

Essential Eligibility Criteria

Indian Mountain State Park

Kayaking 101

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 hour.
- Be 16+ years old, unless accompanied by a parent or guardian.
- 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 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.

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