



Essential Eligibility Criteria Paddle Sports

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 supports. Participants who require a 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 TRIP 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.
- Wear a mask and remove independently or with the assistance of a companion while riding in the van or in close proximity with other persons when outdoors.
- 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 participant.

- Enter and exit watercraft, vehicles, and buildings without transfer assistance. Typically, AWL staff are happy to use their training to assist with transfers. We are currently making every effort to minimize physical contact between staff and participants. For any person who requires physical assistance to participate, we ask that they attend with a personal support worker who can provide hands-on support. If you have questions about making this decision, please reach out directly.

ALL WATER SPORTS: Kayaking/ Paddleboarding/ Canoeing

Each Participant must be able to:

- Wear all protective equipment recommended/required by agency and/or industry standards.
- 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 capsized.
- Right themselves in the water (become and remain face up) independently while wearing an agency provided life jacket or PFD.