



## Essential Eligibility Requirements

We prioritize the health and well-being of our participants/staff by attempting to create a space where everyone feels they can access the spaces within themselves to build community and grow. Our programs take place in both urban outdoor areas and more remote climbing locations. To benefit most from TCC clinics and trips, it is important that participants are fully committed to and capable of contributing to a learning environment that upholds group agreements, are able to take responsibility for themselves, and are dedicated to supporting their fellow participants.

The predominant language used in our clinics and trips is English. Fluency is not required, but the ability to understand instruction, particularly when it comes to risk management/safety is necessary.

In order for us to best support you on a TCC clinic/trip you must be able to do the following:

### **RISK MANAGEMENT AND JUDGMENT**

1. 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, in the event of a river crossing - moving water (fast or slow) such as creeks, and potentially hazardous animals and insects.
2. 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.
3. Recall and understand hazards and risks previously explained by instructors.
4. Be able to effectively alert and warn others of potential or impending dangers such as falling rocks, aggressive animals, or other environmental hazards.
5. Be able to effectively signal or notify course instructors or other course members of personal distress, injury, or need for assistance.
6. 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.
7. Act reliably around above stated hazards to minimize risk even when not directly supervised.
8. 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.
9. 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.
10. If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others (except possibly in emergency situations).

## Trip Goals

**Clinic Goals:** All clinics will take into account each participant's individual goals. Each clinic is intended to create community and build the foundational skills that give participants an understanding of risk assessment, further areas of learning, and confidence. Not all clinics will result in a participant walking away from the experience prepared to go out and immediately apply the skills. Some will require further practice and are intended to give participant's the skills to practice in a responsible and informed way.

**Trip Goals:** Private trips are always tailored toward the participant's goals. We will choose a location that will best meet the needs of the group and move toward accomplishing the objective. Anticipate having a conversation with you TCC guide about your trip goals and the ways in which they intend to support you in achieving them.

## Group Agreements

Group agreements are a list of guidelines that help us to create a community and learning space in which participants feel that they can fully access the experience and information being offered. Exactly how this happens will look different for each individual and trip/clinic, but by upholding these guidelines together, we have a better chance at creating community and growing as self-reliant, confident outdoors people.

1. **Establish a brave and curious space:** Regardless of which trip/clinic you have planned, approaching your experience from a space of feeling curious and brave will set you up for success. Bravery does not mean pushing your limits beyond a space where you are safe. Bravery means being ready to understand where your current definition of self (who am I? What am I capable of?) lies and being willing to assess that to determine if you can move the marker to a place where you are even more capable.
2. **Take a moment, give a moment:** There are times when we all need support and times when others need support from us. Being out in nature and rock climbing has an ability to bring out these moments. While we are together as a group, consider your group your support network. Similarly, know that we are all each in the position to support one another.
3. **Honor silence and confidentiality:** Not all communication or understanding happens verbally. Silence can feel uncomfortable at times, even though it can be very powerful. If silence comes up while we are working together, we encourage everyone to wait before trying to fill it. In addition to silence, we ask that the conversations, narratives, and shares that happen during our trips and clinics be assumed confidential unless specifically stated otherwise.
4. **Be Present:** Presence is, of course, important for managing the risk that comes along with climbing. Beyond this however, being present for one another and the experiences we each carry helps to create a space where folks are not able to access pieces of themselves that they shut off. Our goal is to fully show up to TCC trips and clinics while also recognizing we are part of a community.
5. **No one knows everything, together we know a lot:** We maintain that there is always room to learn more. While we may feel confident, competent, and mastery of a subject, exploring the ways that others approach a topic, new information, or counter information to our own can be a point of growth. We encourage this information sharing. Further, information presented will be done so in a respectful way with the intention of collaborative learning.
6. **Speak your truth, let others speak theirs:** We all come to the outdoors with outside contexts. While climbing and existing in outdoor spaces can be a wonderful way to recharge from everyday life, we also know that these outside narratives can come into climbing spaces. TCC clinics and trips are meant to practice direct, honest, respectful communication within a supportive

community. We know that community is built upon loving, direct conversations and loving, active listening. We intend to engage in both.

7. **We are human, we are not perfect:** All clinics are taught from a place of applied learning. There is no expectation that participants master skills or don't make mistakes while learning. We often intentionally set up learning environments to make safe mistakes so that we can explore concepts in applied ways. Likewise, TCC instructors are trained in the most current technical practices and are always learning. We invite questions and feedback to build our understanding and continue to grow our knowledge of how we interact with preparing participants to enjoy the outdoors.