



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

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*) 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-changing injury while pursuing a dream in the outdoor action sports community can be funded for a goal that pertains to their recovery.

The High Fives Non-Profit Foundation defines outdoor action sports as: Skiing, snowboarding, ski BASE, ski mountaineering, ice climbing, Nordic skiing, kayaking, mountain biking, rock climbing, winged sports, hiking/trekking, trail running, 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.*
- *Motor-fed summer sports such as: Motocross, ATV, side-by-side, etc. are not to be considered outdoor sports.*

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

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

Applicant must possess a passion to return to outdoor action sports or possess a desire to pursue an outdoor action sports dream after suffering a (mobility limiting) spinal cord injury or a life-changing 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 any requests found within the *Funding Categories* (see *Appendix A*) document.



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Submission Period

If an applicant has sustained a life-changing injury within the last 25 years while pursuing a dream within the outdoor action sports community, that applicant is welcome to apply at any time. (see *funding cycles below*)

Athletes who have previously suffered a SCI outside of the outdoor action sports community are permitted to seek funding to pursue a dream within the outdoor action sports community, but must apply between **July 1 and September 1**. These candidates must also meet the general requirements.

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 General Requirements, 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 cycle
- b. Received funding more than two cycles in one calendar year
- c. Have previously been denied funding three times

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

The High Fives Foundation offers four (quarterly) grant-funding periods:

1. **Quarter 1** – *Open to those injured in the outdoor action sports community AND wounded veterans and those injured in the outdoor action sports community.*
 - *Applications need to be submitted between December 1 and December 31 and budgets need to be submitted between January 1- January 10. Applicants will be notified February 1.*
2. **Quarter 2** – *Open to those injured in the outdoor action sports community.*
 - *Applications need to be submitted between March 1 - March 31 and budgets need to be submitted between April 1 - April 10. Applicants will be notified May 1.*
3. **Quarter 3** – *Open to those injured in the outdoor action sports community.*
 - *Applications need to be submitted between June 1 - June 30 and budgets need to be submitted between July 1 - July 10. Applicants will be notified August 1.*
4. **Quarter 4** – *Open to those injured in the outdoor action sports community AND those who suffered an SCI, TBI or life-changing injury outside of the outdoor sports community.*
 - *Applications need to be submitted between July 1 - September 1 and budgets need to be submitted between September 1 - September 10. Applicants will be notified October 1.*

Upon High Fives Foundation Board of Directors review, funding decisions will be given on the first day each month.



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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.

Review Period and Notification

All grant applications will be presented by Roy Tuscany to the *Board of Directors – Grant Selection Sub-Committee* within the timeframe of the respective request. All news on Board of Directors grant decisions will be sent out on the first of the following month.

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.
- 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.

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.

Grant Guidelines -- Appendix A

Adaptive Equipment*

AFOs and KFOs (and other ambulatory walking aides etc.), walkers, canes, crutches, wheelchairs, Bioness units, 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 or mountaineering equipment.

**applicants requesting funding for equipment over \$5,000 must include a letter of recommendation from an expert in the field confirming skill, commitment, and passion for the sport.*



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Healing Network

Includes acupuncture, massage, alternative healing, chiropractic, optometry (for balance), nutrition, yoga, Pilates, physical therapy, exercise equipment, (power plate, Pilates devices, exercise bike, etc.), personal training, doctors (post rehab, specialties), spinal cord center programs (Loco Motor Program, Craig Hospital, Shepherd Center, etc.), TBI doctors and services, future looking medical bills (funding for medical bills may be up to, but not exceeding \$1,000 per fiscal year -- after insurance deductibles and to be used strictly for medical bills only).

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. .

Insurance

Funding to ensure recipient is able to maintain coverage with their respective insurance (recipient must have had insurance prior to injury). (limited to 6 months)

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-changing 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.

Programs

Funding for disabled sports programs that will enable applicant to pursue their respective dream in the winter action sports community (i.e. Achieve Tahoe. 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 \$4,500 per fiscal year, per athlete account).

Stoke (Positive Energy, Outlook and Attitude)

To continue the positive drive in a recipient recovering from life-changing injury (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.

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).



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