



Universal Access Program

P.O. Box 484 • Amherst, MA 01004 • (413) 545-5353

Volume 16, Issue 2.

Summer/Fall 2012

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](http://www.everyoneoutdoors.blogspot.com)

Visit Our Facebook Page:

DCR REC Connect

All Photos by Marcy Marchello or Heidi Marie-Peterson

DCR's Accessible Swimming Opportunities

Beach Wheelchairs Available for use!

Are you looking to get out and enjoy the sand and sun this summer? Many state parks and beaches have beach wheelchairs available to use at no cost!

These chairs provide better travel with assistance to the water's edge and have a movable arm for easier transfers. Reservations are sometimes required and calling in advance is highly recommended as they are a popular item! Please visit our website for up to date information about what parks have beach wheelchairs for use!

[www.mass.gov/dcr/
universal_access/a-swim.htm](http://www.mass.gov/dcr/universal_access/a-swim.htm)



Using a beach wheelchair to enjoy the surf!



ADA Accessible Pools!

DCR has been very busy this spring coming into compliance with federal ADA regulations regarding pool accessibility.

DCR's Universal Access staff Kathy Lowry assisted in completing an inventory of roughly 30 pools statewide.

All MA DCR pools will be outfitted with new ADA accessible lifts and at least one other means of pool access. This will improve the accessibility for all swimmers at DCR's pools this summer.

So, plan to visit a DCR pool near you, pools will be opening June 23!

Call ahead to check pool schedule or visit us online!

[https://www.mass.gov/dcr/
recreate/pools.htm](https://www.mass.gov/dcr/recreate/pools.htm)



A pool lift newly installed and ready for use!

Kayaking at DCR's Walden Pond State Reservation

Concord, MA

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

Sign up for an hour long paddle!

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

Mondays, 9:45AM-3:15PM

July 16, 23, 30

August 6, 13, 20

Kayaking at DCR's Quinsigamond State Park

Worcester, MA

Join **All Out Adventures** to paddle in a beautiful urban environment.

Sign up for an hour long paddle!

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

Thursdays, 9:45AM-3:15PM

August 16, 23

Kayaking at DCR's D.A.R. State Forest

Goshen, MA

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

Sign up for an hour long paddle!

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

Wednesdays, 9:45AM-4:15PM

July 11, 18, 25

August 1, 8, 15

KAYAKING!



Kayakers enjoying a paddle at Quinsigamond.



Working as a team in a tandem kayak.

Cost for most kayaking programs is \$5 per person- Inquire when pre-registering. Lifeguard On Duty.

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!

Sign up for an hour long paddle!

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

Thursdays, 9:45AM-3:15PM

July 12, 19

August 2, 9

Kayaking on The Charles River

Newton, MA

Join **Waypoint Adventure** to kayak on one of the most beautiful sections of the Charles River.

Strengthen your kayak skills during this 1 1/2 hour exploration.

Call **Waypoint Adventure** to register: (781) 454-5297

Thursdays, 10:00AM-12:00PM

& 1:00PM-3:00PM

July 19

August 2, 16

Kayaking at DCR's Hopkinton State Park

Hopkinton, MA

Join **Boating in Boston** to explore a gentle lake with support as needed. Sign up for an hour long paddle!

Call **Boating in Boston** to register: (508) 435-3965

Thursdays, 10:00AM-3:00PM

July 5, 12, 19, 26

Kayaking at DCR's D.A.R. State Forest

Goshen, MA

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

Sign up for an hour long paddle!

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

Mondays, 10:00AM-3:00PM

July 2, 9, 16, 30

Aug 6

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. Sign up for an hour long paddle!

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

Tuesdays, 9:45AM-4:15PM

July 10, 17, 24



Spotting wildlife while canoeing at Hampton Ponds.

Canoeing at Hampton Ponds State Park Westfield, MA

Join *All Out Adventures* to explore this popular pond near Holyoke! Spot wildlife from your canoe and if you are lucky you might even spot a bald eagle! Program costs: \$5 per person. Sign up for an hour long paddle!

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

Tuesdays, 9:45AM-4:15PM

August 7, 14, 21

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. Sign up for an hour long paddle!

Free, but pre-registration is required.

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

Thursdays, time varies

June 14 - September



Sailors enjoying the Charles River!

