

# Program Eligibility Requirements



[www.waypointadventure.org](http://www.waypointadventure.org)

**If an individual currently has or has had a history of any of the following medical conditions, they might not be able to safely participate in Waypoint Adventure programming. All decisions regarding participation are left up to the judgment of Waypoint Adventure staff. If something in this list will prevent you or your participant from engaging in a program, please talk with WPA staff for all final decisions before ruling yourself or someone out.**

1. A history of heart-attacks, within the six months previous to participation, or with current symptoms.
2. Abnormal heart rhythms that are symptomatic.
3. Prescription for warfarin (or any blood thinners) within 2 months of the program.
4. Lung problems that are not under control, i.e. uncontrolled asthma or poorly controlled chronic pulmonary infections.
5. Seizure disorder that is not controlled by medication.
6. Uncontrolled asthma.
7. Insulin-dependent Diabetics with recurrent hospitalizations for low blood sugar.
8. Active Anorexia Nervosa/Active Bulimia, unless cleared by a doctor.
9. Spinal surgery within six months previous to program.
10. Hospitalization within two weeks of program (assessment made on an individual basis).

**Medical & Release of Liability forms must be turned in one week prior to a program**

## **General Requirements:**

**All activities are open to all individuals who meet the following eligibility requirements:**

- Are not exhibiting symptoms of a contagious illness or disease. If harboring a transmittable disease spread by coughing or sneezing, please refrain from participating and passing illness along to others.
- Able to manage personal care and medications independently or with the assistance of a companion who accompanies the participant.
  - Personal care is determined by being able to perform tasks of daily living. These tasks include, but are not limited to: restroom use, dressing, and eating.
  - For Children: Written consent for staff to provide medication must be submitted.
  - For Adults: If you are unable to manage medications, or will not have a companion to assist you, written consent for staff to provide medication must be submitted.
- Able to follow activity and instructions, heed safety requirements, and make their needs known during a program
- Able to refrain from violent or other behavior that pose a risk to others including:
  - Striking, hitting, kicking, and biting
  - Sexual aggression
  - Verbal aggression
  - Fire starting, tampering with safety equipment, destruction, or theft of property
  - Drug/ alcohol use

## **Activity Specific Requirements:**

Every program is open to all individuals who meet the general requirements as well as the following activity specific requirements:

*Participation in the subsequent level of programming is necessary to register for a higher-level program (i.e. Introduction to Rock Climbing is necessary to participate in Intermediate Rock Climbing). If you have skills or experience in a certain program-type and wish to discuss waiving this policy, please contact program staff.*

### **Backpacking**

- Able to walk, wheel, or use a wheelchair for the period of time required for the program
- Able to carry a backpack with the appropriate supplies needed for the program

### **Hiking/ Snowshoeing**

- Able to walk, wheel, or use a wheelchair/sit-ski for the period of time required for the program
- Able to carry a backpack with the appropriate supplies needed for the program

### **Kayaking/ Canoeing**

- Breathe independently (i.e. not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Manage personal care independently or with assistance of a companion
- Manage personal mobility independently or with a reasonable amount of assistance
- Able to wear a Personal Flotation Device (Life Jacket)

***For the following, please contact Waypoint staff if you are unable or unsure if you can meet these requirements. Reach out to discuss before ruling out participation.***

- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- Get in/out or on/off paddle craft independently or with a reasonable amount of assistance
- Independently get out and from under a capsized paddle craft
- Re-enter or re-mount the paddle craft following deep water capsize independently or with a reasonable amount of assistance

### **Rock Climbing**

- Able to wear a harness
- Able to wear a helmet (during outdoor rock climbing programs)

### **Ropes Course**

- Able to wear a harness
- Able to wear a helmet (during outdoor ropes course programs)