

# Essential Eligibility Criteria

## Fort Pillow State Historic Park

### ***Blue Trail Hike***

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

- Travel over and negotiate varied terrain for 4 miles in an estimated 3 hours
- 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 3 hours
- Perform self-care including maintaining nutrition and hydration, and managing existing medical conditions
- Be able to identify and recognize environmental risks, including but not limited to potentially hazardous animals, insects, and plants
- Navigate trail up and down steep inclines and declines for .5 miles

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