



## Youth Experimental Training Institute - Y.E.T.I

Participant Essential Eligibility Criteria (EEC)

### **PART I: General EEC**

Each participant must:

1. Have the ability to follow verbal and/or visual instruction independently.
2. Have the ability to learn necessary skills given time limitations of an Outdoor Program;
3. Have the ability to effectively communicate with other participants and staff regarding potential hazards, personal distress, injury, or need for assistance.
4. Be able to implement 1, 2, and 3 up to a distance of 200 ft. and in conditions with limited visibility or inclement weather or with loud background noise, such as high winds or while near roaring rivers.
5. Have the ability to act reliably around stated hazards to decrease risk even when not directly supervised. These hazards may include, but are not limited to, fast moving water (rivers, creeks, surf, tides), cliff edges, loose rock, crevasses, potentially hazardous animals and insects, allergens, and rugged, steep, or uneven terrain.
6. Have the ability to independently understand and follow directions and instructions given by staff and/or others to be able to successfully execute appropriate and perhaps unfamiliar techniques in order 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.
7. Be able to take personal responsibility for belongings and behavior. With instruction from staff, have the awareness of the necessary level of self-care needed to remain generally healthy and to avoid environmental injuries such as hypothermia, heat stroke, sunburn, or frostbite. This includes, but is not limited to: personal hygiene, water purification techniques, staying hydrated, consuming an appropriate amount of food, appropriate clothing, and care of equipment.
8. Be able to communicate ideas and concerns on an individual or group level.
9. Be prepared to work as a member of a team despite potentially stressful and challenging conditions. This includes the ability to contribute to an emotionally and physically safe environment- no harassing or abusive behavior of others for any reason; a willingness to accept differences; and a willingness to put the needs of the group before those of the individual.
10. Be able to learn and safely perform skills necessary for living in remote areas in order to support self and the group. This includes, but is not limited to: cooking, setting up camp, sleeping on the ground in a tent with other members of the group, caring for gear, and packing backpacks.
11. Be able to live in a physically demanding remote backcountry environment, away from the city, for the full length of the course, which can range from one day to four weeks. Environmental conditions may vary from below 20 degrees to above 90 degrees depending on the course location and season, and may include, but is not limited to, extended periods of rain, snow, and/or wind, or the absence thereof. The remoteness of the program location is such that it may take one to four days to reach the nearest trailhead and advanced medical care.
12. Be able to endure travel conditions that may include, but are not limited to, rough, rugged, uneven steep and sloping terrain, human and/or animal made trails, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, needing to cross rivers and creeks without the aid of bridges up to two feet or more in depth, moving up, going down and crossing slopes covered in snow, rocks or vegetation, bushwhacking off trail through thick-standing and/or downed vegetation. Any and all travel can occur during periods of inclement weather.
13. Be able to endure travel distances that can range from less than one mile to more than ten miles with possible elevation gain in excess of, but not limited to, 5,000 feet a day. Travel duration can range from less than one hour to more than 10 hours in one day and occur on successive days.
15. Be able to wear and commit to wearing the required safety equipment.
16. Possess the strength, fitness, balance, and agility to accomplish the above tasks.



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#### **PART II: EEC for Specific Activities**

The following section describes EEC specific to the various expedition types and activities. All participants must satisfy the EEC listed in Part I and the EEC below that are specific to the expedition elements they are considering.

##### Wilderness Backpacking

The EEC Part 1 requirements apply to wilderness backpacking with the addition of:

1. Be able to move through and travel over varied wilderness terrain with a backpack weighing up to 30-40% of their body weight.
2. Have the ability to use a third point of contact by supporting yourself with hands and feet for balance, by holding a trekking pole/stick, or by holding onto another person for travel through rivers and while ascending or descending slopes.
3. Possess the strength, fitness, balance, and agility to accomplish the above tasks.

##### Rock Climbing

The EEC Part 1 requirements apply to rock climbing with the addition of:

1. Be able to learn & reliably provide a safe belay by applying and releasing friction to the rope using an ATC device.
2. Be able to wear climbing safety equipment such as a helmet and harness.
3. Be able to learn to tie into a harness using a figure eight knot with follow through.
4. Be able to learn and effectively communicate climbing signals which may include hand signals or verbal signals.
5. Grip a rope firmly, grasp the rock face, and move upward, downward, and/or from side to side on a climb.
6. Pay close attention while climbing and while others are climbing for up to 45 minutes.
7. Possess the strength, fitness, balance, and agility to accomplish the above tasks.

##### Sea Kayaking

The EEC Part 1 and wilderness backpacking requirements apply to sea kayaking with the addition of:

1. Be able to remain seated and balanced in a floating kayak.
2. Be able to swim or be comfortable in the water, while wearing a personal flotation device (PFD).
3. Be able to maintain a closed mouth/lips and hold breath while underwater.
4. Be able to enter and exit kayak unassisted including while in moving water.
5. Be able to paddle without assistance in order to move a boat.
6. Identify, make progress to, and ascend the shoreline, in moving water.
7. Be able to understand and respond to commands given by boat partner or be able to communicate commands to boat partner.
8. Be able to steer the boat away from obstacles.
9. Be able, in the event of an unexpected capsiz, to independently demonstrate the ability to self-right self from face down to face up position while wearing the appropriate PFD.
10. Possess the strength, fitness, balance, and agility to accomplish the above tasks.

##### Winter Snowshoeing

The EEC requirements for wilderness backpacking/hiking courses apply to winter snowshoeing with the addition of:

1. Be able to put on own snowshoes.
2. Be able to walk on uneven terrain.
3. Be able to respond to verbal and/or visual commands.
4. Be able to withstand cold temperatures which may be 20 degrees or lower.
5. Be willing and able to dress appropriately.
6. Possess the strength, fitness, balance, and agility to accomplish the above tasks.

##### Road and Mountain Biking

The EEC requirements for wilderness backpacking/hiking courses apply to road and mountain biking with the addition of:

1. Be able to pedal, steer, stop, and negotiate a bike over a variety of terrain including flat, uphill, and downhill.\*
2. Wear all required safety gear, such as an approved helmet and reflectors.
3. Get on and off of a bicycle.
4. Possess the strength, fitness, balance, and agility to accomplish the above tasks