



The High Fives Foundation focuses on preventing life-changing injuries and provides resources and hope if they happen.

The 5 sports pillars of the High Fives Foundation are Mountain Biking, Snow Sports, Surfing, Fly Fish, & Motor-fed Dirt Sports

Empowerment Fund Grant Guidelines

Terms of Eligibility

Empowerment Grants are primarily need-based, awarded in fulfillment of the High Fives Foundation's mission and vision. All are welcome to apply, provided the applicant meets the criteria below.

For information on the types of grants awarded, please refer to the *Funding Categories* (see *Appendix A*) document.

General Requirements

- Applicants must reside in the United States or Canada, and they must complete said grant in the United States or Canada. The accident/injury does **not** need to have occurred in the United States or Canada.
- Effective January 1, 2014, to stay in compliance with the U.S. Government's Affordable Health Care Act, applicants **must** have current and up-to-date health care coverage.
- The applicant's injury must have been sustained within the last 25 years.

Eligibility and Evaluation

1. Any applicant who has suffered a spinal cord injury (SCI), traumatic brain injury (TBI), or a life-changing injury while participating in an outdoor adventure sport can be funded for a goal that pertains to their recovery. This applicant qualifies for all three funding cycles throughout the year.

The High Fives Nonprofit Foundation defines outdoor adventure sports, including: skiing, snowboarding, ski BASE, ski mountaineering, ice climbing, Nordic skiing, kayaking, mountain biking, rock climbing, winged sports, hiking/trekking, trail running, dirt biking, motocross, etc. (Certain exceptions to the definition of "outdoor action sports" can be made by only the Executive Director of the High Fives Foundation)

- *Team sports such as football, baseball, soccer, volleyball, basketball, etc. are not to be considered outdoor sports.*
2. Any applicant who has or continues to serve in the US military who has sustained an SCI, TBI, or life-changing during service are eligible if pursuing outdoor adventure sports. This applicant is only eligible in the first and third grant cycles in the calendar year and only if seeking funding for adaptive sports equipment.
 3. Any applicant who has suffered from an SCI, TBI, or life-changing injury outside of the outdoor adventure sports community, through inertia-based accidents (ex: falls, car or motorcycle accidents), are eligible if pursuing outdoor adventure sports. This applicant is only eligible in the final grant cycle in the calendar year and only if seeking funding for adaptive sports equipment.
 - *Due to the nature of the mission statement, those that are born with a degenerative disease or medical condition are precluded from applying.*
 - *Due to the nature of the mission statement, those who have suffered SCI, TBI, or life-changing injury from medical accidents are precluded from applying.*
 - *Due to the nature of the mission statement, those who have suffered a life-changing injury from gun violence are precluded from applying.*

****Applicants are only eligible to receive funding in two out of three grant cycles a year.**



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To be considered, the applicant must provide:

- A detailed description of the extent of his/her respective injury or injuries including the date and how it occurred.
- Their goal(s) for recovery from the injury, identifying the specific manner in which the High Fives Foundation can help to achieve their goal(s), and also describe how he or she will follow through with said plan.
- A budget that outlines all costs in detail. The foundation can assist with outlining a budget that involves any requests found within the *Funding Categories (Appendix A)* document. See a budget example below (*Appendix B*)

Additional Considerations

- Applicants who have applied and received a denial from the High Fives Foundation must wait one calendar year before reapplying.
- Applicants can only receive funding in two grant cycles within one calendar year

Applicants are NOT eligible for any future funding if:

- Have previously been denied funding three times

Funding is primarily need-based, in fulfillment of the High Fives Foundation mission, and documentation of need must support the grant application. The maximum amount awarded for one disbursement (or in a fiscal year for an individual) shall not exceed \$25,000.

Empowerment Fund Grant Cycles

The High Fives Foundation offers three grant cycles in the calendar year:

1. **Cycle 1** – *Open to those injured in outdoor adventure sports* AND wounded veterans pursuing outdoor adventure sports.*
 - *Applications and budgets must be submitted between January 1 - January 31.*
 - *Applicants will be notified of status on March 1.*
2. **Cycle 2** – *Open to those injured in outdoor adventure sports*.*
 - *Applications and budgets must be submitted between May 1 - May 31.*
 - *Applicants will be notified of status on July 1.*
3. **Cycle 3** – *Open to those injured in outdoor adventure sports* AND wounded veterans who wish to pursue outdoor adventure sports* AND those injured in inertia-based accidents who wish to pursue outdoor adventure sports*.*
 - *Applications and budgets must be submitted between August 1 - August 31.*
 - *Applicants will be notified of status on October 1.*
 - ***This grant cycle only funds adaptive outdoor adventure sports equipment.***

**Applications must be submitted with a minimum of 24 hours left in the cycle period to account for processing and approval time.*



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Review Period and Notification

All grant applications will be presented by Roy Tuscany, Executive Director, to the *Board of Directors Grant Selection Subcommittee* within the timeframe of the respective request. All news on the Board of Directors' grant decisions will be sent out on the first of the following month.

If funded, the grant requester must provide an invoice for all therapies, treatments, equipment, or other approved expenses in detail **within 90 days**. Checks are never written to an individual (grantee). The provider of services or equipment shall be paid directly by the Foundation.

