

	Advanced Paddle (June)	Beginner Paddle (September)
Physical Ability and Stamina:	Participants should have sufficient upper body strength and endurance to paddle for extended periods. (up to 3 hours at one time)	Participants should have sufficient upper body strength and endurance to paddle for extended periods. (up to 1 hour at one time)
Mobility:	Kayakers should be able to transfer in and out of the kayak independently or with minimal assistance and have the ability to sit comfortably in a kayak for extended periods.	Kayakers should be able to transfer in and out of the kayak independently or with minimal assistance and have the ability to sit comfortably in a kayak for extended periods.
Health and Medical Considerations:	Participants should disclose any medical conditions, disabilities, or health concerns that may impact their ability to participate safely in the trip. It's important to ensure that necessary medications, medical supplies, and assistive devices are accessible and properly maintained throughout the trip.	Participants should disclose any medical conditions, disabilities, or health concerns that may impact their ability to participate safely in the trip. It's important to ensure that necessary medications, medical supplies, and assistive devices are accessible and properly maintained throughout the trip.
Communication Skills:	Clear communication is essential for safety during the trip. Participants should be able to effectively communicate with trip leaders and fellow kayakers, including expressing their needs and any concerns.	Clear communication is essential for safety during the trip. Participants should be able to effectively communicate with trip leaders and fellow kayakers, including expressing their needs and any concerns.
Environmental Awareness:	Participants should have an understanding of the environmental conditions they may encounter during the trip, including weather, water currents, and potential hazards. They should be able to respond appropriately to changing conditions and follow safety protocols.	Participants should have an understanding of the environmental conditions they may encounter during the trip, including weather, water currents, and potential hazards. They should be able to respond appropriately to changing conditions and follow safety protocols.
Equipment and Gear:	Participants should be able to use and maintain essential kayaking equipment and gear, including personal flotation devices (PFDs), paddles, and safety gear. Adaptations or modifications may be necessary to accommodate individual needs.	Participants should be able to use and maintain essential kayaking equipment and gear, including personal flotation devices (PFDs), paddles, and safety gear. Adaptations or modifications may be necessary to accommodate individual needs.

Emergency Preparedness:	Participants should be familiar with emergency procedures and be able to respond calmly and effectively in the event of an emergency, including capsizing, injury, or inclement weather.	Participants should be familiar with emergency procedures and be able to respond calmly and effectively in the event of an emergency, including capsizing, injury, or inclement weather.
Experience and Training:	Paddlers need to have experience paddling a minimum of 5 miles on thier own.	Paddlers need to have experience on the water and have paddled with an adaptive program or independently with the proper set-up.