



DCR Provides Universal Access to the Buzzards Bay Coast



The Department of Conservation and Recreation will provide beach and ocean access to visitors of all abilities along three of the most popular beaches on the Buzzards Bay Coast. Horseneck Beach State Reservation, Demarest Lloyd Memorial State Park, and Fort Phoenix Beach State Reservation will be the first DCR beaches to have universally accessible pathways directly to the water.

A beach mat will extend from existing accessible surfaces to near the high tide line and provide an accessible pathway to the water. There will be three 185 feet long pathways installed at Horseneck Beach and single 55 feet long pathways installed at Demarest Lloyd and Fort Phoenix Beach. Additional mat platforms will be connected to the main path to create areas to pull-off the path and enjoy the beach.

Floating beach wheelchairs will be available at these locations and others statewide, as water conditions allow. For more information, please visit the Universal Access Program website, www.mass.gov/dcr/universal-access.

Work to Play (W2P) Summer Programming



The Universal Access Program continues its initiative to expand recreation opportunities for working people with disabilities by providing programming outside of regular working hours.

For weekend and evening programs coming up this summer, check out programs labeled with this Work to Play logo in the calendar:



If you would like more information about the initiative, please contact the Universal Access Program at 413-348-2383.

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!

KAYAKING!

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



Taking in beautiful views of the Boston skyline while enjoying a paddle on the Charles River. Photo Credit: Waypoint Adventure

Kayaking on The Charles River Waltham, MA

Join *Waypoint Adventure* for kayaking explorations in Boston. Strengthen your kayaking skills during a two-hour exploration. Adaptive equipment and motivating instructors will make your paddling experience a memorable one.

Introductory Level:

Thursday, July 14 1PM–3PM

Thursday, July 28 1PM–3PM

Group Session:

Thursday, August 25 10AM–12PM

Intermediate Level:

Saturday, August 13 10AM–3PM

Tuesday, August 16 6PM–8:30PM

Thursday, August 18 1PM–3PM

Thursday, August 25 1PM–3PM

Program Cost: \$10 per person

To register for a program or specific location/directions, call *Waypoint Adventure*:
617-244-5472

Kayaking at 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 28

August 4, 11, 18, 25

September 1



Taking a break to pose for a group photo on Lake Quinsigamond.

Kayaking at Cochituate State Park Natick, MA

Experience a peaceful escape from the busy city with a relaxing paddle on Lake Cochituate. Sign up for an hour-long paddle!

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

Mondays, 9:45AM–3:15PM

July 11, 18, 25

August 1, 8, 15, 22

Kayaking at 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 *Outdoor Access* to register:

413-259-0009

Mondays, 10AM–3PM

July 11, 18, 25

August 8



Heading out on Highland Lake at the D.A.R. State Forest.

Kayaking at D.A.R. State Forest Goshen, MA

Come paddle with *All Out Adventures* on scenic Highland Lake. Adaptations and support available as needed. Sign up for an hour-long paddle!

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

Wednesdays, 9:45AM–4:15PM

July 6, 13, 20, 27

August 3, 10, 17, 24

CANOEING!

Program Cost: \$5 per person. Call *All Out Adventures* to register for programs: 413-584-2052.

Canoeing at Erving State Forest

Erving, MA

Join *All Out Adventures* for a paddle on Laurel Lake.

Tuesday, July 12, 10:00AM–3:30PM

Canoeing at Wendell State Forest

Wendell, MA

Come explore this beautiful state forest that gets you deeper into nature, away from human development.

Tuesdays, 10:00AM–3:30PM

July 19, 26



Andrea on the gentle water of Wickett Pond at Wendell State Forest.

(Left): Marlene smiles big as she launches off at Hampton Ponds.



Canoeing at Hampton Ponds State Park

Westfield, MA

Come to this popular spot and 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!

Tuesdays, 10:45AM–4:15PM

August 9, 16, 23

CYCLING!

Program Cost: \$3 per person. Pre-registration required. Call *All Out Adventures*: 413-584-2052.

Adaptive Cycling

Join *All Out Adventures* this summer and explore a wide variety of adaptive bikes for adults and kids, including hand cycles, trikes, tandems, and recumbent bikes.

Enjoy the bike path on your own or join a caravan!

Ride occasionally or weekly!



This rider takes off in a semi-recumbent trike down the Norwottuck Rail Trail.

Artesani Park,
Brighton

Days vary,
11AM–3PM

July 7

August 18

September 7, 10, 21, 24

Norwottuck Rail Trail,
Hadley

Fridays,
10AM–3PM

June 17, 24

July 8, 15, 29

August 5, 12, 19, 26

September 2



Jakob and Andrea smile for a photo before they head out on the trail.

Reserve your one-hour time slot now!

RECREATIONAL OUTINGS!

Program Cost: \$3 per person, \$5 for families, and \$25 for groups.

Accessible **Recreational Outing** Program
that travels around the state!

Take a gentle hike with *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.

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



The clouds hover beautifully as this group of hikers poses for a photo at Pittsfield State Forest.

Date	Day	Location	Town	Theme
June 16	Thursday	Chicopee Memorial State Park	Chicopee	Nature activities
June 21	Tuesday	Halibut Point State Park	Rockport	Quarry tour
June 28	Tuesday	Rutland State Park	Rutland	Letterboxing
July 5	Tuesday	Pittsfield State Forest	Pittsfield	Nature scavenger hunt
July 22	Friday	Dunn State Park	Gardner	ADA Celebration
July 26	Tuesday	Great Brook Farm State Park	Carlisle	Dairy tour & ice cream
August 12	Friday	Georges Island	Boston Harbor	Ferry trip and island tour
August 16	Tuesday	Robinson State Park	Feeding Hills	Nature activities
August 30	Tuesday	Walden Pond State Reservation	Concord	Pond-side hike
September 13	Tuesday	Blue Hills Reservation	Milton	Nature activities
October 4	Tuesday	D.A.R. State Forest	Goshen	Letterboxing
October 22	Saturday	Maudslay State Park	Newburyport	Haunted hike

SAILING!