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. Sign up for an hour long paddle! Program costs \$1, pre-registration required.

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

Summer: June 18 –August 26

Monday-Friday: 10:00AM-5:00PM
Weekends: 10:00AM-3:00PM

Fall: August 27-September 30

Monday-Friday: 1:00PM-5:00PM
Weekends: 10:00AM-3:00PM



Bo Tanner rows on the Connecticut River.

CYCLING!

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Cycling on the Norwottuck Rail Trail

8 Railroad Street, Hadley, MA

Join *All Out Adventures* and explore the wide variety of adaptive bikes 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 summer pass, pre-registration required.

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

Fridays, 11:00AM-4:00PM

July 13, 20, 27

August 3, 10, 17, 24



Biking with smiles on the Rail Trail.



Hiker's enjoying a trail in the Blue Hills.

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 unit people of all abilities using Terra Trek mountain wheelchairs.

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

Date	Day	Location	Town	Theme
June 14	Thursday	Halibut State Park	Rockport	Seaside stroll, quarry tour
June 15	Friday	Rutland State Park	Rutland	Letterboxing
June 20	Wednesday	Blue Hills	Milton	Summit hike—advanced
June 28	Thursday	Leominster State Forest	Westminster	Pond exploration
July 19	Thursday	Great Brook Farm	Carlisle	Dairy tour and ice cream
July 26	Thursday	Dunn State Park	Gardner	ADA Celebration
August 2	Thursday	Walden Pond	Concord	Hike around pond
August 28	Tuesday	Robinson State Park	Feeding Hills	Nature Activity
September 6	Thursday	Georges or Spectacle Island	Boston harbor	Ferry Trip
September 13	Thursday	Chicopee State Park	Chicopee	Letterboxing
September 30	Sunday	Bradley Palmer State Park	Topsfield	Trails and Sails event
October 3	Wednesday	Mt. Holyoke Range SP	Amherst	Hike
October 18	Thursday	Borderland State Park	Sharon	Letterboxing
October 20	Saturday	Maudslay State Park	Newburyport	Haunted Hike

DCR'S UNIVERSAL ACCESS SUMMER FUN!





CALENDAR OF EVENTS:

DATE	DAY	LOCATION	TOWN	ACTIVITY
June 14	Thursday	Halibut State Park	Rockport	Hiking
June 15	Friday	Rutland State Park	Rutland	Hiking
June 20	Wednesday	Blue Hills	Milton	Hiking
June 28	Thursday	Leominster SF	Westminster	Hiking
July 2	Monday	D.A.R. State Forest	Goshen	Kayaking
July 5	Thursday	Hopkinton State Park	Hopkinton	Kayaking
July 9	Monday	D.A.R. State Forest	Goshen	Kayaking
July 10	Tuesday	Barton's Cove	Gill	Canoeing
July 11	Wednesday	D.A.R. State Forest	Goshen	Kayaking
July 12	Thursday	Hopkinton State Park	Hopkinton	Kayaking
July 12	Thursday	Douglas State Forest	Douglas	Kayaking
July 13	Friday	Norwottuck Rail Trail	Hadley	Cycling
July 16	Monday	D.A.R. State Forest	Goshen	Kayaking
July 16	Monday	Walden Pond	Concord	Kayaking
July 17	Tuesday	Barton's Cove	Gill	Canoeing
July 18	Wednesday	D.A.R. State Forest	Goshen	Kayaking
July 19	Thursday	Hopkinton State Park	Hopkinton	Kayaking
July 19	Thursday	Charles River	Newton	Kayaking
July 19	Thursday	Douglas State Forest	Douglas	Kayaking
July 19	Thursday	Great Brook Farm	Carlisle	Hiking
July 20	Friday	Norwottuck Rail Trail	Hadley	Cycling
July 23	Monday	Walden Pond	Concord	Kayaking
July 24	Tuesday	Barton's Cove	Gill	Canoeing
July 25	Wednesday	D.A.R. State Forest	Goshen	Kayaking
July 26	Thursday	Hopkinton State Park	Hopkinton	Kayaking
July 26	Thursday	Dunn State Park	Dunn	ADA Event
July 27	Friday	Norwottuck Rail Trail	Hadley	Cycling
July 30	Monday	D.A.R. State Forest	Goshen	Kayaking
July 30	Monday	Walden Pond	Concord	Kayaking
August 1	Wednesday	D.A.R. State Forest	Goshen	Kayaking
August 2	Thursday	Charles River	Newton	Kayaking
August 2	Thursday	Douglas State Forest	Douglas	Kayaking

