



## Universal Access Program

PO Box 484 • Amherst MA 01004 • 413-545-5760

### RETURN TO WALDEN POND STATE RESERVATION

#### Before You Come

##### ♦ Pre-Register ♦

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

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

#### In the event of poor weather:

Contact the providing organization.

#### Need to cancel?

Please call the providing organization and leave a message.

#### 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.*

Two years after construction began, Walden Pond State Reservation has a new visitor center! We're making our triumphant return to this gorgeous location for our adaptive kayaking program starting this July.



**Waypoint Adventure** will lead the charge as we get our paddle on. Visit this historic conservation landmark to commemorate Henry David Thoreau's 200<sup>th</sup> birth year and sign-up for an hour long flat-water paddling experience. Check out the new environmentally efficient building—home to several educational exhibits and lectures, dedicated to the literary scholar. See next page for Walden kayaking dates!

### GET TO THE WATER IN A BEACH WHEELCHAIR



There are two different beach wheelchairs available for use statewide to enjoy the waterfront. Beach wheelchairs get you to the water's edge, while floating beach chairs roll into the water as conditions permit. Floating chairs require a Coast Guard certified personal floatation

device while in the water (not provided). You must also bring your own transfer assistance. Take these chairs for a spin and enjoy a beautiful day on the water this summer! For more information and to find out where the chairs are located, visit [www.mass.gov/service-details/beach-wheelchairs](http://www.mass.gov/service-details/beach-wheelchairs)



# KAYAKING!

## Kayaking with Waypoint Adventure Greater Boston Area

### Introductory Level—Ages 16+

Saturday, July 14 10AM-3PM Lake Cochituate

### Introductory Level—Kids only!

Tuesday, July 17 1PM-3PM Walden Pond

### Introductory Level—Beginners of all ages!

Tuesday, July 24 5PM-7PM Walden Pond

Tuesday, August 7 1PM-3PM Walden Pond

Tuesday, August 14 1PM-3PM Walden Pond

### Intermediate Level—Evening paddle!

Thursday, July 26 6PM-8PM Herter Park

### Intermediate Level—Adults only!

Tuesday, July 31 12PM-2PM Walden Pond

Tuesday, August 2 12PM-2PM Walden Pond

### Intermediate Level—Ages 16+

Saturday, August 4 10AM-3PM Malibu Beach

### Intermediate Level—Evening paddle!

Thursday, August 16 6PM-8PM Lake Cochituate

### Registration is required!

Contact **Steve** at 781-325-7980 ext. 185  
or email [sdastous@waypointadventure.org](mailto:sdastous@waypointadventure.org) to  
sign up or for more information.

**Program Cost:** \$10 per person per session



## Kayaking with Stavros Outdoor Access

D.A.R. State Forest, Goshen

Sign up for an hour-long paddle!

**Mondays, 10AM-3PM**

July 9, 16, 23, 30 & August 20

**Registration is required!**

Call **Brenda Kennedy** at 413-259-0009 to sign  
up or for more information.



## Kayaking with All Out Adventures

Sign up for an hour-long paddle!

Cochituate State Park, *Natick*

Mondays, July 9, 16, 23, 30 9:45AM-3:15PM

Mondays, August 6, 13, 20 9:45AM-3:15PM

Quinsigamond State Park, *Worcester*

Thursday, July 26 9:45AM-3:15PM

Thursdays, Aug. 2, 9, 16, 23, 30 9:45AM-3:15PM

D.A.R. State Forest, *Goshen*

Wednesdays, July 11, 18, 25 9:45AM-3:15PM

Wednesdays, Aug. 1, 8, 15, 22 9:45AM-3:15PM

**Registration is required!**

Call 413-584-2052 to sign up or for more info.

**Program Cost:** \$5 per person per session





## SWIMMING!



### Swimming at Bennett Field Pool Worcester

Go for a recreational swim with *Easter Seals MA* on quiet Friday mornings before the pool opens to the public. This swim program focuses on recreation skills and is not a learn to swim program. Program is open to children and adults with disabilities and their families.

