

ESSENTIAL ELIGIBILITY CRITERIA
For
SHERRIKAYAKS OUTDOOR PROGRAMS

All programs are open to all individuals who meet the following essential eligibility criteria.

Canoe Programs

Participants must be:

1. 18 years or older, or be accompanied by an adult. (Children's programs have separate age requirements.)
2. Able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
3. Able to get in and out of a canoe independently or with the assistance of a companion who accompanies the participant, following instruction.
4. Comfortable in the water including:
 - ❑ Floating on back independently with a properly fitted PFD.
 - ❑ Turning from face down to face up independently while wearing a properly fitted PFD.
 - ❑ Holding breath while under water.
5. Able to maintain a balanced, upright position when seated in a canoe, with adaptations if needed. ****NOTE**** No adaptations providing head and neck support will be accepted.
6. Able to move a tandem canoe through the water in a stable manner and return it to the launching area with a paddling partner. If using a solo canoe, the participant must have the ability to do the above independently. Participant may use adaptations if needed.
7. Able to get out from under the canoe independently after a capsize, following instruction.