Applications will be reviewed and considered in the submission order in which they were received.

Parameters for Grant Agreement

- The grant requester must provide an invoice for all therapies, treatments, equipment, or other approved expenses in detail within 90 days.
- Checks are **never** written to an individual (grantee). The provider of services or equipment shall be paid directly by the Foundation.
- All grants **MUST** be paid by the end of the fiscal year, or the grantee assumes payment responsibility.
- Grant recipients will participate in the Arcade Belt Goal Program
 - The High Fives Foundation Arcade Belt Goal Program is an initiative that helps guide Athletes through the complex recovery process after a life-changing injury. This goal-oriented structure allows Athletes to focus on progression, positivity, and achieving goals to improve and enrich their lives. Athletes will set one goal corresponding with the grant they apply for. This framework is designed to provide clarity, support, inner competition, and inspiration for others as these Athletes work to rebuild their mind, body, and soul.
- The grant from the High Fives Foundation must be the last portion of funding contributed to a vendor if not fully covered by the original grant.
- High Fives reserves the right to suspend support or funding if the applicant acts in opposition to the moral and ethical principles of the foundation.
- This grant is published. Additionally, as part of the application process, you will be contacted for a phone interview (to be used to share with donors, supporters, and perspectives). Furthermore, information may be requested for compiling data, which may include photos, videos, and/or quotes, in the High Fives Foundation's internal and external documents. Any additional information that was not requested by way of this notice will be dismissed and not included with the review of your application.

All applications will be digitally submitted online at the link below.

ONLINE APPLICATION: <http://highfivesfoundation.org/grant--application/>

The information on this document is subject to change by the High Fives Foundation



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Grant Guidelines -- *Appendix A*

Funding Categories

Adaptive Sports Equipment*

Funding for adaptive sports equipment must fall within the parameters of the five pillar sports of the High Fives Foundation (mountain biking, snow sports, surfing, fly fish, and motor-fed dirt sports). Applicable adaptive sports equipment might include mono-skis, waveskis, adaptive mountain bikes, ebikes, etc.

*All requests for adaptive sports equipment require a letter of recommendation from an expert in the field to be submitted alongside the application attesting to the applicant's knowledge, skill, and passion for the sport.

The Empowerment Team can make exceptions for adaptive sports equipment that fall under the umbrella of team sports that High Fives supports (i.e., sled hockey and wheelchair rugby).

Healing Network

Includes, but not limited to, acupuncture, massage, alternative healing, chiropractic, optometry (for balance), yoga, Pilates, physical therapy, personal training, spinal cord center programs (Loco Motor Program, Craig Hospital, Shepherd Center, etc.).

Medical Equipment

Includes AFOs and KFOs (and other ambulatory walking aids etc.), walkers, canes, crutches, wheelchairs, Bioness units, medical aid devices, orthotics, and specialty shoes/boots, myolyn, FES, etc.

Programs*

Funding for disabled sports programs that will enable the applicant to pursue their respective dream in the adventure sports community (i.e., Achieve Tahoe, NSCD, Teton Adaptive, etc. to be used for adaptive skill development).

*Funding for disabled sports program club fees/dues (funding in this specific category may be up to, but not exceeding, \$4,500 per fiscal year, per athlete account).

Living Expenses

Home modifications/renovations to accommodate injury (i.e., ramps, lifts, elevators, therapy pools, etc.). Note: to modify or alter a home may require landlord-specific permissions. Vehicle modifications include hand controls or other renovations to accommodate the injury.

Rent during in-patient care at in-patient facility (i.e., Kent Place at CRAIG Hospital) for the applicant only (does not extend to family or caregivers). Limited to six months maximum.

Emergency Care/Injury Expenses

This can include one-time payment for life-flight care, one-time payment of emergency medical bills from the time of initial injury, and/or a continuation of insurance coverage. Limited to six months maximum..



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Grant Guidelines -- Appendix B

Budget Template Example

Please enter funding request details in the spreadsheet

Provider/Company	Contact Name	Contact Address	Contact Phone Number	Contact Email	Item Description	Item Cost	Quantity	Total Cost
Bowhead Corp	General Inquires	6919 32nd Ave NW, Suite 103B Calgary, AB T3B 0K6	N/A	info@bowheadcorp.com	Bowhead Reach E-Bike (partial funding request)	3000	1	3000.00
Nikki Weber Training	Nikki Weber	10775 Pioneer Trail, Suite 108, Truckee, CA, 96161	(530)587-4453	nikki@highfivesfoundation.org	Personal Training Sessions	75	10	750.00
NSCD	General Inquiries	33 Parsenn Rd, Winter Park, CO 80482	(970) 726-1518	info@nscd.org	Adaptive Monoski Lessons	123	5	615.00
						0	0	0.00
						0	0	0.00
						0	0	0.00
						0	0	0.00
						0	0	0.00
						0	0	0.00
						0	0	0.00
								4365.00

Grant Guidelines -- Appendix C

Items that are not eligible for funding:

- ReActive Adaptations Equipment
- Action Track Wheelchairs
- Non-adaptive outdoor clothing
- Non-adaptive equipment
- College Tuition
- New Homes in full
- Cash Donations
- Requests that exceed \$25,000