

Behavior Expectations and Eligibility Criteria

Document		Essential Eligibility Criteria	Behavioral and Conduct Expectations
		<i>all students are expected to be...</i>	<i>all students are expected to...</i>
General	Adaptation	Able to adapt to the physical and emotional rigors 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.	Learn new and unfamiliar ways of doing things, flexible in meeting personal needs, and able to practice positive coping strategies when stressed.
	Self-Control	Able to consistently follow instructions and refrain from self-injurious behaviors, violence, threats and abusive 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 challenges to staff in a timely manner.	Say something if they see something that is unsafe or wrong and tell the instructor if they are experiencing any medical or mental health issues.
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.	Take care of personal physical needs, including appropriate self-care around drinking enough water, eating enough food, applying sunscreen and using equipment as instructed
	Substances	Able to refrain from the use of alcohol, nicotine, unapproved substances, and misuse of prescription or OTC drugs.	Not bring, possess, or use nicotine, alcohol, or any prescription or non-prescription drugs that are not approved by Outward Bound for their use on course.
Community	Inclusion	Able to refrain from behaviors that harm others (verbal, emotional, or physical assault, microaggressions (including micro-invalidations, micro-insults and micro-assaults), harassment))	Be respectful of the various identities (such as race, ethnicity, sex, gender, sexual orientation, religion, ability, and nationality) of other students, staff, and members of the public. Refrain from behavior that is discriminatory to other's identities, socially exclusive behavior, and language that is derogatory or harmful to others.
	Learning space	Able to contribute to a safe social and learning environment and maintain appropriate relationships with other group members and instructors, refrain from behavior that disrupts the learning of others or the cohesion of the group.	Contribute to an inclusive and safe learning environment, and refrain from any behavior that harasses, bullies, intimidates or harms others. Refrain from exclusive, sexual or romantic behaviors.

Specific Essential Eligibility Criteria by Course Type/Element

Essential Eligibility Criteria	
<i>all students are expected to be...</i>	
Backpacking	• 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. • Our backpack maximum hip belt size is 127cm (50 in). Measure at the natural waist; above the hip bones, across the navel. • 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	• Able to wear a climbing harness and helmet correctly. • 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). Measure above brow, around the fullest part of the head. • Any participant who wishes to climb or belay must be able to wear a harness correctly. Harnesses can accommodate up to 142 cm (56 in) waist. Measure at the natural waist; above the hip bones, across the navel. • Able to participate in belaying and climbing activities.
Canoeing	• 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. • PFD can accommodate between 61-147 cm (24 -58 in) chest circumference. Measure around the largest part of the chest, generally across the nipples, with arms down at your sides (don’t include arms in the measurement). • Participants must weigh at least 50 lbs to safely wear a PFD. • Able to follow instructions immediately upon sudden immersion into coldwater, whether the instructions have already been taught or are communicated in the moment. • Able to sit in a canoe and maintain stability. • 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.

Essential Eligibility Criteria

all students are expected to be...

Sea kayaking

- 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.
 - PFD can accommodate between 61-147 cm (24 -58 in) chest circumference. Measure around the largest part of the chest, generally across the nipples, with arms down at your sides (don’t include arms in the measurement).
 - Participants must weigh at least 50 lbs to safely wear a PFD.
- Able to follow instructions immediately upon sudden immersion into coldwater, 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.
 - Cockpit dimensions are 32 in x 16.5 in.
- 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.

Message to students: If one or more of the following criteria apply to you, you may not comfortably fit in our sea kayaks. Please contact your Course Advisor if your

- Height is over 6 ft 2 in
 - Leg room accommodates up to 39in from hip to extended foot pedal.
- Weight is over 275 lbs
 - Cockpit width is 16.5 in
- Shoe size is a Men’s 12+ (Size 15+ is a safety hazard and may not be appropriate for course).
- *For situations where we are unsure if we can accommodate an individual’s measurements, we advise the individual first seeking out a sea kayak outfitter and sitting in a skeged 16’ single sea kayak or an “expedition” style tandem sea kayak. This way, they can feel for themselves how they will fit in the kayak and then report back their experience.*