**Friday mornings for 6 weeks, July 13–August 17**

**Program Cost:** \$30 for 6-week program. Scholarship is available upon request

Reservations are accepted on a first come, first serve basis. To sign up or for more information, contact Patrick Remy at 508-751-6417 or email [rec@eastersealsma.org](mailto:rec@eastersealsma.org)

## ROWING!

### 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, by appointment, June–October**

**Program Cost:** Free, but pre-registration is required

To sign up, call Stephanie Moore at 413-320-3134 or email [smoore@holyokerows.org](mailto:smoore@holyokerows.org)

## GOLFING!



### Golfing at Ponkapoag Golf Course Canton

Take to the green this summer and perfect your swing with golfers from the *Massachusetts Paragolfers Association (MPGA)*. Enjoy competitive or recreational play! All-terrain wheelchairs (ParaGolfers) that assist golfers into a standing position to swing are available at this course.

**Mondays, June 11, 25, July 9, 23, August 6, 20, September 17**

**Program Cost:** Free, but pre-registration is required

To sign up, call Steve Kuketz at 508-889-7581 or email [steve.kuketz@comcast.net](mailto:steve.kuketz@comcast.net)

## SAILING!

### Sailing on the Charles River Esplanade, Boston



Take sailing lessons or go out for a recreational sail with *Community Boating, Inc.* Book an appointment to reserve time with a sailing instructor. Adaptive seating and hoist lift are available.

**April–October 31, 7 days a week on an appointment basis**

**Program Cost:** \$50 for the season. Need-based, reduced fee of \$1 available

**Book online when possible!** For more information, call: 617-651-1209

New members: [www.community-boating.org/programs/universal-access-program/new-members](http://www.community-boating.org/programs/universal-access-program/new-members)

Returning members: [www.community-boating.org/programs/universal-access-program/schedule-an-appointment](http://www.community-boating.org/programs/universal-access-program/schedule-an-appointment)

## CYCLING!

### 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.

Ride occasionally or weekly! Reserve your one-hour time slot now!

Pre-registration is required. To sign up, call 413-584-2052 or email [info@alloutadventures.org](mailto:info@alloutadventures.org)

Program Cost: \$3 per person

Norwottuck Rail Trail,  
Hadley

Fridays,  
10AM-3PM

June 15, 22, 29

July 6, 13, 20

August 3, 10, 17, 24, 31



Artesani Park,  
Brighton

Wednesdays,  
11AM-3PM

September 12, 19, 26

October 3

## HIKING!

### 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, GRIT Freedom Chair, and all-terrain walkers unite people of all abilities! Bring a lunch and enjoy activities like scavenger hunts, nature activities, and letterboxing. Sighted guides available upon request.

Pre-registration is required. To sign up, call 413-259-0009

Program Cost: \$3 per person, \$12 for families, \$25 for groups



DATE	DAY	LOCATION	TOWN	ACTIVITY
June 6	Wednesday	Robinson State Park	Feeding Hills	Nature activities
June 8	Friday	Halibut Point State Park	Rockport	Quarry & ocean exploration
June 21	Thursday	Walden Pond State Reservation	Concord	History of Thoreau & pond side hike
June 25	Monday	Spectacle Island	Boston Harbor	Ferry trip and island tour
July 12	Thursday	Blue Hills State Reservation	Milton	Letterboxing hunt
July 19	Thursday	Great Brook Farm State Park	Carlisle	Barn tour & ice cream social
August 23	Thursday	Moore State Park	Paxton	Letterboxing
Sept. 13	Thursday	Pittsfield State Forest	Pittsfield	Nature activities
Sept. 20	Thursday	Borderland State Park	North Easton	Mansion tour
October 4	Thursday	Mount Tom State Reservation	Holyoke	Beaver pond exploration
October 20	Saturday	Maudslay State Park	Newburyport	Haunted hike

# DCR Universal Access Program

## 2018 Participant Registration & Release Form

OFFICE: \_\_ V \_\_ P \_\_ D \_\_ PCA \_\_ GS \_\_ W \_\_ DB \_\_ IN \_\_  
Group Name \_\_\_\_\_ 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 have a parent or legal guardian to register a child under the age of 18 years old.

