

# Girl Scouts Heart of Central California - Essential Eligibility Guide

Girl Scouts Heart of Central California (GSHCC) provides an inclusive environment to all girls. Our girl-centered program has been developed to offer unique opportunities and experiences in the outdoors and in a “classroom” setting. **This criteria applies only to programs that indicate Essential Eligibility Criteria in the event description and Informational Letter**

The Essential Eligibility Criteria (EEC) was developed to encourage girls to participate in GSHCC sponsored events and activities, and to clearly outline the pathway in which every girl can engage in Girl Scouts. This will help identify the skills needed to successfully participate in programs. This criteria is applicable to all program participants.

Please contact our [Customer Care Department](#) if you are unsure whether or not you meet the criteria, or if you need reasonable accommodation. We will provide reasonable accommodations to a participant as long as the accommodations do not change the fundamental nature of the activity/event, compromise your safety and/or the safety of others, or would place an undue financial or administrative setback on GSHCC.

Use the following table to help you determine the eligibility criteria for the type of activity in which you are participating.

| Type of Setting  | EEC Categories  |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
|--|---|--------------|---------------|----------------------|----------|-----------------------------|---|-----------------|---|----------------------------|----------|---------------------------|---|----------------------------|---|---------------------------------------|---|-------------------------------|---|-------------------------------|---|---------------------------------|---|------------------|---|---------------|---|---------------------------------------|----------|
| A classroom or Girl Scout property-based event (excluding Camp Menzies and Fleming)          | <table border="0"> <thead> <tr> <th data-bbox="807 970 1284 1010"><u>TITLE</u></th> <th data-bbox="1284 970 1427 1010"><u>Page #</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="807 1010 1284 1050"><b>Universal EEC</b></td> <td data-bbox="1284 1010 1427 1050"><b>2</b></td> </tr> <tr> <td data-bbox="807 1050 1284 1092">Assistance of Trained Aides</td> <td data-bbox="1284 1050 1427 1092">3</td> </tr> <tr> <td data-bbox="807 1092 1284 1134">COVID-19 Update</td> <td data-bbox="1284 1092 1427 1134">3</td> </tr> </tbody> </table>  | <u>TITLE</u> | <u>Page #</u> | <b>Universal EEC</b> | <b>2</b> | Assistance of Trained Aides | 3 | COVID-19 Update | 3 |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| <u>TITLE</u>   | <u>Page #</u>   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| <b>Universal EEC</b>   | <b>2</b>  |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Assistance of Trained Aides  | 3   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| COVID-19 Update  | 3   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Outdoor programming<br><b>and</b><br>Field-based events (including Camp Menzies and Fleming) | <table border="0"> <thead> <tr> <th data-bbox="807 1205 1284 1245"><u>TITLE</u></th> <th data-bbox="1284 1205 1427 1245"><u>Page #</u></th> </tr> </thead> <tbody> <tr> <td data-bbox="807 1266 1284 1306"><b>Universal EEC</b></td> <td data-bbox="1284 1266 1427 1306"><b>2</b></td> </tr> <tr> <td data-bbox="807 1306 1284 1348">Assistance of Trained Aides</td> <td data-bbox="1284 1306 1427 1348">3</td> </tr> <tr> <td data-bbox="807 1348 1284 1388">COVID-19 Update</td> <td data-bbox="1284 1348 1427 1388">3</td> </tr> <tr> <td data-bbox="807 1409 1284 1449"><b>Outdoor Program EEC</b></td> <td data-bbox="1284 1409 1427 1449"><b>3</b></td> </tr> <tr> <td data-bbox="807 1449 1284 1491">Cycling Classes &amp; Outings</td> <td data-bbox="1284 1449 1427 1491">4</td> </tr> <tr> <td data-bbox="807 1491 1284 1533">Paddling Classes &amp; Outings</td> <td data-bbox="1284 1491 1427 1533">4</td> </tr> <tr> <td data-bbox="807 1533 1284 1575">Outdoor Photography Classes &amp; Outings</td> <td data-bbox="1284 1533 1427 1575">5</td> </tr> <tr> <td data-bbox="807 1575 1284 1617">Snow Sports Classes &amp; Outings</td> <td data-bbox="1284 1575 1427 1617">5</td> </tr> <tr> <td data-bbox="807 1617 1284 1659">Backpacking Classes &amp; Outings</td> <td data-bbox="1284 1617 1427 1659">5</td> </tr> <tr> <td data-bbox="807 1659 1284 1701">Rock Climbing Classes &amp; Outings</td> <td data-bbox="1284 1659 1427 1701">5</td> </tr> <tr> <td data-bbox="807 1701 1284 1743">Horseback Riding</td> <td data-bbox="1284 1701 1427 1743">6</td> </tr> <tr> <td data-bbox="807 1743 1284 1785">Target Sports</td> <td data-bbox="1284 1743 1427 1785">7</td> </tr> <tr> <td data-bbox="807 1806 1284 1848"><b>Camp (Menzies and Fleming) EEC</b></td> <td data-bbox="1284 1806 1427 1848"><b>7</b></td> </tr> </tbody> </table> | <u>TITLE</u> | <u>Page #</u> | <b>Universal EEC</b> | <b>2</b> | Assistance of Trained Aides | 3 | COVID-19 Update | 3 | <b>Outdoor Program EEC</b> | <b>3</b> | Cycling Classes & Outings | 4 | Paddling Classes & Outings | 4 | Outdoor Photography Classes & Outings | 5 | Snow Sports Classes & Outings | 5 | Backpacking Classes & Outings | 5 | Rock Climbing Classes & Outings | 5 | Horseback Riding | 6 | Target Sports | 7 | <b>Camp (Menzies and Fleming) EEC</b> | <b>7</b> |
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| <b>Universal EEC</b>   | <b>2</b>  |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Assistance of Trained Aides  | 3   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| COVID-19 Update  | 3   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| <b>Outdoor Program EEC</b>   | <b>3</b>  |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Cycling Classes & Outings  | 4   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Paddling Classes & Outings   | 4   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Outdoor Photography Classes & Outings  | 5   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Snow Sports Classes & Outings  | 5   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Backpacking Classes & Outings  | 5   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Rock Climbing Classes & Outings  | 5   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Horseback Riding   | 6   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| Target Sports  | 7   |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |
| <b>Camp (Menzies and Fleming) EEC</b>  | <b>7</b>  |              |               |                      |          |                             |   |                 |   |                            |          |                           |   |                            |   |                                       |   |                               |   |                               |   |                                 |   |                  |   |               |   |                                       |          |

