

Water Sports

All water-based programming participants must acknowledge the ability to perform the following EEC:

Each participant must:

- Breathe independently (i.e. not require medical devices to sustain breathing).
- Independently maintain sealed airway passages while under water.
- Independently hold head upright without head/neck support.
- Manage personal care independently or with assistance of a companion.
- Manage personal mobility independently or with a reasonable amount of assistance.
- 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 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/identify to others when such efforts would be unsafe given personal situation.