

Essential Eligibility Criteria

Roan Mountain State Park

Tomahawk Toss

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

- Be at least 11 years old. Younger ages may be allowed to participate if accompanied by an adult at all times and are able to meet the criteria below.
- Stay alert and focus attention during instruction.
- Understand and follow instructions to avoid and/or manage risks.
- Tolerate exposure to the natural elements, including sun/temperature/rain for 1 hour.
- Perform self-care including maintaining nutrition and hydration, personal hygiene, and managing existing medical conditions away from built facilities.
- Lift 1 - 2 pound tomahawk over head and throw at least 12 feet.

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