



Essential Eligibility Criteria for Camp Glen Brook Participants

Providing safe, equitable, and inclusive education programs is our purpose and mission. While we do not specialize in programming for persons with disabilities, we welcome a diverse community of participants and we will seek safe, reasonable accommodations whenever possible.

Participating in a program at Camp Glen Brook requires a partnership of trust between our staff, participants, and their families. We ask that this relationship be based on an honest assessment of personal ability and a clear acknowledgment of the inherent risks in outdoor programming. In most cases, participants will be offered training, practice, assistance, and support before being asked to undertake any of the activities listed below. If an individual is unable to meet the essential eligibility criteria for a given activity, and we are unable to create a reasonable accommodation plan in partnership with the participant and their family, we reserve the right to modify the curriculum for that individual. Please contact our office if you have specific questions about essential eligibility requirements.

Essential Eligibility Criteria for All Participants:

- Able to understand verbal and visual instructions individually and in a group setting and follow those instructions (supervised or unsupervised)
- Able to acknowledge and understand hazards and safety concerns when explained and adhere to Glen Brook safety policies and protocols even when educators are not present
- Able to communicate one's needs to educators and others including (but not limited to) personal distress, injury, sickness, and/or the inability to perform relevant necessary skills
- Able to travel inside a vehicle safely for extended periods of time when programs include transportation
- Able to follow guidelines in order to maintain the health and safety of humans, animals, and the natural world
- Able to maintain self-care including having appropriate personal clothing for the trip, managing personal and group gear, staying hydrated and nourished, performing proper personal hygiene, sleeping enough to stay rested, and managing known medical conditions

Program-specific Requirements

Gap at Glen Brook

- [See here](#)

Camp Glen Brook Overnight Campers

- Able to participate in a group living experience, sharing space with up to nine cabin mates, and up to four tent mates when on trips.
- Able to follow instructions from their Cabin Counselor
- Able to meet the activity requirements appropriate for their particular age and curriculum which may include Backcountry Camping, Hiking, Canoeing, Ropes Course, Woodshop, and Work Programs.

Camp Glen Brook Bear Campers

- Able to meet the above, as well as Backcountry Camping, and Backpacking.

Camp Glen Brook Falcon Campers

- Able to meet the above, as well as Backcountry Camping, Backpacking, Canoeing.

Activity-Specific Requirements

Backcountry Camping

- Able to adapt to the physical and emotional demands of the program and live in primitive conditions for extended periods of time while traveling in regions where access to advanced medical care is delayed and, in many cases, may be days away
- Able to take precautions that both prepare oneself and help with understanding when it comes to changeable weather conditions, challenging terrain, and encounters with potentially dangerous wildlife
- Able to manage extended time/days of sleeping outside, overnight, in extremely dark environments

Backpacking

- Able to carry a backpack that may weigh up to 35% of the participant's body weight over uneven terrain
- Able to travel each day over steep and uneven terrain with a loaded backpack for up to six to eight hours, covering mileage that may be up to or more than 10 miles. At times, there may be elevation gains of over 1500 feet in a day and participants may be crossing rivers and streams that do not have a bridge.

Canoeing

- Able to wear a personal flotation device (PFD) correctly
- Able to maintain a face-up position in flat and moving water while wearing a PFD and make progress through the water to the shore or rescue craft
- Able to follow instructions immediately upon unexpected immersion in cold, flat or moving water. The instructions may be communicated on the spot or have been taught

in advance

Able to sit or kneel and maintain stability for prolonged periods of time while paddling in a canoe

- Able to work cooperatively with a partner in a canoe
- Able to control a paddle and pull it through the water to propel the canoe forward, backward or side-to-side while performing paddle strokes, including, forward, cross-forward/draw, low and high brace, sweep, C and a corrective steering stroke
- Able to help carry an 80 lb. canoe with assistance or by oneself
- Able to travel over uneven terrain with a pack weighing up to 35% of your body weight

Challenge Course

- Able to wear a climbing and/or chest harness correctly
- Able to wear a climbing helmet correctly
- Able to maintain an upright position when attached to climbing gear, while wearing a harness and helmet and at height
- Able to follow instructions immediately in the instance of an emergency at height

Kitchen Activities

- Able to focus, work independently for long periods of time on a task with support and supervision
- Able to pause what one is doing (after an indication from cooks), follow directions, and move into the next activity

Woodshop & Work Program

- Able to wear appropriate personal protective equipment (PPE) for the task at hand (i.e. safety glasses and hearing protection)
- Able to work outdoors in most weather conditions