

Essential Eligibility Criteria

Cove Lake State Park

Ranger Guided Kayak Tour of Cove Lake

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

- 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 2 hours
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities
- Be 16 years old or older
- Wear a Type III Coast Guard-approved personal floatation device with a proper fit
- Control a paddle and pull it through the water to steer and propel the boat forward
- Get in/out or on/off paddle craft independently or with reasonable amount of assistance 2 times during the day. This requires stepping into the boat, sitting down on the low seat, and maneuvering your legs into a comfortable position.
- Get out from under a capsized paddle craft
- Reenter or remount the paddle craft following deep water capsize independently or with reasonable amount of assistance

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