# OAS Essential Eligibility Criteria (EEC):

Oregon Adaptive Sports has developed the following Essential Eligibility Criteria (EEC) to identify the skills needed to successfully participate in all OAS programs, with or without the support of a companion, family member, caregiver, or personal support person. The Essential Eligibility Criteria have been developed to ensure transparency and maintain safety of our entire community: athletes, participants, volunteers, family members, friends, companions, and staff.

These EEC outline the minimum skills and abilities that are typically required to participate safely in any role within OAS, while recognizing that there are inherent risks in our sports and activities that cannot be completely eliminated.

There is power in taking a risk. OAS strives to empower people with disabilities to find the confidence, self-esteem, and independence that comes from stepping out of our comfort zones to try new and challenging things. We call this "The Dignity of Risk."

Please review the list below to ensure that you satisfy each of these criteria.
**If you do not meet one or more of them—or if you are unsure if you do—please reach out to us: info@oregonadaptivesports.org or 541-848-9390**.
Individuals cannot participate in our programs unless they satisfy the below criteria **or** have worked with staff to craft a reasonable accommodation. If an athlete does not meet the below criteria and nonetheless attempts to participate in one of our programs, OAS reserves the right to cancel or adjust the timing, duration, or scope of the activity.

Bottom line: The purpose of these EECs is not to exclude anyone where a reasonable accommodation can be made; we simply want to be clear about what our activities require and to provide an opportunity to make individual adjustments, as necessary and wherever possible, to ensure safe participation.

1. Individual is 6 years of age or older.
2. Individual lives with a long term disability and requires specialized instruction or adaptive equipment to recreate outdoors.
3. Individual is not restricted by their doctor to participate in designated activity.
4. Individual can manage personal care needs independently or with the help of a companion, including toileting and feeding.

5. Individual is able to transfer independently or with the assistance of a companion, family member, personal support person, staff member or volunteer.
6. Individual can independently, or with the assistance of a companion, understand and follow directions and instructions to avoid hazards and /or manage risks. This includes following emergency procedures.
7. Individual weighs 200 pounds or less. If the individual weighs more than 200 pounds, and is able to fully support themselves without assistance, including getting up from a fall, the athlete may still be able to participate, but, as set forth above, the athlete must discuss their potential participation with staff in advance.
8. While participating with OAS programs, individual can refrain from risky behavior that pose a threat to themselves and others, independently or with the assistance of a personal support person. Risk behaviors include but are not limited to: aggressive or abusive behavior, harassment, ignoring safety precautions, or illicit drug/alcohol use.
9. Individual can withstand environmental factors associated with the activity (i.e., temperatures below freezing during winter activities, temperatures and heat index above 80°F during summer activities, variable water temperatures during paddling activities).
10. Individual is able to wear a properly fitted and properly rated helmet throughout the duration of alpine ski, snowboard, or cycling activity.

**Additional EEC's for OAS Flatwater Paddling Programs:**

1. Individual is able to wear a properly fitted Personal Flotation Device (PFD) when on or near a body of water.
2. Individual is able to breathe independently (does not require medical devices to sustain breathing).
3. Individual is able to independently hold their head upright without external head/neck support.
4. Individual must be able to demonstrate the following skills while wearing a properly fitted PFD/life jacket:
    - Able to independently maintain sealed airways and hold breath while face down in water
    - Able to independently turn from face down to face up in deep water, and remain floating face up
    - Able to independently get out from under a capsized paddlecraft