



Universal Access Program



Welcome Back!

We are happy to bring back our Universal Access Program newsletters and to offer many of our favorite programs this summer! In this newsletter you will see how to register for our programs across the state. You will also find information on other recreation opportunities you can do in Massachusetts State Parks.

DCR offers all kinds of trail experiences for our visitors. Across the state you will find a variety of trails from wheelchair accessible trails, to easy hikes, to more rugged hikes. You can explore places close to home or further afield with attractions like ponds, streams, waterfalls, mountain tops, picnic areas, and vistas. For further information please visit [Accessible Trails Page](#) on the DCR website. If you are looking to spend some time in nature and would like to read trail recommendations, visit [Everyone Outdoors](#). We can't wait to see you out on the trails!

Spring and Summer Program and Recreation Opportunities

Rowing with Holyoke Rows

This program is free to individuals with people with disabilities and their families. While receiving instruction and the opportunity to practice, rowers also have the chance to participate in competitions! Our program serves people of all capabilities, from beginners, to leisure rowers, to competitive racers!

Jones Ferry, Holyoke
Thursdays, By Appointment Only



Cost: Free

Register: Call [\(413\) 320-3134](tel:4133203134) or email Holyoke Rows

Cycling with All Out Adventures

Join us for accessible cycling on the [Norwottuck Rail Trail](#) in Hadley. We have an array of cycles that can accommodate riders of all abilities from stable, comfortable recumbent trikes to handcycles to tandem recumbent trikes to wheelchair tandems. This program is open to people with disabilities and their families and friends. Instruction, equipment, and assistance as needed are provided.



Norwottuck Rail Trail, Hadley

Wednesdays, May 11 - June 29

Fridays, July 8 - August 26

Participants may sign up for a one-hour timeslot during the program time between 10 a.m. - 3 p.m.

Cost: The fee is \$5—\$20. Sliding scale per person per session.

Register: Email [All Out Adventures](#) or call [\(413\) 584-2052](tel:4135842052). Please let us know the approximate time you would like to arrive when you call or email.

Pre-registration is required by 3 p.m. the day before the program.

Spring and Summer Program and Recreation Opportunities

Accessible Camping

The Department of Conservation and Recreation offers camping opportunities for campers of all abilities.

Our accessible sites are marked on [Reserve America](#) with a figure in a wheelchair. You'll find accessible restrooms in the same loop as accessible sites, though there usually isn't an accessible pedestrian route between the sites and the restrooms.



Before you make a reservation, you should contact the park to see if their cabins, yurts, or tent sites fit your specific needs.

Please view DCR [campground regulations](#) before you [reserve your campsite](#).

Hiking with Waypoint Adventure



Cost: \$20/Participant. Cost flexible based on need. One guest of program participant with a disability can attend at no charge.

Register: Visit [Waypoint Adventure](#) and click on "Register for a Program".

Date	Location	Focus
June 2	Halibut Point State Park , Rockport	Quarry and Ocean Hike
June 13	Quabbin Reservoir Ware	Historical Hike
July 20	Pittsfield State Forest	Nature Activities
August 17	Boston Harbor Islands	Ferry and Island Fun
August 24	Canalside Rail Trail , Turner's Falls	Cultural and Natural History of Canal
August 30	Borderland State Park , North Easton	Mansion Tour and Pond Exploration

Summer Program and Recreation Opportunities

Swimming with Easterseals MA

Join us for an adapted recreational pool program! Led by aquatics instructors and a lifeguard, groups will participate in fun safety activities and water games that maximize independence in the water. This is a six-week, recreational program and does not provide swim lessons. The program is open to individuals with disabilities of all ages and their families. This is a special opportunity to enjoy the water with new friends before the pool opens to the public!

Bennett Field Pool, Worcester

Tuesdays, July 5 - August 9

Fridays, July 8 - August 12



Time: Children ages 5-12 (9 - 9:45 a.m.)
Children 13+ and adults (10 - 10:45 a.m.)

Cost: Free

Register: [\(508\) 751-6417](tel:5087516417) or email [Patrick Remy](mailto:Patrick.Remy@eastersealsma.org)

Golfing with MPGA: Spring and Summer

[Massachusetts ParaGolfer Association](http://www.mpga.org) (MPGA) provides adaptive golf lessons, recreational programs, and competitive events.

For more information, register for lessons, or to schedule a round of golf, please Email: [MPGA](http://www.mpga.org) or Call [\(508\) 889-7581](tel:5088897581).



Summer Program and Recreation Opportunities

Kayaking with All Out Adventures

Join All out Adventures for kayaking across Massachusetts! Kayakers will paddle together in a small pod. There will be 1 hour 15 minute timeslots to allow for time to get set up and recreate on the water.

D.A.R. State Forest, Goshen
Wednesdays, July 6 - August 24

Cochituate State Park, Natick
Tuesdays, July 12- August 2

Quinsigamond State Park, Worcester
Tuesdays, August 9 - August 30



Cost: \$8 per participant. One guest of a program participant with a disability can attend at no charge.