DATE	DAY	LOCATION	TOWN	ACTIVITY
August 2	Thursday	Walden Pond	Concord	Hiking
August 3	Friday	Norwottuck Rail Trail	Hadley	Cycling
August 6	Monday	D.A.R. State Forest	Goshen	Kayaking
August 6	Monday	Walden Pond	Concord	Kayaking
August 7	Tuesday	Hampton Pond SP	Westfield	Canoeing
August 8	Wednesday	D.A.R. State Forest	Goshen	Kayaking
August 9	Thursday	Douglas State Forest	Douglas	Kayaking
August 10	Friday	Norwottuck Rail Trail	Hadley	Cycling
August 13	Monday	Walden Pond	Concord	Kayaking
August 14	Tuesday	Hampton Pond SP	Westfield	Canoeing
August 15	Wednesday	D.A.R. State Forest	Goshen	Kayaking
August 16	Thursday	Charles River	Newton	Kayaking
August 16	Thursday	Quinsigamond	Worcester	Kayaking
August 17	Friday	Norwottuck Rail Trail	Hadley	Cycling
August 20	Monday	Walden Pond	Concord	Kayaking
August 21	Tuesday	Hampton Pond SP	Westfield	Canoeing
August 23	Thursday	Quinsigamond	Worcester	Kayaking
August 24	Friday	Norwottuck Rail Trail	Hadley	Cycling
August 24	Friday	Bradley Palmer SP	Topsfield	Horseback Riding
August 27	Monday	Bradley Palmer SP	Topsfield	Horseback Riding
August 28	Tuesday	Robinson State Park	Feeding Hills	Hiking
September 6	Thursday	Georges or Spectacle	Boston Harbor	Hiking
September 13	Thursday	Chicopee State Park	Chicopee	Hiking
September 22	Saturday	Boston	TBD	Adaptive Games
September 30	Sunday	Bradley Palmer SP	Topsfield	Hiking
October 3	Wednesday	Mt. Holyoke Range SP	Amherst	Hiking
October 18	Thursday	Borderland State Park	Sharon	Hiking
October 20	Saturday	Maudslay State Park	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 advanced 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__

2012 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.

SIGNATURE (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:

Making new friends and building partnerships

The Universal Access Program has always valued the support of our friends and the importance of working with partners to increase the use of our Massachusetts State Parks by people of all abilities. Over the past couple of years the Universal Access Program have been involved with a large group of recreation providers in the greater Boston area who are working to put together a coalition of professionals and organizations to provide support to those working in the field of accessible, adaptive and inclusive recreation.

In a relatively short time, Greater Boston Access to Recreation has grown from an idea to a fledgling organization that provides professional development conferences, opportunities to network with others working in the field of accessible recreation and is working toward developing a sustainable, resource sharing base.

We have seen support and interest from more than 60 organizations and many more individuals. In the words of the organization itself, "GBAR serves to create opportunities for Accessible Recreation providers to network, enhance their skills and professional experience, work together to achieve common goals and increase access to and participation in sports and other recreational activities for people with disabilities."

This year the Carl and Ruth Shapiro Family Foundation has provided an organizational development grant to help GBAR solidify its foundation and create a roadmap for future growth. This is a very exciting time to be a part of this new organization, to meet and make new friends, to enjoy the opportunities that are being created and just feel the support of like-minded individuals and organizations.

If you have an interest in becoming part of this exciting new effort, please contact Heidi Marie-Peterson to be included in GBAR's contact list at (413) 577-3840 or Heidi.Marie-Peterson@state.ma.us

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 Friday August 24 and Monday August 27 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!



Ethan enjoys a horseback ride!

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.



Saturday, September 22

Join *Waypoint Adventure* for a fun teambuilding program intentionally designed and facilitated to help you and your group work more effectively together. Some of the skills we build on are communication, perseverance, using your strengths, self-determination and building resiliency. Join us for an afternoon of fun and games!

Call **Waypoint Adventure** to register: (781) 454-5297



DCR Access News Summer 2012

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

