



## What's new with us this summer?

### 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](http://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:

<http://everyoneoutdoors.blogspot.com>

### Stop by our website:

[www.mass.gov/dcr/universal-access](http://www.mass.gov/dcr/universal-access)

### Visit us on Facebook:

[www.facebook.com/DCR.Universal.Access.Program/](https://www.facebook.com/DCR.Universal.Access.Program/)

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

*Photos by DCR staff.*

### ADAPTIVE CANOEING PROGRAM AT THE QUABBIN RESERVOIR!

We're excited to announce that we will offer an adaptive canoeing program this summer at Pottapaug Pond on the Quabbin Reservoir! The long, scenic drive to this remote location is worth it. Natural quiet abounds. Be advised that cell reception is poor in the program area and no swimming or bodily contact is allowed with the public water supply. Here is an amazing opportunity to paddle in a remote undeveloped area—unique in Massachusetts! (Continued on page 3)



*Gorgeous views of the canoeing program site at the Quabbin Reservoir.*



*Adaptive swimming Photo Credit: Easter Seals MA*

### ADAPTIVE SWIMMING PROGRAM IN WORCESTER!

We have partnered with Easter Seals Massachusetts to offer a new adaptive swimming program at DCR's Bennett Field Swimming Pool in Worcester. This free, fun, recreational swimming program is open to individuals with disabilities of all ages and their families. The 6-week program will run from July 10–August 18. Space is limited. For more information, contact Randi Sargent at 508-751-6425 or [rsargent@eastersealsma.org](mailto:rsargent@eastersealsma.org).

### GRAND OPENING: MCGRAW CENTER FOR ADAPTIVE SPORTS!

DCR's Universal Access Program, in collaboration with Spaulding Adaptive Sports Centers, would like to invite you to the grand opening of the McGraw Center at Nickerson State Park in Brewster on Saturday, July 17<sup>th</sup> from 11AM–3PM. Take a tour of the land and water operations or try out some adaptive equipment! Activities offered will include cycling, kayaking, hiking/walking, fishing, court sports, swimming, paddle boarding, picnic socials, and yoga. We're proud to be able to provide more adaptive programming for participants living in Cape Cod and those visiting the area. For more information, call 877-976-7272.



*Cycling at Nickerson State Park. Photo Credit : SASC*

# KAYAKING!

Cost for most kayaking programs is \$5 per person unless otherwise specified. Lifeguard present.



## Kayaking with Waypoint Adventure

*Greater Boston Area*

Join *Waypoint* for kayaking explorations along the Charles River. Strengthen your kayaking skills during a two-hour exploration. Adaptive equipment and motivating instructors will make your paddling experience a memorable one.

### Beginner Level:

Thursday, July 13 1PM–3PM

Thursday, July 27 1PM–3PM

Thursday, Aug 3 1PM–3PM

Thursday, Aug 10 5PM–7PM

### Intermediate Level:

Saturday, July 15 10AM–3PM

Thursday, July 20 6PM–8:30PM

Tuesday, Aug 15 1PM–3PM

Thursday Aug 17 6PM–8:30PM

Program Cost: \$10 per person

To sign up or for specific location/directions, call  
*Waypoint Adventure*: 781-325-7980 or email Julia at  
[jspruance@waypointadventure.org](mailto:jspruance@waypointadventure.org).

Kayaking with All Out Adventures: Join AOA for kayaking at the following locations statewide. Adaptations and support available as needed. Sign up for an hour-long paddle!

To sign up, call 413-584-2052.



### Cochituate State Park

*Natick, MA*

Experience a peaceful escape from the busy city with a relaxing paddle on Lake Cochituate.

**Mondays, 9:45AM–3:15PM**

July 10, 17, 24, 31

August 7, 14, 21

### Quinsigamond State Park

*Worcester*

Join us to paddle in a beautiful urban environment. After your paddle on Lake Quinsigamond, relax at the swim beach or enjoy a picnic at Regatta Point.

**Thursdays, 9:45AM–3:15PM**

July 27

August 3, 10, 17, 24, 31

### D.A.R. State Forest

*Goshen*

Come paddle on scenic Highland Lake and see all that this beautiful park has to offer.

