

Essential Eligibility Criteria

Frozen Head State Park

Guided Hike

Program participants should be able to do the following, independently or with the assistance of a companion or adaptive equipment:

Understand and follow instructions to avoid and/or manage risks

Tolerate the outdoor elements for the duration of the program

Perform self-care including maintaining nutrition and hydration, and managing existing medical conditions

Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, very steep and uneven terrain, cliff edges, crevasses, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals and insects

Should you need additional assistance to participate, please contact the park or visit our website.