MSCR Adapted Programs Essential Eligibility Criteria (EEC)

To help you identify the necessary skills you will need to participate and have success in MSCR Adapted Programs, we've outlined the eligibility requirements below. **Participants must meet eligibility requirements with or without reasonable accommodations**.

Bowling Activity Requirements with or without reasonable accommodations.

- Be able to change into bowling shoes.
- Be able to stay in the lane and take turns with reasonable prompting.
- Be able to roll a bowling ball at least 6 pounds in weight.

Bocce Activity Requirements with or without reasonable accommodations.

- Be able to stay with the group and take turns with reasonable prompting.
- Be able to throw/roll a 2 pound ball underhand towards a target.

Pickleball Activity Requirements with or without reasonable accommodations.

- Be able to hold and swing a paddle.
- Be able to stay with the group and take turns with reasonable prompting.
- Be able to move across a pickleball court to return the ball over the net.

Orienteering & Low Course Activity Requirements with or without reasonable accommodations.

- Be able to traverse uneven and unpaved terrain
- Be able to communicate necessary safety agreement prior to any trust building activity

High Course Activity Requirements with or without reasonable accommodations.

Must meet all low course requirements and

- Be able to wear all required protective equipment including either seat harness or full body harness, and climbing helmet
- Be able to communicate necessary safety agreement prior to ascending to height
- Be able to maintain one's body position to stay upright if in a seat harness (must not invert with feet above hips)

Zip Line/Giant Swing Activity Requirements with or without reasonable accommodations.

Must meet all high course requirements and

- Be able to independently or with the use of adapted equipment ascend and/or descend A-frame ladder
- Be able to maintain upright body positioning in either a full body or seat harness
- Be able to maintain grip strength independently or with the assistance of adapted equipment

Paddling Activity Requirements with or without reasonable accommodations.

- Be able to breathe independently (i.e. not require medical devices to sustain breathing)
- Be able to independently maintain sealed airway passages while under water
- Be able to independently hold head upright without neck / head support
- Be able to wear a life jacket properly fitted to individual's body
- Be able to independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket

Swimming Lessons Requirements with or without reasonable accommodations.

- Be able to breath independently (i.e. not require medical devices to sustain breathing)
- Be able to independently maintain sealed airway passages while under water
- Be able to independently hold head upright without neck / head support
- Be willing to enter and remain in the water with an adult who is not their guardian
- Have the physical and cognitive capacity to participate in a swim lesson and move their body independently (with the assistance of an instructor) to work on swimming skills
- Be able to exhibit safe behavior around water, and be safe with others

Goalball Requirements with or without reasonable accommodations

- Be able to remain within the designated team area during gameplay with reasonable prompting.
- Be able to throw or roll a ball underhand across a gym floor.
- Be able to respond to verbal cues or sound-based signals (e.g., bells in the ball, referee whistle).
- Be able to stay with the group and take turns with reasonable prompting.
- Be able to wear an eyeshade for the duration of the game to ensure equal visual conditions.
- Be able to exhibit safe behavior toward self and others while on the court.
- Be able to safely move from a kneeling or seated position to a lying or crouched position and back, independently or with reasonable accommodations.
- Be able to track the ball by sound and attempt to block or stop it using their body, within their ability.
- Be able to tolerate physical contact with the ball and the floor surface during play.

Revised 9/24/25