

Before You Go:

1.) Pre Register:

Get into the activity sooner when you arrive! Come with your waiver filled out! http://www.mass.gov/dcr/universal_access/docs/waiver.pdf

2.) In the event of poor weather:

Call the following numbers for program status:

Eastern MA:
(617) 626 1294

Western MA:
(413) 545 5758

3.) Need to cancel?

Call and leave a message so we know.

Check Out Our

Blog:

<http://www.everyoneoutdoors.blogspot.com>

**Visit Our
Facebook Page:
DCR REC
Connect**

All Photos by Marcy Marchello

DCR's Universal Access Grant: *REC Connect*

REC Connect is in full swing! *REC Connect's* goal is to promote and provide recreation programs and opportunities for persons with physical disabilities.

REC Connect serves persons with physical disabilities in Greater Boston, Worcester and Holyoke, MA who are interested in expanding their recreation opportunities.

Teens and adults with physical disabilities, and individuals with severe physical disabilities, are strongly encouraged to get involved!



Kayakers enjoying a summer day outdoors!

What a great opportunity to take charge of **YOUR FUN STATEWIDE!**

Participants will observe, explore and build their skills in lots of statewide activities this summer! Come out hiking, sailing, rowing, kayaking, canoeing and horseback riding!

Who should get involved?
You!

For Questions or to Apply:

Contact Heidi Marie-Peterson
(413) 577-3840

Heidi.Marie-Peterson@state.ma.us

**Get Out!
Help Out!**

***REC Connect* is looking for
Peer Mentors and
Volunteers.**

Be a part of positive change!

REC Connect has opportunities for teens and adults with disabilities to be peer leaders.

Become a leader, inspire others, meet new people, experience new opportunities and **BE THE CHANGE!**

KAYAKING!

Kayaking at DCR's Walden Pond State Reservation Concord, MA

Experience flat-water
kayaking with adaptations
and support as needed.
Lifeguard on duty.

Call **All Out Adventures** to
register: (413) 527-8980

Mondays, 9:45AM-3:15PM
July 11 - August 15



Austin School kayaking in the sun!

Kayak at DCR's Douglas State Forest Douglas, MA

Join **All Out Adventures** at
this popular flat-water kayak
program and see if you can
paddle to Rhode Island!
Lifeguard on duty.

Call **All Out Adventures** to
register: (413) 527-8980

Thursdays, 9:45AM-3:15PM
July 7 - 21

Kayaking at DCR's Quinsigamond State Park Worcester, MA

Join **All Out Adventures** to
paddle in a beautiful urban
environment. A REC Connect
location!

Call **All Out Adventures** to
register: (413) 527-8980

Thursdays, 9:45AM-3:15PM
August 4 - 18



Double kayak, double the fun!

Kayaking at DCR's Hopkinton State Park Hopkinton, MA

Join **Outdoor Recreation of
Hopkinton** to explore a gentle
lake with support as needed.
Lifeguard on duty.

Pre-register by calling **ORH** at
(508) 435-3965

Thursdays, 10:00AM-3:00PM
July 7 - August 11

Kayaking at DCR's DAR State Forest Goshen, MA

*With **All Out Adventures***

Join **All Out Adventures** to kayak on
beautiful Highland Lake. Take a walk on
the accessible forest trail along the lake
shore or take a swim at the beach!
Lifeguard on duty.

Call **All Out Adventures** to register:
(413) 527-8980

Wednesdays, 9:45AM-4:15PM
July 6 - August 10

**Cost for most
kayaking
programs**

\$5 per person--

**Inquire when
pre-registering.**

Kayaking at DCR's DAR State Forest Goshen, MA

*With **Stavros Outdoor Access***

Join **Stavros Outdoor Access** for weekly
flat-water kayaking. Explore Highland
Lake in search of blueberries! Lifeguard
on duty.

Call **Stavros Outdoor Access** to register:
(413) 259-0009

***Tuesday, July 5: 11:00AM-3:00PM**
Mondays, 11:00AM-3:00PM
July 11 - August 1

CANOEING!

Canoeing at Barton's Cove

Gill, MA

Join *All Out Adventures* for weekly canoeing on the Connecticut River. Explore a shallow cove on a lazy day or challenge yourself to paddle around "Eagle" Island. Program costs: \$5 per person.

