

JUST BREATHE ADAPTIVE SCUBA

"If you can breathe, you can dive."

2026–2027 Program Report & Impact Overview

September 2026

Utah-based 501(c)(3) Nonprofit · EIN 93-2388327

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Just Breathe
Adaptive Scuba

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1. Our Mission & Who We Serve

Just Breathe Adaptive Scuba (JBAS) promotes the health and well-being of individuals with disabilities in outdoor recreation through participation and certification in adaptive scuba diving, and by providing access to the education and resources people need to navigate the complexities of accessible travel in the U.S. and abroad. We believe that if you can breathe, you can dive — and that finances should never be the reason someone doesn't try.



Nationally, 1 in 4 U.S. adults lives with a disability, yet people with disabilities are three times less likely to participate in outdoor recreation. Adaptive scuba closes that gap: it offers real physical and emotional health benefits, and it builds community as participants dive alongside their friends, family

members, and peers.

JBAS serves participants with a wide range of physical, cognitive, and mental health disabilities, including spinal cord injuries, traumatic brain injury/stroke, PTSD, autism, anxiety and depression, amputation, visual and hearing impairment, cerebral palsy, spina bifida, ALS, multiple sclerosis, and muscular dystrophy. Since our founding in 2023, JBAS has provided Try Adaptive Scuba experiences to over 100 participants and maintains an ongoing training program of 10–15 adaptive divers pursuing Diveheart Adaptive Scuba certification at any given time.



2. Our Organization & Funding



JBAS is a Utah-based 501(c)(3) nonprofit, founded in 2023 and led by Founder and President Robin Knight, a PADI and SDI Open Water Scuba Instructor and Diveheart Adaptive Scuba Instructor Trainer. Robin is supported by a growing local pool of certified Diveheart Adaptive Dive Buddies and Instructors, several with prior military experience, and by a board with expertise in accounting and finance, law, and marketing.

We are funded through a combination of government grants, corporate and foundation grants, private donations, and in-kind donations of time from a large pool of volunteer instructors, adaptive dive buddies, and friends of the

organization. Current and pursued funding partners include the U.S. Department of Veterans Affairs (VA Adaptive Sports Grant / VA-Sports program), the Christopher & Dana Reeve Foundation Quality of Life Grants Program, the Utah Children's Outdoor Recreation Education (UCORE) grant, and individual and community donors.

3. Our Programs

3.1 Try Adaptive Scuba Experiences

Free, fully-staffed pool events that introduce individuals with disabilities to adaptive scuba for the first time in a safe, controlled environment. Each participant is supported in the water by trained Diveheart



Adaptive Dive Buddies and Instructors. These events are the entry point for nearly everyone who goes on to certify and travel with JBAS.

3.2 Adaptive Diver Certification & Training

Structured Diveheart Adaptive Diver training and certification for a broad range of physical and cognitive disabilities, delivered at the pace and ability of each participant. Training follows the Diveheart Adaptive Scuba curriculum alongside WRSTC-aligned standards and agency materials (PADI/SDI), and progresses from

classroom instruction through confined-water and open-water training dives. Depending on ability and safety considerations, participants earn either a standard PADI/SDI Open Water certification or a Diveheart Adaptive Diver certification, always accompanied by an Adaptive Scuba Instructor and Adaptive Dive Buddy.



3.3 Veterans Adaptive SCUBA Diving (VASD) Program

In partnership with the Physical Medicine and Rehabilitation (PM&R) Adaptive Sports and Recreational Therapy Outpatient Program at the VA Salt Lake City Health Care System, JBAS operates the Veterans Adaptive SCUBA Diving (VASD) program — using scuba diving as a recreational activity to promote holistic wellness, physical rehabilitation, and community reintegration for veterans with physical and mental health disabilities. VA recreational therapists assist with participant referral, pre-screening, and goal-setting, and contribute to outcome tracking; veterans may also join independently of a VA referral.

VASD is built around three program activities:

- **Bi-Monthly Try Adaptive SCUBA Events.** Introductory pool sessions (currently at Westminster University) giving up to 18 veterans per event a safe, supportive first experience with adaptive scuba, facilitated by JBAS instructors, dive buddies, and VA recreational therapists.

- **Quarterly Adaptive SCUBA Training Cohorts.** Cohorts of up to 8 veterans working toward standard or Diveheart Adaptive Diver certification, combining classroom instruction, confined-water training, and open-water training dives at sites including the Homestead Crater and Sand Hollow Reservoir.
- **Annual Adaptive SCUBA Dive Trip.** A multi-day, all-inclusive trip for up to 12 certified veterans to an accessible dive destination (recent planning has focused on the Florida Keys, Hawaii, and Puerto Rico), building peer relationships and delivering a milestone achievement for veterans in long-term recovery.



Utah is home to roughly 140,000 military veterans, nearly 30% of whom carry a VA disability rating, and the state has very few adaptive aquatic programs built for veterans with complex physical or psychological needs. VASD is currently one of the only fully inclusive, trauma-informed adaptive scuba programs of its kind in Utah, and is supported through the VA Adaptive Sports Grant program along with private donations and the UCORE grant.

