



Team River Runner - Essential Eligibility Criteria for Paddlers

(additional specific requirements may be required for coastal and whitewater outings)

Participants must:

- 1) Be 18 years or older or accompanied by an adult.
- 2) Be able to follow and execute 3 part instructions.
- 3) Be able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
- 4) Be 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, and holding breath while under water for at least 15 seconds.
- 5) Be able to maintain a balanced, upright position while seated in a kayak, with adaptations if needed. ****NOTE**** No adaptations providing head or neck support will be accepted.
- 6) Be able to get in and out of a kayak independently or with the assistance of a companion, who accompanies the participant, following instruction.
- 7) Be able to wet exit a capsized kayak independently and safely following instruction.