

Another Way to Switch Sides

If you're not moving or you're traveling with an experienced guide, try this shorter method to switch sides:

- Place the back of your free hand above your grip hand that's holding your guide's arm.
- Let go with your grip hand.
- Turn 90 degrees, or a quarter of a circle, toward your guide's other arm.
- Slide the hand that's still touching the original guide arm across their back.
- Grasp your guide's other arm with that same hand.