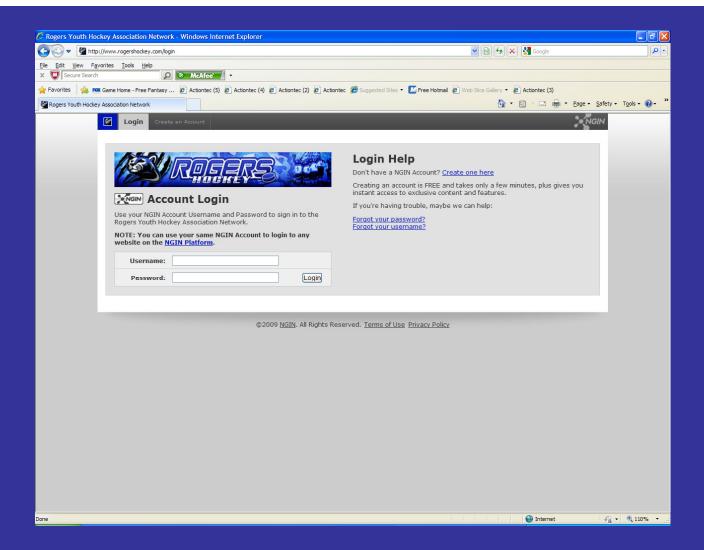
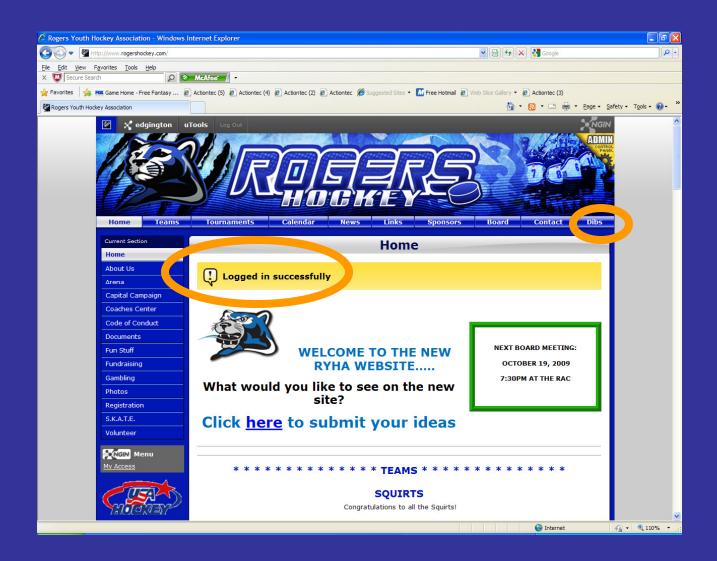


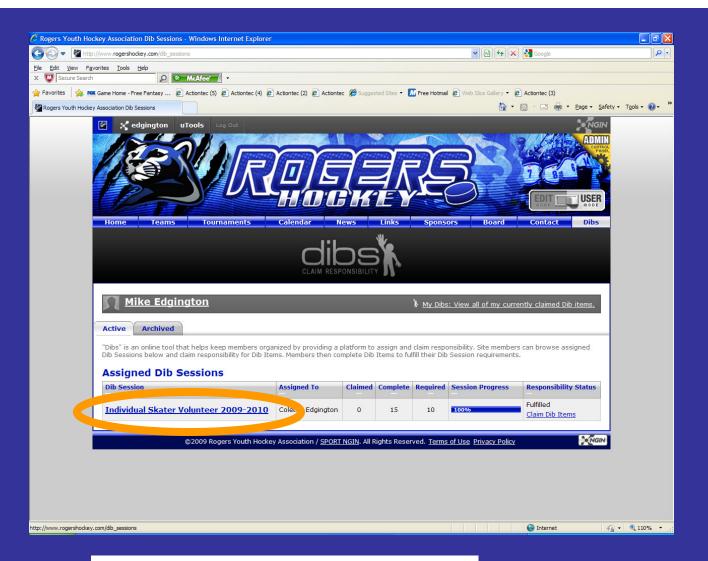
Go to the RYHA website and log in.