Call ***All Out Adventures*** to register
(413) 527-8980

Tuesdays, 9:45AM-4:15PM

July 12-26.



Exploring Barton's Cove by Canoe!



Sailors enjoying the Charles River!

ROWING!

Rowing at Jones Ferry

Holyoke, MA

Learn to row or scull with Stephanie Moore of *Holyoke Rows*. Specialized rowing shells and adaptive support as needed.

Enjoy exercising on the Connecticut River and/or train for competition. Lifeguard on duty.

Free, but pre-registration is required.

Call ***Holyoke Rows*** to register
(413) 586-8612

Thursdays, time varies

July 7-August 25



Headed out on the Connecticut River to row.

Canoeing at DCR's Hampton Ponds State Park

Westfield, MA

Join *All Out Adventures* to explore this popular pond near Holyoke! A REC Connect location! Program costs: \$5 per person.

Call ***All Out Adventures*** to register
(413) 527-8980

Tuesdays, 9:45AM-4:15PM

SAILING!

Sailing on the Charles River

Boston, MA

Learn to sail and enjoy the city scenery from the Charles River. Modified sailboats and adaptive support as needed. Lifeguard on duty. Program costs \$1, pre-registration required.

Call ***Community Boating Inc.*** to register
(617) 523-1038

Summer: May 23 –August 28

Monday-Friday: 10:00AM-5:00PM

Weekends: 10:00AM-3:00PM

Fall: August 29-October 2

Monday-Friday: 1:00PM-5:00PM

Weekends: 10:00AM-3:00PM

CYCLING!

Cycling on the Norwottuck Rail Trail

8 Railroad Street, Hadley, MA

Join *All Out Adventures* and explore the wide variety of adaptive cycles for adults and kids including hand cycles, trikes, tandems and recumbent bikes. Ride occasionally or weekly! Cost is \$3 per program or use an AOA seasonal pass, pre-registration required.

Call ***All Out Adventures*** to register
(413) 527-8980

Fridays, 11:00AM-4:00PM
July 8-August 26



Enjoying the Rail Trail on a hand cycles.

HIKING!

Accessible Hiking Program that travels around the state!

Various locations, MA

Take a gentle hike with *Stavros Outdoor Access*. Explore accessible trails and rugged paths with a focus on fun and meeting new people.

Assistive equipment and teamwork unite people of all abilities using Terra Trek mountain wheelchairs and push joggers.

Bring a lunch and enjoy activities, such as scavenger hunts, nature talks and letterboxing. Collect DCR passport stamps at each park!

Sighted guides available. Limited transportation.

Program cost: \$2 per person, \$4 for families, \$10 for groups.

Call ***Stavros Outdoor Access*** to register

(413) 259-0009



Hikers explore DCR's Mt. Tom State Forest!

| Date | Day | Location | Town | Theme |
|--------------|-----------|------------------|---------------|------------------|
| June 9 | Thursday | Lake Park | Worcester | Scavenger hunt |
| June 14 | Tuesday | Mt. Tom | Holyoke | Letterboxing |
| June 20 | Monday | Halibut Point SP | Rockport | Ocean visit |
| June 23 | Thursday | DAR State Forest | Goshen | Letter-boxing |
| July 13 | Wednesday | Rutland SP | Rutland | Nature Activity |
| July 15 | Friday | Georges Island | Boston Harbor | Forts/Ferry ride |
| July 20 | Wednesday | Walden Pond | Concord | Thoreau's Cabin |
| July 28 | Thursday | Blue Hills | Milton | Letterboxing |
| August 15 | Monday | Breakheart | Saugus | TBD |
| August 31 | Wednesday | Robinson SP | Feeding Hills | Nature Activity |
| September 15 | Thursday | Chicopee SP | Chicopee | TBD |
| October 6 | Thursday | Borderland SP | Sharon | Letterboxing |
| October 12 | Wednesday | DAR State Forest | Goshen | TBD |
| October 22 | Saturday | Maudslay SP | Newburyport | Haunted Hike |

DCR'S UNIVERSAL ACCESS SUMMER FUN!





