

Essential Eligibility Criteria

South Cumberland State Park

Rock Climbing

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

- Maintain ones braced position on a climbing wall when lowering
- Grip rope firmly and grasp the rock face
- Negotiate uneven outdoor terrain approaching the climbing site
- 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 5 hours
- Wear all required safety gear so that it is properly fitting and in line with manufacturer standards
- Be able to identify and recognize environmental risks, including but not limited to, falling objects/rocks, loose rock and unstable surfaces, and cliff edges

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