



Segment Hike Program Essential Eligibility Criteria (EEC)

The mission of the Tahoe Rim Trail Association (TRTA) is to maintain and enhance the Tahoe Rim Trail system, practice and inspire stewardship, and preserve access to the natural beauty of the Lake Tahoe region. The TRTA Segment Hike Program is one of many TRTA programs that help us reach this mission.

The welfare of program participants and volunteer guides is a priority for the TRTA. The Segment Hike Program leads people into a remote, outdoor travel and living environment under wilderness settings ranging in elevation between 6,225' and 10,338' while hiking ~180 miles with a total gain/loss of ~24,400' over the course of 11 day-hikes. Foreseen and unforeseen physical and mental challenges require each participant to be fully committed to and capable of working hard, taking responsibility and working effectively in a group to achieve the goal of hiking the Tahoe Rim Trail.

The following Essential Eligibility Criteria (EEC) is to help you identify the skills you will need to be a successful Segment Hike Program participant, The Segment Hike Program EEC is applicable to all Tahoe Rim Trail Association Segment Hike participants.

Each participant must be able to...

- Meet the physical demands of each hike within the time limits set by the TRTA guides/staff.
 - Hike at an average pace of 2.5 mph including breaks each hike.
 - Hike up to 25 miles carrying all personal equipment (e.g., water, food, layers) weighing ~10 lbs to ~20 lbs, depending on your personal gear, between 6,225' and 10,338' in elevation.
 - Independently travel over and negotiate varied terrain each hike while carrying all personal equipment (e.g., water, food, layers).
 - Have adequate strength, endurance, basic balance and agility to travel through varied terrain with all personal equipment.
- Manage all personal care and activities of hiking a full day.
- Adapt to terrain changes brought on by inclement weather and changing light conditions. This may include high wind, rain, snow, ice, cold, tree cover, etc.
- Withstand environmental factors associated with outdoor travel (e.g., temperatures below freezing and above 80°F or hotter).
- Stay alert and focus attention on each hike.
- Practice all aspects of Leave No Trace Wilderness Ethics.



- Have a third point of contact for balance purposes, such as with hand(s) or to hold a hiking pole, for travel through rivers/streams, on snow slopes or ascending or descending slopes.
- Perceive and comprehend the inherent risks of the activity, including, but not limited to, the ones previously identified by TRTA guides/staff.
- Independently understand and follow directions and instructions given by others 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.
- Effectively signal or notify TRTA guides/staff or other participants of personal distress, injury or need for assistance.
- Effectively signal or notify TRTA guides/staff or other participants of potential or impending dangers such as aggressive animals, trail user conflicts, medical emergencies or environmental hazards.
- Contribute to a safe learning environment. No harassing or abusive behavior of others for any reason is tolerated.
- Follow verbal and/or visual instructions.
- Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
- If taking prescription medications, be able to maintain proper dosage by self-medicating independently, excluding TRTA guides/staff except in emergency situations.

In order to use the program's transportation, each participant must be able to...

- Enter and exit vehicle (15 passenger van) independently.

If you are unable to meet any of the above criteria, please contact us. We may be able to assist you with a reasonable accommodation unless it would change the fundamental nature of the program, would compromise your safety and/or the safety of other participants or guides, or would place an undue financial or administrative burden on the Tahoe Rim Trail Association.