



Universal Access Program

PO Box 484 • Amherst MA 01004 • 413-545-5760
www.mass.gov/dcr/universal-access



OUR MISSION

DCR's **Universal Access Program** is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. Accessibility is achieved through site improvements, specialized adaptive recreation equipment, and accessible recreation programs.

Pre-registration is required for all programs. To pre-register, contact the providing organization. Get into the activity sooner by bringing your release form filled out: mass.gov/dcr/universal-access/release

Our structured programs feature adaptive equipment, professional staff, and instruction and support. Friends, family, and companions are welcome to take part in our programs alongside participants with disabilities.

Visit our website to keep up-to-date with our activities! mass.gov/dcr/universal-access

Donations welcome! DCR's Conservation Trust and Urban Parks Trust Fund accepts contributions to support and enhance outdoor recreation in Massachusetts for people of all abilities. Your tax-deductible donation will help provide access to our parks. Ask us about matching funds! To learn more, visit: mass.gov/dcr/universal-access/donate

Checks should be made out to The Commonwealth of Massachusetts, noting that the funds are for the **Universal Access Program (UAP)**, and sent to:

DCR's Universal Access Program
P.O. Box 484
Amherst, MA 01004

Hiking program that travels around the state!

Take a gentle hike with [Stavros Outdoor Access](#). Adaptive equipment and staff assistance provided. Bring a lunch and enjoy nature activities, scavenger hunts, letterboxing, and more.

Cost: \$3/person, \$12/family, \$25/group



Call or text **Brenda Kennedy Davies** at
(413) 259-0009 or email
outdooraccessma@gmail.com

Date	Location
June 20	George's Island , <i>Boston Harbor</i>
June 27	Great Brook Farm State Park , <i>Carlisle</i>
July 11	Walden Pond State Reservation , <i>Concord</i>
July 18	Mt. Tom State Reservation , <i>Holyoke</i>
July 19	Dunn State Park (ADA Day!) <i>Gardner</i>
July 25	Stony Brook Wildlife Sanctuary , <i>Norfolk</i>
August 26	Robinson State Park , <i>Feeding Hills</i>
September 5	Halibut Point State Park , <i>Rockport</i>
September 26	Blackstone River & Canal Heritage State Park , <i>Uxbridge</i>
October 3	Borderland State Park , <i>N. Easton</i>
October 19	Maudslay State Park , <i>Newburyport</i>
October 24	Pittsfield State Forest , <i>Pittsfield</i>

The McGraw Center

The McGraw Center for Adaptive Sports at [Nickerson State Park](#) in Brewster offers programs hosted by [Spaulding Adaptive Sports Centers \(SASC\)](#).

Water and land based activities include: cycling, hiking, bocchia, corn hole, yoga, kayaking, paddle boarding and fishing

Cost: \$20/program



May 14–October

For the schedule of events, to sign up, or for more information, call (877) 976-7272 or visit
<https://sasc.spauldingrehab.org>

Activities along the Charles River

[Access Sport America](#) offers a range of activities along the Charles River including: windsurfing, Hawaiian outrigger canoeing, kayaking rowing, stand up paddling, cycling, and tennis.

Cost: \$20/session per person, \$120/session per



Woerd Ave. Boat Launch
31 Woerd Ave., Waltham

Dates vary

For the schedule of events visit goaccess.org
To register, contact **Nate** at (978) 790-2960 or email nate@goaccess.org

Kayaking statewide!

Kayak with *All Out Adventures*



Cochituate State Park, Natick

Mondays, July 8–August 26

9:45 a.m.–3:00 p.m.

Quinsigamond State Park, Worcester

Thursday, July 25–August 29

9:45 a.m.–3:00 p.m.

D.A.R. State Forest, Goshen

Wednesdays, July 10– August 28

9:45 a.m.–3:00 p.m.

Cost: \$8/person per session

To sign up for programs mentioned above, contact

All Out Adventures at (413) 584-2052 or visit alloutadventures.org and click on **Register for a Program**.

Kayak with *Stavros Outdoor Access*

D.A.R. State Forest, Goshen

Mondays, July 8–August 5

10 a.m.–3 p.m.

