

## Essential Eligibility Criteria

### Safety and Judgment

#### Each student and staff member must...

- Be able to effectively warn others of potential or impending dangers such as falling rocks, aggressive animals or other environmental hazards.
- Be able to effectively signal or notify course instructors, teachers, or staff or other course members of personal distress, injury or need for assistance.
- Be able to perform the above mentioned warnings and notifications at a distance of up to 50 yards and in conditions with limited visibility such as in darkness or inclement weather or with loud background noise, such as high winds or while near roaring rivers.
- Independently perceive, understand and follow directions and instructions given by others to be able to successfully execute appropriate and potentially unfamiliar techniques 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.
- Be able to stay alert and to focus attention for up to several hours at a time while traveling in wilderness terrain, attending classes or receiving instructions.
- Be able to perceive and comprehend significant and apparent hazards, including ones previously identified by instructors, teachers, or staff. These hazards may include, but are not limited to, fast moving water (rivers, creeks, surf, tides), cliff edges, loose rock, potentially hazardous animals and insects and rugged, steep and uneven terrain.
- Act reliably around above stated hazards to minimize risk even when not directly supervised.
- Be able to respond appropriately to stress or crisis such as when encountering large and/or potentially hazardous animals, severe weather, or a medical emergency.

### Health and Well-Being

#### Each student and staff member must...

- If taking prescription or over-the-counter medications, be able to maintain proper dosage by self-medicating without assistance from instructors, teachers, or staff or others (except possibly in emergency situations), noting that our remote locations do not always allow for refrigerated storage of medications (particularly on backcountry expeditions) or ease of replenishing supplies. (Courses serving students below the age of majority may have different guidelines.)
- Be able to notify a staff member of need for care when experiencing an injury or illness.
- Be able to thrive in an environment that may involve exposure to environmental or trace food allergens.

- Be able to thrive on the meals offered at Tidelines Institute, for which we can accommodate some but not all dietary restrictions. (Please check with a relevant staff member at time of application.)

### **Community Behavior**

#### **Each student and staff member must...**

- Work effectively as a member of a team despite potentially stressful and difficult conditions. This requires problem solving on an interpersonal or group level as well as a willingness to accept differences.
- Contribute to a safe learning environment – no harassing or abusive behavior of others for any reason.
- Be able to willingly and equally share responsibility for daily chores and tasks. Each student may not do an equal share each day, but over a period of several days each student should do a proportionate share. All students are learning the skills and being challenged by the conditions and activities; there can be no expectation that any other student will be able to continually assume a greater share of the work or that an instructor can continually focus a greater share of his/her energy and time on one student.
- Effectively communicate ideas and concerns on an individual and group level.
- Have the cognitive ability to learn necessary skills in the context of the course.

### **Communication Ability**

#### **Each student and staff member must...**

- Use English as the primary language of communication and instruction, to be able to effectively communicate in the community setting, including to be able to effectively warn in situations with inherent risk.

### **Psychological Independence**

#### **Each student and staff member must...**

- Be psychologically stable. Students with mental health challenges must have a treatment regimen in place that does not conflict with their participation in the program; be able to follow their own treatment regimen without supervision of a staff member or on-site therapist; and be able to go without in-person therapy appointments for the duration of their program. For students on courses over 10 days, some accommodation can be made for telehealth therapy appointments, except while on backcountry expeditions.
- Be able to go extended periods of time without communication home (to parents, siblings, or friends), as when on backcountry trips.
- Be able to go extended periods of time without access to screens, wifi, and other technology.
- Be able to independently manage stress levels while fully participating in the program.

## Academics

### **For courses that include academic work, each student must...**

- Be capable of the coursework within the offered academic course selections.
- Read at grade-level or above.
- Manage time for completion of homework assignments with limited guidance from teachers and staff.
- Focus attention and engage in class for a minimum of two hours without a break.
- Be able to engage with challenging course content - including accounts of contemporary and historical violence, oppression, injustice, and discrimination - without jeopardizing their personal wellbeing and the wellbeing of others.

## Wilderness Expeditions

### **For courses that include wilderness expeditions (day or overnight), each student must...**

- Have average strength and endurance and basic balance and agility to safely travel through varied wilderness terrain with a backpack containing personal belongings. Travel conditions may include, but are not limited to, rough, rugged, uneven steep and sloping terrain, human made and animal made trails, rocky terrain that may range from sandy beach to rocky alpine to dense forest.
- Be prepared to travel by foot over distances that can range from less than one mile to more than 6 miles in one day, including off-trail. Travel duration can range from less than one hour to more than 10 hours in one day and occur on successive days.
- Be prepared to travel by kayak over distances that can range from less than one mile to more than 10 miles in one day. Travel duration can range from less than one hour to more than 10 hours in one day and occur on successive days.
- Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for travel through deep rivers, on snow slopes or ascending or descending slopes.
- Be able to stay alert and to focus for several hours at a time while traveling.
- Be prepared to modify travel schedule if weather becomes hazardous.
- With the help of 1-2 other people, be able to carry a kayak weighing 100 pounds.
- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Be able to perceive, understand and respond to commands given by a kayaking partner or communicate such commands to a kayaking partner in order to maneuver a boat to maintain proper heading or avoid obstacles.
- Be able to exit a capsized boat, fend for self while in the water away from the boat, attain and maintain correct body position if out of boat, exit out of the water to shore, grab onto another boat or rope for rescue purposes and/or perform self rescue or cooperate with assisted rescue.

**Homestead Labor**

**Each student and staff must...**

- Have the physical ability to help with homestead labor and general campus chores as assigned, which may include cooking, gardening, light carpentry, maintenance, dishes, animal care, cleaning, and splitting firewood (among others).
- Be able to conduct self in a safe manner during such activities.

**Travel**

**Each student and staff must...**

- Be able to travel independently between their home and the campus/course rendezvous point. (Certain courses may arrange for students to travel together and/or with a chaperone.)