

Northern Arizona University, Parks and Recreation Management, Outdoor Education and Leadership Field courses

STUDENT ESSENTIAL ELIGIBILITY CRITERIA

The mission of the Northern Arizona University (NAU), Parks and Recreation Management (PRM) degree program is to have faculty, staff, and students share a professional and personal commitment to promoting active healthy life-styles, life-long education, service learning, global awareness and creating meaningful social connections between individuals and their surrounding environment. Through this Bachelor of Science degree in PRM, recreation resource professionals are prepared for diverse careers in the field of parks and recreation. The PRM Program focuses on small class size, high student-teacher interaction, on-site field experiences, and experiential learning opportunities. The faculty are dedicated to expanding the scholarly knowledge base of people and organizations to enhance the quality of leisure experiences and places.

More specifically the Outdoor Education & Leadership (OEL) emphasis area within the PRM program prepares professionals for rewarding positions in the outdoor field. We promote experiential education and real-life challenges which teach students to plan, organize and facilitate backcountry programs to meet the needs of an ever changing population.

Students will finish the program with a Wilderness First Responder Certification through NOLS Wilderness Medicine; a Leave No Trace Master Educator Certification in partnership with NOLS and the LNT Center for Outdoor Ethics, and an Outdoor Education & Leadership Certificate from NAU.

Essential eligibility criteria (EEC) are applicable for all participants who enroll in PRM OEL-related courses that involve a backcountry field component (PRM 102 [Swiftwater Rescue Training], PRM 216 [Wilderness First Responder], PRM 225 [Avalanche Safety – Level 1], PRM 331 [Outdoor Leadership], PRM 352 [Experiential Process in Outdoor Recreation], PRM 402 [Exploring the Wilderness Within], PRM 411 [LNT Master Educator Certification], PRM 431 [Outdoor Leadership and Expedition Planning], and PRM 452 [Outdoor Recreation Program Assessment]). An eligible person is one who can meet the EEC for participation in the program activity with or without reasonable accommodations. *Students with disabilities, who may need to request an accommodation to meet these technical standards, can contact NAU's Disability Resources Office for additional assistance.

ESSENTIAL ELIGIBILITY CRITERIA FOR PARTICIPATION ON NORTHERN ARIZONA UNIVERSITY, PARKS AND RECREATION MANAGEMENT, OUTDOOR EDUCATION AND LEADERSHIP TRIPS:

The following sections (One and Two) outline EEC applicable for all NAU PRM OEL-related trips.

Section One lists the EEC applicable to ALL NAU PRM OEL-related field courses.

SECTION ONE:

1.a – Safety and Judgment

Each participant must:

- Be able to independently identify and recognize environmental hazards. These hazards may include, but are not limited to, falling objects/rocks, loose rock and unstable surfaces, rugged steep and uneven terrain, cliff edges, crevasses, moving water (fast or slow) such as rivers, creeks, surf, or tides; and potentially hazardous animals and insects.
- Recognize and understand the hazards and risks posed by other course members, which include, but are not limited to, fatigue, state of mind, and actions that may influence judgment and decision-making.
- Recall and understand hazards and risks previously explained by instructors.
- Be able to effectively alert and warn others of potential or impending dangers such as falling rocks, aggressive animals, or other environmental hazards.
- Be able to effectively signal or notify course instructors or other course members of personal distress, injury, or need for assistance.
- Be able to do the preceding warnings and notifications up to a distance of 50 meters and in conditions with limited visibility such as in darkness or inclement weather or with loud background noise, such as high winds or while near roaring rivers.
- Act reliably around above stated hazards to minimize risk even when not directly supervised.
- Independently perceive, understand, and follow directions and instructions given by others to be able to successfully execute appropriate and perhaps unfamiliar, techniques to avoid hazards and/or manage risks. These directions may be given before the hazard or risk is encountered or may need to be given during exposure to the hazard/risk and out of necessity and practicality are often given orally.
- Be able to stay alert and to focus attention for up to several hours at a time while traveling in wilderness terrain, attending classes, or receiving instructions.
- Be able to respond appropriately to stress or crisis such as when encountering large and/or potentially hazardous animals, severe weather, or a medical emergency.
- If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others (except possibly in emergency situations).

1.b – Leadership and Expedition Behavior

Each participant must:

- Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
- Contribute to a safe learning environment—no verbal or physical inappropriate behavior of others is tolerated for any reason.
- Be able to willingly and equally share responsibility with tent mates in daily tent group chores. Each student may not do an equal share each day, but over a period of several days each student should do a proportionate share. All students are learning the skills and being challenged by the conditions and activities; there can be no expectation that any other student will be able to continually assume a greater share of the work or that an instructor can continually focus a greater share of his/her energy and time on one student.
- Effectively communicate ideas and concerns on an individual and group level.

