



## Essential Eligibility Criteria

The below Essential Eligibility Criteria must be met by any guest applying to book on a guided trip with Shasta Mountaineering School. All guests must confirm they meet the minimum eligibility requirements set forth below.

The mission of Shasta Mountaineering School is to provide safe and high quality guided mountaineering and ski trips on Mount Shasta in the Shasta-Trinity National Forest, California. The health and well-being of our clients is our top priority. Shasta Mountaineering School guides trips in a remote alpine wilderness environment that can be challenging both physically and mentally. Each client must be fully committed to and capable of physically demanding work, taking responsibility for one's self, and working effectively together as part of a mountaineering team.

Shasta Mountaineering School does not specialize in accommodating people with disabilities onto our courses. All company staff are well-trained and experienced in outdoor leadership and the mountainous terrain for which they are working. However, staff are not specifically trained to supervise clients with disabilities.

This essential eligibility criteria is applicable to all clients. A qualified person is someone who meets this criteria beyond doubt for the participation in all products offered by Shasta Mountaineering School.

1. All participants must be in excellent physical shape prior to participating in any guided trip on Mount Shasta with Shasta Mountaineering School.
2. All participants must be capable of hiking on snow slopes up to 35° and over uneven rock-covered terrain while carrying a heavy backpack.
3. All participants must be able to carry an overnight backpack with your own equipment that exceeds 40 lbs.
4. All participants must be able to speak and read in the unlikely event an accident occurs. This includes utilizing emergency communications such as a mobile phone, or satellite communication device.
5. All participants must have no underlying medical conditions that could potentially pose a threat while attempting to climb Mount Shasta.