

June 2014 Injury Prevention MOU Grant Report  
Aero Methow Rescue Service SAIL Program

June 2014

The Injury Prevention MOU was granted to support the recruitment of additional instructors, instructor training, instructor mentoring and the implementation of a second SAIL program in the Methow Valley.

The volunteer training is being conducted during our SAIL program on Mondays and Thursdays. New volunteers began training February 2014 and will continue training through August 2014. A new instructor completed the online SAIL instructor course through Pierce College. The new instructor has started working with the current SAIL instructors and will provide instruction throughout the summer. We acquired additional chairs and equipment to support the program's growth. RSVP of Washington has assisted with additional weights, balls and resistance bands. A falls prevention SAIL Facebook post was highlighted on Aero Methow's Facebook page. Names are being reviewed on the current participant waiting list for inclusion in the program. At this time, we plan to expand the current group rather than add an additional group. In the Fall, we will reevaluate instructor schedules and the possibility of adding an additional group. Your support for instructor training and equipment has allowed us to continue to support this valuable program in our community.

Thank you for your support.

Respectfully Submitted,



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SAIL Instructor/Trainer  
Aero Methow Rescue Service