

# Essential Eligibility Criteria

## Cove Lake

### ***Night Hike***

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 temperature for 1.5 hour.
- Travel over and negotiate varied terrain for 1.5miles in an estimated 1.5 hours.
- Travel over trail for 90 minutes without sitting.
- Manage personal care in remote environments without access to electricity and/or running water.
- Tolerate dark for up to 1.5 hours.

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