

**Sixteen (16)** is the minimum age requirement for a volunteer supporting the adaptive sport and/or recreation activities (i.e. cycling, skiing, snowboarding, swimming, waterskiing, fishing, hiking) of chapters participating in the Move United Group Insurance Program.

**Eighteen (18)** is the minimum age requirement for instructors leading the adaptive sport/and or recreation activities (i.e. cycling, skiing, snowboarding, swimming, waterskiing, fishing, hiking) of chapters participating in the Move United Group Insurance Program.

Younger volunteers can be used for other activities that are age and skill level appropriate as long as they are properly trained, well supervised and protected from endangerment.