

ESSENTIAL ELIGIBILITY CRITERIA
for
SHERRIKAYAKS OUTDOOR PROGRAMS

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

Kayaking 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 kayak independently or with the assistance of a companion, 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 kayak, with adaptations if needed. ****NOTE**** No adaptations providing head or neck support will be accepted.
6. Able to wet exit a kayak independently following a capsize, following instruction.
7. Able to move the kayak through the water in a stable manner and return it back to the launching area independently or with the assistance of a paddling partner if in a tandem kayak. Participant may use adaptations if needed.
8. Able to meet the above criteria while paddling in waves up to 1.5 feet if participating in classes held on Lake Michigan.
9. Able to re-enter a kayak independently from deep water, with adaptations if needed, when participating in classes held on Lake Michigan.