



# Essential Eligibility Criteria

Open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

- Breathe independently (i.e., not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently hold head upright without neck / head support
- Manage personal care independently or with assistance of a companion
- Manage personal mobility independently or with a reasonable amount of assistance
- Follow instructions and effectively communicate independently or with assistance of a companion
- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket\*
- Get in/out or on/off of a paddle craft independently or with a reasonable amount of assistance

\* For More Information, Please call or Text 585 748-2628