



Walker & Step Station Volunteer Instructions

Please Note: Station “A” Walkers & Crutches is fairly physically demanding and requires an Adult Volunteer who is able and willing to get up and down from the floor multiple times.

- There should be two Adult Volunteers for the Walker & Step Station.
- One class will be in this room for one hour and there are 3 stations in this room 1) Wheelchairs 2) Walkers and 3) Fine Motor.
- The class will be divided into 3 groups with 3 different color name tags.
- Each group will spend 20 minutes at each station.
- The teacher will keep track of the time and instruct the students when it is time to rotate.
- This station has an “A” side and a “B” side of activities.
 - “A” consists of Walkers & Crutches.
 - “B” consists of Step, Balance Seat & Lying Down.
- One “physically fit” Adult Volunteer will be the instructor for the “A” side of the activities and the other Adult Volunteer will be the instructor for the “B” side.
- When a color coded name tag group arrives at the Walker & Step Station the Adult Volunteers should subdivide the group into 2 smaller groups of approximately 4 to 6 students.
- One of the Adult Volunteers will explain to the students that they will be belted for this station to experience limited mobility while:
 - The Adult Volunteer on the “A” side puts belts on 4 to 6 students knees.
 - The Adult Volunteer on the “B” side puts belts on 4 to 6 students knees and elbows.
- The students belted at the knees will begin the “A” side activities and the student’s belted at both the knees and elbows will begin the “B” side activities.
- The students will spend 10 minutes at each side.
- The teacher will give a 10 minute “mini-switch” warning. The “B” Adult Volunteer will unbelt the elbows of their students and send them to the “A” side. The “A” Adult Volunteer will belt the elbows of their students and send them to the “B” side.

“A” Walkers & Crutches

- Place belts around the students knees. They should be tight enough so that they don’t fall off but not tight enough to cut off circulation!
- 2 to 3 students will start out with Walkers while 2 to 3 students start out with crutches.
- Remind the students that they must support themselves with the walker and crutches at all times or they will fall down, as a person with a disability would have to.
- Instruct them to do 3 things while using the Walker and Crutches:
 - Pick up a book off the floor
 - Carry a cafeteria tray with a plate and food
 - Lie down with the walker or crutches and get back up
- Ask the students to switch walkers and crutches and repeat the activities.
- *Students should not race while using the walkers or crutches.*

“B” Step, Balance Seat & Lying Down

- Place belts around the students knees and elbows. They should be tight enough so that they don’t fall off but not tight enough to cut off circulation!
- Have 1 student at a time go up and down the step 13 times.
- Have 2 students sit straight on the Balance Seats with their knees and feet together. Assign 2 students to “grill them” with math equations, questions about their address, parents’ names, etc. Randomly walk near them, brush them, tap them and try to get them off balance. Refer to the Cue Card for more detailed instructions.
- Ask the students to lie down and try to get up while they are belted.