

RecWell Adventure Program Adventure Trip Essential Eligibility Criteria (EEC)

The RecWell Adventure Program values inclusion and is committed to making our program accessible to as many individuals as possible. Adventure Program professional staff have designed these essential eligibility criteria based on industry best practices, benchmarking with other organizations*, and based upon available equipment and staff training within the RecWell Adventure Program.

RecWell Adventure Program adventure trips are open to individuals who satisfy the following basic requirements. Individual adventure trips can vary based on the specific activity and location. Trip descriptions may contain additional or more specific requirements. If you have questions or concerns about your ability to meet certain criteria, please contact a staff member to determine if it is possible to make programmatic or equipment accommodations to meet your needs. The Adventure Program has adaptive kayaking, climbing, and biking equipment that may be used to assist individuals. Adventure Program staff are committed to assisting participants with accommodations unless it alters the fundamental nature or safety of the experience. Adventure Program staff reserves the right to make the final decision as to whether a person can safely participate.

*Resources:

- [American Canoe Association](#)
- [Appalachian Mountain Club](#)
- [Path-Way.org](#)
- [Florida State Parks](#)
- [Steamboat Resort \(CO\)](#)
- [Preparing an EEC](#)
- [Metroparks](#)

For all adventure trips, all participants must be able to satisfy the following:

1. Breathe independently (i.e. not require medical devices to sustain breathing)
2. Independently hold head upright without neck / head support
3. Manage personal care including maintaining proper nutrition and hydration, dressing appropriately for environmental conditions, maintaining hygiene, and managing known medical conditions independently or with the assistance of a companion, excluding Adventure Program staff
4. Manage personal mobility independently or with assistance of a companion
5. Follow instructions and effectively communicate independently or with assistance of a companion
6. Be able to effectively signal or notify staff or other participants of personal distress, injury, illness, or need of assistance

7. Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use or influence) to self or others, independently or with caretaker assistance
8. Be able to wear all safety equipment correctly including, but not limited to, helmet, harness, personal flotation device, or other personal protective equipment specific to the activity
9. Use program equipment without exceeding the weight capacity of the equipment

In addition to the EEC listed above for all adventure trips, participants must be able to satisfy the following criteria based on a specific activity:

- I. For hiking trips, participants must be able to satisfy the following:
 - A. Travel over uneven, variable terrain, including flat, uphill and downhill
 - B. Maintain three points of contact when scrambling over rocks
- II. For backpacking trips, participants must be able to satisfy the following:
 - A. Travel over uneven, variable terrain, including flat, uphill and downhill
 - B. Maintain three points of contact when scrambling over rocks
 - C. Carry personal gear appropriate for the length of the trip in a backpack with or without the assistance of a companion
- III. For recreational (paved-trail) biking trips, participants must be able to satisfy the following*:
 - A. If riding a two-wheeled bicycle, be able to stand over the top-tube without touching the bicycle
 - B. If riding a two-wheeled bicycle, be able to balance on the bicycle seat
 - C. If riding the tandem bicycle, be able to balance on the rear bicycle seat with the assistance of the person captaining the bicycle
 - D. If riding the tandem bicycle, be willing to cede navigation and steering responsibilities to the person captaining the bicycle
 - E. If riding a two-wheeled bicycle, have functionality of the legs to make continuous full rotations of the crank
 - F. If riding a two-wheeled bicycle (excluding a tandem bike), be able to demonstrate the ability to ride (navigate, accelerate, decelerate, coast, stop, corner, turn, and balance) independently
 - G. If riding a handcycle, have upper-body functionality sufficient to power a hand-cycle
 - H. Navigate by bicycle uneven, variable terrain on paved surfaces including flat, uphill and downhill

*Participants will be asked at the pre-trip meeting to demonstrate these abilities to trip leaders in a controlled riding environment.
- IV. For mountain (Gravel, Singletrack, and Other Non-Paved Trail) biking trips participants must be able to satisfy the following requirements*:
 - A. If riding a two-wheeled bicycle, be able to stand over the top-tube without touching the bicycle