Cost: \$5/person per session

To sign up for an hour-long paddle, contact **Brenda Kennedy Davies**, Director of **Stavros Outdoor Access**. Call or text (413) 259-0009 or email outdooraccessma@gmail.com



Kayak with *Waypoint Adventure*

Walden State Reservation, Concord

Tuesdays, July 16–August 20

Lake Cochituate, Wayland

Saturday, July 13

Magazine Beach, Cambridge

Thursday, July 18

Malibu Beach, Dorchester

Saturday, August 3

Cost: \$10/person per session



Age, skill level, and times vary for each program. Inquire when registering. For details or to sign up, contact **Eileen** at (781) 325-7980 ext. 184 or email eturpin@waypointadventure.org!

Cycle with *All Out Adventures!*

Explore a wide variety of adaptive bikes for adults and kids this summer. Reserve your one-hour time slot now!

Cost: \$5/person per session



Norwottuck Rail Trail, Hadley

Fridays, 10 a.m.–3 p.m.

June 14, 21, 28

July 5, 12, 26

August 2, 9, 16, 23, 30

Artesani Playground/Herter Park, Brighton

Wednesdays, 11 a.m.–3 p.m.

September 11, 18, 25

October 2

To sign up for cycling or canoeing, call (413) 584-2052 or visit www.alloutadventures.org and click on the **Register for a Program** link.

Canoe with *All Out Adventures!*

Enjoy canoeing along scenic **Pottapaug Pond**. Try to spot different wildlife as you paddle. Interested in fishing from a canoe? An adaptive fishing instructor will be at some of the programs! Inquire when registering.

Cost: \$8/person per session



Quabbin Reservoir

Fishing Area 3, Petersham

Tuesdays, Times vary

July 23–August 27

Row with *Holyoke Rows!*

Learn to row or scull and/or train for competition! Sign up for an hour-long row on the CT River!

Cost: Free



Jones Ferry, Holyoke

Thursdays, by appointment only

June–October

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

Sail with *Community Boating Inc.!*

Take sailing lessons or go out for a recreational sail with **Community Boating, Inc.**

Cost: \$50 for the season



Esplanade, Boston

7 days a week, by appointment only

April–October

Book online when possible!

www.community-boating.org

For more info, call (617) 651-1209

Swim with *Easter Seals MA!*

Go for a swim with *Easter Seals MA*. This program focuses on recreation skills and safety awareness and is not a learn to swim program.

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



Bennett Field Pool, Worcester

Friday mornings, June 28–August 2

To sign up/for details, contact **Patrick** at
(508) 751-6417 or email
premy@eastersealsma.org

Fairs and Celebrations!

Adaptive Recreation Fair!

Join us at our annual summer kick off!

Saturday, June 1

10 a.m.–3 p.m.

Artesani Playground/Herter Park

Brighton

To RSVP, contact **Donna** at (413) 545-5760 or
Donna.Hubbard@mass.gov



ADA Day!

Come celebrate the 29th anniversary of the
Americans with Disabilities Act (ADA)

Friday, July 19

11 a.m.–3 p.m.

Dunn State Park, Gardner

RSVP by July 8 to **Sadie** at (508) 620-7452 or
email Sadie@masilc.org

If you'd like to sign up for an activity including
kayaking or hiking/letterboxing, contact **Laila** at
(857) 260-1519 or email

Laila.Soleimani@mass.gov

Adaptive Golfing Opportunities

There are many opportunities to play adaptive golf this summer! The *Massachusetts Paragolfers Association (MPGA)* promotes recreational and competitive play for individuals with visual impairments or limited mobility. Steve Kuketz, President of MPGA, recounts of his own experience, "I had a 25 year hiatus from the game and I started to play golf again—blind in one eye and a paraplegic—I aced my first ever career hole-in-one. I relearned how to swing a golf club using a Paragolfer, an all-terrain wheelchair that assists players into a standing position." He credits the game for allowing him to have fun, socialize, and stay active. Get in on the fun this summer with 9 holes of golf! For a full list of adaptive golf opportunities offered at DCR golf courses, visit: mass.gov/dcr/adaptive-golf

Ponkapoag Golf Course

Canton

10a.m.–12:30p.m.

June 3, 17

July 1, 15, 29

August 12, 26

September 9, 23

To sign up/for more information, contact **Steve Kuketz** at
(508) 889-7581 or email steve.kuketz@comcast.net

Cost: Program with MPGA is free, but DCR green fees and
rental fees apply





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

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.

