

## Universal Access Program

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

Volume 17, Issue 2

Summer/Fall 2013

### **Before You Come:**

#### **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](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?**

Please call and leave a message so we know.

*All Photos by DCR staff.*

### **Universal Access Program Introduces EEC**

Over the past year, DCR's Universal Access Program has been testing the use of **Essential Eligibility Criteria** (EEC) for new participants, with positive results.

Designed to clarify what every participant must be able to do for particular activities, EEC serve as a helpful guide when you call to inquire about and pre-register for programs. It will be easier to determine whether it is appropriate for you to try a new activity. The EEC offer a clear guideline for communication and assessment for both caller and office staff.

There are general criteria for participation and seasonal, activity-specific criteria. General criteria are listed below. You'll find out the activity-specific criteria when you call the organization facilitating the program.



***Before you participate, it is important to consider essential eligibility requirements.***

### **Essential Eligibility Criteria for General Participation**

- Come to the program prepared for the weather and conditions of the day, including dressing for the elements and being able to provide own sun/rain protection and hydration/snacks
- Be able to manage personal care such as dressing, toileting, eating and drinking independently or with the assistance of a companion (friend, PCA, family member), who accompanies individual and serves as caretaker
- Be able to transfer on/off/in/out of equipment independently or with assistance (if over 200 lbs., must provide own transfer help)
- Be able to follow verbal and/or visual directions independently or with the assistance of a companion, caretaker or interpreter
- Be able to alert program staff to your needs/discomforts independently or with assistance of companion, caretaker or interpreter
- Be able and willing to wear protective equipment properly, such as bike helmets and personal flotation devices
- Use equipment appropriate for personal weight without going beyond the weight capacity of program equipment
- Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use or influence) to self or others, independently or with caretaker assistance

## KAYAKING!

### 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) 584-2052

**Mondays, 9:45AM-3:15PM**

**July 8, 15, 22, 29**

**August 5, 12**



*Kayakers enjoying the Charles River in Boston.*



*Adaptive kayaking at Hopkinton State Park.*

### 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) 584-2052

**Thursdays, 9:45AM-3:15PM**

**August 15 and 22**

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

### 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 any day of the week or during a UA program day!

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

**Thursdays, 10:00AM-3:00PM**

**July 11, 18, 25 and Aug 1**

### 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) 584-2052

**Wednesdays, 9:45AM-4:15PM**

**July 10, 17, 24, 31**

**August 7, 14**

### Kayaking 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) 584-2052

**Thursdays, 9:45AM-3:15PM**

**July 11, 18, 25**

**August 1**

### 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 1, 8, 15, 29**

**Aug 5**

## 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) 584-2052

**Tuesdays, 9:45AM-4:15PM**

**July 9, 16, 23**



*Participants prepare to go canoeing at Hampton Ponds in the Pioneer Valley.*

### Canoeing at DCR's Hampton Ponds SP 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) 584-2052

**Tuesdays, 10:45AM-4:15PM**

**July 30, August 6, 13**

## 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 experience! Free, but pre-registration is required.

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

**Thursdays, time varies**

**May - October**



*Many participants build their skills and certifications in Community Boating's Accessible Sailing Program. Some learn to sail independently and complete standard sailing certifications!*



*Adaptive rowing continues into the fall in Holyoke as participants train for competition or simply enjoy time on the Connecticut 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 experience! "Pay what you can" fee system, pre-registration required.

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

**Summer: June 17 – August 25**

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

Weekends: 10:00AM-3:00PM

**Fall: August 26 - September 29**

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

Weekends: 10:00AM-3:00PM



## CYCLING!

Access News Page 4

### Adaptive Cycling

Join *All Out Adventures* and explore the wide variety of adaptive bikes for adults and kids including hand cycles, trikes, tandems, and recumbent bikes. Cost is \$3 per program or use an AOA summer pass, pre-registration required. Call ***All Out Adventures*** to register (413) 584-2052

**Norwottuck Rail Trail, Hadley—Fridays, 10:00AM-3:00PM**

**June 21, 28, July 12, 19, 26, August 16, and 30**

**Ashuwillticook Rail Trail, Dalton—Fridays, 10:00AM—3:00PM**

**August 9 and 23**

**NEW! Artesani Park, Brighton—Thursdays, 11:00AM-3:00PM**

**September 12 and 19**



*Recumbent tandem offers comfortable ride.*

## HIKING!



*Hiker's enjoying a trail at Walden Pond.*

### 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. Bring a lunch and enjoy activities such as scavenger hunts, nature talks and letterboxing. Sighted guides available.

Limited transportation.

Program cost: \$3 per person, \$5 for families, \$12 for groups.

