

Limitless Adventures

Program Eligibility Requirements

General Requirements

Participants 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:

- 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 wear a face covering during the entirety of an activity in compliance with the California Department of Public Health's guidance for the use of face coverings
- 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
- 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. Limitless Adventures does not provide adaptive equipment
- 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