CALENDAR OF EVENTS:

| DATE | DAY | LOCATION | TOWN | ACTIVITY |
|---------|-----------|-----------------------|-----------|-----------|
| June 9 | Thursday | Lake Park | Worcester | Hiking |
| June 14 | Tuesday | Mt. Tom | Holyoke | Hiking |
| June 20 | Monday | Halibut Point SP | Rockport | Hiking |
| June 23 | Thursday | DAR State Forest | Goshen | Hiking |
| July 5 | Tuesday | DAR State Forest | Goshen | Kayaking |
| July 6 | Wednesday | DAR State Forest | Goshen | Kayaking |
| July 7 | Thursday | Douglas State Forest | Douglas | Kayaking |
| July 7 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |
| July 7 | Thursday | Jones Ferry | Holyoke | Rowing |
| July 8 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| July 11 | Monday | DAR State Forest | Goshen | Kayaking |
| July 11 | Monday | Walden Pond | Concord | Kayaking |
| July 12 | Tuesday | Barton's Cove | Gill | Canoeing |
| July 13 | Wednesday | Rutland SP | Rutland | Hiking |
| July 13 | Wednesday | DAR State Forest | Goshen | Kayaking |
| July 14 | Thursday | Douglas State Forest | Douglas | Kayaking |
| July 14 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |
| July 14 | Thursday | Jones Ferry | Holyoke | Rowing |
| July 15 | Friday | George's Island | Boston | Hiking |
| July 15 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| July 18 | Monday | DAR State Forest | Goshen | Kayaking |
| July 18 | Monday | Walden Pond | Concord | Kayaking |
| July 19 | Tuesday | Barton's Cove | Gill | Canoeing |
| July 20 | Wednesday | Walden Pond | Concord | Hiking |
| July 20 | Wednesday | DAR State Forest | Goshen | Kayaking |
| July 21 | Thursday | Douglas State Forest | Douglas | Kayaking |
| July 21 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |
| July 21 | Thursday | Jones Ferry | Holyoke | Rowing |
| July 22 | Friday | Dunn SP | Dunn | ADA event |
| July 25 | Monday | Walden Pond | Concord | Kayaking |
| July 26 | Tuesday | Barton's Cove | Gill | Canoeing |
| July 27 | Wednesday | DAR State Forest | Goshen | Kayaking |
| July 28 | Thursday | Blue Hills | Milton | Hiking |
| July 28 | Thursday | Jones Ferry | Holyoke | Rowing |
| July 28 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |

CALENDAR OF EVENTS: *continued from page 7*

| DATE | DAY | LOCATION | TOWN | ACTIVITY |
|------------|-----------|-----------------------|---------------|------------------|
| July 29 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| August 1 | Monday | Walden Pond | Concord | Kayaking |
| August 1 | Monday | DAR State Forest | Goshen | Kayaking |
| August 2 | Tuesday | Hampton Pond SP | Westfield | Canoeing |
| August 3 | Wednesday | DAR State Forest | Goshen | Kayaking |
| August 4 | Thursday | Quinsigamond | Worcester | Kayaking |
| August 4 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |
| August 4 | Thursday | Jones Ferry | Holyoke | Rowing |
| August 5 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| August 8 | Monday | Walden Pond | Concord | Kayaking |
| August 9 | Tuesday | Hampton Pond SP | Westfield | Canoeing |
| August 10 | Wednesday | DAR State Forest | Goshen | Kayaking |
| August 11 | Thursday | Quinsigamond | Worcester | Kayaking |
| August 11 | Thursday | Hopkinton State Park | Hopkinton | Kayaking |
| August 11 | Thursday | Jones Ferry | Holyoke | Rowing |
| August 12 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| August 15 | Monday | Breakheart | Saugus | Hiking |
| August 15 | Monday | Walden Pond | Concord | Kayaking |
| August 16 | Tuesday | Hampton Pond SP | Westfield | Canoeing |
| August 18 | Thursday | Quinsigamond | Worcester | Kayaking |
| August 18 | Thursday | Jones Ferry | Holyoke | Rowing |
| August 19 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| August 19 | Friday | Bradley Palmer SP | Topsfield | Horseback Riding |
| August 25 | Thursday | Jones Ferry | Holyoke | Rowing |
| August 26 | Friday | Norwottuck Rail Trail | Hadley | Cycling |
| August 26 | Friday | Bradley Palmer SP | Topsfield | Horseback Riding |
| August 31 | Wednesday | Robinson SP | Feeding Hills | Hiking |
| Sept 15 | Thursday | Chicopee SP | Chicopee | Hiking |
| October 6 | Thursday | Borderland SP | Sharon | Hiking |
| October 12 | Wednesday | DAR State Forest | Goshen | Hiking |
| October 22 | Saturday | Maudslay SP | Newburyport | Hiking |

Some programs are free: rowing and events.

