

## No Barriers

# Warriors Program Essential Eligibility Criteria

No Barriers strives to provide impactful, challenging, and enjoyable experiences for Veterans with disabilities. The No Barriers Warriors **Essential Eligibility Criteria (EEC)** is a checklist of physical, mental, and emotional requirements needed to attend a No Barriers Warriors program. These are not intended to be exclusionary, but a resource for veterans with disabilities when considering if a Warriors program is the right fit for them. Please review the following information, and make sure that when expressing interest in a certain Warriors program, you are well informed on the challenges and requirements for that specific program. You should be able to check every box not only as able, but also willing.

If you have questions about the No Barriers Warriors Essential Eligibility Criteria, please contact our team at [warriors@nobarriersusa.org](mailto:warriors@nobarriersusa.org) or 970-484-3633 ext.305.

**No Barriers serves veterans with disabilities from all eras and branches of service, male and female, combat wounded and training injured, with visible or invisible injuries. To be eligible to apply for a Warriors program, you must be a Veteran with a VA disability rating. You must be able to provide valid proof of military service, and your VA disability rating letter.**

**The Essential Eligibility Criteria is broken into three categories.**

1. General - these requirements apply to ALL Warriors Expeditions and At-Home programs.
2. Basecamp - these are additional requirements for attending a Warrior Basecamp Expedition.
3. Backcountry - these are additional requirements for attending a Warrior Backcountry Expedition.

## **General Essential Eligibility Criteria**

**The General EEC applies to all Warriors Expeditions and At-Home programs.**

- I am a Veteran, and can provide a DD214 or other government issued proof of military service.
- I have a VA Disability Rating, and can provide a VA Rating Letter as proof.
- I understand that No Barriers Warriors programs are designed to help and enrich Veterans through curriculum based experiences, but are NOT therapy programs, and that No Barriers does NOT provide therapists or psychologists.
- I understand that all No Barriers Warriors programs are drug and alcohol free, and that it is possible that someone on my team may be currently, or have been previously, dealing with substance abuse issues.
- I understand that No Barriers Warriors programs, unless specified otherwise, are co-ed, and that it is possible that someone on my team may have experienced harassment, assault, or other traumatic sexual interactions.
- I understand that No Barriers places no distinction on military service history or duties, and that downplaying any teammates' service is unacceptable.
- I am able to display tolerance, respect, and compassion towards my team members, regardless of their history, personal beliefs, race, sexuality, gender orientation, religion, or political stance.
- I am able to maintain a positive or neutral attitude, even when challenged physically, mentally, or emotionally.
- I am able to manage my frustration and anger in a way so as to not impact others.
- I am able to ask for, and offer help when needed.
- I am able to communicate my needs, concerns, and requests to staff members.
- I am able to notify staff of any injury, illness, personal distress, or triggers that impact my state of mind.

## **Basecamp Expedition Essential Eligibility Criteria**

**In addition to the General Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on Basecamp Experiences must be able to complete the following requirements without assistance from a personal aide or caregiver:**

- I am able to travel to Denver International Airport, and navigate to a set meeting location.
- I am able to spend up to 4 hours in a vehicle in a single day, with limited stops.
- I am able to perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, and maintaining personal hygiene.
- I am able to tolerate changes in diet, group living, long days filled with mentally and physically challenging activities, and a routine that is likely much different than normal.
- I am able to manage any known medical conditions, and reliably self-administer prescribed medications throughout the length of the expedition.
- I am able to perceive, understand and follow instructions on wilderness travel, risk management, personal care, hazard avoidance, and other topics, such as a direction to move, stand still, or other action required to avoid a serious threat. Such instructions may be delivered in potentially hazardous or stressful environments.
- I am able to attend to toileting needs in a wilderness environment with no facilities.
- I am able to participate and equally share responsibilities of daily expedition tasks such as camp setup and maintenance, group cooking, and more as needed.
- I am able to effectively warn others of potential or impending hazards such as falling rocks, slick terrain, rockfall, aggressive animals, teammates in distress, or other hazards.
- I am able to act in a manner that respects and protects the natural environment in which expeditions take place. No Barriers follows the **7 Leave No Trace Principles**.
- I am able to comply with all safety and risk management guidelines set by No Barriers staff, and will properly use all safety equipment issued to me.
- I am able to hike a distance of up to 3 miles, over varying terrain, carrying up to a 20 pound backpack.
- I understand that Basecamp Expedition activities take place between 5,000 and 10,000 feet above sea level.
- I understand that hiking conditions may include, but are not limited to, rough, rugged, uneven steep and sloping terrain; mixed surfaces including rock, sand, soil, and snow; and exposure to drop offs and hazardous terrain features.