Register: Call [\(413\) 548-2052](tel:4135482052) or email All Out Adventures

Kayaking with Waypoint Adventure



Walden Pond, Concord
Thursdays, July 7 - July 28
Tuesdays, August 2 - August 23

Charles River
Saturday, July 9
Saturday, August 13

Enjoy small group kayaking at historic [Walden Pond](#) and [Charles River](#) with [Waypoint Adventure](#). Experience the fun and serenity of being on the water while being part of a supportive community.

Cost: \$20 per participant. Cost flexible based on need. One parent/friend/PCA of a program participant with a disability can attend at no charge.

Register: Visit [Waypoint Adventure](#) and click on "Register for a Program".

June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cycling Norwottuck Rail Trail	2 Hiking Halibut Point State Park Rowing	3	4
5	6	7	8 Cycling Norwottuck Rail Trail	9 Rowing CT River	10	11
12	13 Hiking Quabbin Reservoir	14	15 Cycling Norwottuck Rail Trail	16 Rowing CT River	17	18
19	20	21	22 Cycling Norwottuck Rail Trail	23 Rowing CT River	24	25
26	27	28	29 Cycling Norwottuck Rail Trail	30 Rowing CT River		

July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Swim Bennett Field Pool	6 Kayaking D.A.R	7 Rowing CT River Kayaking Walden	8 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	9 Kayaking Charles River
10	11	12 Kayaking Cochituate Swim Bennett Field Pool	13 Kayaking D.A.R	14 Rowing CT River Kayaking Walden	15 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	16
17	18	19 Kayaking Cochituate Swim Bennett Field Pool	20 Kayaking D.A.R Hiking Pittsfield State Forest	21 Rowing CT River Kayaking Walden	22 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	23
24	25	26 Kayaking Cochituate Swim Bennett Field Pool	27 Kayaking D.A.R	28 Rowing CT River Kayaking Walden	29 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	30
31						

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Kayaking Cochituate Kayaking Walden Swim Bennett Field Pool	3 Kayaking D.A.R	4 Rowing CT River	5 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	6
7	8	9 Kayaking Quinsigamond Kayaking Walden Swim Bennett Field Pool	10 Kayaking D.A.R	11 Rowing CT River	12 Swim Bennett Field Pool Cycling Norwottuck Rail Trail	13
14	15	16 Kayaking Quinsigamond Kayaking Walden	17 Kayaking D.A.R Hiking Boston Harbor	18 Rowing CT River	19 Cycling Norwottuck Rail Trail	20
21	22	23 Kayaking Quinsigamond Kayaking Walden	24 Kayaking D.A.R Hiking Canal Side Rail Trail	25 Rowing CT River	26 Cycling Norwottuck Rail Trail	27
28	29	30 Kayaking Quinsigamond Hiking Borderland State Park	31			



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 EEC on our [website](#).

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.
- Be willing and able to wear a facemask and practice social distancing if required by independent program operator at programs during pandemic.
- 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.
- Be willing and able to refrain from wearing scented products while at programs.



2022 Participant Registration & Release



Staff Notes: P D PCA F CG GS W VOL ☐ First day NEW to UAP

Group Name _____ DB date: _____

Please complete one form for each adult participant. Children may be registered along with an adult family member on the same form. If a participant is under 18 years of age or has a legal guardian, a signature from a parent or the guardian is required.

Section 1: General Information (Please print clearly)

Name(s): _____

Address: _____ Phone: _____

City/Town: _____ Cell Phone: _____

State: _____ Zip Code: _____ Email: _____

Emergency contact (first & last name & phone): _____

I would like to receive a twice yearly newsletter by: ☐ Email ☐ Mail

Veteran status (optional): ☐ I have served in the U. S. Military

Where did you hear about our programs?

☐ UAP Newsletter ☐ Brochure/Flyer ☐ Internet ☐ Word of mouth ☐ Job /Client ☐ Other: _____

Section 2: Health Information (All health information is confidential)

Disability Categories: (please check all that apply)

☐ Mobility: _____ ☐ Blind/Visual: _____ ☐ Deaf/Hearing: _____

☐ Cognitive: _____ ☐ Social/Behavioral: _____ ☐ Psychiatric: _____

☐ Other: _____ ☐ I don't want to identify my disability ☐ I don't have a disability

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

☐ Seizure Disorder ☐ Traumatic/Acquired Brain Injury ☐ Spinal Cord Injury Level: _____

☐ Dementia ☐ Bleeding Disorder ☐ Life-Threatening Allergies: _____

☐ Diabetes ☐ Lung/Breathing Disorder ☐ High Blood Pressure/Heart Disease

☐ Loss of Balance ☐ Weakness or Paralysis of Extremities on ☐ Left Side ☐ Right Side

☐ Other health information: _____

☐ I have fallen in the past 5 years. Please explain: _____

☐ I use an assistive device (e.g. wheelchair, hearing aid, oxygen, etc.): _____

☐ I carry the following medications: (please also tell us where you keep them) _____

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2022 PARTICIPANT REGISTRATION AND RELEASE 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 their 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 IN INK

DATE

If participant is under 18 years of age or has a legal guardian, signature of parent/guardian is required:

Parent/Legal Guardian: SIGN HERE IN INK

Parent/Legal Guardian Name (Please Print)



Universal Access Program

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 organization that is running the program. You can find a release form in this newsletter on our [website](#). 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 the [Universal Access Website](#) to keep up-to-date with our activities!



Universal Access Program

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