### **SECTION 1: General Information (Please print clearly)**

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

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City/Town: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact (First and last name and phone number): \_\_\_\_\_

Veteran Status (optional): ☐ Yes, I have served in the U. S. Military

Would you like to receive a twice yearly newsletter by ☐ e-mail or by ☐ mail?

Where did you hear about our programs?

☐ Newsletter ☐ Brochure ☐ DCR Website ☐ Word of mouth ☐ Access Recreation Boston  
☐ Job/Client ☐ Flyer ☐ Walking by ☐ Internet ☐ Other: \_\_\_\_\_

### **Section 2: Medical information** **(All medical information is confidential)**

Please check all medical conditions you have or have had in the past:

Disability Categories:

☐ Cognitive ☐ Physical ☐ Medical Disorder  
☐ Sensory ☐ Behavioral ☐ Neurological  
☐ Other (please specify): \_\_\_\_\_

☐ Seizure Disorder ☐ Traumatic/Acquired Brain Injury ☐ High Blood Pressure/Heart Disease  
☐ Dementia ☐ Bleeding Disorder ☐ Life-Threatening Allergies  
☐ Diabetes ☐ Lung/Breathing Disorder ☐ Spinal Cord Injury Level: \_\_\_\_\_  
☐ Loss of Balance ☐ Weakness or Paralysis of Extremities ☐ Left Side ☐ Right Side

Have you fallen in the past 5 years? ☐ Yes ☐ No If yes, please explain: \_\_\_\_\_

Do you use any assistive devices (i.e. wheelchair, hearing aids, oxygen etc.): \_\_\_\_\_

Do you carry any medications? If yes, please describe what and where you keep it: \_\_\_\_\_

Continued on page 2

## 2018 Participant Registration Form

Name: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

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

☐ Yes ☐ No Can you independently hold your head above water?

☐ Yes ☐ No Can you independently turn your 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? (e.g. 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: \_\_\_\_\_

Please offer any additional information you feel program staff should be aware of for your safety and comfort:

_____
_____
_____

The undersigned, on behalf of the above 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 me 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 its 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 a legal guardian, signature of parent/guardian is required:***

\_\_\_\_\_  
Parent/Legal Guardian (Signature)

\_\_\_\_\_  
Parent/Legal Guardian Name (Please Print)

# CANOEING!

## Canoeing on the Quabbin Reservoir Fishing Area 3, Petersham



Grab a paddle and enjoy canoeing along Pottapaug Pond. Interested in fishing from a canoe? This site offers excellent warm water fishing in addition to trout and salmon. An adaptive fishing instructor will be at some of the programs so inquire when registering! This area also has an abundance of wildlife. Try to spot wild turkeys, bald eagles, common loons, hawks, and moose as you paddle. This serene canoeing experience is a can't miss!

**Tuesdays, July 24–August 28**

**Program Cost:** \$5 per person per session.

To sign up or for more information, call  
**All Out Adventures at 413-584-2052**

## Canoeing on the Charles River Woerd Ave, Waltham



We've partnered with **Access Sport America** to bring more canoeing experiences to the greater Boston area! Enjoy teamwork at its finest in a 30 foot Hawaiian outrigger canoe! Specialized seating and adapted one or two-hand paddles available. For details, including cost, dates, and other programs, contact **Access Sport America** at **978-246-6433**



## Essential Eligibility Criteria for General Participation

The following Essential Eligibility Criteria (EEC) help you understand the skills you need to participate in our programs. For safety and risk management considerations, everyone who attends our programs must meet these EEC. You can meet the EEC on your own, or with the help of a caregiver (a family member, friend, or PCA). Many pieces of equipment at our programs offer tandem seating, steering, and braking. Each activity has its own EEC too, so be sure to check with the program leader when registering. For more information, visit [www.mass.gov/dcr/universal-access/eec](http://www.mass.gov/dcr/universal-access/eec)

### General Criteria

Everyone who attends our programs must be able to do the following, either independently or with the help of a caregiver (a family member, friend, or PCA):

