Essential Eligibility Criteria

Old Stone Fort State Park

1.5 Mile Kayak Float

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

Be 16+ years old, unless accompanied by a parent or guardian
Stay alert and focus attention during instruction
Tolerate exposure to the elements for at least 90 minutes
Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions
Maintain sealed airway passages (i.e. mouth and nose) while underwater in order to prevent water from entering airways
Remain balanced while seated inside the vessel with limited head, neck, and back support while paddling vessel in turbulent water
Wear a Type III Coast Guard-approved personal flotation device with a proper fit
Get in/out of kayak. This requires stepping into the kayak, sitting down on the low seat, maneuvering your legs into position.
Control a paddle and pull it through the water to steer and propel the kayak forward
Under instructor guidance, navigate shoreline terrain, including safely maneuvering around/across boulders, rocks, and slippery and uneven surfaces, under low branches, and around vegetation
Get out from under a capsized kayak
Reenter or remount the kayak 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.

TENNESSEE State Parks