# Essential Eligibility Criteria

## Cedars of Lebanon State Park

## ***Cedar Glade Trail Hike***

Program participants should be able to do the following, independently or with the assistance of a companion or adaptive equipment:

Hiking

- Stay alert and focus attention during instruction
- Understand and follow directions and instructions to avoid and/or manage risks
- Tolerate exposure to the natural elements, including sun/temperature for up to 1 hour
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities
- Travel over and negotiate varied terrain, including dirt/muddy path, mulched path, and some rocks that may be slippery when wet, for 0.5 miles in an estimated 30 minutes to 1 hour
- Travel over trail for up to 60 minutes without sitting
- Manage personal care in remote environments without access to electricity and/or running water

Should you need additional assistance to participate,
please contact the park or visit our website.

TENNESSEE State Parks