



Essential Eligibility Requirements

Providing safe, equitable, and inclusive education programs is our purpose and mission. While we do not specialize in programming for persons with disabilities, and are not a therapeutic program, we welcome a diverse community of participants and we will seek safe, reasonable accommodations whenever possible.

Participating in Gap at Glen Brook requires a partnership of trust between our staff and participants. We ask that this relationship be based on an honest assessment of personal ability and a clear acknowledgment of the inherent risks in outdoor programming.

In most cases, participants will be offered training, practice, assistance, and support before being asked to undertake any of the activities listed below. If an individual is unable to meet the essential eligibility criteria for a given activity, and we are unable to create a reasonable accommodation plan in partnership with the participant, we reserve the right to modify the curriculum for that individual. If curriculum modifications require more staff resources than we are able to provide, we may discuss with you whether our program is a good fit for you at this time.

If you have any questions about these criteria, or if you are concerned that you do not meet a particular requirement, please contact us at gap@glenbrook.org to discuss your concern.

General Criteria:

Each participant must...

- Be able to understand verbal and visual instructions individually and in a group setting and follow those instructions (supervised or unsupervised)
- Be able to acknowledge and understand hazards and safety concerns when explained and adhere to Glen Brook safety policies and protocols even when educators are not present
- Be able to communicate one's needs to educators and others including (but not limited to) personal distress, injury, sickness, and/or the inability to perform relevant necessary skills
- Be able to travel inside a vehicle safely for extended periods of time when programs include transportation
- Be able to follow guidelines in order to maintain the health and safety of humans, animals, and the natural world
- Be able to maintain self-care including having appropriate personal clothing for the trip, managing personal and group gear, staying hydrated and nourished, performing proper personal hygiene, sleeping enough to stay rested, and managing known medical conditions

- Be able to participate positively in a group living experience, sharing a room or tent with up to three peers, without continuous staff supervision

Safety and Judgement

Each participant must...

- Be able to independently identify and recognize environmental hazards. These hazards may include, but are not limited to, falling objects/rocks, loose rock and unstable surfaces, rugged steep and uneven terrain, cliff edges, moving water (fast or slow), and potentially hazardous animals and insects.
- Recognize and understand the hazards and risks posed by other course members, which include, but are not limited to, fatigue, state of mind, and actions that may influence judgment and decision-making.
- Recall and understand hazards and risks previously explained by instructors.
- Be able to effectively alert and warn others of potential dangers.
- Be able to effectively signal or notify course instructors or other course members of personal distress, injury, or need for assistance.
- Act reliably around above stated hazards to minimize risk even when not directly supervised.
- Independently perceive, understand, and follow directions and instructions given by others to be able to successfully execute appropriate and perhaps unfamiliar, techniques to avoid hazards and /or manage risks. These directions may be given before the hazard or risk is encountered or may need to be given during exposure to the hazard/risk and out of necessity and practicality are often given orally.
- Be able to stay alert and to focus attention for up to several hours at a time while traveling in wilderness terrain, attending classes, or receiving instructions.
- Be able to respond appropriately to stress or crisis such as when encountering large and/or potentially hazardous animals, severe weather, or a medical emergency.
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others (except possibly in emergency situations).

Leadership and Expedition Behavior

Each participant must...

- Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
- Contribute to a safe learning environment—no verbal or physical inappropriate behavior of others is tolerated for any reason.
- Effectively communicate ideas and concerns on an individual and group level.

Outdoor Skills: Camping, Hiking, Canoeing

Each participant must...

- Remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, or sunburn.

- Be able to perform, after being instructed, the above activities independently in cooperation with course mates without direct supervision.
- Learn and then practice Leave No Trace camping and travel techniques.
- At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack weighing up to or exceeding 30 pounds.
- Be able to hike in conditions which may include but are not limited to: rough, rugged, uneven steep and sloping terrain; rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields). Any and all travel can occur during periods of inclement weather.
- Be able to hike distances ranging from less than one mile to 5 miles in one day.
- Have average strength and endurance and basic balance and agility to travel through such terrain with a backpack.
- Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for ascending or descending slopes.
- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Be able to perceive, understand and respond to audible commands given by a boating partner or communicate such commands to boating partners used to maneuver a boat to maintain proper heading or avoid obstacles.
- Be able to tread water for 3 minutes and swim 50 yards unassisted.
- Be able to exit a capsized boat, fend for self while in the water away from the boat, exit out of the water to shore, grab onto another boat or rope for rescue purposes, and/or perform self rescue or cooperate with assisted rescue.