# Essential Eligibility Criteria

## Savage Gulf State Park and Natural Area

## ***Suter Falls Hike***

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

- Understand and follow directions and instructions to avoid and/or manage risks.
- Tolerate exposure to the natural elements, including sun / temperature for 2 hours
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities, electricity, and/or running water.
- Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, steep and uneven terrain, cliff edges, crevices, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals, insects, and plants.
- Travel over and negotiate varied terrain for 1 mile in an estimated 2 hours or less.
- Navigate trail up and down steep inclines on rocky terrain for 1 mile in an estimated 2 hours.
- Carry adequate water and nutritional snacks for the duration of the hike.

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

TENNESSEE State Parks