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## Universal EEC

### Each participant must be able to...

- **Stay alert and focus attention for the duration of the activity** or outing.
- **Demonstrate adequate self-care after sufficient instruction**, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, and maintaining personal hygiene.
- Learn and practice **Leave No Trace (LNT) wilderness ethics** and techniques.
- **Equally share responsibility and tasks with other participants.**
- Have the **cognitive ability to learn necessary skills** within the time allotted.
- **Understand verbal and visual instructions**, individually and in a group setting, independently or with the assistance of an aide.
- **Comprehend hazards and safety concerns after sufficient instruction**, and to adhere to safety policies and procedures even when instructors are not present.
- **Identify and recognize inherent hazards posed by the environment** after sufficient instruction (e.g., steep or uneven terrain, moving water, sun, wind, cold, etc.), and other participants (e.g., fatigue, state of mind and other influences of judgment and decision making).
- **Effectively communicate to others, individually or in a group setting**, including personal distress, injury or need for assistance, ideas, concerns, or perceived dangers.
- **Adapt to the physical, mental and emotional rigors of the activity**, given a supportive and inclusive environment.
- **Contribute to a safe social and emotional learning environment**, respecting all stated identities, and maintaining appropriate, non-exclusive relationships with other group members and instructors.
- **Refrain from harassment and bullying**, and all other behavior that disrupts the learning of others or the cohesion of the group.

