



Universal Access Program

P.O. Box 484 • Amherst, MA 01004 • 413-545-5353
Volume 19, Issue 2 Summer/Fall 2015

Before You Come

♦ Pre-Register ♦

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

www.mass.gov/dcr/universal-access/waiver

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:

www.everyoneoutdoors.blogspot.com

Stop by our website:

www.mass.gov/dcr/universal-access

Visit us on Facebook:

www.facebook.com/DCR.Universal.Access.Program

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

All Photos by DCR staff.

Floating Beach Wheelchairs Available for Use!



Enjoy the water this summer in a floating beach wheelchair! Mobi Chair beach wheelchairs provide assisted travel not only across the beach, but also into the water itself, and are a great way to cool off on a hot day.

The DCR currently has Mobi Chairs at Salisbury Beach, Scusset Beach, and Wollaston Beach, as well as at the D.A.R State Forest and Dunn State Park.

SMILE Mass (Small Miracles In Life Exist) has already placed 64 Mobi Chairs on Cape Cod, and will be placing more chairs at Boston area beaches this summer. SMILE Mass also offers loaner chairs to take to the beach yourself. Mobi Chairs are recommended for use in gentle waters only, so please check with your beach before you go! To request a chair loan, contact info@smilemass.org

For an updated list of locations with Mobi Chairs, please contact the Universal Access Program at 413-545-5758.



Universal Access Program Turns 20!

Time flies when you're having fun in the Parks! This year marks the 20th anniversary of the DCR's Universal Access Program.

For the past two decades, we've worked on site improvements, placed equipment in the parks, and seen our adaptive recreation programs grow each year.

We're looking forward to another summer of accessible recreation in MassParks, and to the next 20 years!

KAYAKING!

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

Experience flat-water kayaking on historic Walden Pond with *All Out Adventures*.

Adaptations and support available as needed. Sign up for an hour-long paddle!

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

Mondays, 9:45AM–3:15PM
July 13, 20, 27
August 3, 10, 17



These enthusiastic kayakers are heading out for a paddle at Quinsigamond State Park on a gorgeous day!

Kayaking on The Charles River Waltham, MA

Join *Waypoint Adventure* to kayak on the Charles River. Strengthen your kayak skills during a two-hour exploration, or try a longer river trip!

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

Beginner:

Tues & Thurs,
1PM–3PM
July 16, 21, 23

Intermediate:

Tues, July 28 1PM–3PM
Thurs, July 30 6PM–8PM
Sat, July 18 10AM–3PM

Group Sessions:

Thurs, July 28 10AM–12PM
Thurs, August 13 6PM–8PM
Sat, August 22 10AM–3PM

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, 10AM–3PM
July 9, 16, 23, 30



Bright boats on the gentle water at Hopkinton State Park.

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

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 6, 13, 20
August 3



Cindi and LeeAnn are taking a break and enjoying the scenery on Highland Lake at the D.A.R. State Forest.

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 30
August 6, 13, 20, 27
September 3

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

Kayak with *All Out Adventures* on scenic Highland Lake. Sign up for an hour-long paddle!

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

Wednesdays, 9:45AM–4:15PM
July 1, 8, 15, 29
August 5, 12

CANOEING!

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

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

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 7, 14



Launching off 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 a three-hour afternoon outing.

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

Tuesdays, 10:00AM–3:30PM
July 21 & August 11

Canoeing at DCR's Hampton Ponds State Park 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 28
August 4

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



Trying out pontoons for extra balance while rowing on the Connecticut River.



Enjoy the Boston skyline while learning to sail with Community Boating Inc.

SAILING!

Sailing on the Charles River Boston, MA

Learn to sail and enjoy the Boston scenery. Modified sailboats and adaptive support provided as needed.

"Pay what you can" fee system, pre-registration required.

Call or email
Community Boating Inc.
to register: 617-523-1038
uap@community-boating.org

June 15–September 27
Days vary; call for schedule

Thursdays:
Racing 12:30PM–8:30PM

www.community-boating.org/programs/universal-access-program/reservations

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; pre-registration required.

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

Norwottuck Rail Trail,
Hadley

Fridays,
10AM-3PM

June 19, 26

July 10, 17, 24, 31

August 7, 14, 21, 28

Artesani Park,
Brighton

Thursdays,
11AM-3PM

July 16

September 17



*Enjoy the bike path on your own, or join a caravan!
These riders are taking off down the Norwottuck
Rail Trail in Hadley.*

HIKING!

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

Take a gentle hike with *Stavros Outdoor Access*. 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.