Program Cost: \$50 for the season. Need-based, reduced fee of \$1 available. Call to find out more.

Accessible **Sailing** on the Charles River
Esplanade, Boston

Learn to sail and enjoy the Boston scenery. Modified sailboats and adaptive support provided as needed. Call or email **Community Boating, Inc.** to register: 617-651-1209 or email uap@community-boating.org

June 13–October 31, Days vary; call for schedule
www.community-boating.org/programs/universal-access-program/reservations



These sailors enjoy great views while out on the Charles River.

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):

2016 PARTICIPANT REGISTRATION FORM

General Information:

Your Name: _____ 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

☐ Loss of Balance ☐ Weakness or Paralysis of Extremities: ☐ Left ☐ Right

Have you fallen in the past 5 years? Y N If so, please explain _____

☐ 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
 <p>Photo Credit: Waypoint Adventure</p>						
 <p>Photo Credit: Waypoint Adventure</p>						
12	13 Sailing Esplanade, Boston <i>Starts seven days a week through Oct 31</i>		15	16 Outing Chicopee Memorial SP Rowing CT River	17 Cycling Norwottock Rail Trail	18
	21 Outing Halibut Point SP	22	23 Rowing CT River	24 Cycling Norwottock Rail Trail		
	28 Outing Rutland SP	29				










JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sailing  Esplanade, Boston <i>Seven days a week until October 31</i>	<i>Photo Credit: Waypoint Adventure</i> 				1	2
3	4	5 Outing Pittsfield SF	6 Kayaking D.A.R. SF	7 Cycling Artesani Park Rowing CT River	8 Cycling Norwottuck Rail Trail	9
	11 Kayaking D.A.R. SF, Cochituate SP	12 Canoeing Erving SF	13 Kayaking D.A.R. SF	14 Kayaking Charles River Rowing CT River	15 Cycling Norwottuck Rail Trail	
17	18 Kayaking D.A.R. SF, Cochituate SP	19 Canoeing Wendell SF	20 Kayaking D.A.R. SF	21 Rowing CT River	 22 ADA Celebration Hiking and Kayaking at Dunn State Park	
	25 Kayaking D.A.R. SF, Cochituate SP	26 Canoeing Wendell SF Outing Great Brook Farm SP	27 Kayaking D.A.R. SF	28 Kayaking Charles River, Quinsigamond SP Rowing CT River	29 Cycling Norwottuck Rail Trail	

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kayaking Cochituate SP		3 Kayaking D.A.R. SF	4 Kayaking Quinsigamond SP Rowing CT River	5 Cycling Norwottuck Rail Trail	6  Sailing Esplanade, Boston <i>Seven days a week until October 31</i>
	8 Kayaking D.A.R. SF, Cochituate SP	9 Canoeing Hampton Ponds SP	10 Kayaking D.A.R. SF	11 Kayaking, Quinsigamond SP Rowing CT River	12 Outing Georges Island Cycling Norwottuck Rail Trail	13  Kayaking Charles River
14	15 Kayaking Cochituate SP	16  Kayaking Charles River, Canoeing Hampton Ponds SP Outing Robinson SP	17 Kayaking D.A.R. SF	18 Kayaking Charles River, Quinsigamond SP Cycling Artesani Park Rowing CT River	19 Cycling Norwottuck Rail Trail	
	22 Horseback Riding Bradley Palmer SP Kayaking Cochituate SP	23 Horseback Riding Bradley Palmer SP Canoeing Hampton Ponds SP	24 Kayaking D.A.R. SF	25 Kayaking Charles River, Quinsigamond SP Rowing CT River	26 Cycling Norwottuck Rail Trail	27
		30 Outing Walden SP	31 Ice Skating Cronin Rink			

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Sailing Esplanade, Boston <i>Seven days a week until October 31</i>		1 Kayaking Quinsigamond SP Rowing CT River	2 Cycling Norwottuck Rail Trail	3
		6	7 Cycling Artesani Park	8 Rowing CT River	9	10  Cycling Artesani Park
		13 Outing Blue Hills State Reservation	14	15 Rowing CT River		
20  Sailing Esplanade, Boston <i>Seven days a week until October 31</i>			21 Cycling Artesani Park	22 Rowing CT River	23	24  Cycling Artesani Park
BASIC PROGRAM INFO Free Programs: rowing, horseback riding, and events. Paddling, cycling, and outing 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.				29 Rowing CT River		

ROWING!

Program Cost: Free, but pre-registration is required. Call *Holyoke Rows* to register: 413-320-3134.

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!

Thursdays, time varies
May–October



Stephanie and Carol row with the Front Rowers, allowing them to row with just one side of the body.

HORSEBACK RIDING!

Program Cost: Free, but pre-registration is required. Call Gigi Ranno to register: 781-254-4720.



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

Monday, August 22, and Tuesday, August 23
10AM—2PM

To receive program-specific waivers, register, and reserve a spot, call Gigi Ranno at 781-254-4720.

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

(Left): Enjoying a gentle ride on the trails at Bradley Palmer State Park.

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

Save the Date: Skating in Summer Social!



Rink Manager, John Carroll, gives a thumbs up as he grills.



UAP Program Director, Tom McCarthy, and Mary Ouk skate at Cronin Rink.

Wednesday, August 31

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!



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

