



ICE SLEDS AVAILABLE FOR INDEPENDENT USE

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

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 unless credited



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Facebook

Did you know that ice sleds are available for use on your own during public skating hours at DCR rinks? One of the Universal Access Program's goals in providing adaptive recreation experiences is to build confidence and promote independence by encouraging participants to go back to program locations to use adaptive recreation equipment on their own.

A few things to note before you go:

You will need to bring your own helmets if needed.

Skaters must be able to get on and off the ice, in and out of equipment and skate independently or with the assistance of companions who attend with skaters.

Sleds are best for use during uncrowded public skate times.

Contact the rink in advance to let staff know that you plan to attend during public skating on a specific date.



An ice sled in use in East Boston.



Happy skaters in Holyoke.

Sled skate on your own in the following towns: Auburn, Boston, Brighton, Brockton, Cambridge, Charlestown, Fall River, Franklin, Greenfield, Holyoke, Hyde Park, Jamaica Plain, Medford, Newburyport, North Adams, Plymouth, Revere, Somerville, Springfield, Taunton, West Roxbury, Weymouth, and Worcester. For a complete list of how many sleds are located at each rink, visit www.mass.gov/dcr/universal-access/skating or call the Universal Access Program at 413-545-5758.

Outdoor Programs

Leo J. Martin Ski Track

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

Contact **Stavros Outdoor Access** to sign up: call 413-259-0009

12:00PM–4:00PM

Sundays, January 28, February 4, 11, 25
& Monday (President's Day), February 19



Staff assist participants doing a lap around the Weston Ski Track.



Kicksledding and sit-skiing are popular activities at the outdoor recreation program.

Wendell State Forest

Enjoy the winter woods with outdoor ice skating, cross-country skiing, sit-skiing, gentle sled hockey, kicksledding, snowshoeing, and snowmobile rides, as conditions permit. Bring a lunch and warm up around the fire before heading out on the groomed trails for a group excursion!

Call **All Out Adventures** to sign up: 413-584-2052 or email info@alloutadventures.org

Saturdays, 11:00AM–3:00PM

January 13, 20, 27, & February 3, 10, 17, 24
(March 3 & 10 are scheduled weather makeup dates)



Snowmobile rides available, as conditions permit.



All smiles while snowshoeing on the trails.

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.

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

Admission and equipment are provided free of cost.

Pre-registration is required.

Fitzpatrick Skating Rink
Holyoke, MA

Sundays, 1:00PM–2:50PM

December 17, January 14, February 11, March 11

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

Buffone Skating Rink
Worcester, MA

Thursdays, 10:00AM–11:50AM

January 25, March 15

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

Porrizzo Skating Rink
East Boston, MA

Tuesdays, 11:30AM–1:20PM

January 16, February 13, March 13

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

Driscoll Skating Rink
Fall River, MA

Wednesdays, 11:00AM–12:50PM

January 31, February 28

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



Glide around the ice in your manual or power wheelchair.

Asiاف Skating Rink
Brockton, MA

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

Sundays, 1:30PM–3:20PM

January 21, February 4, 18, March 4

To sign up, contact *All Out Adventures* at 413-584-2052 or info@alloutadventures.org



Integrated play in Brockton.

Accessible Yurt Camping: Reserve your yurt now!

