

WKC Essential Eligibility Criteria

The WKC Beginner Whitewater Kayaking Course is open to all individuals who satisfy the following essential eligibility criteria.

All program participants must acknowledge the ability to perform the following EEC:

- Be 18 years of age or older
- Breathe independently (i.e. not require medical devices to sustain breathing)
- Hold your breath underneath the water
- Independently hold head upright without head / neck support
- Independently turn from face-down to face-up and remain floating face-up while wearing a properly fitted floatation vest
- Get in/out of a whitewater kayak independently
- Manage personal care & mobility independently
- Follow instructions and effectively communicate independently with the instructors and helpers, as well as other students involved in the beginner whitewater kayaking course