, supporting, transporting, lowering and spotting techniques. If the intramural supervisor is not comfortable with students using these skills, then these activities are not to be done. All student participants must also be comfortable with their roles.

Spotting

Responsibilities vary with the age, strength, maturity level and experience of the student. Intermediate/senior students can do:

- Non-contact spotting (e.g., keeping activity area clear, providing verbal cues).
- Checking placement and stability of equipment.
- Contact spotting (e.g., helping peers maintain balance on the floor and on all types of equipment; spotting of free weights).

Lifting/Lowering

The following are proper lifting/lowering techniques:

- Back is straight.
- Knees are bent.
- Hands are close to the body.
- Lift straight up.
- No twisting of the trunk.
- Keep object centered with the body.
- Lift only weight-appropriate objects/people.

Where more than one person lifts/lowers another person or object, the base of support must be secure (e.g., hand securely grips another's forearm when lifting a peer). The person being lifted/lowered must be moved using appropriate body parts (e.g., upper limbs).

Transporting

- When transporting with hands and arms, weight of object/person needs to be centrally distributed and in front of the carrier.
- When transporting someone on your back, refer to the proper lifting techniques mentioned above.
- Knees must never be in the locked position.
- Do not carry students by the neck.
- The person being transported must not hold onto the neck (e.g., piggyback with legs wrapped around the transporter's back).
- No transporting students with use of shoulders only (with the exception of a pool).
- No transporting a person in the inverted position (exception: wheelbarrow race). In wheelbarrow type activities, the person being supported is held by the thighs and must initiate all forward motion.

Supporting

- Never support an object or person using the neck, head, or lower back. Use hips and shoulders for supporting others.
- Determine that the base of support is securely established.