Essential Eligibility Requirements

Essential Eligibility (EE) Defined

Certain activity types have essential eligibility requirements for participation. Through your registration and participation in the Outdoor Recreation activity you are agreeing that you have met the criteria for participation.

If at any time your performance while on an Outdoor Recreation activity demonstrates that you are not eligible to participate (due to falling outside of the necessary criteria that were outlined for participation) you may be excused from participation due to safety concerns.

Recharge for Resilience Programs

Recharge for Resiliency (R4R) is the capstone for resiliency programming across both the Air Force and Space Force. R4R provides resources that foster culture, mission, and a sense of community among Airmen/Guardians and their families. R4R comprises three components: Single Airmen Program Initiative (SAPI), RecOn, and Deployed Affected Program (DAP). Each part is designed to reach a specific targeted audience.

Single Airman Initiative Program (Single Airmen) - Air Force and Space Force Active Duty, Reserve, and Guard officer or enlisted without a spouse.

RecOn Program (RecOn) - Air Force and Space Force Active Duty, Reserve, and Guard personnel and their family members

Deployed Affected Program (DAP) - Air Force and Space Force Active Duty, Reserve, and Guard personnel and their family members

Safety and Judgment

Our activities are executed using sound safety and judgment of Trip Leaders as well as the ability of each participant to:

- Effectively communicate danger to others in the form of a warning or a notification of personal distress, injury, or need for assistance. Participants must be able to do so at a distance of up to 50 meters and in conditions with limited visibility and/or loud background noise such as in darkness or high winds.
- Effectively perceive, understand and follow directions given by others to successfully execute appropriate and perhaps unfamiliar, techniques to manage hazards. These directions may be given before the hazard is encountered or may be given during exposure to the hazard.
- Stay alert and focused for 10-12 hours at a time while on activity.

- Recall, perceive, and understand significant and apparent hazards, including those hazards previously identified by Trip Leaders or presented through the Risk Management Plan.
- Respond appropriately to stress or crises.
- If taking prescription medications, participants must be able to self administer while on any Outdoor Recreation activity.

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 harassment of others for any reason.
- Have the cognitive ability to learn necessary skills given time limitations of the activity.

Environmental Ethics

Each participant must:

- Practice Leave No Trace techniques.
- Learn and safely perform the fundamental skills of the activity throughout the duration of the activity.
- Remain adequately hydrated, fed, and properly dressed so as to maintain general health and safety, avoiding environmental injuries.
- Be in a physically demanding, remote environment for an uninterrupted period of time throughout the length of the activity. Conditions of this environment may vary and may include poor weather. The remoteness is such that it may require at maximum in excess of 24 or more hours to reach the nearest road, trailhead, or town and advanced medical care.

Inclusivity Statement

Outdoor Recreation strives to be inclusive and provide a range of activities that can accommodate all ages, abilities, genders, and sizes. However, due to the nature of our activities we often work through other vendors who may have specific requirements that are more restrictive. Below is a list of regularly recurring trips and their requirements for participation.

Specific Criteria

All participants must satisfy the EEC above and the EEC listed below specific to the course or activity for which they are registered.

If the activity is not listed below, any specific qualifying eligibility requirements can be found in the program description. All participants are expected to self-assess based on the Difficulty Rating found within the Program Packet, under "Program Difficulty Ratings"..

Paddlesports (Canoe, Kayak, Raft, Stand Up Paddleboarding, Surfing*)

Participants must have the ability to:

- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Exit a boat, pull oneself out of the water, and re-enter or use another boat or rope for rescue purposes.
- Maintain correct body position if out of boat in a rapid or rough seas.
- Swim unassisted or assisted with a personal flotation device

Surfing*

- Swim unassisted, in water with current
- Lay on chest and paddle with arms to create forward movement

On and Off Trail Travel (Hiking, Backpacking)

Participants must have the ability to:

- Walk on and off trails including class I, II, and III trails to include scrambling where hands and upper body may be used to ascend steep stretches of trail
- Carry backpacks that may reach a total of 30-40% of one's body weight
- Ascend and descend under own power unaided or with limited aids such as trekking poles

Climbing and Rappelling (Rock Climbing, Scrambling, Canyoneering, Ice Climbing)

Participants must:

- Be able to walk on and off trails including class I, II, and III trails to include scrambling where hands and upper body may be used to ascend steep stretches of trail.
- Not have a severe fear of heights and be able to ascend and descend with limited hesitation.
- Use one's own muscle and strength through the use of arms and legs to ascend a section of 4th and 5th class routes.
- Act independently, understand, and comply with instructions given by Trip Leaders for a duration of up to 1 hour while a Trip Leader is setting up systems for ascension or descension.

Winter Sports (Snowshoeing, Mountaineering, Skiing & Snow Boarding)

Participants must have the ability to:

- Walk and maintain balance on and off trails where surfaces may be wet or slippery due to moisture, ice, or snow.
- Carry packs that may reach a total of 30-40% of one's body weight.
- Ascend and descend under own power unaided or with limited aids such as trekking poles.
- Act independently through proper nutrition, hydration, and thermo regulation in an exposed winter environment for the duration of the activity.

Cycling Sports (Mountain Biking, Road Biking, Electric Biking)

Participants must have the ability to:

- Ride a bike independently.

Black Canyon Kayaking

Participants must:

- Have a Government Issued Identification Card (Military ID, Drivers License, Passport).
- Be > 14 years old.
- Paddle 12 miles under own power.

Electric Bike Tours (E-Bike Tour)

Participants must:

- Ride a bike independently.
- Be > 62" tall.

Grand Canyon West & Zipline

Participants must:

- Be able to climb stairs.
- Have the ability to hold oneself upright in a seated position.
- Weigh > 90 lbs and < 275 lbs.

Horseback Riding

Participants must be:

- < 250 lbs
- Non-pregnant

Hot Air Balloon

Participants must be:

- > 21 years old
- < 280 lbs
- Non-pregnant

Jeep Rock Crawl

Participants must:

- Be > 21 years old
- Have automobile insurance in YOUR name

Multi-Pitch Rock Climbing

- Prior rock climbing experience required

Skydiving

- Must be > 18 years old
- Must be <230 lbs

Snowmobile Tours

- Must be > 18 years old
- Must have a valid Driver's License