



## Universal Access Program

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

Volume 18, Issue 2

Summer/Fall 2014

### Before You Come

#### ♦ Pre Register ♦

Get into the activity sooner when you arrive! Come with your waiver filled out!

<http://www.mass.gov/eea/docs/dcr/universal-access/waiver-dcr.pdf>

#### In the event of poor weather:

Contact the providing organization listed inside.

#### Need to cancel?

Please call the providing organization and leave a message.

#### Check Out Our Blog:

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

#### Visit Our Facebook Page:

[DCR Universal Access Program](#)

See stories and photos from our programs across the state and share your own adventures!

*All Photos by DCR staff.*

### Universal Access Program Now A Paralympic Sports Club



MASSACHUSETTS

DCR's Universal Access Program is happy to announce we have joined the growing ranks of Paralympic Sport Clubs around the country!

Paralympic Sports Clubs build community in adaptive sports and recreation to better serve individuals who wish to pursue excellence in athletic pursuits.

DCR's Universal Access Program offers cycling, rowing, sailing, canoeing, Nordic skiing, and sled hockey at an introductory level—each of these are official Paralympic Sports. Learn more about Paralympic sports at <http://www.teamusa.org/US-Paralympics/Sports>.

We can help you determine your eligibility, consider potential sports, and connect you with the most local resources for participating and taking your pursuit to the next level.

Benefits for individuals include improved health and fitness, higher self-esteem, positive challenge, advanced skill development, being part of a team community, overcoming adversity, and more!

For further information, contact DCR at 413-577-3840.



UAP Participant Cindy Walker and Skipper Ryan Porteous are training to compete in a 2-person keelboat team at the 2016 Paralympics in Rio.

*Photo courtesy of US. Sailing.*

## 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 7, 14, 21, 28**  
**August 4, 11**



*This group of kayakers is sticking together at the D.A.R. State Forest in Goshen.*

### Kayaking on The Charles River Waltham, MA

Join *Waypoint Adventure* to kayak on a beautiful section of the Charles River.

Strengthen your kayak skills during this two-hour exploration.

Call *Waypoint Adventure* to register: 617-244-5472

**Tuesdays & Thursdays,**  
**10:00AM-3:00PM**  
**Beginner: July 17, 22**  
**Intermediate: July 24, 29**

### 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**  
**July 31**  
**August 7, 14, 21, 28**  
**September 4**



*Celebrating on the Charles River in Waltham!*

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

### 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 on a Universal Access day!

Call *Boating in Boston* to register: 617-299-3392  
**Thursdays, 10:00AM-3:00PM**  
**July 10, 17, 24, 31**

### 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 9, 16, 23, 30**  
**August 6, 13**



*Getting ready to launch at Dunn State Park in Gardner.*

### 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-3:30PM**  
**July 7, 14, 21, 28**  
**August 11**



## CANOEING!

### Canoeing at DCR's D.A.R. State Forest Goshen, MA

Join *All Out Adventures* for canoeing at Highland Pond. Cruise along the shoreline to look for wildlife and hunt for blueberries, or take off across the open pond. After your paddle, stroll through the forest on the accessible trail or go for a swim at the beach!

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 8, 15



*Learning canoe strokes at Hampton Ponds.*

### Canoeing on the Connecticut River Sunderland, MA to Hatfield, MA

Explore the Connecticut River with *All Out Adventures*. Paddle around First Island in the morning, or head down-river to Hatfield in the afternoon!

Program costs: \$5 per person. Sign up for a one-hour morning trip or the three-hour afternoon outing.

Call *All Out Adventures* to register: 413-584-2052

Tuesdays, 10:00AM–3:30PM  
July 22 & August 12

### Canoeing at DCR's Hampton Ponds SP Westfield, MA

Join *All Out Adventures* to explore this popular spot near Holyoke. Paddle around the lilies in Pequot Pond, exploring the coves or circling the island. Keep your eyes open for herons, ducks, geese, and even bald eagles!

