



## Campus Recreation

### Outdoor Adventures

#### *Outdoor Trips – Essential Eligibility Criteria*



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#### **General Eligibility Criteria:**

- Have the cognitive ability to discern all instructions of Outdoor Adventures staff.
- Properly wear and use all required safety equipment designated by the Outdoor Adventures staff.
- Individually or with the assistance of a companion, be able to identify and recognize hazards posed by the environment (e.g., steep or uneven terrain, moving water, sun, wind, cold, etc.) and other participants (e.g., fatigue, state of mind and other influencers of judgment and decision making).
- Be able to effectively notify Outdoor Adventures staff and participants of potential hazards, personal distress, or other emergency situations.
- Program participants must uphold the TU Student Code of Conduct in order to contribute to a welcoming and inclusive environment for all present. In addition, trip participants will be asked to support Campus Rec's mission and values relating to [Civility and Inclusion](#).
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from others.
- Perform necessary self-care in a remote outdoor environment, including maintaining adequate nutrition and hydration, maintaining proper body temperature by dressing appropriately for weather conditions, and maintaining personal hygiene.
- Learn then make a conscious effort to practice [Leave No Trace](#) outdoor ethics and techniques.
- In order to utilize Towson University transportation: Ability to enter and exit a vehicle independently or with the assistance of a companion.
- Individuals may supply personal adaptive equipment appropriate for a chosen activity at the discretion of Outdoor Adventures staff. Contact Outdoor Adventures at [adventure@towson.edu](mailto:adventure@towson.edu) after registering for an activity for approval of personal equipment.

#### **Activity Specific Eligibility Criteria:**

##### **Hiking:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Travel over uneven, variable terrain, including flat, uphill and downhill.

##### **Camping:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Travel about the campsite in order to attend to toileting needs and contribute to individual and group related tasks as necessary.

## **Biking:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Visually identify routes and hazards.
- Mount, dismount, and sit on a bike with a reasonable amount of assistance from a companion. Independently balance on the bike for the duration of the course.
- Independently pedal, steer, stop, and negotiate a bike over a variety of terrain including flat, uphill and downhill.

## **Backpacking:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Ability to be without access to advanced medical care facilities for the duration of the backpacking portion of a program.
- Independently travel over and negotiate varied terrain including rugged steep and sloping terrain, human and animal made trails, rocky terrain that might include smooth bedrock or areas of large boulder fields, for duration of trip while carrying all equipment.
- Be able to stay alert and focused for several hours at a time while traveling on foot.
- Participant is physically able to carry up to 40% of their body weight in equipment, food, and personal items in a backpack for the duration of the trip.
- Be able to travel distances ranging from less than 1 mile to more than 10 miles per day.
- Be able to travel less than 1 hour to more than 8 hours per day.

## **Paddlesports (Kayaking, Canoeing, Stand-Up Paddleboarding):**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Get in and out of a paddle craft independently or with a reasonable amount of assistance from a companion.
- Independently hold head upright without neck or head support.
- Breathe independently without the use of a medical device to sustain breathing.
- Independently maintain sealed airway passages while underwater.
- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted life jacket.
- Independently remain in an appropriate and safe body position, while in or on the paddle craft for the duration of the activity:
  - Whitewater kayak/ sea kayak: Upright seated position.
  - Stand Up Paddleboard: standing, sitting, or kneeling position.
- Independently exit a capsized paddle craft and grab onto another vessel or rope for rescue purposes.
- Fend for self while in the water away from the boat, attain and maintain correct body position if out of the boat in rapid or rough waters.

## **Rock Climbing:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Independently, or with the assistance of a companion, communicate necessary climbing signals.
  - These signals may include spoken word, hand signals, or a rope tug.
- Grip a rope firmly, grasp the rock face, and negotiate upwards on a climb.
- Travel over uneven, variable terrain (including flat, uphill and downhill) while hiking to and from the climb site.