



### **For All Activities**

- Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
- Be able to breathe independently, not require medical devices to sustain breathing
- Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter
- Be able to effectively signal or notify guides or other trip participants 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 staff member
- 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
- For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
- Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
- Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device
- Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

### **For Whitewater Rafting Trips**

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket)
- Remain seated and balanced in a floating raft with the use of adaptive equipment, if necessary. Adaptive equipment cannot impede or lessen the effectiveness of the safety procedures or equipment. No one may be strapped or belted into a watercraft.
- Be able to spend extended time in outdoor environments, where the air temperature can exceed 100 degrees F and the water temperature may be below 55 degrees F. During the trip there may also be exposure to wind, precipitation, uninterrupted sun.

### **For Sea Kayaking Trips**

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);

- Independently exit a capsized vessel and cooperate with an assisted rescue facilitated by an ETC Guide.
- Be able to comfortably sit in a sea kayak, which has a typical weight capacity of about 250 pounds per person.
- Be able to spend extended time in outdoor environments, where there may be exposure to wind, precipitation, and uninterrupted sun, and the water temperature may be below 55 degrees F.

#### **For Winter Trips**

- Be able to spend extended time in a winter environments, where there may be exposure to snow, ice, sleet, rain, or hail, and temperatures may be below 32 degrees F.