



## Essential Eligibility Criteria

### WHAT ARE ESSENTIAL ELIGIBILITY CRITERIA (EEC)?

At Adventures Without Limits we prioritize participants safety and health. The EEC is a guide that outlines minimum requirements that must be met by each participant. If the EEC requirements are not met, your safety and overall success may be compromised. In addition to our general EEC requirements, each activity has their own set of EEC that should be reviewed prior to signing up for a trip.

### WHAT IF I DO NOT MEET THE CRITERIA?

Participants may be eligible to participate in an AWL activity if they can meet an essential eligibility criterion with the assistance of a trained support. Examples of trained support include service animals, ASL translators, and individuals trained to assist a participant with physical, emotional, or communication requirements. In rare cases, participants that do not meet the essential eligibility requirements may be granted permission at the discretion of AWL Directors. Alternatively, AWL Directors may be able to suggest an activity that may be more fitting. AWL staff have the right to refuse services to anyone that does not meet the EEC requirements.

### HOW DO I REQUEST ASSISTANCE OR ACCOMMODATION?

If you need assistance or accommodation to meet the essential eligibility criteria, please contact AWL trip directors at. If you have general questions about the EEC, or if you have concerns about the implementation of the EEC, please contact [info@awloutdoors.org](mailto:info@awloutdoors.org) or call 503-359-2568.

### GENERAL EEC REQUIREMENTS

Each Participant must be able to:

- Be in close proximity of other participants and leaders in the AWL vehicle during transportation to and from activity (if applicable). Personal transportation may be used in lieu of AWL group transportation.
- Spend extended amounts of time in outdoor nature settings which may include inclement weather, insects and limited access to facilities.
- Receive and follow directions of AWL staff independently or with the assistance of a companion if necessary.
- Perform all personal hygiene needs and administer personal medications independently or with the assistance of a companion. AWL does not provide one-on-one support for participants.
- Travel over uneven, variable terrain, including flat, uphill and downhill independently, with the assistance of a companion or the use of adaptive equipment.

### WATER SPORTS: White Water Rafting/ Canoeing/ Kayaking/ Paddleboarding

Each Participant must be able to:

- Wear all protective equipment recommended/required by agency and/or industry standards, ie. PFD (personal floatation device) and possibly a helmet (rafting only).
- Right themselves in the water (become and remain face up) independently while wearing an agency provided life jacket or PFD.
- Enter and exit the watercraft independently or with the assistance of a companion.
- Remain seated and balanced in watercraft independently or using adaptive equipment if necessary.
- Escape from under the watercraft independently in the event of a capsiz.
- Right themselves in the water (become and remain face up) independently while wearing an agency provided life jacket or PFD.

### **ROCK CLIMBING: Indoor & Outdoor Climbing**

Each participant must be able to:

- Wear all protective equipment recommended/required by AWL and/or industry standards, ie. climbing harness (seat, chest or full body) and a helmet (outdoor climbing only).
- Travel over uneven, variable terrain, including flat, uphill and downhill independently or with the assistance of a companion or trained AWL staff member (outdoor climbing). Travel onto soft gymnasium style mats independently or with the assistance of a companion or trained AWL staff member (indoor climbing).
- Independently, or with the assistance of a companion, communicate necessary climbing signals. These signals may include spoken signals, hand signals or a rope tug.

### **SNOWSHOEING & CROSS COUNTRY SKIING**

Each Participant must be able to:

- Spend extended amounts of time in a cold environment regardless of weather conditions (safety permitting) wearing proper equipment provided by the participant or AWL.
- Travel over uneven, variable terrain, including flat, uphill and downhill independently, with the assistance of a companion or the use of adaptive equipment.

### **HIKING**

Each Participant must be able to:

- Travel over uneven, variable terrain, including flat, uphill and downhill independently, with the assistance of a companion or the use of adaptive equipment.