



## Essential Eligibility Criteria for Vandal Venture Programs

All participants must be able to perform the following to enroll in a Vandal Venture program. If you have questions about the following, please call the Outdoor Program at 208-885-6810.

### Universal to all programs:

- Perceive and comprehend the inherent risks of the activity, including, but not limited to, the ones outlined in the Acknowledgement of Risk and Waiver of Liability form.
- Stay alert and focus attention for the duration of the trip.
- Effectively signal or notify Instructors or other students of personal distress, injury or need for assistance.
- Manage all personal care or activities of daily living such as; staying hydrated, getting proper nutrition, using waste facilities independently or with the assistance of a companion, excluding the Instructors.
- Contribute to a safe learning environment. No harassing or abusive behavior of others for any reason is tolerated.
- Follow verbal and/or visual instruction independently or with assistance of a companion or adaptive equipment. You must be able to use all equipment properly and safely after instruction.
- Meet the physical demands of the course within the time limits set by the trip.
- Independently, or with the assistance of a companion, understand and follow directions and instructions given by others to avoid hazards and/or manage risks. This includes following emergency procedures.
- Withstand environmental factors associated with the trip (i.e., temperatures below freezing during winter activities, temperatures above 90°F or hotter during summer activities, or variable water temperatures during paddling activities).
- Be able to enter and exit vehicle independently or with the assistance of a companion.

### Specific to Rafting:

- Hold breath while under water and, while in the water wearing a properly fitted lifejacket, be able to independently turn from a face down to a face up position keeping head above water.
- Get in/out of the raft independently or with a reasonable amount of assistance.
- Independently get out and from under a capsized raft.
- Re-enter or remount the raft following deep water capsize independently or with a reasonable amount of assistance.

### Specific to Backpacking:

- Independently travel over 4-6 miles and negotiate varied terrain, including up to 2000' elevation gain/loss in a day, for duration of trip while carrying all personal equipment (i.e., pack, gear, shelter).