

Behavior Expectations and Eligibility Criteria

Document		Essential Eligibility Criteria	Behavioral and Conduct Expectations
<i>Audience</i>		<i>As described to parents, client schools, public, all students are expected to be...</i>	<i>As described to the student pre-course, all students are expected to...</i>
General	Adaptation	Able to adapt to the physical and emotional demands of the expedition—traveling each day, sleeping on the ground, living, and working 24/7 with others; able to be flexible in ways of living.	Follow Outward Bound safety procedures and directions given by the instructors. Be able to learn new and unfamiliar ways of doing things, be flexible in meeting personal needs and able to use healthy coping strategies when under stress.
	Self-Control	Able to consistently follow instructions and refrain from self-injurious behaviors, violence, threats and aggressive or intimidating outbursts.	Follow instructions and manage conflict without physical or verbal aggression and manage impatience and frustration without using language that is derogatory or harmful to others.
	Self-Advocacy	Able to recognize safety hazards and communicate danger, distress or medical and/or mental health issues to staff in a timely manner.	Alert the instructors if they see something wrong or unsafe, or if they are experiencing any physical or mental health problems.
Self-Care	Personal Care	Able to perform essential self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, maintaining personal hygiene, and managing known medical conditions.	Adapt their self-care skills to the new environment to take care of their own physical needs, such as drinking enough water, eating enough food, using sunscreen, insect repellent, clothing, and equipment, and applying hygiene practices and other techniques as explained by the instructors.
	Substances	Able to refrain from the use of alcohol, nicotine*, unapproved substances, and misuse of prescription or OTC drugs. *Exceptions for the use of nicotine are made for adult veteran Expedition programs with specific guidelines.	Not bring, possess, or use nicotine*, alcohol, other substances, or any prescription or non-prescription drugs not approved by Outward Bound for their use on course.
Community	Inclusion	Able to be respectful of the various identities (such as race, ethnicity, sex, gender, sexual orientation, religion, ability, and nationality) of others; refrain from behavior that is discriminatory to other's identities, socially exclusive behavior, and language that is derogatory or harmful to others.	Contribute to an inclusive and safe learning environment and refrain from any behavior that harasses, bullies, intimidates or harms others, and manage conflict without physical or verbal aggression.

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	Learning space	Able to contribute to a safe, inclusive social and learning environment; maintain appropriate relationships with other group members and instructors; refrain from behavior that disrupts the learning of others.	Contribute to an inclusive and safe learning environment, and refrain from any behavior that harasses, bullies, intimidates or harms others. Not engage in sexual activity or romantic relationships.

Specific Essential Eligibility Criteria by Course Type/Element

Essential Eligibility Criteria	
<i>As described to parents, client schools, public, all students are expected to be...</i>	
Backpacking	<ul style="list-style-type: none"> • Able to carry a backpack weighing 35-45 pounds, or up to 45% of body weight, that will include personal clothing, group food and equipment. • Able to travel each day wearing a loaded backpack over steep and uneven terrain, on and off trail, for over six hours, over six miles and an elevation gain or loss of over 1500 feet, including sections of scrambling (one or both hands needed), and crossing rivers and streams that do not have bridges.
Rock Climbing	<ul style="list-style-type: none"> • Able to wear a climbing harness and helmet correctly. • Able to participate in belaying and climbing activities.
Canoeing	<ul style="list-style-type: none"> • Able to wear a Personal Flotation Device (PFD or “life jacket”) correctly, able to maintain a face-up position in water while wearing a PFD and move through the water toward shore or a rescue boat. • Able to follow instructions immediately upon sudden immersion into cold water, whether the instructions have already been taught or are communicated in the moment. • Able to sit in a canoe and maintain stability.

Essential Eligibility Criteria

As described to parents, client schools, public, all students are expected to be...

- Able to control a paddle and pull it through the water to steer and move the canoe forward.
- Able to re-enter a canoe from the water with minimal assistance from others.
- Able to help carry a 70-pound canoe with another person.
- Able to travel over uneven terrain on and off trail.

Sea Kayaking

- 14 years of age or older.
- Able to wear a Personal Flotation Device (PFD or “life jacket”) correctly, able to maintain a face-up position in water while wearing a PFD and move through the water toward shore or a rescue boat.
- Able to follow instructions immediately upon sudden immersion into cold water, whether the instructions have already been taught or are communicated in the moment.
- Able to enter a kayak cockpit easily and to execute a ‘wet-exit’ in the event of capsize.
- Able to sit in a kayak and maintain stability.
- Able to control a paddle and pull it through the water to steer and move the kayak forward.
- Able to re-enter a kayak from the water with minimal assistance from others.
- Able to carry a 60-pound kayak with another person.
- Participants over 6’5” tall and/or 300 lbs. will have greater difficulty fitting comfortably in sea kayaks.