



Essential Eligibility Checklist

- Manage personal care independently or with assistance of a personal companion
- Manage personal mobility independently or with a reasonable amount of assistance
- Follow instructions and effectively communicate independently or with assistance of a companion
- *Breathe independently (i.e., not require medical devices to sustain breathing)
- *Independently maintain sealed airway passages while under water
- *Independently hold head upright without neck/head support
- *Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted life jacket
- *Get in/out of a paddle craft independently or with a reasonable amount of assistance
- *Independently get out and from under a capsized paddle craft
- *Re-enter the paddle craft following deep water capsize independently or with a reasonable amount of assistance
- *Maintain a safe body position while attempting skills and activities and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation
- *Weigh up to 225 pounds per kayak seller's safety instructions

*These are for clients interested in kayaking only.