



## Essential Eligibility Criteria (EEC): Adaptive Mountain Bike (aMTB) Lessons 2024

*For the use of this document, a companion can be a personal support person, family member, or friend and excludes any and all OAS instructors or assistants.*

1. Minimum of 8 years old.
2. Individual lives with a long term disability and requires specialized instruction or adaptive equipment to recreate outdoors.
3. Individual is able to wear a properly fitted and rated helmet throughout the duration of the lesson and or camp.
4. Individual is able to transfer independently or with the assistance from OAS staff/volunteers.
5. Individual is not restricted by their doctor to participate in designated activity.
6. Individual can manage personal care needs independently, or with assistance from a caregiver/companion who is available for the duration of the lesson.
7. Individual can follow instructions given by instructors independently.
8. While participating with OAS programs, individual can refrain from risky behavior that pose a threat to themselves and others including: aggressive behavior, ignoring safety precautions identified by instructors, drug/alcohol use, inability to set boundaries pertaining to their physical ability and needs.
9. Individual can contribute to a safe learning environment. Harassment and abusive behavior will not be tolerated.

*\*\* It's a reality that sometimes mtn biking can cause bowel accidents. We get it and it's ok! If this seems like something that might happen for you, please bring a garbage bag and a change of clothes, and know we are here to help you talk about it.*

If you are not able to meet the Essential Eligibility Criteria (EEC's) listed above and want to discuss alternative options, or have any questions and need clarification, please contact OAS at [Info@oregonadaptivesports.org](mailto:Info@oregonadaptivesports.org) or call 541-848-9390.