

Essential Eligibility Criteria

Henry Horton State Park

5-Mile Kayak Float

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

- ? Be 16+ years old, unless accompanied by a parent or guardian
- ? Stay alert and focus attention during instruction
- ? Tolerate exposure to the elements for at least four (4) hours
- ? Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions
- ? Maintain sealed airway passages (i.e. mouth and nose) while underwater in order to prevent water from entering airways
- ? Remain balanced while seated inside the vessel with limited head, neck, and back support while paddling vessel in turbulent water
- ? Wear a Type III Coast Guard-approved personal flotation device with a proper fit
- ? Get in/out of kayak. This requires stepping into the kayak, sitting down on the low seat, maneuvering your legs into position.
- ? Control a paddle and pull it through the water to steer and propel the kayak forward
- ? Under instructor guidance, navigate shoreline terrain, including safely maneuvering around/across boulders, rocks, and slippery and uneven surfaces, under low branches, and around vegetation
- ? Get out from under a capsized kayak
- ? Reenter or remount the kayak following deep water capsize independently or with reasonable amount of assistance

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