- B. If riding a two-wheeled bicycle, be able to balance on the bicycle seat
- C. See clearly at least 30ft down the trail
- D. If riding a handcycle, have upper-body functionality sufficient to power a hand-cycle
- E. Ability to navigate by bicycle uneven, variable terrain on unpaved surfaces including flat, uphill and downhill
- F. Ability to ride (navigate, accelerate, decelerate, coast, stop, corner, turn, and balance) independently

*Participants will be asked at the pre-trip meeting to demonstrate these abilities to trip leaders in a controlled riding environment.

- V. For climbing trips, participants must be able to satisfy the following requirements:
 - A. Travel over uneven, variable terrain, including flat, uphill and downhill
 - B. Maintain three points of contact when scrambling over rocks
 - C. Effectively communicate over a distance of up to 60 feet independently or with the assistance of a companion
- VI. For bouldering trips, participants must be able to satisfy the following requirements:
 - A. Travel over uneven, variable terrain, including flat, uphill and downhill
 - B. Maintain three points of contact when scrambling over rocks
 - C. Be able to support own body weight on vertical rock without the support of a harness or rope
- VII. For caving trips, participants must be able to satisfy the following requirements:
 - A. Move with minimal assistance through a cave by methods including crawling on rock and scrambling up and down potentially steep rocks
 - B. Maintain three points of contact with minimal assistance when scrambling in the cave
 - C. Be willing to be in an environment with tight spaces and darkness for an extended period of time
- VIII. For kayaking trips, participants must be able to satisfy the following requirements**:
 - A. Maintain a seated position in a kayak with back support
 - B. Move arms forward and backward in order to propel and steer a kayak
 - C. Independently maintain sealed airway passages while under water
 - D. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
 - E. Get in/out of a kayak independently or with a reasonable amount of assistance*
 - F. Independently get out and from under a capsized kayak*
 - G. Re-enter the kayak following deep water capsize independently or with a reasonable amount of assistance*

* These skills can be taught and practiced during the pool sessions of pre-trip meetings.

**Participants will be asked at the pre-trip meeting to demonstrate these abilities to trip leaders in a controlled riding environment.

- IX. For canoeing trips, participants must be able to satisfy the following:
 - A. Maintain a balanced seated position in a canoe with or without back support
 - B. Independently maintain sealed airway passages while under water

- C. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket*
 - D. Get in/out of a canoe independently or with a reasonable amount of assistance
 - E. Independently get out from under a capsized canoe
 - F. Re-enter the canoe following a capsize independently or with a reasonable amount of assistance
- X. For stand up paddleboarding trips, participants must be able to satisfy the following:
- A. Sit (without back support), kneel or stand while maintaining balance on a paddleboard
 - B. Have arm mobility and strength to propel a stand up paddleboard using a paddle (hand adaptations available)
 - C. Independently maintain sealed airway passages while under water
 - D. Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
 - E. Get on/off paddleboard independently or with a reasonable amount of assistance
 - F. Independently get out from under a capsized paddleboard
 - G. Get back on the paddleboard following deep water capsize independently or with a reasonable amount of assistance
- XI. For cross country skiing trips, participants must be able to satisfy the following:
- A. Be able to independently stand in skis and move across a variety of terrain including flat, uphill, and downhill
 - B. After falling down be able to get off the trail and back into skiing position independently or with assistance
- XII. For downhill skiing trips, participants must be able to satisfy the following:
- A. Be able to independently or through adaptive equipment (i.e. sports knee) stand in skis and move across a variety of terrain including flat, uphill, and downhill **or** be able to sit in a seat, weigh less than 200 pounds, and use arm strength to propel self forward
 - B. After falling down be able to get up and back into skiing position independently or with assistance
- XIII. For activities with a camping component, participants must be able to satisfy the following:
- A. Be able to travel and sleep in a remote backcountry environment for the uninterrupted period of the trip length, which can range from two to seven days.