Essential Eligibility Criteria

Frozen Head State Park

Volunteer Trail Crew Day

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 four (4) hours.
- Be able to identify and recognize environmental risks, including but not limited to, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals, insects, and plants.
- Travel over and negotiate varied terrain for two and three-fourths (2.75) miles in an estimated four (4) hours.
- Travel while carrying loppers for a period of four (4) hours.

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

TENNESSEE State Parks