

## Course Physical Activity Level Rating Chart\*



### Activity Rating Level 1

Participants must be able to carry luggage, packs, and/or equipment; climb stairs; sit or stand for up to 1 hour; get in and out of vehicles easily; and walk a few blocks indoors or out.



### Activity Rating Level 2

Participants must be able to carry luggage, packs, and/or equipment; participate in physical activity for 1-2 hours; climb stairs; sit or stand for over 1 hour; and walk on uneven and/or varied terrain from three blocks up to one mile at a 2.0 mph pace over the course of the day (may include slight elevation changes).



### Activity Rating Level 3

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 2 hours; be in good health, mobile, able to participate in 3-5 hours of physical activity per day; and walk on uneven and/or varied terrain up to five miles at a 2.5-mph pace over the course of the day and/or for multiple consecutive days (may include moderate elevation changes).



### Activity Rating Level 4

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 2 hours; be in excellent health, extremely mobile, and used to an active lifestyle. Program activities may require up to six hours of strenuous, moderate- to fast-paced activity per day, equivalent to hiking six miles at a 3-mph pace over uneven and/or varied terrain (may include moderate to intense elevation changes).



### Activity Rating Level 5

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 3 hours; have a high level of physical fitness and appropriate expertise in the program activities (e.g. hiking, climbing, rafting, etc.); and should expect full days of fast-paced, strenuous physical challenges (may include moderate to intense elevation changes).

\*Trip activities may vary. Not all trips will include all aspects of the assigned activity rating. For more information on individual trip activity levels or to request special accommodations, please e-mail [Edventures@yc.edu](mailto:Edventures@yc.edu) or call 717-7755.