Program cost: \$3 per person, \$5 for families,
\$25 for groups

Call *Stavros Outdoor Access* to register:

413-259-0009



*Hikers learning about the granite quarry at
Halibut Point State Park.*

Date	Day	Location	Town	Theme
June 10	Wednesday	Great Brook Farm State Park	Carlisle	Dairy tour & ice cream
June 12	Friday	Robinson State Park	Feeding Hills	Nature activities
June 17	Wednesday	Halibut Point State Park	Rockport	Quarry tour
June 24	Wednesday	Pittsfield State Forest	Pittsfield	Nature scavenger hunt
July 9	Thursday	Rutland State Park	Rutland	Letterboxing
July 16	Thursday	Blue Hills Reservation	Milton	Nature activities
July 22	Wednesday	Boston Common	Boston	ADA Celebration
August 5	Wednesday	Walden Pond State Reservation	Concord	Pond-side hike
August 12	Wednesday	Webb Memorial State Park	N. Weymouth	Beach scavenger hunt
September 1	Tuesday	Spectacle Island	Boston Harbor	Ferry trip and island tour
September 16	Wednesday	Borderland State Park	Sharon	Mansion tour
October 7	Wednesday	Mt. Tom State Reservation	Holyoke	Beaver pond exploration
October 17	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:

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:

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			3	4 Rowing CT River		
			10 Hiking Great Brook Farm SP	11 Rowing CT River	12 Hiking Robinson SP	13
14	15 Sailing Esplanade, Boston <i>Starts five days a week through Sept 27</i>	16	17 Hiking Halibut Point SP	18 Rowing CT River	19 Cycling Norwottock Rail Trail	
21	22	23	24 Hiking Pittsfield SF	25 Rowing CT River	26 Cycling Norwottock Rail Trail	27



JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Kayaking D.A.R. SF Sailing Esplanade, Boston <i>Five days a week</i>	2 Rowing CT River		
	5	6 Kayaking D.A.R. SF	7 Canoeing D.A.R. SF	8 Kayaking D.A.R. SF	9 Hiking Rutland SP Kayaking Hopkinton SP Rowing CT River	10 Cycling Norwottuck Rail Trail
	13 Kayaking D.A.R. SF, Walden Pond SR	14 Canoeing D.A.R. SF	15 Kayaking D.A.R. SF	16 Cycling Artesani Park Hiking Blue Hills Kayaking Charles River, Hopkinton SP Rowing CT River	17 Cycling Norwottuck Rail Trail	18 Kayaking Charles River
	20 Kayaking D.A.R. SF, Walden Pond SR	21 Kayaking Charles River Canoeing CT River	 22 ADA Celebration Hiking and Cycling demos Boston Common	23 Kayaking Charles River, Hopkinton SP Rowing CT River	24 Cycling Norwottuck Rail Trail	
26	27 Kayaking Walden Pond SR	28 Kayaking Charles River Canoeing Hampton Ponds SP	29 Kayaking D.A.R. SF	30 Kayaking Charles River, Hopkinton SP, Quinsigamond SP Rowing CT River	31 Cycling Norwottuck Rail Trail	

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Sailing Esplanade, Boston <i>Five days a week</i>
2	3 Kayaking D.A.R. SF, Walden Pond SR	4 Canoeing Hampton Ponds SP	5 Hiking Walden Pond SR Kayaking D.A.R. SF	6 Kayaking Quinsigamond SP Rowing CT River	7 Cycling Norwottuck Rail Trail	8
	10 Kayaking Walden Pond SR	11 Canoeing CT River	12 Hiking Webb Memorial SP Kayaking D.A.R. SF	13 Kayaking Charles River, Quinsigamond SP Rowing CT River	14 Cycling Norwottuck Rail Trail	
16	17 Horseback Riding Bradley Palmer SP Kayaking Walden Pond SR	18 Horseback Riding Bradley Palmer SP		20 Kayaking Quinsigamond SP Rowing CT River	21 Cycling Norwottuck Rail Trail	22 Kayaking Charles River
			26 Ice Skating Cronin Rink	27 Kayaking Quinsigamond SP Rowing CT River	28 Cycling Norwottuck Rail Trail	

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Hiking Spectacle Island	2	3 Kayaking Quinsigamond SP Rowing CT River		
		8	9	10 Rowing CT River	11	12
13	14	15	16 Hiking Borderland SP	17 Cycling Artesani Park Rowing CT River		
			23	24 Rowing CT River		
27 Sailing Esplanade, Boston <i>Last day for summer schedule</i>	<div>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.</div>					

Notes from the Director

When the Universal Access Program started in 1995, the Americans with Disabilities Act (ADA) was only five years old. However, prior to the passage of the ADA, the state parks in Massachusetts had been working diligently to assess and make accessibility improvements across the state with the ultimate goal being a fully accessible parks system. What was missing was the comprehensive approach that The Universal Access Program brought to the DCR. By recognizing that physical improvements alone would not satisfy the recreation needs of many individuals with disabilities we instituted the placement of adaptive equipment along with the recreation programming component that has become so popular. This approach was a unique model that to this day is unparalleled in its success in opening outdoor recreation to people of all abilities. Please help us celebrate our 20th anniversary by coming to our parks and our programs. Make this year the year you try something new, such as kayaking or sailing or hand-cycling. I look forward to seeing you in the parks.

Tom McCarthy

Horseback Riding!



Enjoying a gentle ride on the trails at Bradley Palmer State Park.

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

Monday, August 17, and Tuesday, August 18

10AM—2PM

To receive program-specific waivers, register, and reserve a spot, call Rachael at **413-545-5745** or Jenna 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/dcr/universal-access/eec>

- 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



Wednesday, August 26

11AM-2PM

Join the Universal Access Program for an afternoon of skating, socializing, and snacking at Cronin Rink in Revere! We'll be skating and playing games inside on the ice, and grilling burgers and hot dogs outside. Join us to beat the heat and celebrate summer skating!

Call the *Universal Access Program* to register:
413-545-5758

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!



DCR Access News Summer 2015
Universal Access Program
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