DCR UNIVERSAL ACCESS PROGRAM

2019 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: _____ Emergency Contact (First & Last Name & Phone Number): _____

Email: _____

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

Would you like to receive a twice yearly newsletter by: ☐ Email ☐ 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:

☐ 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: _____

2019 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)

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sailing Esplanade, Boston Seven days a week through Oct 31	1 Golfing Ponkapoag Golf Course		4 Rowing CT River	5 Cycling Norwottuck Rail Trail Swimming Bennett Field Pool	6	
7	8 Kayaking D.A.R. & Cochituate	9	10 Kayaking D.A.R.	11 Hiking Walden Pond Rowing CT River	12 Cycling Norwottuck Rail Trail Swimming Bennett Field Pool	13 Kayaking Lake Cochituate
	15 Kayaking D.A.R. & Cochituate Golfing Ponkapoag Golf Course	16 Kayaking Walden Pond	17 Kayaking D.A.R.	18 Hiking Mt. Tom Rowing CT River Kayaking Magazine Beach	19 ADA DAY! Hiking and Kayaking at Dunn State Park Swimming Bennett Field Pool	
21	22 Kayaking D.A.R. & Cochituate	23 Canoeing Fishing Area 3, Petersham Kayaking Walden Pond	24 Kayaking D.A.R.	25 Hiking Stony Brook Kayaking Quinsigamond Rowing CT River	26 Cycling Norwottuck Rail Trail Swimming Bennett Field Pool	27
28	29 Kayaking D.A.R. & Cochituate Golfing Ponkapoag Golf Course	30 Canoeing Fishing Area 3, Petersham Kayaking Walden Pond	31 Kayaking D.A.R.			

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sailing Esplanade, Boston <i>Seven days a week through Oct 31</i>				1 Kayaking, Quinsigamond Rowing CT River	2 Cycling Norwottuck Rail Trail Swimming Bennett Field Pool	3 Kayaking Malibu Beach
4	5 Kayaking D.A. R. & Cochituate	6 Canoeing Fishing Area 3, Petersham Kayaking Walden Pond	7 Kayaking D.A.R.	8 Kayaking, Quinsigamond Rowing CT River	9 Cycling Norwottuck Rail Trail	10
11	12 Kayaking Cochituate Golfing Ponkapog Golf Course	13 Canoeing Fishing Area 3, Petersham Kayaking Walden Pond	14 Kayaking D.A.R.	15 Kayaking, Quinsigamond Rowing CT River	16 Cycling Norwottuck Rail Trail	17
18	19 Kayaking Cochituate	20 Canoeing Fishing Area 3, Petersham Kayaking Walden Pond	21 Kayaking D.A.R.	22 Kayaking, Quinsigamond Rowing CT River	23 Cycling Norwottuck Rail Trail	24
	26 Hiking Robinson SP Kayaking Cochituate Golfing Ponkapog Golf Course	27 Canoeing Fishing Area 3, Petersham	28 Kayaking D.A.R. Ice Skating Summer Social East Boston	29 Kayaking, Quinsigamond Rowing CT River	30 Cycling Norwottuck Rail Trail	31

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SAVE THE DATE: ABILITIES EXPO BOSTON!  When: September 13-15 Where: The Boston Convention and Exhibition Center Hall C 415 Summer Street, Boston, MA 02210 What: We will be exhibiting! Stop by our booth!				5 Hiking Halibut Point State Park Rowing CT River		
8 Sailing Esplanade, Boston <i>Seven days a week through Oct 31</i>	9 Golfing Ponkapoag Golf Course	10	11 Cycling Herter Park	12 Rowing CT River	13 	14 
15 			18 Cycling Herter Park	19 Rowing CT River		
22	23 Golfing Ponkapoag Golf Course	24	25 Cycling Herter Park	26 Hiking Blackstone River & Canal Heritage State Park Rowing CT River		
						

Save the Date: Skating in Summer Social



You're invited to our annual skating in summer event! Beat the heat and join us for skating at this beautiful indoor rink located on Constitution Beach. We'll be grilling burgers and hot dogs and playing games on the ice!

Wednesday, August 28th from 11 a.m.–2 p.m.

Porrazzo Skating Rink, *East Boston*

RSVP to Laila at (857) 260-1519 or
Laila.Soleimani@mass.gov



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P.O. Box 484
Amherst, Massachusetts 01004

