



## Campus Recreation

### Outdoor Adventures

#### *O d T i E e i a l E l i g i b i l i C i e i a*



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#### **General Eligibility Criteria:**

- ! Have the cognitive ability to discern all instructions of Outdoor Adventures staff.
- ! Properly wear and use all required safety equipment designated by the Outdoor Adventures staff.
- ! Individually or with the assistance of a companion, be able to identify and recognize hazards posed by the environment (e.g., steep or uneven terrain, moving water, sun, wind, cold, etc.) and other participants (e.g., fatigue, state of mind and other influencers of judgment and decision making).
- ! Be able to effectively notify Outdoor Adventures staff and participants of potential hazards, personal distress, or other emergency situations.
- ! Program participants must uphold the TU Student Code of Conduct in order to contribute to a welcoming and inclusive environment for all present. In addition, trip participants will be asked to support Campus Rec's mission and values relating to [Civility and Inclusion](#).
- ! If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from others.
- ! Perform necessary self-care in a remote outdoor environment, including maintaining adequate nutrition and hydration, maintaining proper body temperature by dressing appropriately for weather conditions, and maintaining personal hygiene.
- ! Learn then make a conscious effort to practice [Leave No Trace](#) outdoor ethics and techniques.
- ! In order to utilize Towson University transportation: Ability to enter and exit a vehicle independently or with the assistance of a companion.
- ! Individuals may supply personal adaptive equipment appropriate for a chosen activity at the discretion of Outdoor Adventures staff. Contact Outdoor Adventures at [adventure@towson.edu](mailto:adventure@towson.edu) after registering for an activity for approval of personal equipment.

#### **Activity Specific Eligibility Criteria:**

##### **Hiking:**

- ! Meet all Outdoor Adventures General Eligibility Criteria.
- ! Travel over uneven, variable terrain, including flat, uphill and downhill.

##### **Camping:**

- ! Meet all Outdoor Adventures General Eligibility Criteria.
- ! Travel about the campsite in order to attend to toileting needs and contribute to individual and group related tasks as necessary.



## **Rock Climbing:**

- Meet all Outdoor Adventures General Eligibility Criteria.
- Independently, or with the assistance of a companion, communicate necessary climbing signals.  
    These signals may include spoken word, hand signals, or a rope tug.
- Grip a rope firmly, grasp the rock face, and negotiate upwards on a climb.
- Travel over uneven, variable terrain (including flat, uphill and downhill) while hiking to and from the climb site.