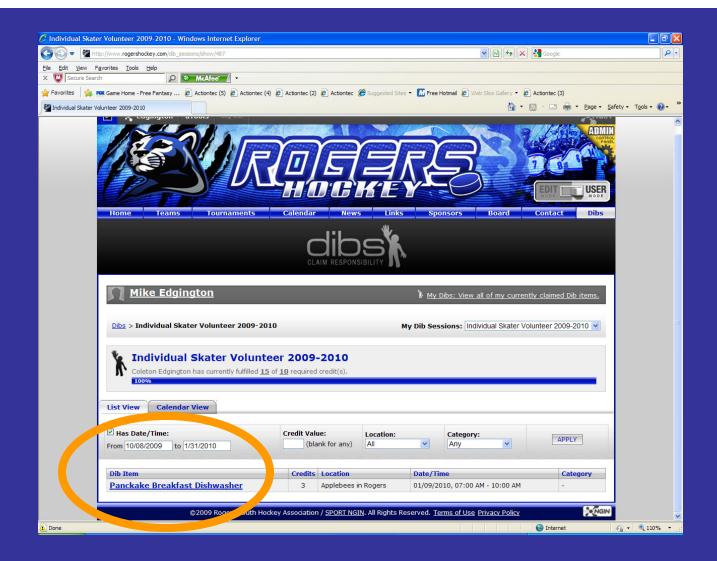
Login using your user name and password. (what you created during registration)



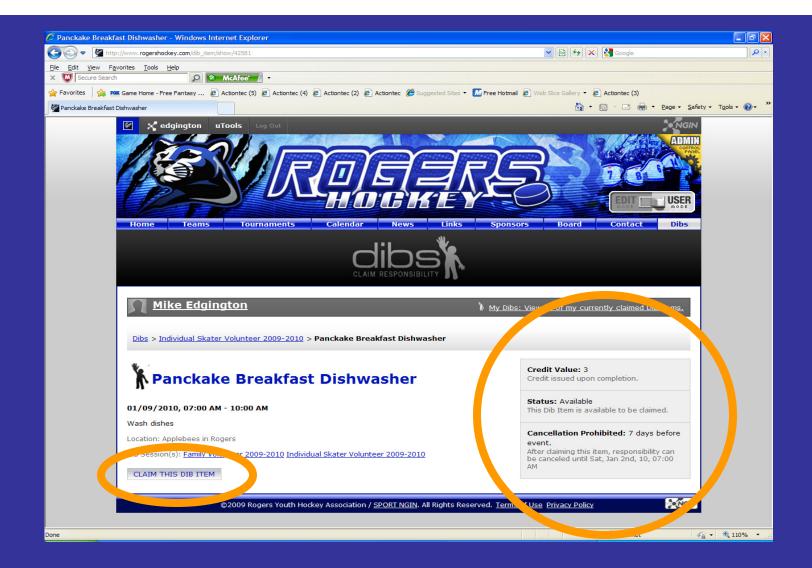
Click on Dibs tab.



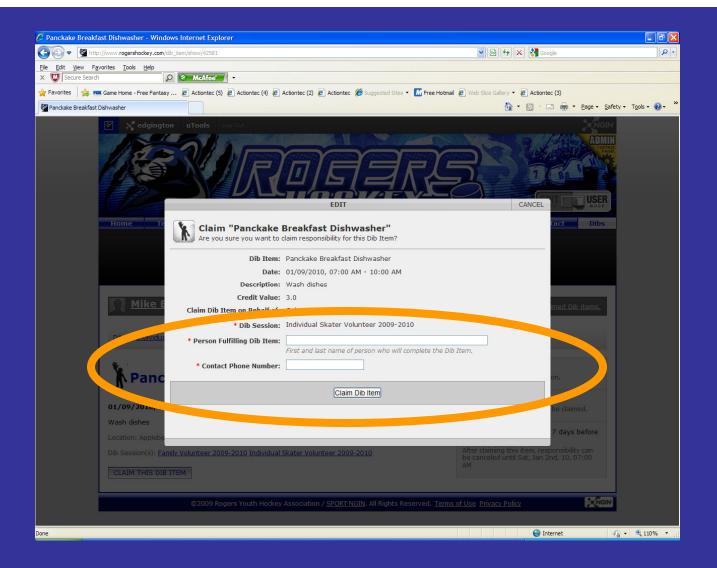
Click on individual or family skater.