- I understand that the weather conditions can vary from freezing to extreme heat, that sun exposure is considerable, and that rain and snow are not uncommon year round.
- I understand that if conditions become hazardous, I may be asked to evacuate an area rapidly, without stopping, for up to 1 hour.

**The following criteria applies specifically to the whitewater rafting activity.**

- I am able to be comfortable in a loud environment with fast moving, cold, deep water.
- I am able to be submersed in fast moving, cold water, and at minimum, flip from my face to my back while floating with the aid of a personal flotation device.
- I am able to maneuver myself in water, with at minimum, basic arm movements, from my back.
- I am able to hold my breath for up to 10 seconds if I am submerged in water.
- I am able and willing to wear all protective equipment required by the whitewater guide organization including but not limited to, personal flotation device (PFD) and helmet.
- I am able to understand, perceive, listen to, and respond to audible or visual commands given by the rafting guide in a whitewater environment which includes being inside the boat or swimming outside the boat.
- I am able to enter and exit a stationary raft independently, and remain seated and balanced within the raft while maintaining control of a paddle.

**The following criteria applies specifically to the rock climbing and challenge course activities.**

- I am able to communicate effectively with leaders, or other participants, of personal distress, injury, illness, or the need for assistance at a distance of 40 feet or greater.
- I am able to wear all required safety equipment, including but not limited to, approved harness, approved helmet, and other approved specialized equipment.
- I am able to understand and comply with audible or visual commands given by staff or climbing partners in regards to risk management at the rock climbing site.

**The following criteria applies specifically to stand up paddle boarding / Sit on Top Kayaks if added as a substitute for rafting due to low water.**

- I am able to travel to my destination airport, and navigate to a set meeting location.

- I am able to breathe independently (i.e., not require medical devices to sustain breathing)
- I am able to independently maintain sealed airway passages while under water
- I am able to independently hold my head upright without neck / head support
- I am able to follow instructions and effectively communicate independently
- I am able to independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- I am able to get on / off or in / out of a paddle craft independently or with a reasonable amount of assistance
- I am able to independently get out and from under a capsized paddlecraft
- I am able to remount or reenter the paddlecraft following deep water capsize independently or with a reasonable amount of assistance

### **Backcountry Expedition Essential Eligibility Criteria**

**In addition to the General Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on Backcountry Expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:**

- I am able to travel to my destination airport, and navigate to a set meeting location.
- I am able to spend up to 4 hours in a vehicle in a single day, with limited stops.
- I am able to perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, and maintaining personal hygiene.
- I am able to tolerate changes in diet, group living, long days filled with mentally and physically challenging activities, and a routine that is likely much different than normal.
- I am able to manage any known medical conditions, and reliably self-administer prescribed medications throughout the length of the expedition.
- I understand that at times, I will be days away from definitive medical care.
- I am able to perceive, understand and follow instructions on wilderness travel, risk management, personal care, hazard avoidance, and other topics, such as a direction to move, stand still, or other action required to avoid a serious threat. Such instructions may be delivered in potentially hazardous or stressful environments.
- I am able to attend to toileting needs in a wilderness environment with no facilities.

- I am able to participate and equally share responsibilities of daily expedition tasks such as camp setup, group cooking, filtering water, and more as needed.
- I am able to effectively warn others of potential or impending hazards such as falling rocks, slick terrain, rockfall, aggressive animals, teammates in distress, or other hazards.
- I am able to act in a manner that respects and protects the natural environment in which expeditions take place. No Barriers follows the **7 Leave No Trace Principles**.
- I am able to comply with all safety and risk management guidelines set by No Barriers staff, and will properly use all safety equipment issued to me.
- I am able to hike a distance of up to 10 miles per day, over varying terrain, carrying up to a 60 pound backpack.
- I am able to hike the above distance, for up to 6 consecutive days.
- I understand that Backcountry Expedition activities take place between 5,000 and 13,000 feet above sea level.
- I understand that hiking conditions may include, but are not limited to, rough, rugged, uneven steep and sloping terrain; mixed surfaces including rock, sand, soil, and snow; and exposure to drop offs and hazardous terrain features.
- I understand that the weather conditions can vary from freezing to extreme heat, that sun exposure is considerable, and that rain and snow are not uncommon year round.
- I understand that if conditions become hazardous, I may be asked to evacuate an area rapidly, without stopping, for up to 1 hour.
- I am able to remain alert and focused for extended periods of time, sometimes up to 12 hours, while traveling through wilderness, and other remote terrain.
- I am able (and willing) to live in a physically demanding, remote backcountry environment for the uninterrupted period of course length. Conditions of this environment may vary from below freezing to above 90 degrees fahrenheit, depending on season, and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof.