



Student Essential Eligibility Criteria

Rooted Life Adventures believes in making its experiential programs as accessible as possible and does not discriminate by gender, ethnicity, nationality, religion, sexuality, or ability. The following Eligibility Criteria are essential for all program participants.

Suitability

Rooted Life Adventures reserves the right to decline applicants whom we believe are not a good fit for the program experience.

Rooted Life Adventures programs are not suitable for:

- Students who are adjudicated (court mandated)
- Students with a physical disability or injury that prevents them from participating in the activities of the program
- Acute mental health crisis
- Currently experiencing suicidal ideation
- Actively self harming
- Experiencing psychosis/schizophrenia
- Primary substance addiction or students at risk for withdrawal
- Displaying out-of-home aggression
- Diagnosed with certain types of mental health disorders
- Who are not compliant with medication
- Who are perpetrators of bullying
- Exhibiting certain types of high risk behavior
- Requiring regular access to specialized medical care
- With certain types of chronic health conditions
- Severe eating disorders that require hospitalization

Medication

- Students who take prescription medications need to be able to self-administer medication at appropriate dosages/intervals. Our staff will safely store medication but will not administer medication. Rooted Life Adventures does not recommend changing medication during the course of the program. Students need to bring a full supply of medication to the program.



Program instructors are not present with the students 24/7 and students need to be able to exercise sound judgement in absence of direct supervision.

Language/communication

- Students must have a high level of English language fluency and comprehension
- Students must communicate openly and honestly with Rooted Life Adventures staff

Age

- Students must be aged 18-24 years for a young adult program and 15-17 for an adolescent program. Anyone outside this age range should contact Rooted Life Adventures to discuss their options.
- We will occasionally accept students over or under the age requirement if we are satisfied that their participation will not adversely affect the rest of the group.
- Rooted Life Adventures offers no guarantee to accept applicants outside the set age ranges.

Safety and Judgement

Each student must...

- Be able to exercise sound judgement in the absence of direct supervision.
- Be able to independently identify and recognize potential hazards. These hazards may include, but are not limited to, loose and unstable surfaces; rugged, steep and uneven terrain; moving water (fast or slow) such as rivers, waterfalls, creeks, surf, or tides; traffic and pedestrian hazards.
- Recognize and understand the hazards and risks posed by other students, which include, but are not limited to, fatigue, state of mind, and actions that may influence judgement and decision-making.
- Recall and understand hazards and risks previously explained by program instructors, activity instructors and volunteer project coordinators.



- Be able to effectively alert and warn others of potential or impending dangers such as falling rocks, swift water or other hazards.
- Be able to effectively signal or notify program instructors or other course members of personal distress, injury, or need for assistance.
- Act reliably around above stated hazards to minimise risk even when not directly supervised.
- Independently perceive, understand, and follow directions and instructions given by others to be able to successfully execute appropriate techniques to avoid hazards and /or manage risks.
- Be able to stay alert and focus attention for up to several hours at a time while travelling in wilderness terrain, undertaking volunteer project work, or receiving instruction.
- Be able to respond appropriately to stress or crisis such as when encountering severe weather or a medical emergency.
- Practise good self care: Maintaining adequate hydration, sufficient food intake for energy needs, sufficient sleep/rest, and dressing appropriately to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, or sunburn etc.

Commitment to Mental Health Development

Each Student must...

- Be willing to meet with their therapist weekly
- Be willing for their patterns to be challenged
- Be open to change and self-confrontation
- Be engaged in honest self-assessment
- Be ready to expand their perspective and coping skills
- Be open to learning and gaining emotional intelligence
- Be open to developing community
- Be committed to self growth
- Be ready to engage in service learning



Program Behavior and Leadership

Each student must...

- Abide by the Program Rules and Behavioral Guidelines
- Have an open mind and be willing to challenge their ideas and assumptions.
- 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.
- Contribute to a safe learning environment – no inappropriate behavior or violence towards others is tolerated for any reason – verbal or otherwise.
- Effectively communicate ideas and concerns on an individual and group level.
- Have the cognitive ability to learn necessary skills given the normal time limitations of a Rooted Life Adventures program.
- Have the maturity and self-awareness to see how their behavior may be perceived by others and ability to act appropriately in differing contexts (i.e. within a group and also in an unfamiliar culture).
- Be able to take care of and know the location of their possessions at all times during the program.
- Acknowledge that Rooted Life Adventures programs can be physically challenging. Although there are no minimum physical requirements, our programs are active and a degree of fitness enables students to better withstand the typical rigors of travel and adventure activity.
- Be able to participate in all program activities unless ill or injured.