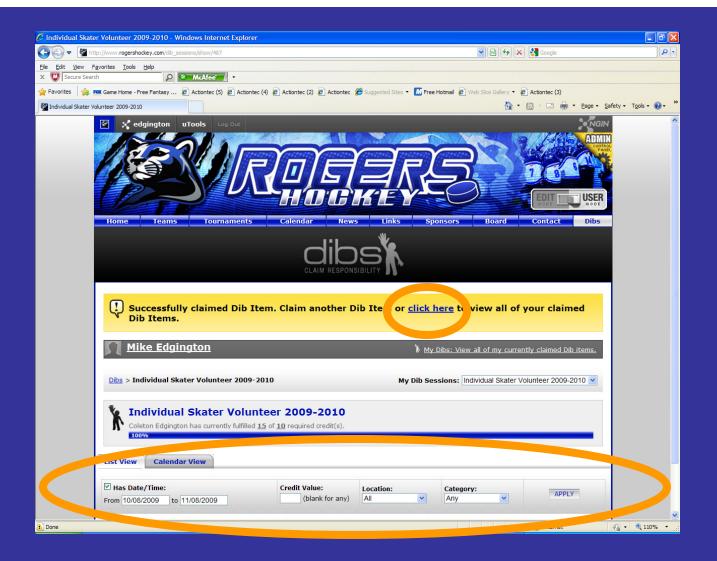
You will need to change the date range to end March 1, 2010. Then, view and select a Dib that you are interested in volunteering for.



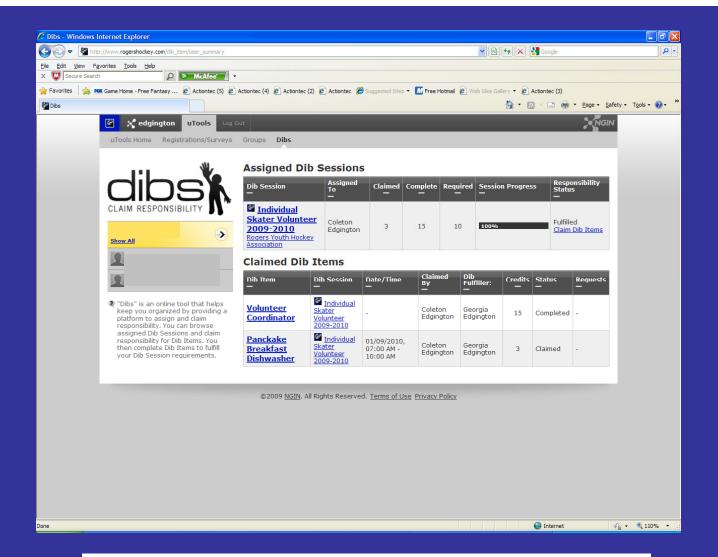
View the Dibs information for time, date, location and expectations. If you agree to volunteer for this Dib, click on "Claim this Dib Item".



Enter the name of the person fulfilling the volunteer item and their Contact telephone number. The click on "Claim Dib Item".



If you'd like to claim another Dib, then click on individual skater. Remember to change the "to" date range to 3/01/10. To view your volunteer hours completed, click on "click here".



View you family hours completed and chosen Dibs.