



Disability-Specific Hiking Programs in Development

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.

Stop by our website:

www.mass.gov/dcr/universal-access

Check out our blog:

www.everyoneoutdoors.blogspot.com

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!

All Photos by DCR staff

In 2015, after summer programs came to an end, several UAP participants expressed interest in additional program opportunities—specifically, hiking. Coincidentally, all five participants interested were individuals who had acquired brain injuries. It became clear to all of us at the Universal Access Program that there was a need for a disability-specific hiking program in between our regular seasonal UAP programming.



Rachael takes Cindi's pulse.



Kevin and Pamela relax in a hammock.

The Universal Access Program established a module for a small program that promoted independent hiking at DCR state park trails in western MA. This program promoted improved fitness, quiet time in nature, and independent hiking skill development. Participants were given maps at the start of each hike and explained the plan for the day. They could hike at their own pace or with staff if they preferred. During the hike, time was built in for hammocking so the hikers could rest and take in their surroundings. Hikers reported feeling improvements in well-being and increased confidence at the end of the four weeks.

This successful program ran again in 2016. DCR's Universal Access Program is testing the concept of small disability-specific hiking programs regionally in 2017. If you're interested in hiking two to four miles, contact Laila at **413-545-5759** or laila.soleimani@state.ma.us.



Group photo at Wendell State Forest.

Exciting Opportunities at Leo J. Martin Ski Track

DCR's Leo J. Martin Ski Track in Weston provides many exciting opportunities this winter and beyond. With one of the largest cross-country ski snowmaking systems in New England, the staff groom and maintain a 2.5 kilometer trail, ensuring consistent snow conditions for winter activity.

Stavros Outdoor Access begins their 11th season running one of our most popular outdoor recreation programs in Weston. The moderate terrain at the ski track makes this program an enjoyable experience for everyone. Activities include kicksledding, cross-country skiing, sit-skiing, and snowshoeing. Director, Brenda Kennedy Davies, has been with the program since its inception and credits the welcoming staff at Leo J.

Martin for their support. She says being integrated with the general public produces more interest from both potential participants and volunteers and that the ski track's proximity to Boston makes the program accessible to families and residential programs.

You can join the team by becoming a volunteer! Volunteer training will be held on January 29th!

Pre-registration is required. To sign up or for more information about *Stavros Outdoor Access* programming at DCR facilities and beyond, call 413-259-0009 or email brenda@outdoor-access.org.



Kicksledding at Leo J. Martin Ski Track.



The **Weston Ski Track (WST)**, operating out of Leo J. Martin Ski Track, provides private lessons with experienced instructors. They teach adults and kids—including people with disabilities and veterans—lessons customized for individual needs. Staff can accommodate individuals and groups by appointment seven days a week.

For more information about the Weston Ski Track, please contact Deb Laufer at 617-965-5110 ext.0 or deb@paddleboston.com.

Right: *Deb Laufer from the WST gives a hand to a participant sit-skiing.*

Get Ready to Golf this Spring—ParaGolfers Available!

Work on perfecting your golf swing this winter with Spaulding Adaptive Sports Centers' indoor golf training. SASC will be using sites around Boston for indoor golf practice in preparation for spring! ParaGolfers are all-terrain wheelchairs that assist the user into a standing position to swing and will be available for use. Individual sessions available by appointment. For more information, including dates and locations, please call 877-976-7272.

DCR purchased four ParaGolfers available for use at the following two DCR managed golf courses: Leo J. Martin Memorial Golf Course (781-894-4903) and Ponkapoag Golf Course (781-828-4242). For more information, please call the golf course during golfing season.



Participant is using a ParaGolf.

Outdoor Programs

Wendell State Forest

Enjoy the winter woods with outdoor ice skating, cross-country skiing, snowshoeing, and snowmobile rides, as conditions permit. Warming hut at the building headquarters available for a reprieve from cold winter weather.

Call *All Out Adventures* to sign up.
413-584-2052

Saturdays, 11:00AM–3:00PM
January 14, 21, 28
February 4, 11, 18, 25



Participants and staff get ready to snowshoe and cross-country ski at Wendell State Forest.



Skiing in Weston.

Leo J. Martin Ski Track

Come to DCR's Leo J. Martin Ski Track in Weston to enjoy cross-country skiing, kicksledding and snowshoeing on a groomed course. Snow is made daily!

Call *Stavros Outdoor Access* to sign up.
413-259-0009

12:00PM–4:00PM
Sundays: February 5, 12, 26
March 5
&
Monday, February 20



All smiles on the ski track.