1.c – Environmental Ethics

Each participant must:

- Learn and then effectively practice Leave No Trace techniques with and without direct supervision.

1.d – Outdoor Skills [Camping, Traveling, Other]

Each participant must:

- Learn and competently perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove.
- Remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, sunburn or frostbite.
- Be able to move about the campsite in order to attend classes, attend to toileting needs, and contribute to camping tasks as necessary.
- Be able to perform, after being instructed, the above activities independently in cooperation with course mates without direct supervision.
- Live in a physically demanding, remote backcountry environment for the uninterrupted period of the course length, which can range from one to three weeks or more. Conditions of this environment may vary from cold (below minus 20° F) to hot (above 100° F) depending on course location and season and may include, but is not limited to, rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. The remoteness is such that it may require at minimum 1-day's travel, but perhaps in excess of multiple-day's travel, to reach the nearest roadhead and advanced medical care.

Section Two lists the EEC specific to different course types or activities. All students must satisfy the EEC listed **above** in section one and the EEC in section two that are specific to the course type they are considering.

SECTION TWO:

2.a – Wilderness Hiking / Backpacking course

Each participant must:

- At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack weighing up to or exceeding 60 pounds or 40%–45% of body weight. (Some hiking courses are designed with pack weights less than 60 pounds.)
- Have the ability to carry gear (personal and assigned group items), food and personal and personal medications, such as insulin for example, needed for any given ration period. A limited amount of necessary personal items may be sent in at each re-ration. Resupplies of food occur every 6–12 days (depending on course type, route, and pre-arranged logistics).
- Have the ability to travel in conditions may include, but are not limited to, rough, rugged, uneven steep and sloping terrain; human made and animal made trails; rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields); needing to cross rivers and creeks without the aid of bridges up to three feet or more in depth; ascending, descending or traversing slopes covered in snow, rocks or vegetation; bushwhacking off trail through thick standing and/or downed vegetation. Any and all travel can occur during periods of inclement weather or nighttime hours.
- Have average strength and endurance and basic balance and agility to travel through such terrain with a loaded backpack without assistance from others.
- Have the ability to utilize a third point of contact for balance purposes, such as with hand(s) or to hold an ice axe/walking stick, for travel through deep rivers, on snow slopes or ascending or descending slopes.
- Travel distances ranging from less than one mile to more than ten miles in one day. On average, a multi-week-long wilderness course travels up to or exceeds 100 miles during the course.
- Travel daily durations ranging from less than one hour to more than 12 hours in one day and occurring for multiple successive days; and at times with limited breaks. Although groups will often be able to take hourly breaks or camp early if weather becomes

hazardous, occasionally this is not possible. Examples include: descending/ascending a 2000' boulder choked gully; descending a peak with a threatening thunderstorm; descending a mountain pass, or ascending out of a canyon in similar conditions.

2.b – Whitewater and River-related course

Each participant must:

- Control a paddle and pull it through the water in order to steer and propel the boat forward.
- Have the ability, following adequate instruction, to properly fit a personal floatation device (PFD) and reliably perform safety fitting checks on a partner.
- Be able to enter a boat from a standing or floating position while in the water.
- When landing or casting off shore, move through water near the shore with a rocky or varied bed-surface bottom in turbulent conditions.
- Be able to perceive, understand and respond to audible commands given by a boating partner or communicate such commands to boating partners (such as in a tandem canoe, paddle raft, or other multi-person watercraft) used to maneuver a boat to maintain proper heading or avoid obstacles.
- Be able to exit a capsized boat, fend for self while in the water, to or away from the boat (as directed), attain and maintain correct body position if out of boat in a rapid or rough water, exit out of the water to shore or boat, grab onto another boat or rope for rescue purposes, and/or perform self-rescue or cooperate with assisted rescue.

2.c – Winter Ski, Snowboard, or Snowshoe-related course

Each participant must:

- Move on skis, snowboard, or snowshoes over flat to steep (35 degree) unpacked snow---covered terrain.
- Be able to move a load of gear weighing at minimum 60 lbs. by means of sled, backpack or some combination thereof.
- Be able to travel from camp to camp, which may take all day (8+ hours).
- Be able to shovel in order to perform camp chores and to participate in rescues where people, gear or shelters have been buried in the snow such as in an avalanche or drifted in during storm.

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- Be able to perceive and differentiate signals from an avalanche transceiver (transceivers are currently manufactured to transmit visual or audio signals) and efficiently move over avalanche debris without skis.
- Be able to withstand cold temperatures (-20 degrees F or colder).