

Lifting, Spotting, Supporting, and Transporting Techniques

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

This section includes:

- **Lifting/Lowering Techniques**
- **Spotting Techniques**
- **Supporting Techniques**
- **Transporting Techniques**