This happy group is ready to hit the trails!

D.A.R. State Forest

Visit the popular accessible trail around Highland Lake this winter on snowshoes, sit-skis, or on a kicksled. Bring your lunch and chat in the warming hut before the group hits the trails.

Call *Stavros Outdoor Access* to sign up.
413-259-0009

Thursdays, 11:00AM–3:00PM
January 19, March 9

Adaptive Ice Skating Opportunities

Come join the fun at our adaptive skating programs in Holyoke, Worcester, East Boston, Fall River, and Brockton!

Lace up a pair of conventional skates or slide around the ice on your manual or power wheelchair. Ice sleds are also available to glide around—propel yourself with small hockey sticks or be pushed around the rink by a friend.

Depending on location, activities on the ice include obstacle courses, a tower of blocks for building up and crashing down, races, colorful balls and pucks to shoot around, power chair games, and gently competitive hockey matches.

Admission and equipment are provided free of cost.

Ice sleds, skate walkers, helmets, ice grippers, and ice skates are available.

Below: Playing games at Driscoll Rink in Fall River.



Sit sleds are popular with participants in Brockton.

Fitzpatrick Skating Rink
Holyoke, MA

Sundays, 1:00PM–2:50PM

December 18, January 15, February 12, March 12

To sign up call 413-545-5759 or email
laila.soleimani@state.ma.us

Buffone Skating Rink
Worcester, MA

Thursdays, 10:00AM–11:50PM

January 26, February 23

Call *All Out Adventures* to sign up: 413-584-2052

Porrazzo Skating Rink
East Boston, MA

Tuesdays, 11:30AM–1:20PM

December 13, January 17, February 14, March 14

To sign up call 413-545-5759 or email
laila.soleimani@state.ma.us

Driscoll Skating Rink
Fall River, MA

Wednesdays, 10:00AM–11:50PM

February 1, March 1

Call *All Out Adventures* to sign up: 413-584-2052

Asiaf Skating Rink
Brockton, MA

This program takes place during public skating time on a reserved section of the rink.

Sundays, 1:30AM–3:20PM

February 5, 19, March 5, 19 & April 2

Call *All Out Adventures* to sign up: 413-584-2052



This happy group loves using the skate walkers!

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): _____

2017 PARTICIPANT REGISTRATION FORM

General Information:

Your Name: _____ Birth date: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

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

☐ 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, such as location of essential medications you carry or any special accommodations needed:

Calendar of Events

Date	Day	Time	Location	Town	Theme
December 13	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
December 18	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
January 14	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 15	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
January 17	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
January 19	Thursday	11:00–3:00	D.A.R. State Forest	Goshen	Outdoor Recreation
January 21	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 26	Thursday	10:00–11:50	Buffone Rink	Worcester	Adaptive Skating and Games
January 28	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 1	Wednesday	10:00–11:50	Driscoll Rink	Fall River	Adaptive Skating and Games
February 4	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 5	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 5	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 11	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 12	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
February 12	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 14	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
February 18	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 19	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 20	Monday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 23	Thursday	10:00–12:00	Buffone Rink	Worcester	Adaptive Skating and Games
February 25	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 26	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
March 1	Wednesday	10:00–11:50	Driscoll Rink	Fall River	Adaptive Skating and Games
March 5	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
March 5	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
March 9	Thursday	11:00–3:00	D.A.R. State Forest	Goshen	Outdoor Recreation
March 12	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
March 14	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
March 19	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
April 2	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
June 3	Saturday	10:00–3:00	 Artesani Park	Brighton	 Adaptive Recreation Fair

Save the Date for our Adaptive Recreation Fair!

Artesani Park in Brighton (Boston)

Saturday, June 3rd

10:00AM–3:00PM

Join the Universal Access Program to kick off the summer recreation season! Meet other organizations that offer accessible and adaptive recreation opportunities and sign up for new adventures this summer. Along with program information, enjoy adaptive cycling, letterboxing, equipment demonstrations, refreshments, face painting, music, and scenic views of the Charles River! For details or to register, contact Gigi at

781-254-4720 or gigi.ranno@state.ma.us.

Volunteers Needed for this year's event! To find out how you can get involved, contact Rachael at **413-545-5745** or rachael.lee@state.ma.us.



Our volunteers are all smiles as they pass out snacks to fair goers.

DCR's Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. Accessibility to Massachusetts State Parks 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! Please contact our office for copies in alternative formats.



DCR Access News Winter 2017

Universal Access Program

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