



## Winter (non-ski/ride) Essential Eligibility Criteria (Phases 2 & 3)

(updated 12/22/2020 to reflect the 12/17/2020 ACCD Memo on "Be Smart Stay Safe")

Vermont Adaptive Ski and Sports Winter programs in Phases 2 & 3 are open to all individuals who can satisfy the following:

1. Breathe independently (i.e., not require medical devices to sustain breathing).
2. Can participate safely in lesson activities with a Vermont Adaptive instructor, independently or with assistance from a companion(s) from the same household. This includes such tasks as:
  - a. Manage personal care and hygiene independently or with assistance from a companion(s) from the same household.\*
  - b. Willing and able to wear all required safety equipment including helmets, goggles, proper outdoor winter clothing, etc., and can put them on and off independently or with assistance from a companion(s) from the same household.\*
  - c. Follow instructions and effectively communicate independently or with assistance from a companion(s) from the same household, particularly during times of distress, injury, illness, or emergency.\*
  - d. Get in, on, off, out, or otherwise access appropriate equipment and facilities independently or with assistance from a companion(s) from the same household.\*
  - e. Able to negotiate appropriate terrain and operate appropriate equipment (bikes, Nordic skis, snowshoes, climbing equipment, other equipment, etc.) independently or with assistance from a companion(s) from the same household, including being able to get up from a fall and/or self-rescue.
  - f. Willing and able to wear face masks, gloves, eye protection and other Personal Protective Equipment as required by state regulation and Vermont Adaptive Protocols and can put them on and off independently or with assistance from a companion(s) from the same household.\*
  - g. Able to maintain appropriate (10-foot) physical distancing from all other people.\*
  - h. Able to maintain adequate nutrition, hydration, dress, and other personal needs independently or with assistance from a companion(s) from the same household, for the duration of the lesson. This includes administering medications and preventatives, use of restrooms, dressing, etc.\*
3. Able to get to and from program locations independently.\*
4. Willing and able to participate in Daily Health Screenings and temperature checks.\*
5. Show no signs or symptoms of COVID-19 and have no reason to believe they have been exposed.
6. Willing and able to follow and attest to the Vermont Cross State Travel Restrictions and provide legal attestation to that fact.\*
7. Able to provide their own food, water bottle, and other consumable needs.\*

\*Participants may be eligible to participate in Vermont Adaptive programs if they can meet these criteria with the assistance of a trained aide (including service animals, translators, etc.) or with the assistance of a parent,

caregiver or other companion whom the participant is already exposed to. Minors and Wards may meet some of these criteria through permission or assistance from a parent or guardian.

Vermont Adaptive Ski and Sports and its host sites may adopt appropriate policies and procedures to allow for participation which are subject to change without notice.

In the interest of safety, Vermont Adaptive Ski and Sports reserves the right to make final decisions on the appropriate equipment and protocols for each participant.