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

Date	Day	Location	Town	Theme
June 4	Tuesday	Chicopee State Park	Chicopee	Nature activity
July 16	Tuesday	Walden Pond	Concord	Hike around pond
July 17	Wednesday	Blue Hills	Milton	Summit hike, advanced
August 2	Friday	Dunn State Park	Gardner	ADA Celebration
August 28	Wednesday	Great Brook Farm	Carlisle	Dairy tour & ice cream party
August 29	Thursday	Breakheart Reservation	Saugus	Nature activity
September 10	Tuesday	Robinson State Park	Feeding Hills	Nature activities
September 14	Saturday	Spectacle Island	Boston Harbor	Paralympic Day
October 9	Wednesday	Mt. Tom State Reservation	Holyoke	Beaver pond exploration
October 20	Sunday	Maudslay State Park	Newburyport	Haunted Hike
October 21	Monday	Borderland State Park	Sharon	Mansion tour
October 22	Tuesday	Borderland State Park	Sharon	Mansion tour

# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
		4 <i>Hiking</i> Chicopee SP	5	6	7	8 <i>Adaptive Rec Fair</i> Brighton
		11	12	13 <i>Rowing</i> Holyoke	14 <i>Cycling</i> Hadley	15
		18 <i>Sailing</i> starts daily through Sept 29	19	20 <i>Rowing</i> Holyoke	21 <i>Cycling</i> Hadley	
23	24	25	26	27 <i>Rowing</i> Holyoke	28 <i>Cycling</i> Hadley	29
30						

# JULY




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sailing</i> Daily, Esplanade, Boston	<b>1</b> <i>Kayaking</i> D.A.R. SF, Walden Pond					
7	<b>8</b> <i>Kayaking</i> D.A.R. SF, Walden Pond	<b>9</b> <i>Canoeing</i> Bartons Cove  <i>Kayaking</i> Charles River	<b>10</b> <i>Kayaking</i> D.A.R. SF	<b>11</b> <i>Kayaking</i> Douglas SF, Hopkinton, Charles River <i>Rowing</i> Holyoke	<b>12</b> <i>Cycling</i> Hadley	13
14	<b>15</b> <i>Kayaking</i> D.A.R. SF, Walden Pond	<b>16</b> <i>Canoeing</i> Bartons Cove  <i>Hiking</i> Walden Pond	<b>17</b> <i>Kayaking</i> D.A.R. SF  <i>Hiking</i> Blue Hills	<b>18</b> <i>Kayaking</i> Douglas SF, Hopkinton <i>Rowing</i> Holyoke	<b>19</b> <i>Cycling</i> Hadley	20
	<b>22</b> <i>Kayaking</i> Walden Pond	<b>23</b> <i>Canoeing</i> Bartons Cove  <i>Kayaking</i> Charles River	<b>24</b> <i>Kayaking</i> D.A.R. SF	<b>25</b> <i>Kayaking</i> Douglas SF, Hopkinton, Charles River  <i>Rowing</i> Holyoke	<b>26</b> <i>Cycling</i> Hadley	27
28	<b>29</b> <i>Kayaking</i> D.A.R. SF, Walden Pond	<b>30</b> <i>Canoeing</i> Hampton Ponds	<b>31</b> <i>Kayaking</i> D.A.R. SF			



# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Kayaking</i> Douglas SF  <i>Rowing</i> Holyoke	 2 <b>ADA</b> <i>Celebration</i> Dunn Park	3
4	5 <i>Kayaking</i> D.A.R. SF, Walden Pond	6 <i>Canoeing</i> Hampton Ponds	7 <i>Kayaking</i> D.A.R. SF	8 <i>Rowing</i> Holyoke	9 <i>Cycling</i> Berkshires	10 <i>Sailing</i> Daily, Esplanade, Boston
11	12 <i>Kayaking</i> Walden Pond	13 <i>Canoeing</i> Hampton Ponds	14 <i>Kayaking</i> D.A.R. SF	15 <i>Kayaking</i> Quinsiga- mond SP  <i>Rowing</i> Holyoke	16 <i>Cycling</i> Hadley	
				22 <i>Kayaking</i> Quinsiga- mond SP  <i>Rowing</i> Holyoke	23 <i>Cycling</i> Berkshires <i>Horseback</i> <i>Riding</i> Bradley Palmer	24
25	26 <i>Horseback</i> <i>Riding</i> Bradley Palmer	27	28 <i>Hiking</i> Great Brook Farm	29 <i>Rowing</i> Holyoke <i>Hiking</i> Breakheart	30 <i>Cycling</i> Hadley	

# SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Sailing</i> Daily, Boston	2	3	4	5 <i>Rowing</i> Holyoke	6 <i>Cycling</i> Hadley	7
		10 <i>Hiking</i> Robinson SP	11	12 <i>Rowing</i> Holyoke <i>Cycling</i> Brighton	13	14 <i>Hiking</i> Spectacle Island Paralympic Celebration
		17	18	19 <i>Rowing</i> Holyoke <i>Cycling</i> Brighton	20	
22	23	24	25	26 <i>Rowing</i> Holyoke	27	28
29 <i>Sailing</i> Last day, Boston	30					