3.4 Inclusive Children & Youth Program — Adaptive Scuba Parties



JBAS runs a Children & Youth Adaptive Diving Program built around periodic “Scuba Party” events: inclusive underwater adventure gatherings that bring together kids with disabilities and their siblings, friends, and peers without disabilities in the same pool session. Rather than separating adaptive divers from their peer group, Scuba Parties are designed so children experience adaptive scuba side-by-side — building friendship, confidence, and a shared sense of adventure while introducing every child in attendance to the water in a fully supported, safe environment.

The program also supports promising young divers as they grow within the sport, including scholarship opportunities for youth interested in marine science — for example, sending an adaptive diver to a Kids Scuba Camp run by Barrier Free Divers in Florida.

3.5 Adaptive Scuba Travel Program

Fully supported domestic and international dive trips give certified adaptive divers and their Adaptive Dive Teams (instructors, buddies, and caregivers) the chance to take their skills into the ocean — often their first open-water dive after certification. Trips are priced at cost and frequently include discounted or donated services from destination partners. Recent and planned destinations include Roatan, Florida (including Key Largo), Hawaii, Curacao, and Disney's DiveQuest program at Epcot.



For divers whose disability is significant enough that open-water conditions aren't a safe or realistic



option, JBAS also builds trips around fully controlled diving environments — most notably Disney's DiveQuest program in the Epcot aquarium, which allows individuals to dive in a temperature-controlled, current-free setting with full support staff on hand.

2027 Goal: complete at least two Epcot aquarium (Disney DiveQuest) trips for individuals with significant disabilities who are not able to dive safely in open, uncontrolled water conditions, giving them a real diving experience regardless of the severity of their disability.

3.6 Christopher & Dana Reeve Foundation Partnership

JBAS partners with the Christopher & Dana Reeve Foundation's Quality of Life Grants Program to expand access to adaptive scuba specifically for individuals with spinal cord injury (SCI). This partnership has supported the RAMMP/JBAS Adaptive Scuba & Accessible Travel Project, including certification of six adaptive divers with spinal cord injuries and an accessible dive trip to Oahu, Hawaii, where certified SCI divers complete boat and shore dives alongside their therapists and Diveheart Adaptive Dive Buddies. The project also covers accessible lodging, an accessible vehicle rental, and inclusive group activities during the trip (such as the Polynesian Cultural Center, Pearl Harbor Museum, and adaptive surfing), and is supported by a combination of Reeve Foundation grant funding, individual participant contributions, and donated instructor and volunteer time.



3.7 Adaptive Dive Buddy & Instructor Training

Certified Adaptive Dive Buddies make up the Adaptive Dive Teams that allow adaptive divers to train and dive safely in the ocean. JBAS runs an ongoing volunteer certification program to grow this pool of Diveheart Adaptive Dive Buddies and Instructors, meeting rising local and worldwide demand for adaptive programming as JBAS's own roster of divers and trip destinations continues to expand.



3.8 New & Expanding Partnerships for 2027

- **Idaho Challenge Athlete Foundation (Boise, ID).** JBAS is building a new partnership with the Idaho Challenge Athlete Foundation to certify 8 participants, culminating in an adaptive dive trip to Key Largo, Florida.
- **Utah School for the Blind (Ogden, UT).** JBAS is establishing an ongoing training relationship with the Utah School for the Blind, holding adaptive scuba training sessions on their Ogden campus.

4. Recent Program Highlights (2025–2026)

- **Key Largo, Florida Trip — February 2026.** JBAS supported an adaptive scuba travel trip to Key Largo with 4 adaptive divers, giving them open-water diving experience at one of the country's premier dive destinations.
- **Christopher & Dana Reeve Foundation / Hawaii Trip.** Six adaptive divers with spinal cord injuries completed Diveheart Adaptive Diver certification and traveled to Oahu, Hawaii for an accessible, fully supported open-water dive trip, made possible through the Reeve Foundation's Quality of Life Grants Program.



- **Veterans Adaptive SCUBA Diving (VASD).** Continued bi-monthly Try Adaptive SCUBA events with the VA Salt Lake City PM&R Adaptive Sports and Recreational Therapy Outpatient Program, alongside ongoing certification cohorts for veterans with physical, cognitive, and mental health disabilities.

- **Inclusive Children & Youth Scuba Parties.** Periodic Scuba Party events continued to bring together kids with and without disabilities for shared adaptive diving experiences.
- **Epcot DiveQuest Aquarium.** Biannual adaptive scuba travel to Epcot DiveQuest for individuals with significant disabilities requiring controlled diving environment.
- **100+ lifetime Try Adaptive Scuba participants** and an ongoing training roster of 10–15 adaptive divers in certification at any given time.