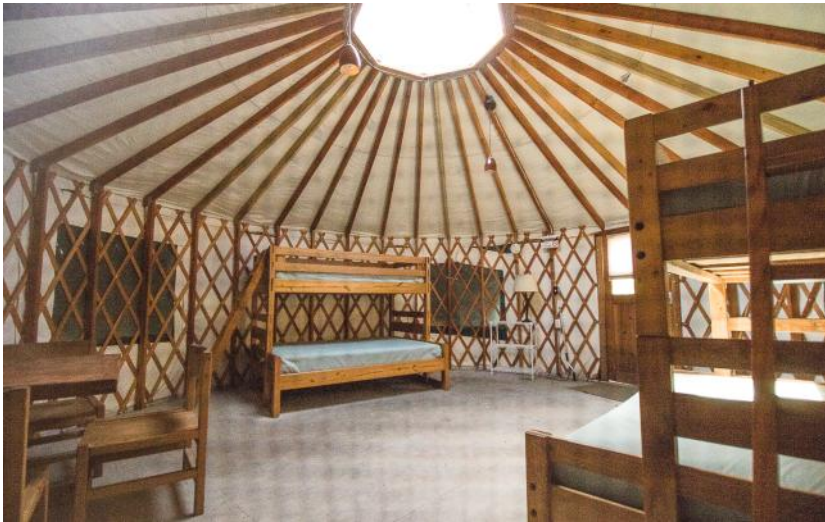


A yurt at Nickerson SP. Photo Credit: SASC Staff

Plan your next summer vacation now—stay in an accessible DCR yurt! Yurts are circular, domed structures with wooden frames covered in heavy canvas. They have a spacious interior with a skylight, screened windows, and locking doors. Yurts come furnished with bunk beds, a table and chairs, and electricity. They offer an accessible camping experience for campers of all abilities to comfortably enjoy nature without “roughing it.”

Small yurts sleep up to 4 people, while large yurts sleep up to 6 people. Yurts range in price from \$45–\$70 per night.

Campground reservations open 6 months in advance and fill up fast, so plan ahead! To make a reservation or for more information, call Rachael at 413-992-8048 or email rachael.lee@state.ma.us



Inside a large yurt. Photo Credit: SASC Staff

Where: Myles Standish State Forest in Carver

When: September 28, 29, and 30

Yurts Available: 2 small yurts

Park Activities: Take part in the 12th annual accessible family fishing derby, “Take Me Fishin!” sponsored by the Friends of Myles Standish State Forest.

Where: Nickerson State Park in Brewster

When: July 12, 13, 14, and 15

Yurts Available: 2 large yurts, 1 small yurt

Park Activities: Take advantage of the vast array of land and water programs at the McGraw Center for Adaptive Sports at Nickerson State Park. The McGraw Center is open from May 1 through October 31.

Where: Shawme-Crowell State Forest in Sandwich

When: August 10, 11, and 12

Yurts Available: 2 large yurts, 1 small yurt

Park Activities: Explore this beautiful state park on the western end of the Cape—take in the serene views and enjoy quiet accessible picnicking.

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 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: _____ 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:

<input type="checkbox"/> Seizure Disorder	<input type="checkbox"/> Traumatic/Acquired Brain Injury	<input type="checkbox"/> High Blood Pressure/Heart Disease
<input type="checkbox"/> Dementia	<input type="checkbox"/> Bleeding Disorder	<input type="checkbox"/> Life-Threatening Allergies
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Lung/Breathing Disorder	<input type="checkbox"/> Spinal Cord Injury Level: _____
<input type="checkbox"/> Loss of Balance	<input type="checkbox"/> Weakness or Paralysis of Extremities	<input type="checkbox"/> Left Side <input type="checkbox"/> 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: _____

Disability Categories:

☐ Cognitive ☐ Physical ☐ Medical Disorder
☐ Sensory ☐ Behavioral ☐ Neurological
☐ Other: _____

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 below signed, 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 below signed, 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 a legal guardian, signature of parent/guardian is required:

Parent/Legal Guardian (Signature)

Parent/Legal Guardian Name (Please Print)

Calendar of Events

Date	Day	Time	Location	Town	Activity
December 17	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
January 13	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 14	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
January 16	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
January 20	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 21	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
January 25	Thursday	10:00–11:50	Buffone Rink	Worcester	Adaptive Skating and Games
January 27	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 28	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
January 31	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating and Games
February 3	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 4	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 4	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 10	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 11	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
February 11	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 13	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
February 17	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 18	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
February 19	Monday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 24	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 25	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 28	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating and Games
March 4	Sunday	1:30–3:20	Asiaf Rink	Brockton	Assisted Public Skating
March 11	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
March 13	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
March 15	Thursday	10:00–11:50	Buffone Rink	Worcester	Adaptive Skating and Games
June 2	Saturday	11:00–3:00	Artesani/Herter Park	Brighton	Adaptive Recreation Fair

Save the Date for our Adaptive Recreation Fair!

Artesani Playground/Herter Park in Brighton

Saturday, June 2

10:00AM–3:00PM

Join DCR's Universal Access Program as we 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, call Donna at 413-545-5760 or email

donna.hubbard@state.ma.us



Participants ride various adaptive bicycles.

Volunteers Needed for this year's event! To find out how you can get involved, contact Rachael at 413-992-8048 or rachael.lee@state.ma.us



Universal Access Program

P.O. Box 484

Amherst, Massachusetts 01004



 **#OPTOUTSIDE**