

DCR UAP Winter Schedule 2020

dc
Massachusetts



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.



General Information

The Universal Access Program (UAP) offers adaptive, accessible programming seasonally at state parks, pools, and rinks. We partner throughout the year with **All Out Adventures, Easterseals Massachusetts, Holyoke Rows, Stavros Outdoor Access, and Waypoint Adventure** to run our programs. Our East Boston skating program is supported by **Spaulding Adaptive Sports Centers**.

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

Release Forms and Pre-registration

A current **release form** is required for all of our programs. You must also pre-register for each activity with the providing organization. Get into the activity sooner when you arrive by bringing your release form filled out! To pre-register for an activity, in the event there is inclement weather, or if you need to cancel, please contact the providing organization listed for each program.

Essential Eligibility Criteria

You must also meet the **essential eligibility criteria (EEC)** for the activity. EEC help you understand the skills you need to participate in our programs. For risk management considerations, everyone who attends our programs must meet these EEC. You can meet the EEC independently, or with the help of a caregiver (a family member, friend, or PCA). Visit us at mass.gov/dcr/universal-access/eec to learn more. If you have concerns about your ability to meet the EEC, please speak with the organization leading the activity. If you have general questions or concerns, please contact us at by email or phone at DCR.UniversalAccess@mass.gov or (413) 545-5760.

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





2020 Participant Registration & Release



Staff Notes: P D PCA 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): ☐ Yes, 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 ☐ Left Side ☐ Right Side
☐ Other health information: _____
☐ I have fallen in the past 5 years. Please explain: _____
☐ I use an assistive device (i.e. wheelchair, hearing aids, oxygen etc.): _____
☐ I carry the following medications: (please also tell us where you keep them) _____

2020 PARTICIPANT REGISTRATION AND RELEASE

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 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 (Signature)

Parent/Legal Guardian Name (Please Print)

Accessible Outdoor Winter Recreation

Leo J. Martin Ski Track

Weston

Reserve an hour-long outdoor experience!

12 p.m.–4 p.m.

Sundays: January 26, February 2, 9, 23

Monday: February 17 (Holiday)

Snow made on site! Trails groomed daily!

Hit the trails using a kicksled, sit-ski, snowshoes, ice grippers, or cross-country skis!

3 weekday programs:

Tuesday: February 18

Thursdays: February 6 & 27

Times may vary! Call for details.

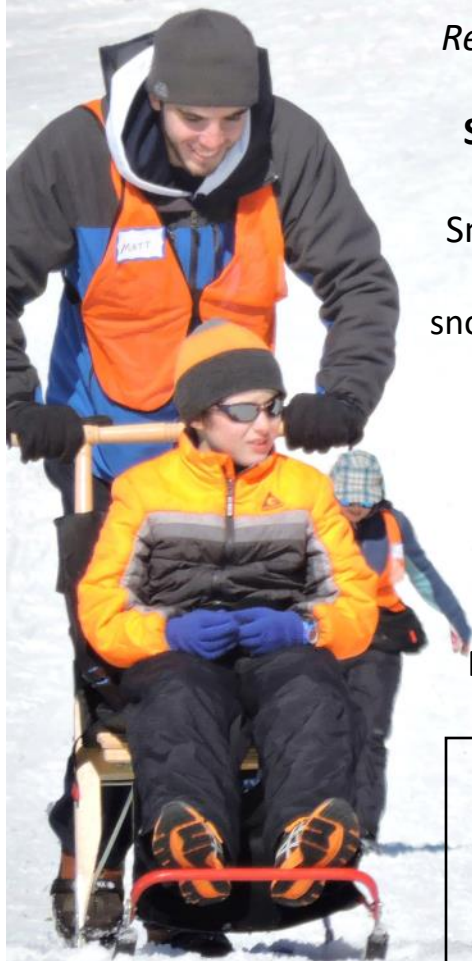
Seeking Volunteers!

Help out at some or all programs!

**Required Training: Sunday, January 12
in Weston**

Program Cost: By Donation!