## Assistance of Trained Aides

In some circumstances outlined in the EEC, participants may be eligible to participate in a GSHCC activity if they can meet an essential eligibility criterion with the assistance of a trained aide. Examples of trained aides include service animals, ASL translators, and individuals trained to assist a participant with physical, emotional, or communication requirements. In order for minors to meet the EEC, a parent, guardian or responsible adult who is known to the minor may

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act as an aide. If a participant requires a trained aide to meet any of the EEC, the participant or aide must notify the trip organizer beforehand, except in cases when an adult is accompanying a minor. The trained aide must meet the physical and cognitive requirements as outlined in GSHCC's EEC.

## COVID-19 Update

- Please adhere to the [GSHCC COVID-19 policies](#) listed on the website and additional guidelines noted within the program description at all times.

## Outdoor Program EEC

Outdoor Program EEC is relevant to all Outdoor Programming. If you are attending an off-site program, read these in addition to the [Universal EEC](#) above.

## Activities vs. Outings

GSHCC uses the term 'activity' to describe any outing, trip, or event sponsored by the organization. One type of activity GSHCC sponsors – outings – are defined as staying within ½ mile of a road or full-service facility and requiring no physical or technical abilities other than basic mobility indoors and outdoors. There are specific essential eligibility criteria that apply only to outings. All other activities are subject to the Universal EEC for activities. Some activities, such as backpacking, climbing, and bicycling, have additional essential eligibility criteria (listed in following sections). Finally, individual activity and course descriptions may contain additional or more specific requirements.

### **Each participant must be able to...**

- Access and exit GSHCC's venue locations independently or with the assistance of a companion. Ease of access and exit might be impacted by weather changes.
- Adapt to venue terrain changes brought on by inclement weather and changing light conditions. This may include rain, snow, ice, cold, tree cover, etc.
- Meet the physical demands of the activity within the time limits set for the activity.
- Independently, or with the assistance of a companion, understand and follow directions and instructions given by others to avoid hazards and/or manage risks. This includes following emergency procedures.
- Withstand environmental factors associated with the course (i.e., temperatures below freezing during winter activities, temperatures above 80°F or hotter during summer activities, or variable water temperatures during paddling activities).

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## In order to use GSHCC transportation:

- Participant(s) must be able to enter and exit a vehicle independently or with the assistance of a companion.
- Sit upright in a seated position while wearing an approved seat belt for the entirety of the transfer time.

Activity Specific EECs (Activity Specific EECs are relevant to each activity. Read the specific sections in addition to the Universal EEC and Outdoor Program EEC.)

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## Cycling Classes & Outings

### Each participant must be able to...

- Wear a properly fitted cycling helmet for the duration of the activity.
- Visually identify routes and hazards.
- Independently mount, dismount, sit and [eventually] balance on the bike for the duration of the activity.

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## Paddling Classes & Outings

### Each participant must be able to...

- Hold their breath while under water, and while wearing a properly fitted life jacket, be able to independently turn from a face down to a face up position, keeping their head above the water.
- Independently remain in an appropriate and safe body position, while in or on the paddle craft for the duration of the activity.
  - **Canoe** – upright and seated or kneeling position
  - **Kayak** – upright and seated position
  - **Stand Up Paddleboard** – standing or kneeling position
- Independently or with a companion enter and exit the watercraft on shore.
- Independently exit from the watercraft in the event of a capsize, and perform an appropriate self-rescue or cooperate with an assisted rescue.
- Independently propel the watercraft with the use of a paddle or other adaptive piece of equipment.
- Control a paddle and pull it through the water in order to steer and propel the boat forward.

### In order to attempt self-rescues entailing re-entry of the craft while in deep water, each participant must be able to...

- Maneuver body and manipulate equipment to re-enter the craft.

