



## Essential Eligibility Criteria

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### Outdoors for All Essential Eligibility Criteria (EEC)

Outdoors for All programs and activities are suited for a wide range of individuals with disabilities; however, not all programs and activities are suitable for all abilities. The qualifications for participation in Outdoors for All's programs vary by program and activity. Outdoors for All does not discriminate, exclude, or deny any qualified individuals from participation in its programs and activities.

If an individual participant is unable to meet the below criteria, we may be able to assist the individual with reasonable accommodation unless it alters the fundamental nature of the activity or compromises the health and safety of participants, volunteers, staff, or self. Outdoors for All reserves the right to request that a guardian/caregiver be accessible to program staff while the student is participating in the program.

Participants, caregivers, staff, and volunteers of any Outdoors for All program or activity must meet all of the following minimum qualifications to participate.

## General Qualifications:

- Be able to manage personal care independently or with the assistance of a **caregiver\***. Personal care is identified as but not limited to: (changing clothes, personal hygiene, eating, using restroom).
- Be able to follow instructions, stay with the group, and effectively communicate independently or with the assistance of a caregiver\*.
- Be able to safely tolerate elevation of 3,000 ft and above for duration of activity time – for snow sport activities, outdoor climbing, and hiking.
- Be able to transfer safely in and out of equipment independently or with the assistance of a caregiver\*.
- Be able to remain adequately hydrated, fed, and properly dressed in order to remain generally healthy, regulate body temperature, and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn, and frostbite.
- Be able to effectively signal or notify staff, volunteers, or caregivers of personal distress, injury or need for assistance.
- If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or with verbal prompt by staff member.
- Be able to tolerate activity participation throughout the duration of the program and/or communicate need for rest breaks.
- Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives.
- Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device.
- For water programs, participants must be able to independently maintain a sealed airway while underwater.
- Be comfortable traveling in outdoor settings where access to advanced medical care may be delayed.
- Contribute to a safe environment— Be able to refrain from behaviors that pose a risk to self and others independently.
  - Examples include aggression, harassment, abusive behavior, inability to set boundaries, lack of safety awareness, ignoring safety precautions identified by instructors, drug/alcohol use or influence.
- Appropriately fit in and use equipment for body type, height, and weight without going beyond the weight capacity or other limitations of program equipment.

## Cycling Programs

### Gravel Biking

- Comfortability with remote trails alongside general public and vehicle traffic.
- Follow rules and verbal instructions and guidelines set by staff, volunteers, and local authorities.
- Adhere to trail use rules and etiquette:
  - stay to the right of the trail except when passing
  - stay in single file line when passing or approaching on-coming traffic
  - signal when passing and give at least 3 feet of space
  - yield to walking and rolling pedestrians and horseback riders
  - stop at road crossings
  - limit speed to 10 miles per hour
  - follow all vehicle traffic laws
- Independently apply brakes, maintain speed control, steer, and shift if necessary.
- Beginner: Independently ride a bike at the pace of 5-10 miles/hr for a distance of 5-7 miles
- Intermediate: Independently ride a bike at the pace of 8-12 miles/hr for a distance of 20 miles with moderate incline

### Mountain Biking

- Able to follow verbal instructions
- Independently apply brakes, maintain speed control, steer and shift when necessary
- Maintains focus throughout the session
- Comfortable engaging in activities in a group setting

### Spin (Stationary Cycling)

- Ability to independently ride stationary cycle.
- Able to follow verbal instructions.
- Maintains focus and stays on task throughout the class.
- Comfortable participating in environments with loud music and noise.
- Comfortable engaging in activities within a large group setting.

## Day Camps

Criteria may be met independently or with a 1:1/caregiver. If a 1:1/caregiver is needed in other settings, please plan to bring one to camp with you.

- Maintain respectful and safe behavior toward yourself, peers, staff, volunteers, and the public.
  - Follow safety guidelines and instructions
  - Listen and follow instructions from staff, volunteers, and authorized personnel
  - Must be able to exhibit safe behavior through multiple transitions daily, including riding in and transferring to and from Outdoors for All vehicles. \*Camps include many transitions each day.
  - Stay with your assigned group

## **Kayaking/Paddleboarding**

- Breathe independently
- Independently maintain a sealed airway while underwater.
- Hold head upright without head/neck support
- Turn from face down to face up in a life jacket
- Follow instructions and effectively communicate with staff and volunteers

## **Rock Climbing, yoga, hiking, winter programs (Ski, Snowboard, Nordic)**

- No additional criteria

**\* For the use of this document, a caregiver can be a personal support person, behavioral therapist, family member, or friend and excludes all Outdoors for All staff or volunteers.**

**\*Please note that by agreeing to the EEC, you acknowledge that you may forfeit your registration and be withdrawn from the program if you do not meet Outdoors for All EEC.**