

# Essential Eligibility Criteria

## Camp Helen State Park Guided Kayak Tour

In order to participate in this program, one:

- Must not exceed 275 pounds total, including all gear.
- Must be age 16 or older or otherwise accompanied by an adult.
- Must have the ability to wear a properly fitted personal flotation device.
- Must have the ability to enter and exit the kayak independently, with the assistance of a companion or with the use of adaptive equipment.
- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for as long as they choose to attend the event.
- Must have the ability to remain seated, maneuver, and balance independently, with the assistance of a companion or with the use of adaptive equipment.
- Must have at least one person in the kayak with the ability to move it through the water in a stable manner and return it back to the launching area.



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- In the event of a capsized, one:
  - Must have the ability to get out from under the watercraft independently.
  - Must have the ability to right oneself and remain face up in the water with the aid of a personal flotation device.



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