



*** Prior to transfers, please inform AE staff & volunteers about any items attached to your body or any parts of your body that are unstable or vulnerable to further injury (such as recent surgery).**

Adaptive Expedition's Essential Eligibility Criteria (EEC)

In addition to acknowledging general fitness to participate, all participants must acknowledge the ability to perform the following minimal functional thresholds for safe participation:

- Independently hold head upright without neck / head support
- Not require external back / spine bracing
- Breathe independently (i.e., not require medical devices to sustain breathing)
- Manage personal care independently or with assistance of a companion
- Manage personal mobility independently or with a reasonable amount of assistance. A reasonable amount of assistance is determined in part by environmental factors and the safety of participants, instructors, staff and volunteers. Reasonable assistance will not fundamentally alter the nature of the program.
- Follow instructions & effectively communicate independently or with Companion assistance
- Wear properly fit protective equipment, such as cycling helmets and lifejackets, wherever and whenever required by outdoor recreation industry standards

All water-based program participants (including all paddlesports, surfing, and ski programs) must additionally acknowledge the ability to perform the following:

- Independently maintain sealed airway passages while under water

Paddlesports, surfing, and ski program participants must also acknowledge the ability to perform the following in the water:

- Independently turn from face-down to face-up & remain floating face up while wearing a properly fitted life jacket
- Get in/out or of on/off of a paddlecraft, surfboard, or water ski independently or with a reasonable amount of assistance
- Independently wet-exit (i.e., get out & from under a capsized paddlecraft, surfboard or ski)
- Reenter paddlecraft, surfboard, or ski following deep water capsize independently or with reasonable amount of assistance
- Maintain a safe body position while attempting skills and activities listed in the appropriate course description, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation

Water Ski program participants must also acknowledge the ability to perform the following:

- Your body must be able to sustain impact of falling into water at speeds up to 25 mph.

Note: Instructors may include additional safety-based EEC given environmental conditions where a course is being held. For example, programming in cold water venues may include the additional EEC that participants acknowledge that they can tolerate X degree water for Y period of time.