

Limitless Adventures

Program Eligibility Requirements

General Requirements

Participants and Volunteers in any Limitless Adventures program must be able to meet the following requirements independently or with assistance from a companion who accompanies the participant during the activity:

- Able to perform necessary self-care, including eating, drinking, dressing appropriately for environmental conditions, personal hygiene, using the restroom, and managing known medical conditions
- If taking prescription medications, able to maintain proper dosage independently or with assistance from a companion who accompanies the participant. Limitless Adventures volunteers and staff are not permitted to dispense medication
- Able to arrive ready and on time to the location for the scheduled activity
- Able to come prepared for weather and conditions of the day, including dressing for the elements and bringing and applying sunscreen, bug spray, and/or rain protection if needed
- 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 refrain from violent or other behavior that pose a risk to themselves or others, including:
 - Striking, hitting, kicking, and biting
 - Sexual aggression
 - Verbal aggression
 - Fire starting, tampering with safety equipment, destruction, or theft of property
 - Drug or alcohol use
- Able to abide by the following safety and judgment requirements:
 - Able to understand verbal or visual instructions individually and in a group setting, and to follow such instructions, whether supervised or not
 - Able to comprehend hazards and safety concerns when explained and to adhere to safety policies and procedures, whether supervised or not
 - Able to effectively communicate to others personal distress, injury, or need for assistance

Activity-Specific Requirements

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

Hikes and Nature Walks

- Able to travel for the period of time required for the program at a moderate pace across variable terrain, including flat, uphill and downhill, with or without assistance. Additional detail on trail accessibility may be found in the hike description.
 - If a hike is wheelchair accessible, participants may bring their own adaptive equipment (e.g., wheelchair) and participate in the hike as long as the equipment is in safe and working condition.
- Tolerate moderate physical activity for the estimated duration of the hike. Additional detail may be found in the hike description
- Able to express the need for rest if required
- Able to identify hazards posed by the hiking environment, including loose rocks, uneven terrain, brush, and others
- Able to identify path markers and trails. Trails are often accessible. Adaptive equipment may be used depending on the trail. Please see program description for trail information
- Perform all personal hygiene needs independently or with the assistance of a companion in advance of beginning the program
- Provide and be responsible for their own water, recognize thirst, and hydrate independently or with the help of a caregiver
- Be willing and able to stay with the group and travel at the group's pace. This pace will be determined by the slowest participant
- Be willing and able to follow basic hiking etiquette, including stepping aside for faster hikers, respecting wildlife, and refraining from littering

Surfing and Water Activities

- Able to hold their breath while under water and be able to independently turn from a face down to a face up position keeping their head above water
- Maintain a swimming position while manipulating surfing equipment, if needed
- Tolerate moderate physical activity for the estimated duration of the event.
- Able to identify hazards posed by the surfing environment, including crashing waves, cold water, uneven terrain, etc.
- Able to follow instructions immediately upon sudden immersion into water, whether the instructions have already been taught or are communicated in the moment
- Able to maintain comfort and composure during extended times in open water
- Able to maintain comfort and composure in shallow and deeper water, including crashing waves breaking closer to shore

- Provide and be responsible for their own water, recognize thirst, and hydrate independently or with the help of a caregiver
- Be willing and able to stay with the group and surf at the group's pace.
- Able to express the need for rest if required