

# Essential Eligibility Criteria

Head of the Crow State Park

## ***Sherwood Day Loop Hike***

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

- Stay alert and focus attention during instruction.
- Understand and follow directions and instructions to avoid and/or manage risks.
- Tolerate exposure to the natural elements, including sun/temperature for 1.5-2.5 hours.
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities.
- Identify and recognize environmental risks, including but not limited to, falling objects, loose rock and unstable surfaces, steep and uneven terrain, cliff edges, moving water such as rivers or creeks, and potentially hazardous animals, insects, and plants.
- Be 10+ years old unless with parent or guardian.
- Travel over and negotiate varied terrain for 2.9 miles in an estimated 1.5 hours.
- Travel over trail for 60 minutes without sitting.

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