



Essential Eligibility Requirements

Life at Gap at Glen Brook may be more physical than some of us are used to in our daily routines. However, the most sustained physical challenges will be during our wilderness trips. Please review the following essential requirements to make sure you are prepared for this exciting expedition.

If you have any questions about these criteria, or if you are concerned that you do not meet a particular requirement, please contact us at gap@glenbrook.org to discuss your concern.

Safety and Judgment

Each participant must...

1. Be able to independently identify and recognize environmental hazards. These hazards may include, but are not limited to, falling objects/rocks, loose rock and unstable surfaces, rugged steep and uneven terrain, cliff edges, moving water (fast or slow), and potentially hazardous animals and insects.
2. Recognize and understand the hazards and risks posed by other course members, which include, but are not limited to, fatigue, state of mind, and actions that may influence judgment and decision-making.
3. Recall and understand hazards and risks previously explained by instructors.
4. Be able to effectively alert and warn others of potential dangers.
5. Be able to effectively signal or notify course instructors or other course members of personal distress, injury, or need for assistance.
6. Act reliably around above stated hazards to minimize risk even when not directly supervised.
7. Independently perceive, understand, and follow directions and instructions given by others to be able to successfully execute appropriate and perhaps 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 and out of necessity and practicality are often given orally.
8. 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.
9. 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.
10. If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others (except possibly in emergency situations).

Leadership and Expedition Behavior

Each participant must...

1. Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
2. Contribute to a safe learning environment—no verbal or physical inappropriate behavior of

others is tolerated for any reason.

3. Effectively communicate ideas and concerns on an individual and group level.

Outdoor Skills: Camping, Hiking, Canoeing

Each participant must...

1. Remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, or sunburn.
2. Be able to perform, after being instructed, the above activities independently in cooperation with course mates without direct supervision.
3. Learn and then practice Leave No Trace camping and travel techniques.
4. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack weighing up to or exceeding 30 pounds.
5. Be able to hike in conditions which may include but are not limited to: rough, rugged, uneven steep and sloping terrain; rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields). Any and all travel can occur during periods of inclement weather.
6. Be able to hike distances ranging from less than one mile to 5 miles in one day.
7. Have average strength and endurance and basic balance and agility to travel through such terrain with a backpack.
8. 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 ascending or descending slopes.
9. Control a paddle and pull it through the water in order to steer and propel the boat forward.
10. Be able to perceive, understand and respond to audible commands given by a boating partner or communicate such commands to boating partners used to maneuver a boat to maintain proper heading or avoid obstacles.
11. Be able to tread water for 3 minutes and swim 50 yards unassisted.
12. Be able to exit a capsized boat, fend for self while in the water away from the 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.