



Washington County Community College

Calais, Maine

Discover Choices • Create Success

Notice of Essential Abilities for the Outdoor Leadership Program

The objective of the Outdoor Leadership program at Washington County Community College is to prepare students for employment in the outdoor industry. Careers in this industry require certain abilities. Therefore, successful completion of the experiential components of this program's curriculum requires many of those same abilities.

The following abilities are considered essential to this program:

- Breathe independently (i.e., not require medical devices to sustain breathing)
- Independently maintain sealed airway passages while under water
- Independently hold head upright without neck / head support
- Manage personal care independently in various challenging outdoor environments
- Manage personal mobility independently in various challenging outdoor environments
- Follow instructions and effectively communicate independently
- Independently turn from face-down to face-up and remain floating face up while wearing a properly fitted life jacket
- Get on / off or in / out of a watercraft independently
- Independently get out and from under a capsized watercraft
- Remount or reenter watercraft following deep water capsize independently
- Carry a 40 lb backpack over uneven terrain for up to 10 miles per day
- Paddle watercraft for up to 15 miles per day
- Maintain a safe body position while attempting skills, activities and rescues listed in the course syllabi, and have the ability to recognize and identify to others when such efforts would be unsafe given your personal situation

Consistent with the requirements of state and federal law, the College provides reasonable accommodations for students with documented disabilities. If you have a disability for which you believe you may need an accommodation, including any required to perform the above described abilities, please contact Elizabeth Sullivan, the college's Accessibilities Specialist, at 207-454-1000.