



Essential Eligibility Criteria

NOTE: IF YOU HAVE QUESTIONS ABOUT YOUR ABILITY TO MEET THESE CRITERIA, PLEASE DON'T HESITATE TO REACH OUT TO THE DIRECTORS AT 503-389-0580.

RESTRICTIONS

Adventures Without Limits does not:

- Provide one-on-one support. Participants who require one-on-one support for any reason are encouraged to sign up with a personal support worker or family member.
- Administer medications. Participants who will need to take medications while on an AWL trip must be able to administer their own medications. AWL guides can assist with reminders, but cannot be responsible for the participant taking their medication.

ALL ACTIVITIES

Each Participant must be able to:

- Understand and follow instructions from AWL staff regarding social distancing guidelines, hand washing, wearing masks, and all health and safety protocol.
- Refrain from risky Behaviors including but not limited to:
 - not following physical distancing guidelines
 - any form of touching, hitting, throwing, or spitting
 - intentionally capsizing boats - requiring rescue and guide assistance
 - refusal to wear a mask
- Perform all personal hygiene needs without assistance. Adventures Without Limits does not provide one-on-one support for participants.
- Manage their personal belongings without assistance from staff.
- Be in close proximity of other participants and AWL Leaders inside a vehicle in cases where AWL provides transportation for participants.
- Feed and dress themselves independently or with the help of a personal support worker.

ALL WATER SPORTS: Kayaking/ Paddleboarding/ Canoeing

Each Participant must be able to:

- Wear all protective equipment recommended/required by agency and/or industry standards. This includes a maximum weight capacity: 300 lbs and/or 46" chest.
- Understand and follow directions of agency staff independently or with the assistance of a companion if necessary.
- 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 capsize.
- Right themselves in the water (become and remain face up) independently while wearing an agency provided life jacket or PFD.