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 29  
August 5

## 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



*Enjoy a work out on the Connecticut River all summer long!*



*Learn to sail with Community Boating!*

## 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

June 16–August 24

Mon-Fri: 10:00AM–5:00PM

Sat-Sun: 10:00AM–3:00PM

August 25–September 14

Mon-Fri: 1:00PM–5:00PM

Sat-Sun: 10:00AM–3:00PM

## CYCLING!

### Adaptive Cycling

Join *All Out Adventures* and explore a 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

Artesani Park, Brighton

Fridays, 10:00AM–3:00PM

June 13, 27

July 11, 18

August 1, 8, 15, 22, 29

September 5

Tuesdays, 11:00AM–3:00PM

September 16, 23



Trying out a recumbent trike at Artesani Park.

## HIKING!

### Accessible Hiking Program that travels around the state!

Take a gentle hike with *Stavros Outdoor Access*. Explore accessible trails and rugged paths with a focus on fun and meeting new people. Teamwork and assistive equipment, such as the Terra Trek mountain wheelchair, unite people of all abilities! Bring a lunch and enjoy activities like scavenger hunts, nature talks, and letterboxing. Sighted guides available. Limited transportation.

Program cost: \$3 per person, \$5 for families, \$20 for groups.

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



Hikers taking a break to pose for the camera!

Date	Day	Location	Town	Theme
June 10	Tuesday	Robinson State Park	Feeding Hills	Nature activities
June 29	Sunday	Halibut Point State Park	Rockport	Seaside stroll & quarry tour
July 10	Thursday	Walden Pond	Concord	Hike around pond
July 17	Thursday	Webb Memorial State Park	N. Weymouth	Beach scavenger hunt
July 25	Friday	Dunn State Park	Gardner	ADA celebration
August 18	Monday	Great Brook Farm	Carlisle	Dairy tour & ice cream party
September 3	Wednesday	Rutland State Park	Rutland	Letterboxing
September 10	Wednesday	Spectacle Island	Boston Harbor	Paralympic day
October 8	Wednesday	Mt. Holyoke Range	Amherst	Pioneer Valley history
October 16	Thursday	Borderland State Park	Sharon	Mansion tour
October 17	Friday	Borderland State Park	Sharon	Mansion tour
October 18	Saturday	Maudslay State Park	Newburyport	Haunted hike

### General Information:

**OFFICE:** \_\_V\_\_P\_\_D\_\_PCA\_\_GS\_\_W\_\_DB\_\_\_\_IN\_\_\_\_  
GN\_\_\_\_\_NEW

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:*

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**Parent/Guardian: SIGN HERE**

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

# 2014 PARTICIPANT REGISTRATION FORM

## General Information:

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

Emergency Contact: \_\_\_\_\_ 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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# JUNE







Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5 <b>Rowing</b> CT River		
		10 <b>Hiking</b> Robinson SP	11	12 <b>Rowing</b> CT River	13 <b>Cycling</b> Norwottock Rail Trail	14
15	16 <b>Sailing</b> Esplanade, Boston <i>Starts daily            through Sept            14</i>	17	18	19 <b>Rowing</b> CT River	20	
22				26 <b>Rowing</b> CT River	27 <b>Cycling</b> Norwottock Rail Trail	28
29 <b>Hiking</b> Halibut Point SP						

