

Day Program Essential Eligibility Criteria

Behavior Essential Eligibility Criteria

All participants are expected to be able to participate in a safe learning environment for themselves and others:

General

- Able to consistently follow instructions and refrain from self-harming behaviors, violence, threats and aggressive or intimidating outbursts.
- Able to recognize safety hazards and communicate danger, distress or medical and/or mental health issues to staff in a timely manner.
- Able to manage personal medication and/or medical conditions if applicable with minimal support from staff.
- Able to refrain from the use of alcohol, nicotine, unapproved substances, and misuse of prescription or OTC drugs.
 - Exceptions for the use of nicotine can be made for some adult programs with specific guidelines.
- 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.
- Able to contribute to a safe, inclusive social and learning environment; maintain appropriate relationships with other group members and instructors; refrain from behaviors that consistently disrupt the learning of others.
- Able to perform essential basic self-care while outdoors for most of the day.

Note: If students attend with a partner organization that can provide additional staff and/or specifically trained staff to support these behaviors (e.g. self-regulation, medication management, language proficiency) for students, accommodation may be made to the above criteria.

Physical Activity Essential Eligibility Criteria

- Our activities are designed to be modified in many ways to accommodate different levels of ability or engagement.
- Day program activities often last 2-6 hours, with breaks for water, snacks and lunch.
- Our ground activities may include standing and walking on uneven ground, short bursts of jogging, hopping, or tossing light throwable objects, and the option to wear a blindfold as part of an activity.
- Transition between program areas can include walking on pavement, grass, uneven ground, or hiking trails for up to 20-minute intervals or up to 1 mile in distance.

Teambuilding Ground Activities

- Sturdy closed toed, closed heeled shoes must be worn – NO CROCS or other foam shoes, sandals, or slippers.
- Participants using a wheelchair, crutches, surgical boots, or other assistive devices are welcome. Accommodation can be made to aid participation. Advanced notice (1 week prior to program is best) will help our staff plan better for accommodations.
- A chair can be provided for participants who are unable to stand balanced and comfortably for long periods of time.

Challenge Course Climbing

- Climbing is optional, though we always encourage participants to step outside of their comfort zone and find a way to challenge themselves. Students who hesitate will be supported and encouraged to find a level of participation that stretches them, but they may still opt out. For most of our climbing elements, we use a team belay system which allows participants to stay engaged by providing support from the ground.
- Anyone who wishes to participate in belaying must be able to stand balanced and comfortably for up to 15 minutes without a break.
- All participants in the climbing area will be required to wear a helmet. Helmets can accommodate head circumference size (including hair and head coverings) between 48cm – 61cm (19 in – 24 in).
- Any participant who wishes to climb must be able to wear a harness correctly. Harnesses can accommodate up to a 142 cm (56 in) waist.
- Any participant who wishes to climb and is currently pregnant or healing from an injury should consult a physician before participating in the climb.
- Specific climbing element weight limits
 - **Climbing Wall:** no weight limit
 - **Stand-Alone Cable Elements:** no weight limit
 - **Aerial Teams Course (ATC):** no weight limit
 - **Autobelay Descent off ATC*:** 330 lbs. / 150 kg
 - **Mobile climbing wall:** 250 lbs. / 113 kg

*Note: Participants do not need to participate in the Autobelay Descent to climb on the Aerial Teams Course.