

Physical Health Levels

(Hiking, Rappelling, Climbing and Caving Trips)

Excellent

1. I'm able to walk up hill (between 15° - 35°) for more than 30 minutes and still be able to breathe well enough to talk.
2. I have very good balance
3. I have full use of my extremities to lift, pull, push, climb, jump hop etc...)
4. I have no medical issues that affect my ability to participate in outdoor activities

Good

1. I'm able to walk up hill (between 15° - 35°) for more than 30 minutes, but I'm unable to talk while doing so.
2. I have fairly good balance
3. I have fairly good use of my extremities to lift, pull, push, climb, jump, hop etc...)
4. I may have 1-2 minor medical issues, but they're mostly under control and shouldn't affect my ability to participate in outdoor activities

Fair

1. I'm able to walk for 30 minutes, but breathing becomes difficult while going uphill and I have to stop to rest frequently.
2. I have some difficulty with balance when travelling on uneven ground
3. I have some limitations when it comes to lifting, pulling, pushing, climbing, jumping or hopping
4. I have 1 or more minor medical issues, that may affect my ability to participate in outdoor activities

Poor

1. I'm unable to walk on flat ground for more than 30 minutes without breathing heavily or stopping to rest.
2. I have difficulty maintaining balance when traveling on uneven ground
3. My ability to lift, pull, push, climb, jump or hop is severely limited
4. I have 1 or more major medical issues that will probably affect my ability to participate in outdoor activities