# JULY




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sailing</b> Esplanade, Boston <i>Daily</i>				3 <b>Rowing</b> CT River	4	5
6	7 <b>Kayaking</b> D.A.R. SF, Walden Pond	8 <b>Canoeing</b> D.A.R. SF	9 <b>Kayaking</b> D.A.R. SF	10 <b>Kayaking</b> Hopkinton SP <b>Hiking</b> Walden Pond <b>Rowing</b> CT River	11 <b>Cycling</b> Norwottuck Rail Trail	12
	14 <b>Kayaking</b> D.A.R. SF, Walden Pond	15 <b>Canoeing</b> D.A.R. SF	16 <b>Kayaking</b> D.A.R. SF	17 <b>Kayaking</b> Charles River, Hopkinton SP <b>Hiking</b> Webb Memorial SP <b>Rowing</b> CT River	18 <b>Cycling</b> Norwottuck Rail Trail	
20	21 <b>Kayaking</b> D.A.R. SF, Walden Pond	22 <b>Kayaking</b> Charles River  <b>Canoeing</b> CT River	23 <b>Kayaking</b> D.A.R. SF	24 <b>Kayaking</b> Charles River, Hopkinton SP  <b>Rowing</b> CT River	 25 <b>ADA            Celebration</b> <b>Hiking</b> and <b>Kayaking</b> Dunn SP	26
	28 <b>Kayaking</b> D.A.R. SF, Walden Pond	29 <b>Kayaking</b> Charles River  <b>Canoeing</b> Hampton Ponds SP	30 <b>Kayaking</b> D.A.R. SF	31 <b>Kayaking</b> Quinsigamond SP, Hopkinton SP  <b>Rowing</b> CT River		



# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>Cycling</b> Norwottuck Rail Trail	2 <b>Sailing</b> Esplanade, Boston <i>Daily</i>
3	4 <b>Kayaking</b> Walden Pond	5 <b>Canoeing</b> Hampton Ponds SP	6 <b>Kayaking</b> D.A.R. SF	7 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	8 <b>Cycling</b> Norwottuck Rail Trail	
	11 <b>Kayaking</b> D.A.R. SF, Walden Pond	12 <b>Canoeing</b> CT River	13 <b>Kayaking</b> D.A.R. SF	14 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	15 <b>Cycling</b> Norwottuck Rail Trail	16
17	18 <b>Hiking</b> Great Brook Farm SP			21 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	22 <b>Cycling</b> Norwottuck Rail Trail	
	25 <b>Horseback Riding</b> Bradley Palmer SP	26 <b>Horseback Riding</b> Bradley Palmer SP	27	28 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	29 <b>Cycling</b> Norwottuck Rail Trail	30

# SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			3 <b>Hiking</b> Rutland SF	4 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	5 <b>Cycling</b> Norwottuck Rail Trail	6
			10 <b>Hiking</b> Spectacle Island	11 <b>Rowing</b> CT River	12	13
14 <b>Sailing</b> Esplanade, Boston <i>Last day</i>	15	16 <b>Cycling</b> Artesani Park	17	18 <b>Rowing</b> CT River		
		23 <b>Cycling</b> Artesani Park	24	25 <b>Rowing</b> CT River		

## 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.

All program participants must complete a registration form and waiver.

## Notes from the Director

Access Recreation **BOSTON** is about to go live!

DCR's Universal Access Program is delighted to be a part of this collaborative project with many of the area's leading accessible recreation providers.

Access Recreation Boston (ARB), now a formal project of the Institute for Human Centered Design, will expand the reach of organizations and individuals providing adaptive, inclusive, accessible recreation in the Greater Boston area and beyond. The ARB project's mission is to increase and enhance recreation opportunities for people with disabilities in the Greater Boston area.

This summer be sure to check out the Access Recreation Boston website, which will feature an interactive calendar where you will be able to find activities ranging from sailing, to sketching, to hiking on the Harbor Islands. Watch for the link to the website in the Universal Access Program's online newsletter and schedule of events.

### Horseback Riding!



A trio of riders at Bradley Palmer State Park.

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

**Monday, August 25, and Tuesday, August 26**

**10:00AM—2:00PM**

To receive program-specific waivers, register, and reserve a spot, call Gigi at 617-626-1294 or Gina at 978-682-7855.

Free program.

Don't miss this great opportunity to give horseback riding a try. Sign up early, as this popular program fills up fast!

## Essential Eligibility Criteria for General Participation

Essential Eligibility Criteria are designed to clarify what participants must be able to do for particular activities. The general criteria are listed below—you'll find out about activity-specific criteria when you call to register for a program, or by visiting <http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/essential-eligibility-criteria-for-program-participants.html>

- 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



*DCR's Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. Accessibility to MassParks 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!*



*A group enjoying the view of Boston Harbor on Spectacle Island.*



**DCR Access News Summer 2014**

*Universal Access Program*

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