- Arrive at the program location early enough to be ready and on time for scheduled sessions.
- Come prepared for the weather and conditions of the day. This includes dressing for the elements and bringing your own sun and rain protection. It also includes bringing your own drinks and food.
- Be able to manage personal care. Personal care includes dressing, toileting, eating and drinking.
- Be able to get on and off of equipment either independently or with help. Our staff and volunteers will help you transfer. If you weigh more than 180 pounds, you must bring another person or equipment to help with the transfer.
- Be able to follow verbal or visual directions.
- Be able to tell program staff about your needs or if you are uncomfortable.
- Be able and willing to wear properly-fitted protective equipment, such as helmets and lifejackets.
- Respect the weight limit on equipment. Each piece of equipment has its own weight limit. You can't use equipment if you weigh more than the limit.
- Be able to refrain from behaviors that pose a risk to yourself or others. These behaviors include aggression, an inability to set boundaries, a lack of safety awareness, and drug or alcohol use or influence.
- Be willing and able to obey the risk assessments and decisions of program leaders.
- Not attend a program if you have signs or symptoms of being sick, especially if you have a contagious condition. If you have a cold with coughing and sneezing, or a fever, or the flu, or lice, you have a contagious condition.



# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Join DCR's Universal Access Program at the 14 <sup>th</sup> annual adaptive recreation fair on <b>Saturday, June 2<sup>nd</sup></b> at Artesani Playground/Herter Park in Brighton! To register, call Donna at 413-545-5760!		2  <b>ADAPTIVE RECREATION FAIR</b> Brighton
	5		6 <b>Hiking</b> Robinson	7 <b>Rowing</b> CT River	8 <b>Hiking</b> Hailbut Point	9
10 <b>Sailing</b> Esplanade, Boston <i>Seven days a week through Oct 31</i>	11 <b>Golfing</b> Ponkapoag Golf Course			14 <b>Rowing</b> CT River	15 <b>Cycling</b> Norwottuck Rail Trail	16
17		19	20	21 <b>Hiking</b> Walden Pond  <b>Rowing</b> CT River	22 <b>Cycling</b> Norwottuck Rail Trail	23
	25 <b>Hiking</b> Spectacle Island  <b>Golfing</b> Ponkapoag Golf Course			28 <b>Rowing</b> CT River	29 <b>Cycling</b> Norwottuck Rail Trail	



# JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				5 <b>Rowing</b> CT River	6 <b>Cycling</b> Norwottuck Rail Trail	7
8	9 <b>Kayaking</b> D.A.R., Cochituate <b>Golfing</b> Ponkapoag Golf Course	10	11 <b>Kayaking</b> D.A.R.	12 <b>Hiking</b> Blue Hills  <b>Rowing</b> CT River	13 <b>Cycling</b> Norwottuck Rail Trail <b>Swimming</b> Bennett Field Pool	14 <b>Kayaking</b> Lake Cochituate
	16 <b>Kayaking</b> D.A.R., Cochituate	17 <b>Kayaking</b> Walden Pond	18 <b>Kayaking</b> D.A.R.	19 <b>Hiking</b> Great Brook Farm  <b>Kayaking</b> Charles River  <b>Rowing</b> CT River	20 <b>Cycling</b> Norwottuck Rail Trail  <b>Swimming</b> Bennett Field Pool	21 <b>Kayaking</b> Malibu Beach
22 <b>Sailing</b> Esplanade, Boston <i>Seven days a week through Oct 31</i>	23 <b>Kayaking</b> D.A.R., Cochituate  <b>Golfing</b> Ponkapoag Golf Course	24 <b>Canoeing</b> Fishing Area 3, Petersham  <b>Kayaking</b> Walden Pond	25 <b>Kayaking</b> D.A.R.	26 <b>Kayaking</b> Quinsigamond, Herter Park  <b>Rowing</b> CT River	27 <b>ADA</b>  <b>Celebration</b> at Dunn State Park <b>Swimming</b> Bennett Field Pool	28
29	30 <b>Kayaking</b> D.A.R., Cochituate	31 <b>Canoeing</b> Fishing Area 3, Petersham  <b>Kayaking</b> Walden Pond				

# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <b>Kayaking</b> D.A.R.	<b>2</b> <b>Kayaking</b> Quinsigamond  <b>Rowing</b> CT River	<b>3</b> <b>Cycling</b> Norwottuck Rail Trail  <b>Swimming</b> Bennett Field Pool	<b>4</b> <b>Kayaking</b> Malibu Beach
	<b>5</b> <b>Sailing</b> Esplanade, Boston <i>Seven days a week until October 31</i>	<b>6</b> <b>Kayaking</b> Cochituate  <b>Golfing</b> Ponkapoag Golf Course	<b>7</b> <b>Canoeing</b> Fishing Area 3, Petersham  <b>Kayaking</b> Walden Pond	<b>8</b> <b>Kayaking</b> D.A.R.	<b>9</b> <b>Kayaking,</b> Quinsigamond  <b>Rowing</b> CT River	<b>10</b> <b>Cycling</b> Norwottuck Rail Trail  <b>Swimming</b> Bennett Field Pool
						
<b>12</b>	<b>13</b> <b>Kayaking</b> Cochituate	<b>14</b> <b>Canoeing</b> Fishing Area 3, Petersham  <b>Kayaking</b> Walden Pond	<b>15</b> <b>Kayaking</b> D.A.R.	<b>16</b> <b>Kayaking</b> Quinsigamond, Lake Cochituate  <b>Rowing</b> CT River	<b>17</b> <b>Cycling</b> Norwottuck Rail Trail  <b>Swimming</b> Bennett Field Pool	<b>18</b>
<b>19</b>	<b>20</b> <b>Kayaking</b> Cochituate  <b>Golfing</b> Ponkapoag Golf Course	<b>21</b> <b>Canoeing</b> Fishing Area 3, Petersham  <b>Kayaking</b> Walden Pond	<b>22</b> <b>Kayaking</b> D.A.R.	<b>23</b> <b>Kayaking</b> Quinsigamond  <b>Hiking</b> Moore  <b>Rowing</b> CT River	<b>24</b> <b>Cycling</b> Norwottuck Rail Trail	
		<b>28</b> <b>Canoeing</b> Fishing Area 3, Petersham	<b>29</b> <b>Ice Skating</b> <b>Summer Social</b> Porrazzo Rink 	<b>30</b> <b>Kayaking</b> Quinsigamond  <b>Rowing</b> CT River	<b>31</b> <b>Cycling</b> Norwottuck Rail Trail	



# SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>SAVE THE DATE: ABILITIES EXPO BOSTON!</b> When: September 21 <sup>st</sup> -23 <sup>rd</sup> Where: The Boston Convention and Exhibition Center Hall A 415 Summer Street, Boston, MA 02210 What: DCR's Universal Access Program will be an exhibitor at the 2018 Boston Abilities Expo. Come visit our booth! 			
				6 <b>Rowing</b> CT River	7	8
			 12 <b>Cycling</b> Artesani Park	13 <b>Hiking</b> Pittsfield  <b>Rowing</b> CT River		
						
16	17 <b>Golfing</b> Ponkapoag Golf Course	18	19 <b>Cycling</b> Artesani Park	20 <b>Hiking</b> Borderland  <b>Rowing</b> CT River	21 	22 
23 			26 <b>Cycling</b> Artesani Park	27 <b>Rowing</b> CT River		



## Save the Dates:

### Skating in Summer Social

**What:** Join us for our annual summer skating cookout. We'll be skating and playing games on the ice and grilling burgers and hot dogs outside. This beautiful skating rink is located on Constitution Beach so feel free to hit the beach and warm up after skating!

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

**When:** Wednesday, August 29<sup>th</sup> from 11AM-2PM

**RSVP:** To sign up, call the *Universal Access Program* at 857-260-1519 or email [laila.soleimani@state.ma.us](mailto:laila.soleimani@state.ma.us).



### Wheel-A-Thon

**What:** Bring your wheels and take in beautiful views of Ware River as you adventure along the Mass Central Rail Trail. Hosted by the *East Quabbin Land Trust*, there will be narrated natural history stops along the way, wagon rides, and hot dogs!

**Where:** Mass Central Rail Trail, 1700 Hardwick Road, New Braintree

**When:** Saturday, June 30<sup>th</sup> from 10AM-2PM

**RSVP:** Call the *East Quabbin Land Trust* at 413-477-8229 or visit [www.EQLT.org](http://www.EQLT.org)



**Universal Access Program**  
P.O. Box 484  
Amherst, Massachusetts 01004

*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!*