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## Outdoor Photography Classes & Outings

### Each participant must be able to...

- Use photo equipment independently or with the assistance of a companion or adaptive equipment.
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## Snow Sports Classes & Outings

### Each participant must be able to:

- Independently or with the assistance of a companion, put on and take off equipment.
  - Independently travel over and negotiate varied terrain for duration of activity (i.e., different snow depth and density encountered while snowshoeing).
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## Backpacking Classes & Outings

### Each participant must be able to:

- Independently travel over and navigate varied terrain for the duration of class while carrying all personal equipment (i.e., pack, gear, shelter).
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## Rock Climbing Classes & Outings

### Each participant must be able to...

- Wear all required protective equipment, including a climbing harness (seat, chest or full body) and climbing helmet.
- Independently or with the assistance of a companion, communicate necessary climbing signals. These signals may include spoken signals, hand signals or a rope tug.
- Independently or with the assistance of a companion, tie a series of knots and hitches, and have the cognitive ability to apply them within the rock climbing system as directed by the instructor.
- Independently maintain one's position on a climbing wall to attempt ascending.
- Maintain balance on uneven surfaces, and keep an upright position independently or with the use of personal adaptive equipment.

### In order to belay [in any class] each participant must be able to...

- Independently and reliably manipulate a climbing rope through a belay device such as an ATC or Gri-Gri.

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- Independently maintain a firm grip on the climbing rope for the time it takes the climber to ascend and descend the climbing wall.

## **In order to attempt ascending the climbing rope each participant must...**

- Independently and reliably manipulate a climbing rope through a belay device such as an ATC or Gri-Gri.
- Independently move from a seated position to a standing position.

**The requirements for Rock Climbing and Snow Sport classes & outings apply to Mountaineering courses with the addition of the following criteria:**

## **Each participant must be able to...**

- Independently perform essential tasks without the direct supervision of an instructor. These tasks include tying into a rope, clipping into an anchor, and putting on proper safety equipment (i.e., climbing harness, helmet).
- Independently communicate with program participants and instructors over a distance of up to 50 meters when participating in alpine mountaineering or glacier/snow travel.
- Independently provide a reliable belay to other climbers.
- Independently perform a self-arrest with an ice-ax when traveling on snow or glaciers.

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## Horseback Riding

### **Each participant must be able to...**

- Riders must be at least 6 years old.
- Independently mount & dismount a horse, or do so with little assistance from an employee.
- Rapidly dismount when directed to on short notice in any terrain in situations where a horse might be in distress and rapid dismount is necessary for the safety of the rider and horse. Assistance to remount may not be possible in such situations.
- Balance independently in the saddle while traveling over rugged steep mountainous terrain, and negotiating obstacles such as rocks, deadfall, and mud.
- Control the horse by giving it signals to stop, move, turn left or right, and calm down. This is typically accomplished through leg, hand and/or voice signals.
- Weigh under 220 pounds, due to the horse's carrying capacity.
- Sit upright for an extended period of time with legs stretched out in front of you.
- Manage all personal mobility independently, or with the assistance of a companion, who is not an instructor.
- Wear appropriate attire- including closed toed shoes and long pants

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## Target Sports

### Each participant must be able to...

- Wear all required protective equipment, including wrist, finger, and arm protection, such as finger tabs and arm guards, safety glasses, and ear protection properly.
- Use equipment properly, including bow, arrow, slingshot, rifle, knife and tomahawk.

## Camp (Menzies and Fleming) EEC

Camp EEC is relevant to all camp based programs. If you are attending any of these programs, read the criteria below in addition to the [Universal EEC](#) and the [Outdoor Program EEC](#).

### Each participant must be able to...

- Work effectively as a member of a team, despite potentially stressful and difficult conditions. Expedition living is in close quarters with limited personal time. There can be a lack of, or variable, daily routines which will likely change day-to-day. Expedition living may require problem solving in a group setting, as well as a willingness to accept differences.
- Contribute to a safe learning environment. No verbal or physical inappropriate behavior towards others is tolerated for any reason.
- Willingly and equally share responsibility with tent/cabin mates in daily group chores. Chores may be split differently each day, but all participants will complete a proportionate share. All participants are learning the skills and being challenged by the conditions and activities. There can be no expectation that any other participant will be able to continually assume a greater share of the work or that an instructor can continually focus a greater share of their energy and time on one student.
- Effectively communicate ideas and concerns on an individual and group level.