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VOYAGES OF SELF-DISCOVERY

Essential Eligibility Criteria for Participation

Our voyages are open to all individuals who meet the following **Essential Eligibility Criteria (EEC)** necessary for safe and successful participation in our sailing programs:

Participants must be able to:

- Breathe without the use of medical devices (e.g., ventilators).
- Maintain sealed airway passages while submerged.
- Hold their head upright without support.
- Manage personal care and hygiene independently.
- Manage personal mobility independently in a marine environment.
- Follow verbal instructions and communicate effectively and independently.
- Turn from a face-down to a face-up position and remain floating face-up while wearing a properly fitted U.S. Coast Guard-approved life jacket.
- Climb a vertical boarding ladder unassisted (e.g., from a dinghy to the ship).
- Climb a companionway ladder to evacuate the ship without assistance.
- Maintain safe body positioning and physical stability while aboard a moving vessel.

This program is voluntary and designed for minors. Our organization does not accept participants into the program without their **assent**. We are committed to inclusion and safety, and these criteria are based on the **functional requirements** of the sailing environment, rather than any specific medical condition. If you have questions about reasonable accommodations, please contact us in advance to discuss individual needs.