

Essential Eligibility Criteria

Montgomery Bell State Park

Spillway 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 to avoid and/or manage risks
- Tolerate the elements including temperature for one (1) hour
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions
- Be able to identify and recognize environmental risks, including potentially hazardous animals and insects
- Move over uneven, packed soil terrain with occasional tree roots measuring up to three (3) inches in height for two (2) miles
- Navigate trail up and down gradual inclines and declines for 1.5 miles

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