**For more info or to register for a
program, contact Brenda, Director
of Stavros Outdoor Access:
(413) 259-0009 (call or text) or email
outdooraccessma@gmail.com**



DAR State Forest

Goshen

Visit the accessible trail while taking in views of snowy Highland Lake on snowshoes, skis, ice grippers, a sit-ski, or a kicksled. Bring your lunch and roast marshmallows by the campfire with us!

Thursdays: times vary

January 16 & March 5

Call for transportation to this program!

Program Cost: By Donation

**Contact Brenda (info above) for
details, to register, or to volunteer!**

More Accessible Outdoor Winter Recreation!



Dunn State Park Gardner

Reserve an hour-long outdoor experience!

Fridays: 10:30 a.m.–2:30 p.m.

January 17

January 31

February 7

February 14

Weather Make up Dates:

February 28 & March 6

Join us for adaptive ice skating under the pavilion or hit the trails to snowshoe, hike, or kicksled! Warm up by the fireplace at the accessible visitor center!

Wendell State Forest Wendell

Reserve an hour-long outdoor experience!

Saturdays: 11 a.m.–3 p.m.

January 18, 25

February 1, 8, 15, 22, 29

Weather Make up Dates:

March 7 & March 14

Enjoy the winter woods with outdoor ice skating, gentle hockey games, sit-skiing, cross country skiing, kicksledding hiking, snowshoeing, and snowmobile rides (as weather conditions permit). Bring a lunch and warm up next to the wood stove!



Program Cost: Suggested \$5 per person donation.

For more details and to register for programs listed above, contact **All Out Adventures** at info@alloutadventures.org or (413) 584-2052. For online registration, visit: alloutadventures.org and click “Register for a Program.”

Adaptive Ice Skating Opportunities

Come as you are and play on the ice! Lace up a pair of conventional skates or slide around the ice in your wheelchair. Ice sleds, skate walkers, helmets, and ice grippers are also available. Activities may include obstacle courses, a block tower, races, color balls and pucks to shoot around, and gentle hockey matches.

Admission and equipment are provided free of cost.
Pre-registration is required.

To register for Holyoke, Worcester, East Boston or Fall River skating dates, contact **Laila Soleimani** at **(857) 260-1519** or laila.soleimani@mass.gov

To register for Brockton skating dates, contact **All Out Adventures** at **(413) 584-2052** or info@alloutadventures.org



Sled Skate on Your Own! Use ice sleds on your own during public skating hours at state skating rinks. For a list of which rinks offer ice sleds for independent use, visit: mass.gov/dcr/universal-access/skating or call the **Universal Access Program** at **(413) 545-5760**.

Fitzpatrick Skating Rink
Holyoke, MA

Sundays: 1 p.m.–2:50 p.m.
January 12, February 9, March 8

Buffone Skating Rink
Worcester, MA

Thursdays: 10 a.m.–11:50 a.m.
January 23, March 12

Porrizzo Skating Rink
East Boston, MA

Tuesdays: 11:30 a.m.–1:20 p.m.
January 14, February 11, March 3

Driscoll Skating Rink
Fall River, MA

Wednesdays: 11 a.m.–12:50 p.m.
January 29, February 26

Asiاف Skating Rink
Brockton, MA

Sundays: 1:20 p.m.–3:10 p.m.
January 5, 19, February 2, 16

Save the Date for our Adaptive Recreation Fair!



Artesani/Herter Park in Brighton

Saturday, May 30

10 a.m.–3 p.m.

Join us as we kick off the summer programming season in style! Enjoy adaptive activities including cycling, hiking, equipment demonstrations, face painting, kite flying, sidewalk chalking, and games. Refreshments available while supplies last.

To register, contact Donna at donna.hubbard@mass.gov or (413) 545-5760.

Volunteers Needed! To get involved, contact Laila at laila.soleimani@mass.gov or (857) 260-1519.



Universal Access Program

P.O. Box 484

Amherst, Massachusetts 01004



Winter fun!