



Mountain Adventure Schools

Essential Eligibility Criteria

Mountain Adventure Schools – Rock ‘N Water and Water ‘N Woods are open to all individuals who acknowledge the ability to perform the following essential eligibility criteria.

Please check as you read and acknowledge:

- Follow instructions and effectively communicate independently
- Manage personal care independently or with assistance of a companion
- Manage personal mobility independently
- Effectively notify leaders or other participants of personal distress, injury, illness or the need for assistance.
- Perceive, understand and follow instructions on wilderness travel, risk management, personal care, hazard avoidance, and other topics.
- Travel over uneven, variable terrain, including flat, uphill and downhill for 30 minutes at a time
- Carry personal and group gear required for the specific activity in a backpack or lumbar pack
- Independently maintain sealed airway passages while under water
- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- Swim the length of a pool unassisted
- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Wear all required safety gear such as an approved harness, approved helmet, approved personal flotation device
- Grip a rope firmly, grasp the rock face, and negotiate upwards on a climb

M.A.S. Student: _____

M.A.S. Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____