



## Essential Eligibility Criteria

The criteria are applicable to all program participants. If you are unable to meet certain criteria, please contact us (801.834.0476); we may be able to assist you with a reasonable adaptation unless it would compromise your safety and the safety of other students or instructors.

A companion is defined as someone (support network) or something (e.g. service dog or communication device) to assist the student with physical, emotional, and/or communication needs.

### All programs:

1. Individuals require specialized instruction or specific equipment adaptation for long-term recreation participation.
2. Individuals can manage personal care independently or with the assistance of a companion.
3. Individuals can understand and follow instructions given by others to avoid hazards and /or manage risks independently or with the assistance of a companion. This includes following emergency procedures.
4. Individuals can effectively signal or notify others of personal distress, injury, or need for assistance independently or with the assistance of a companion.
5. If medication needs to be administered in the event of a seizure and/or any other medical condition that requires immediate administration of medication or attention, a parent/guardian or trained companion must accompany the student throughout the program.
6. Individuals must contribute to a safe learning environment. No harassing or abusive behavior of others for any reason is tolerated.
7. Individuals must be able to refrain from behaviors that pose a risk to themselves or others. These behaviors include but are not limited to aggression, an inability to set boundaries, a lack of safety awareness, and drug or alcohol use or influence

### Individuals with a Spinal Cord Injury or Stroke:

1. Spinal Cord Injury: at least one year has passed since the date of injury. If less than one year has passed from the date of injury, a written physician's release has been submitted to WAS staff.
2. Individuals have no existing pressure sores that could worsen by participating in recreation.
3. Stroke: at least 3 months have passed since the date of the stroke. If less than 3 months have passed, a written physician's release has been submitted to WAS staff.

### **Support Network Participation**

1. Support network participating in programs must acknowledge they independently meet items numbered 2 through 7 of the above general essential eligibility criteria.
2. The instructor is the primary decision-maker in regard to lesson plans and skill instruction.
3. Support network individuals who have not participated in specific training as a WAS instructor or volunteer are allowed to participate at the discretion of the instructor.
4. Support network individuals must have an adequate skill level in the designated program to participate in the lesson. (Generally skill level intermediate and above)

### **Cycling:**

1. Wear a properly fitted cycling helmet for the duration of the program.
2. Be able to avoid trail hazards, with guidance if needed.

### **Mountain Biking:**

1. Wear a properly fitted cycling helmet for the duration of the program.
2. Individuals can understand and follow instructions given by others to avoid hazards and /or manage risks independently, without assistance from a companion. This includes following emergency procedures.
3. Be able to avoid trail hazards by steering, braking, and stopping independently, without assistance from a companion.

### **Cycling Group Ride:**

1. Acknowledge all general and cycling EEC's and provide a personal companion if needed to meet items 2-5.
2. Adhere to the parameters of the designated group ride for ride type, pace, and distance.
3. Contribute to an encouraging atmosphere.

### **Ski Bike with an Instructor:**

1. Wear a properly fitted snowsports helmet for the duration of the program.
2. Understand and follow instructions given by others to avoid hazards and /or manage risks independently, without assistance from a companion. This includes following emergency procedures.