# DCR Universal Access Program 2025 Program Attendance Guidelines

These program attendance guidelines cover expectations for participants at our programs. The guidelines are updated to follow current public health guidelines, and when we have changes in our programs.

Our programs also have Essential Eligibility Criteria (EEC) that describe the skills you need to participate in our programs. You need to meet the EEC in order to participate in an activity.

If you have questions or concerns about these guidelines, please contact the Universal Access Program at [(413) 461-7126](tel:4134617126) or [DCR.UniversalAccess@mass.gov](mailto:DCR.UniversalAccess@state.ma.us).

## General Guidelines

* Schedule your session in advance according to the requirements of the organization running the program. All program participants must pre-register.
* **Transfers:** Work with program staff to develop transfer plans that fit your needs and the program resources. You may be asked to reschedule your session or bring additional support person(s) or equipment to help you transfer. Please plan in advance and contact the program provider to discuss your needs.
* Do not attend a program if you have signs or symptoms of being sick, or if you have a contagious condition. Coughing and sneezing, fever, sore throat, diarrhea, and vomiting are some symptoms of being sick. Lice, chickenpox or shingles, and cold or flu are some examples of contagious conditions.
* If you have been exposed to COVID-19 or another respiratory virus, please follow the prevention strategies described in the CDC Respiratory Virus Guidance: [cdc.gov/respiratory-viruses/prevention/index.html](https://www.cdc.gov/respiratory-viruses/prevention/index.html)
* Masks are part of the prevention strategies described in the [CDC Respiratory Virus Guidance](https://www.cdc.gov/respiratory-viruses/prevention/index.html) and the CDC considerations for people with disabilities, found at [cdc.gov/respiratory-viruses/risk-factors/people-with-disabilities.html](https://www.cdc.gov/respiratory-viruses/risk-factors/people-with-disabilities.html). Please follow the current Massachusetts mask recommendations at  
  [mass.gov/info-details/covid-19-mask-requirements](https://www.mass.gov/info-details/covid-19-mask-requirements) and be willing to wear a mask when program staff ask you to.
* Arrive at the program location early enough to be ready and on time for scheduled sessions.
* Increase space and distance from others who are not in your household (group) as needed or when asked to do so.
* Refrain from wearing scented products while at programs.
* Refrain from the use of smoking, vaping, or tobacco products while participating in the program.

### Seasonal / Activity Specific Guidelines: Winter

* Wear a properly fitted helmet if you are using a balance aid (such as a skate walker, sideboards, or being supported) while stand skating.