**Wednesdays, 9:45AM–4:15PM**

July 5, 12, 19, 26

August 2, 9, 16, 23

## Kayaking with Stavros Outdoor

Access

**D.A.R. State Forest**

*Goshen*

Come enjoy weekly flat-water kayaking. Explore Highland Lake in search of blueberries! Sign up for an hour-long paddle!

To sign up, call: 413-259-0009

**Mondays, 10AM–3PM**

July 10, 17, 24, 31

August 7





## KAYAKING! (CONTINUED)

Program Cost: FREE. Pre-registration is required.  
*Boating in Boston: 617-299-3392*

### **Kayaking** with *Boating in Boston* *Hopkinton, Natick*

Join *Boating in Boston* for kayaking programs this summer! Enjoy adventures on the water with small group paddling Wednesdays from 10AM–12PM. Sign up at [BoatinginBoston.com](http://BoatinginBoston.com) or call 617-299-3392.

**Hopkinton State Park**  
*Hopkinton, MA*

June 21  
July 5, July 19  
August 2

**Cochituate State Park**  
*Natick, MA*

June 28  
July 12, July 26  
August 9

## CANOEING!

Program Cost: \$5 per person. To register, call *All Out Adventures: 413-584-2052*

### **NEW! Adaptive Canoeing Program** at the **Quabbin Reservoir** *Belchertown*

Experience wilderness canoeing on pristine Pottapaug Pond! Over 2 miles of reservoir to explore with islands, coves, and wildlife. Bring your lunch, drinking water, and other necessary supplies as there are no concessions nearby. If you have experience with fishing, bring your gear to fish during program time.

**Tuesdays, 10:00AM–3:30PM**  
**July 25**

**August 1, 8, 15, 22, 29**

## ROWING!

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

### **Rowing** at Jones Ferry *Holyoke*

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**  
**June–October**



*Sheila and Lifeguard Matt prepare to launch off the dock in a rowing shell.*

## GOLFING!

Program Cost: Free. Pre-registration required.  
To register, call: 877-976-7272

### **NEW! Adaptive Golf** *Weston, Canton*

Adaptive golf is expanding at DCR's two golf courses—**Leo J. Martin Memorial Golf Course** in Weston and **Ponkapoag Golf Course** in Canton. Both courses have adaptive golf carts. Organized lessons and play are offered by **Spaulding Adaptive Sports Centers** and the **Massachusetts ParaGolfers Association**. For information, contact

Donna at 413-545-5760 or  
[donna.hubbard@state.ma.us](mailto:donna.hubbard@state.ma.us).



*ParaGolfers are all-terrain wheelchairs that assist golfers into a standing position to swing.*

# ACCESSIBLE TRAILS PROGRAM!

Program Cost: \$3 per person, \$12 for families, and \$25 for groups. To sign up, call: 413-259-0009

## Accessible Trails 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.



Hiking at Great Brook Farm State Park.

Sighted guides available upon request.

Date	Day	Location	Town	Theme
June 7	Wednesday	Walden Pond State Reservation	Concord	Pond-side hike
June 30	Friday	Robinson State Park	Feeding Hills	Nature activities
July 13	Thursday	Fall River Heritage State Park	Fall River	Nature activities
July 20	Thursday	Great Brook Farm State Park	Carlisle	Dairy tour & ice cream
July 21	Friday	Dunn State Park	Gardner	ADA Celebration ☀️
August 2	Wednesday	Borderland State Park	Sharon	Mansion Tour
August 16	Wednesday	Pittsfield State Forest	Pittsfield	Nature scavenger hunt
August 28	Monday	Boston Harbor Islands	Boston Harbor	Ferry trip and island tour
September 15	Friday	Halibut Point State Park	Rockport	Quarry tour
October 21	Saturday	Maudslay State Park	Newburyport	Haunted hike 🌪️ W2P