5. Looking Ahead: 2027 Program Goals

- **Try Adaptive Scuba Experiences:** continue to fund free first-time adaptive scuba experiences (Goal: 120 new participants in 2027 – estimated \$4200)
- **Adaptive Diver Certification & Training:** fund Diveheart Adaptive Scuba certification for a minimum of 25 individuals with disabilities. (Estimated \$17,500)
- **Adaptive Scuba Travel Program:** support up to 25 adaptive divers and their Adaptive Dive Teams (2 buddies/adaptive diver) on first adaptive scuba trip (Estimated \$135,000)
- **Epcot Aquarium (Disney DiveQuest) Trips** — complete at least two trips for individuals with significant disabilities who cannot safely dive in open, uncontrolled water conditions. (Estimated \$12,000 – Dive Fees only)
- **Inclusive Children & Youth Scuba Parties:** continue periodic inclusive Scuba Party events connecting kids with disabilities and their peers without disabilities. (Estimated \$2000)
- **Veterans Adaptive SCUBA Diving (VASD):** sustain bi-monthly Try Adaptive SCUBA events, quarterly certification cohorts (up to 32 veterans/year) pending continued VA Adaptive Sports Grant funding. (Estimated \$38,000)
- **Christopher & Dana Reeve Foundation Partnership:** continue expanding certification and accessible travel opportunities for divers with spinal cord injury.
- **Adaptive Dive Buddy & Instructor Network:** certify 20 additional Diveheart Adaptive Dive Buddies/Instructors to meet growing demand. (Estimated \$16,400)
- **Equipment Fund:** expand our shared equipment inventory, including a multi-stage, high-pressure air compressor, additional tanks, and full-face mask communication units as well as continued ongoing equipment maintenance. (Estimated \$20,000)
- **Idaho Challenge Athlete Foundation Partnership — New for 2027:** certify 8 participants in partnership with the Idaho Challenge Athlete Foundation (Boise, ID), culminating in an adaptive dive trip to Key Largo, Florida.

- **Utah School for the Blind Partnership — New for 2027:** establish an ongoing adaptive scuba training relationship with the Utah School for the Blind, with regular training sessions held on their Ogden campus.
- **Adaptive Pool Training Facility:** continue development planning for Utah's first fully accessible, year-round adaptive pool training facility (see Section 6).

6. Adaptive Pool Training Facility (3–5 Year Vision)

JBAS is planning Utah's first Adaptive Pool Training Facility — a fully accessible aquatic center for individuals with physical, sensory, and cognitive disabilities. The facility would serve as a year-round hub for adaptive scuba training, therapy-informed aquatic programming, volunteer development, and pre-travel readiness for ocean dive trips, and is designed around five pillars:

- **Try Adaptive SCUBA Experiences (Discovery & Confidence):** a dedicated pool eliminates waitlists tied to public pool scheduling and guarantees predictable access, lighting, and acoustics.
- **Adaptive Certification Pathways (Competency & Safety):** structured training using the Diveheart Adaptive Scuba curriculum alongside WRSTC-aligned standards and agency materials (PADI/SDI).
- **Adaptive Dive Buddy & Instructor Development (Capacity Building):** on-site classrooms and in-water training zones for scalable, hands-on volunteer and instructor development.
- **Clinical & Therapeutic Partnerships (Outcomes & Evidence):** observation windows, lift-accessed platforms, and consistent water temperature to support collaboration with recreational therapists, PT/OT professionals, and VA PM&R teams.
- **Pre-Travel Readiness & Logistics (Accessibility & Continuity):** simulated boat entries, ladder transfers, and giant strides from adjustable platforms to prepare divers and caregivers for real ocean conditions.

Planned accessibility features include ADA-plus standards throughout, accessible locker rooms, a warm-water pool (88–92°) with pool lifts and accessible entry modifications, and onsite equipment storage. The facility would remove persistent barriers to participation in aquatic programming by combining best-in-class accessibility, specialized underwater training environments, medically informed risk management, and a welcoming community environment.

7. 2026 Income/Expenditure To Date by Category

Income	
Individual Donations	\$66,843
Corporate Donations	\$21,420
Corporate Grants	\$29,680
Government Grants	\$9,891
Total	\$127,834
Expenditures	
Adaptive Diver Experiences/Training	\$18,932
Adaptive Travel	
Disney Epcot (24 participants)	\$9,215
Curacao (25 participants)	\$27,875
Hawaii (22 participants)	\$34,910
Key largo, FL (16 participants)	\$11,459
Equipment repairs/maintenance	\$1,380
Storage	\$1,734
Liability Insurance	\$3,539
Marketing/Advertisement	\$3,225
Administrative/Subscriptions, etc.	\$2,602
Total	\$114,871
Assets	
Various Scuba Equipment	\$24,945
Cash	\$34,485
Liability	
	\$0

8. Contact & Support

1 in 4 U.S. adults lives with a disability, yet due to accessibility and financial barriers, people with disabilities are three times less likely to participate in outdoor recreation. Your ongoing support keeps JBAS divers in the water.

Just Breathe Adaptive Scuba	Contact Information
Website	www.justbreatheadaptive.org
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Phone	(801) 473-4348
EIN	93-2388327
990	2023-2025 990's available