Most programs require pre-registration.

Paddling, cycling and hiking programs have small fees.

A parent or legal guardian must accompany children.

Sighted guides and other reasonable accommodations are usually available upon advance request.

All program participants must complete a liability waiver.

This box to be filled out by UAP staff:
Program Location:

Group Name:

REC Connect Y__ N__

2011 PARTICIPANT REGISTRATION AND RELEASE

Please complete one form for each adult participant. Children may be registered along with an adult family member on the same form with adequate description. You must be a parent or legal guardian to register children under 18 years old. The Department of Conservation and Recreation (DCR) reserves the right to deny its services and/or your participation in any of its programs, or those that are conducted by its contractors or other service providers, to any individual (or legal representative) for any reason, including but not limited to failure to complete and sign this Registration and Release and Waiver of Liability form. DCR or its contractors will make reasonable efforts to have you sign a new waiver and release of liability form each calendar year; however, you agree that the waiver and release you sign today will extend into other calendar years and continue to be effective.

General Information

REC Connect Y N

Name _____ Address _____
City _____ State _____ Zip _____
Phone _____ Email* _____
Sex _____ Height _____ Weight _____ Birth date _____

Emergency Contact Information:

Name _____ Relationship _____
Address _____
Home Phone _____ Cell Phone _____ Work Phone _____

* *Would you prefer to receive a twice yearly newsletter of activities by _____e-mail or _____mail?*

Please check your interests: _____Skiing _____Skating _____Snowmobiling _____Snowshoeing _____Kicksledding
_____Letterboxing _____Cycling _____Hiking _____Fishing _____Geocaching _____Kayaking _____Canoeing
_____Rowing _____Sailing _____Camping _____Nature _____Birding _____Horseback Riding _____Events
_____Outdoor Games _____Power Chairs on Ice _____Other: _____

Confidential Questions

So we can better serve your needs, all participants must complete the following:

Yes No

- ☐ ☐ Do you have experience with outdoor recreation?
- ☐ ☐ Do you wear glasses or contact lenses?

Can you:

- ☐ ☐ Swim?
- ☐ ☐ Independently form a watertight seal with your mouth?
- ☐ ☐ Independently hold your head up in the water?
- ☐ ☐ Independently turn your body face up in the water while wearing a life jacket?
- ☐ ☐ Can you alert program staff to your needs?
- ☐ ☐ Can you follow multi-step instructions?
- ☐ ☐ Will a Personal Care Assistant accompany you?

If yes, please provide his/her name _____

- ☐ ☐ Will you be able to refrain from behaviors that pose a risk to yourself and/or others?
(i.e. Pica behaviors, aggression, inability to set boundaries, lack of safety awareness)

Please explain or offer any additional information you feel the program staff should be aware of for your safety and comfort, including any special accommodations needed:

Medical Information

So we can better serve your needs, please list any medical conditions, or any physical, sensory, cognitive, or emotional disabilities or disorders you have:

Do you have seizures, diabetes, asthma or any allergies (including to insect stings), drug sensitivities, or dietary restrictions? Yes ____ No _____. If yes, please describe _____

Do you carry medication? Yes _____ No _____. If yes, please describe _____

Please list any medications you may take (in addition to those indicated above). Do any of these medications react negatively with sun and/or heat?