## 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! Reserve your one-hour time slot now!

Norwottuck Rail Trail,  
Hadley

Fridays,  
10AM–3PM

June 23, 30  
July 7, 14, 28  
August 4, 11, 18, 25



Artesani Park,  
Brighton

Wednesdays,  
11AM–3PM

September 13, 20, 27  
October 4

### 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):*

# 2017 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:

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# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<div>DCR's Universal Access Program will be hosting our 13<sup>th</sup> annual <b>Adaptive Recreation Fair</b> on <b>June 3rd</b> from 10AM-3PM at Herter Park/Artesani Playground to kick off the summer recreation season! Meet other adaptive recreation organizations and sign up for adaptive summer programs! To register, contact Gigi at 781-254-4720 or email <a href="mailto:gigi.ranno@state.ma.us">gigi.ranno@state.ma.us</a>.</div>	<div>3<div>Adaptive Rec Fair</div>Sat June 3Brighton</div> 	
<div>For weekend and evening programs coming up this summer, look for programs in the calendar labeled with this Work to Play logo:<div>W2P</div></div>	6	7 <div>Trails</div> Walden Pond SR				
11	12 <div>Sailing</div> Esplanade, Boston <i>Seven days a week through Oct 31</i>		14	15 <div>Rowing</div> CT River		
	20	21 <div>Kayaking</div> Hopkinton SP	22 <div>Rowing</div> CT River	23 <div>Cycling</div> Norwotstock Rail Trail	24	
	27	28 <div>Kayaking</div> Cochituate SP	29 <div>Rowing</div> CT River	30 <div>Cycling</div> Norwotstock Rail Trail <div>Trails</div> Robinson SP		

# JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Sailing</div> <div>Esplanade, Boston</div> <div>Seven days a week until October 31</div>						1
		4	5 Kayaking D.A.R. SF, Hopkinton SP	6 Rowing CT River	7 Cycling Norwottuck Rail Trail	8
	10 Kayaking D.A.R. SF, Cochituate SP	11	12 Kayaking D.A.R. SF, Cochituate SP	13 Kayaking Charles River  Trails Fall River Heritage SP  Rowing CT River	14 Cycling Norwottuck Rail Trail	15  Kayaking Malibu Beach
	17 Kayaking D.A.R. SF, Cochituate SP	18	19 Kayaking D.A.R. SF, Hopkinton SP	20  Kayaking Herter Park Trails Great Brook Farm SP Rowing CT River	 21 ADA Celebration Trails and Kayaking at Dunn State Park	
	24 Kayaking D.A.R. SF, Cochituate SP	25 Canoeing Quabbin Reservoir	26 Kayaking D.A.R. SF, Cochituate SP	27 Kayaking Charles River, Quinsigamond SP  Rowing CT River	28 Cycling Norwottuck Rail Trail	
	31 Kayaking D.A.R. SF, Cochituate SP					



# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>Canoeing</b> Quabbin Reservoir	2 <b>Kayaking</b> D.A.R. SF, Hopkinton SP  <b>Trails</b> Borderland SP	3 <b>Kayaking</b> Charles River, Quinsigamond SP  <b>Rowing</b> CT River	4 <b>Cycling</b> Norwottuck Rail Trail	5 <b>Sailing</b>  Esplanade, Boston <i>Seven days a week until October 31</i>
	7 <b>Kayaking</b> D.A.R. SF, Cochituate SP	8 <b>Canoeing</b> Quabbin Reservoir	9 <b>Kayaking</b> D.A.R. SF, Cochituate SP	10  <b>Kayaking</b> , Charles River, Quinsigamond SP  <b>Rowing</b> CT River	11 <b>Cycling</b> Norwottuck Rail Trail	
13  <b>Sailing</b> Esplanade, Boston <i>Seven days a week until October 31</i>	14 <b>Kayaking</b> Cochituate SP	15 <b>Kayaking</b> Cochituate SP  <b>Canoeing</b> Quabbin Reservoir	16 <b>Kayaking</b> D.A.R. SF  <b>Trails</b> Pittsfield SF	17  <b>Kayaking</b> Cochituate SP, Quinsigamond SP  <b>Rowing</b> CT River	18 <b>Cycling</b> Norwottuck Rail Trail	
	21 <b>Kayaking</b> Cochituate SP	22 <b>Canoeing</b> Quabbin Reservoir	23 <b>Kayaking</b> D.A.R. SF	24 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River	25 <b>Cycling</b> Norwottuck Rail Trail	
27	28 <b>Trails</b> Boston Harbor Islands	29 <b>Canoeing</b> Quabbin Reservoir	30 <b>Ice Skating</b> Porrazzo Rink	31 <b>Kayaking</b> Quinsigamond SP  <b>Rowing</b> CT River		

# SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>SAVE THE DATE: ABILITIES EXPO BOSTON!</b> <b>When:</b> September 8 <sup>th</sup> -10 <sup>th</sup> <b>Where:</b> The Boston Convention and Exhibition Center • Hall C 415 Summer Street, Boston, MA 02210 <b>What:</b> DCR's Universal Access Program will be an Exhibitor this year at the Abilities Expo in Boston. Come visit our booth and see us in the Events Arena! For more information, contact Laila at 413-545-5759 or <a href="mailto:laila.soleimani@state.ma.us">laila.soleimani@state.ma.us</a> . 			
		<b>5</b>  <b>Sailing</b> Esplanade, Boston <i>Seven days a  week until  October 31</i>	<b>6</b>	<b>7</b> <b>Rowing</b> CT River	<b>8</b>  at the <b>Abilities EXPO</b> <b>Boston</b> 11AM-5PM	<b>9</b>  at the <b>Abilities EXPO</b> <b>Boston</b> 11AM-5PM
<b>10</b>  at the <b>Abilities EXPO</b> <b>Boston</b> 11PM-4PM			<b>13</b> <b>Cycling</b> Artesani Park	<b>14</b> <b>Rowing</b> CT River	<b>15</b> <b>Trails</b> Hailbut Point SP	
			<b>20</b> <b>Cycling</b> Artesani Park	<b>21</b> <b>Rowing</b> CT River		
			<b>27</b> <b>Cycling</b> Artesani Park	<b>28</b> <b>Rowing</b> CT River		

# SAILING!

Program Cost: \$50 for the season. Need-based, reduced fee of \$1 available. For more info: 617-651-1209

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

Learn to sail with **Community Boating, Inc.** Book an appointment to reserve time with a sailing instructor. CBI will get you signed up and orient you to the boathouse. Enjoy a lesson or recreational sail.

Adaptive seating and Hoyer Lift are available.

April 1–October 31, 7 days a week on an appt. basis.

Book online when possible.

New members:

<http://www.community-boating.org/programs/universal-access-program/new-members>

Returning members:

<http://www.community-boating.org/programs/universal-access-program/schedule-an-appointment>



*This group is all smiles as they set sail on the Charles River.*

*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!*

## 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>

- Arrive at the program location early enough to be ready and on time for scheduled sessions.
- 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 Dates:

### ADA Day at Dunn State Park

**What:** A celebration of the 27<sup>th</sup> Anniversary of the ADA. Food and Entertainment will be provided. Activities will include kayaking, walking, swimming, and dancing.

**Where:** Dunn State Park, 289 Pearl St., Gardner, MA

**When:** Friday, July 21<sup>st</sup> from 11AM-3PM

**RSVP:** By July 10th to Sadie Simone. Call 508-620-7452 or email [sadie@masilc.org](mailto:sadie@masilc.org).



### Skating in Summer Social

**What:** Join us for ice skating, socializing, and snacking. We'll be skating and playing games on the ice and grilling burgers and hot dogs outside. This beautiful skating rink is right on Constitution Beach so feel free to enjoy the beach and warm up after skating!

**Where:** Porrazzo Rink, 199 Coleridge St., East Boston, MA

**When:** Wednesday, August 30<sup>th</sup> from 11AM-2PM

**RSVP:** Call the *Universal Access Program* at 413-545-5759 to sign up or email Laila at [laila.soleimani@state.ma.us](mailto:laila.soleimani@state.ma.us).



**Universal Access Program**

P.O. Box 484

Amherst, Massachusetts 01004