

Essential Eligibility Criteria

T.H. Stone Memorial St. Joseph Peninsula State Park

Happy Little Trees 5K

In order to participate in this program, one:

- 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 a period of 2 hour.
- Must have the ability to navigate uneven terrain on paved and unpaved surfaces independently or with the assistance of a companion.
- Must have the ability to stand or sit independently or with the assistance of a companion for a period of 2 hour.
- Must have the ability to traverse wet, sandy, and uneven terrain for up to 3.1 mile or less, independently or with the assistance of a companion.
- Must be able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
- Must be able to breathe independently without any medical assistive devices.