

DCR Universal Access Program Newsletter

Spring/Summer 2022

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 the [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 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!

Location: Connecticut River at Jones Ferry, Holyoke

Date and Time: 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.

Location: [Norwottuck Rail Trail](#), Hadley

Dates: Wednesdays, May 11–June 29 and 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](#). 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.

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

Date: June 2nd Location: [Halibut Point State Park](#) Focus: Quarry and Ocean Hike

Date: June 13th Location: [Quabbin Reservoir](#) Focus: Historical Hike

Date: July 20th Location: [Pittsfield State Forest](#) Focus: Nature Activities

Date: August 17th Location: [Boston Harbor Islands](#) Focus: Island Fun

Date: August 24th Location: [Canalside Rail Trail](#) Focus: Cultural History

Date: August 30th Location: [Borderland State Park](#) Focus: Mansion Tour and Pond Exploration

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

Register: On [WayPoint Adventure's website](#)

Golf with MPGA

[Massachusetts ParaGolfer Association](#) (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 the [MPGA](#) or call [\(508\) 889-7581](#).

Summer Program Opportunities

Swimming with Easter Seals

Join us for an adapted recreational swim 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 swim program is open to individuals with disabilities of all ages and their families. This is a special opportunity to swim with new friends before the pool opens to the public!

Location: [Bennett Field Pool](#), Worcester

Dates: Tuesdays, July 5 - August 9 and Fridays, July 8 - August 12

Cost: Free

Register: [\(508\) 751-6417](tel:5087516417) or email [Patrick Remy](#)

Kayak 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.

Location: [D.A.R. State Forest](#), Goshen

Dates: Wednesdays, July 6–August 24

Location: [Cochituate State Park](#), Natick

Dates: Tuesdays, July 12–August 2

Location: [Quinsigamond State Park](#), Worcester

Dates: 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](#)

Kayak with Waypoint Adventures

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

Location: [Walden Pond State Reservation](#), Concord

Dates: Thursdays, July 7 - July 28 and Tuesdays, August 2 - August 23

Location: Charles River

Dates: Saturday, July 9 and Saturday, August 13

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”.

Calendars

June 2022

Wednesday, June 1: Cycling on the [Norwottuck Rail Trail](#)

Thursday, June 2: Hiking at [Halibut Point State Park](#), Rowing on the Connecticut River

Wednesday, June 8: Cycling on the [Norwottuck Rail Trail](#)

Thursday, June 9: Rowing on the Connecticut River

Monday, June 13: Hiking at the [Quabbin Reservoir](#)

Wednesday, June 15: Cycling on the [Norwottuck Rail Trail](#)

Thursday, June 16: Rowing on the Connecticut River

Wednesday June 22: Cycling on the [Norwottuck Rail Trail](#)

Thursday June 23: Rowing on the Connecticut River

Wednesday June 29: Cycling on the [Norwottuck Rail Trail](#)

Thursday June 30: Rowing on the Connecticut River

July 2022

Tuesday, July 5: Swim at [Bennett Field Pool](#)

Wednesday, July 6: Kayaking at [D.A.R State Forest](#)

Thursday, July 7: Rowing on the Connecticut River, Kayaking at [Walden Pond](#)

Friday, July 8: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

Saturday, July 9: Kayaking on the [Charles River](#)

Tuesday, July 12: Kayaking at [Cochituate State Park](#), Swim at [Bennett Field Pool](#)

Wednesday, July 13: Kayaking at [D.A.R State Forest](#)

Thursday, July 14: Rowing on the Connecticut River, Kayaking at [Walden Pond](#)

Friday, July 15: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

Tuesday, July 19: Kayaking at [Cochituate State Park](#) Swim at [Bennett Field Pool](#)

Wednesday, July 20: Kayaking at [D.A.R State Forest](#), Hiking at [Pittsfield State Forest](#)

Thursday, July 21: Rowing on the Connecticut River, Kayaking at [Walden Pond](#)

Friday, July 22: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

Tuesday, July 26: Kayaking at [Cochituate State Park](#), Swim at [Bennett Field Pool](#)

Wednesday, July 27: Kayaking at [D.A.R State Forest](#)

Thursday, July 28: Rowing on the Connecticut River, Kayaking at [Walden Pond](#)

Friday, July 29: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

August 2022

Tuesday, August 2: Kayaking at [Cochituate State Park](#), Kayaking at [Walden Pond](#), Swim at [Bennett Field Pool](#)

Wednesday, August 3: Kayaking at [D.A.R State Forest](#)

Thursday, August 4 Rowing on the Connecticut River

Friday, August 5: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

Tuesday, August 9: Kayaking at [Quinsigamond State Park](#), Kayaking at [Walden Pond](#), Swim at [Bennett Field Pool](#)

Wednesday, August 10: Kayaking at [D.A.R State Forest](#)

Thursday, August 11: Rowing on the Connecticut River

Friday, August 12: Swim at [Bennett Field Pool](#), Cycling on the [Norwottuck Rail Trail](#)

Tuesday, August 16: Kayaking at [Quinsigamond State Park](#), Kayaking at [Walden Pond](#)

Wednesday, August 17: Kayaking at [D.A.R State Forest](#), Hiking at [Boston Harbor Islands](#)

Thursday, August 18: Rowing on the Connecticut River

Friday, August 19: Cycling on the [Norwottuck Rail Trail](#)

Tuesday, August 23: Kayaking at [Quinsigamond State Park](#), Kayaking at [Walden Pond](#)

Wednesday August 24: Kayaking at [D.A.R State Forest](#), Hiking at [Canalside Rail Trail](#)

Thursday August 25: Rowing on the Connecticut River

Friday August 26: Cycling on the [Norwottuck Rail Trail](#)

Tuesday August 30: Kayaking at [Quinsigamond State Park](#), Hiking at [Borderland State Park](#)

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 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.

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 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!