## **BASIC PROGRAM INFO**

***Some programs are free: rowing, horseback riding 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.***



# DCR UNIVERSAL ACCESS PROGRAM

## 2013 PARTICIPANT REGISTRATION & RELEASE FORM

### General Information:

*Please complete one form for each adult participant. Children may be registered along with an adult family member on the same form. You must be a parent or legal guardian to register children under 18 years old. Please print clearly.*

Name(s): \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email\* \_\_\_\_\_

*Would you prefer to receive a twice yearly newsletter of activities via \_\_\_\_\_e-mail or \_\_\_\_\_mail?*

**Optional: Veteran Status:** \_\_\_\_yes I have served in the U.S. military \_\_\_\_no I am not a veteran

The undersigned, on behalf of the below mentioned participant, in connection with his/her participation in events held by DCR's Universal Access Program hereby release the Commonwealth of Massachusetts, Department of Conservation and Recreation, and its employees, permittees, vendors, 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.

The undersigned, on behalf of the below mentioned participant, in connection with his/her participation in events held by DCR's Universal Access Program, gives my permission for the Commonwealth of Massachusetts, including it DCR, to use photographs and/or videotape of me or the participant for publicity and media purposes, including but not limited to internet publications and inclusion in any DCR publication.

\_\_\_\_\_  
**Individual Participant: SIGN HERE**

\_\_\_\_\_  
**DATE**

*If participant is under 18 years of age or has legal guardian, signature of parent/guardian required:*

\_\_\_\_\_  
**Parent/Guardian: SIGN HERE**

**Parent/Legal Guardian name (please print):** \_\_\_\_\_

## 2013 PARTICIPANT REGISTRATION FORM

### General Information:

Birth date: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_

Phone Number \_\_\_\_\_

### Medical Information

*Please complete this information to help us better serve you. Please check any that apply.*

☐ Seizure Disorder ☐ Heart Disease ☐ Diabetes

☐ Traumatic/Acquired Brain Injury ☐ Bleeding Disorder ☐ Lung or breathing disorder

☐ High Blood Pressure ☐ Life Threatening Allergies ☐ Dementia

☐ Weakness or Paralysis of Extremities: ☐ Left ☐ Right

☐ Other (Please explain): \_\_\_\_\_

Please explain any medical information checked \_\_\_\_\_

### Confidential Questions

*So we can better serve your needs, please complete the following:*

Height \_\_\_\_\_ Weight \_\_\_\_\_

☐ Yes ☐ No Can you independently form a watertight seal with your mouth?

☐ Yes ☐ No Can you independently hold your head up in the water?

☐ Yes ☐ No Can you independently turn face up in the water while wearing a life jacket?

☐ Yes ☐ No Can you alert program staff to your needs?

☐ Yes ☐ No Will you be able to refrain from behaviors that pose a risk to yourself and/or others? (i.e. Pica, aggression, lack of safety awareness, wandering away from the group)

☐ Yes ☐ No Will a Personal Care Assistant accompany you?

*If yes, please provide his/her name* \_\_\_\_\_

☐ Yes ☐ No Do you carry any medication?

*If yes, please describe* \_\_\_\_\_

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

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## Notes from the Director

Over the past year, I've noticed a growing trend of awareness and support for providing accessible recreation and for building a higher quality of life for people with disabilities. It is very satisfying to see the need for accessible recreation being addressed in meaningful ways through new initiatives, efforts, and funding. I believe this trend will continue as the benefits of these undertakings become evident.

Here are some exciting access improvements that will be introduced this year to make your visits to our parks even more enjoyable.

The viewing deck at the Summit House atop Mount Holyoke at **Skinner State Park** will now be wheelchair accessible for the first time ever. With the ramp opening scheduled for mid-June, this spectacular view of the Connecticut River Valley is something you should not miss!

Close by, at **Mount Tom State Reservation**, a new accessible trail leading to a viewing bridge on Lake Bray is being finished as we go to press and will be open this summer.

**Mt. Greylock State Reservation** has several new accessible interpretive and signage projects that will enhance your visit to Massachusetts' highest peak. The newly installed exhibits in the visitor's center, combined with new interpretive signage at the summit, will certainly augment the overall enjoyment of being at this extraordinary park.

**Scusset Beach** has a new accessible boardwalk over the dunes. This, combined with last year's addition of two new beach wheelchairs that will allow you to roll into the water, should make your beach days a memorable event.

We look forward to seeing you this summer. Please let us know how you enjoyed your visit to the Massachusetts State Parks and if there is anything we can do to improve, so we can better accommodate you and your family and friends.

### 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 23 and Monday, August 26 from 10:00AM-2:00PM. To receive waivers, register and reserve a spot, call Gigi at (617) 626-1294 or Gina at (978) 682-7855. Free program.



A gentle riding experience at Bradley Palmer State Park.

### *Donations Welcome!*

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 newsletter to discover the most accessible recreation opportunities in Massachusetts State Parks!*



Happy paddlers at the D.A.R. Forest.



**DCR Access News Summer 2013**

*Universal Access Program*

251 Causeway Street, Suite 600

Boston, Massachusetts 02114