Waiver and Release of Liability; Photographs

I, for myself, and on behalf of any minor child to be registered and to whom I am a parent or guardian, hereby release the Commonwealth of Massachusetts, Department of Conservation and Recreation, and its employees, contractors, permittees, agents, representatives, volunteers and other governmental entities working for or with DCR ("Providers") from any and all liability, loss, damages, costs, claims and/or causes of action, including but not limited to property damage and emotional and bodily injuries, including death, arising in any way from my or my child's or ward's enrollment or participation in any program, course or recreational activity of every type and description provided or sponsored by the Providers. I understand that my or my child's or ward's participation in such program, course or recreational activity may involve risk and the possibility of injury to myself or to my child or ward, and to others, and of property damage. I hereby release and hold the Providers harmless from liability for any such injury or damage, whether incurred by me, my minor child or my ward, and including any injury that may occur as a result of emergency care provided by the Providers. I also hereby indemnify the Providers from any liability, loss, damages, costs, claims and/or causes of action brought by the minor child, the ward, or members of the minor child's or ward's family arising from their enrollment or participation, and from claims of others who I or my child or ward injure while participating in such program, course or recreational activity, including any injury that may occur as a result of emergency care provided to others by the Providers.

By participating in recreational activities offered by DCR and its contractors, I give the Providers unlimited access to and use of all photographs in which I (or my ward or minor child) appear for publication or display in newsletters and other media used to illustrate, advertise or promote recreational opportunities in the state forest and park system.

NAME (or as Legal Representative on behalf of
 minor child or ward)

AGE of participant

DATE

OR (If using Legal Representative, provide legal designation):

 (e.g., parent or court-appointed guardian)

 Name(s) of minor or ward

Notes from the Director

The Long View—

Two DCR construction projects this summer will provide new accessible vistas for people of all abilities. The historically significant Summit House on Mount Holyoke in Western Massachusetts is undergoing reconstruction of its elevated wrap-around porch, which will make the iconic view of the Connecticut River Valley wheelchair accessible for the first time in its 160 year history. The grand opening is scheduled for fall 2011.

Also, a new accessible viewing tower and access route to the summit of Mount Wachusett in Central Massachusetts will provide improved, magnificent views of Massachusetts; this includes the skyline of Boston more than 50 miles away! Construction is scheduled to begin this spring.

New Standards for Recreation –

New ADA standards address recreation areas and give clearer guidance on what it means to make recreation facilities accessible to all. These include, for the first time, standards on making swimming pools, parks, golf courses, boating facilities, exercise clubs and other recreation facilities accessible for individuals with disabilities. Having celebrated the 20th anniversary of the ADA last year, and just now seeing these standards implemented for the first time, underscores the difficulty of creating accessible recreation.

Happily, much has already been done here in Massachusetts to make our state and urban parks a welcome and vibrant environment for people of all abilities. We look forward to seeing everyone enjoying our facilities, participating in our programs and experiencing new activities across the state.

See you in the Parks!

Tom McCarthy

Horseback riding!

Join *Windrush Farm* for horseback riding at **DCR's Bradley Palmer State Park** in Topsfield, MA.

This year's riding program will be held on two Fridays: August 19 and 26 from 10:00AM-2:00PM. This program is free! To receive waivers, register and reserve a spot, call Gigi at (617) 626-1294 or Gina at 978-682-7855.

If you haven't tried horseback riding yet, don't miss your chance this year! Sign up early as the popular program fills up fast!



Enjoying a stroll on the back of a horse!

Want to donate to Universal Access?

DCR's *Conservation Trust and Urban Parks Trust Fund* accepts contributions to support and enhance the outdoor recreation opportunities in Massachusetts for people of all abilities.

Your tax-deductible donation will help provide accessibility to our parks through site improvements, specialized adaptive recreation equipment, and accessible recreation programs.

Checks should be made out to The Commonwealth of Massachusetts, noting that the funds are for *The Universal Access Program* (UAP), and sent to Ms. Sharon Hoey @ DCR, 251 Causeway Street, Suite 600, Boston, MA 02114. Call 617-626-1267 for more information.

DCR's Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. Accessibility to our State Parks is achieved through site improvements, specialized adaptive recreation equipment and accessible recreation programs.

We invite you to use this as a guide to discover the most accessible parks and forests that offer the recreation opportunities you seek. Please contact our office for copies of this in alternate formats.



Heading out to kayak with a smile.



Enjoying a ride on a tandem cycle!



DCR Access News Summer 2011

Universal Access Program
251 Causeway Street, Suite 600
Boston, Massachusetts 02114



Sailing on the Charles River.