



HIGHFIVES

NON-PROFIT ORGANIZATION

PO BOX 3212 TRUCKEE, CA 96160 || EIN 26-4275773 || www.highfivesfoundation.org

EMPOWERMENT GRANT

The High Fives Foundation supports the dreams of mountain action sports athletes by raising injury prevention awareness while providing resources and inspiration to those who suffer life-altering injuries.

Applicant Guidelines

Terms of Eligibility

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

For information on the types of grants awarded, please refer to the *Funding Categories* defining document.

General Requirements

- Applicant must reside in the United States or Canada, and they must complete 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.

Evaluation and Selection

Any applicant who has suffered an SCI, TBI or life-altering injury while pursuing a dream in the mountain action sports community can be funded for a goal that pertains to their recovery.

The High Fives Non-Profit Foundation defines mountains action sports as: Skiing, snowboarding, snowmobiling, ski BASE, ski mountaineering, ice climbing, nordic skiing, kayaking, mountain biking, rock climbing, winged sports, hiking/trekking, trail running, etc. Mainstream, team sports such as football, baseball, soccer, volleyball, basketball etc. are not to be considered action sports. (Certain exceptions to the definition of "mountain sports" can be made by only the Executive Director of the High Fives Foundation)

If the respective applicant suffers a SCI outside of the mountain action sports community, funding can be granted towards the goal of pursuing a dream within the aforementioned, outdoor sports community.

Due to the nature of the mission statement, those that are born with a degenerative disease are precluded from applying.

Applicant must possess a passion to return to mountain action sports, **or** possess a desire to pursue a mountain action sports dream after suffering a (mobility limiting) spinal cord injury or a life-altering injury resulting from an accident (automobile etc.).

To be considered, the applicant must provide:

- A detailed description of the extent of their respective injury or injuries including the date and how it occurred,
- Their goal or goal(s) for recovery from injury, identifying the specific manner in which the High Fives Foundation can help to achieve a goal or 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 the *Healing Network* funding category.

Submission Requirements

Submission Period

Mountain action sports athletes who have suffered a life-altering injury within the last fifteen years are welcome to apply at any time, provided the applicant meets the requirements above.

Athletes who have previously suffered a SCI outside of the mountain action sports community are permitted to seek funding to pursue a dream within the mountain action sports community, but must apply between June 1st and September 1st. These candidates must also meet the requirements found in the Applicant Guidelines defining document. Applicants in this category will receive a response regarding his or her grant request by September 20th.

Athletes who have applied and received a denial from the High Fives Foundation will have to wait one calendar year before reapplying. If the denial was due to circumstances that go against the organization's Applicant Guidelines, athletes are not encouraged to reapply, but the Board of Directors Grant Selection Committee will review the application.

Applicants are excluded from applying if they:

- a. Have submitted an application for review the previous month
- b. Received funding more than four times in one calendar year
- c. Have previously been denied funding three times

After three months of applying for and receiving consecutive grants, all grantees must wait one month before reapplying. Grant requests are to be valid for one year from date of original grant agreement.

Review Period and Notification

All grant applications will be presented by Roy Tuscani to the *Board of Directors – Grant Selection Sub-Committee* within the timeframe of the respective request. Recipients shall be notified within 48 hours of the Sub-Committee's review of the application and receive a grant agreement outlining the award.

Parameters for Grant Agreement

- 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.

This award is published. Additionally, as part of the application process, you may be contacted for a phone interview (to be used for marketing purposes). Furthermore, information may be requested for compiling data in the High Fives Foundation's internal documents. Any additional information that was not requested by way of this notice will be dismissed and not included with 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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Funding Categories

High Fives Healing Network:

- Includes acupuncture, massage, alternative healing, chiropractor, optometrist (for balance), nutritionist, yoga, Pilates, physical therapy, exercise equipment, (power plate, Pilates devices, exercise bike, etc.), personal training, doctors (post rehab, specialties), spinal cord center programs (LocoMotor Program, Craig Hospital etc.), TBI doctors and services, future looking medical bills (award in this category may be up to but not exceeding \$1,000 per fiscal year - after insurance deductibles and to be used strictly for medical bills only)

Living Expenses:

- Rent (limited to up to one fiscal year. Must be in good standing with current payment schedule. Prior payments are not to be valid in consideration).
- Utilities for current residence (recipient may own or lease. Limited to up to one fiscal year. Must be in good standing with current payment schedule. Prior payments are not to be valid in consideration).
- Mortgage (limited to up to six months. Reserved exclusively for applicants that have suffered a life altering injury after purchasing a home. Must be in good standing with current payment schedule, prior payments are not to be valid in consideration).
- Home modifications / renovations to accommodate injury (i.e. ramps, lifts, elevators, therapy pools, etc.) Note: to modify or alter home may require landlord specific permissions.

Insurance:

- Funding to ensure recipient is able to maintain coverage with their respective insurance (recipient must have had insurance prior to injury).

Adaptive Equipment:

- AFOs and KFOs (and other ambulatory walking aides etc.), walkers, canes, crutches, wheelchairs, Bioness, medical aide devices, orthotics and specialty shoes/boots, sit-skis, adaptive poles, modifications to transportation

Winter Equipment:

- Skis / snowboards, clothing, protective gear, bindings, ski boots / snowboard boots, mountaineering equipment

Health:

- Includes supplements & vitamins, oriental medicine, holistic medicine, gym/health club membership, pool membership, informative / educational devices for injury (including but not limited to books, literature, computing devices etc.).

Travel:

- Expenses inherent with travel to rehabilitation / recovery sessions or destinations at approved organizations.
- Expenses inherent with travel to competition at approved events (award in this specific category may be up to but not exceeding \$1,000 per fiscal year, per athlete account).

Programs:

- Funding for disabled sports programs that will enable applicant to pursue their respective dream in the winter action sports community (i.e. Disabled Sports USA - Far West. To be used for adaptive skill development).
Funding for disabled sports program club fees / dues (award in this specific category may be up to but not exceeding \$2,000 per fiscal year, per athlete account).

Stoke (Positive Energy, Outlook and Attitude):

- To continue the positive drive in a recipient recovering from life-altering injury or disease (Board Approved) this area includes but is not limited to funding for activities that promote the High Fives Non-Profit Foundation such as High Fives branded clothing, gear and attire.