

# Essential Eligibility Criteria

## *Swiftwater Safety Institute*

**The following are physical and mental eligibility criteria for all participants of any Swiftwater Safety Institute, LLC (“SSI”) course. The following criteria are the minimum criteria strictly necessary to maintain both safety and a fundamental course experience for all participants. SSI has a strict policy of non-discrimination, and none of the criteria are meant to discriminate against any person due to the presence of any disability.**

- Breathe independently and without any assistance (i.e., medical devices are not required to sustain adequate breathing).
- Independently maintain fully sealed airway passages while underwater.
- Independently hold head upright without neck or head support.
- Manage personal care (adequate hydration, caloric intake, thermoregulation) independently or with assistance of a designated companion.
- Manage personal mobility independently or with a reasonable and minimal amount of assistance.
- Follow instructions and effectively communicate independently or with assistance of a companion.
- Maintain a safe body position while attempting skills, activities and rescues listed in the appropriate course description and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation.
- Independently turn from face-down to face-up in water and remain floating face-up while wearing a properly fitted personal flotation device (PFD).
- Independently enter and exit the water in a river or stream.
- Possess the ability to swim to or from the shore and away from river hazards.
- Independently get on and off, or in and out, of a paddle craft or with a reasonable minimal amount of assistance.
- Independently get out from under a capsized paddle craft.
- Re-enter or remount paddle craft following deep water capsize independently or with a reasonable amount of assistance.

**The above criteria, if not met, will disqualify a person from participating in a course with SSI. The criteria exist for your own safety and that of all trip participants. None of the criteria are meant to discriminate on the basis of any physical or mental disability, and are applied uniformly to all potential trip participants, irrespective of the presence or absence of any disability. SSI is**

**committed to making reasonable modifications to any course for any persons with a disability, so long as they do not fundamentally alter the nature of the course, or unreasonably compromise the safety of SSI instructors or course participants.**