



NEW! Outdoor Winter Program at Dunn State Park

Nothing says winter quite like outdoor ice skating! Join us Fridays for skating under the new pavilion at this beautiful state park! Enjoy skating and snowshoeing excursions and warm up by the fireplace. Bring your own skates or use an ice sled to glide around the rink! Skate walkers, helmets, snowshoes and ice grippers are also available.



Fridays: 10:30 a.m.–2:30 p.m.

January 11

January 18

February 1

February 8

Before You Come

◆ Pre-Register ◆

Get into the activity sooner when you arrive! Come with your release form filled out:

www.mass.gov/dcr/universal-access/release

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!



Like us on
Facebook

Admission is free, but pre-registration is required!

If you'd like to sign up to attend, please contact Jackie Brown at jackie.brown@mass.gov or (413) 577-3840.

Community Ice Skating Available in Fall River!

Bring your students and clients to skate at Driscoll Rink in Fall River! Skaters can come as they are on wheelchairs, use ice sleds, conventional skates or ice grippers. There are 6 ice sleds, 12 skate walkers, and 9 ice grippers available for use.

Pre-registration is required. Admission and skate rental fees apply. Skaters must bring their own helmets and be able to get on and off the ice, in and out of equipment, and skate independently or with the assistance of accompanying staff. For more information and to schedule a weekday adaptive skating session email spereira@fmcicesports.com or call (508) 679-3274.



Indoor Ice Skating Opportunities

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

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

Contact the person listed to sign up today!

Fitzpatrick Skating Rink *Holyoke, MA*

Sundays: 1 p.m.–2:50 p.m.

January 13, February 10, March 10

To sign up call (413) 577-3840 or email
jackie.brown@mass.gov

Asiaf Skating Rink *Brockton, MA*

Sundays: 1:20 p.m.–3:10 p.m.

January 6, 20, February 3, 17

To sign up, call (413) 577-3840 or
jackie.brown@mass.gov

Buffone Skating Rink *Worcester, MA*

Thursdays: 10 a.m.–11:50 a.m.

January 24, March 14

To sign up call (413) 577-3840 or email
jackie.brown@mass.gov

Driscoll Skating Rink *Fall River, MA*

Wednesdays: 11 a.m.–12:50 p.m.

January 30, February 27

To sign up call (857) 260-1519 or email
laila.soleimani@mass.gov

Porrazzo Skating Rink *East Boston, MA*

Tuesdays: 11:30 a.m.–1:20 p.m.

January 15, February 12, March 5

To sign up call (857) 260-1519 or email
laila.soleimani@mass.gov



Spaulding Adaptive Sports Centers' Community Sled Hockey at DCR Rinks

SASC offer adaptive sled hockey at other DCR-owned rinks as part of their Sears Adaptive Hockey Program. Practices include skill training and small games with options for competitive play.

Cost: \$5 per session or \$100 season pass. Free for Veterans.

Call (877) 976-7272 or join their website and register here: <http://sasc.spauldingrehab.org>

Veterans Memorial Rink *Everett*

Sundays: 12 p.m.–1:50 p.m.

12/30, 1/6, 2/3, 2/10, 2/24, 3/3, 3/17, 3/24 & 3/31

Emmons Horrigan O'Neil Memorial Rink *Charlestown*

Wednesdays: 2 p.m.–4 p.m.

1/9, 1/23, 2/6, 2/20, 3/6, & 3/13



Outdoor Programs

Hit the Trails this Winter with *Stavros Outdoor Access*

DAR State Forest

Goshen

Visit the accessible trail while taking in beautiful views of snowy Highland Lake on snowshoes, skis, a kicksled, or a sit-ski. Bring your lunch and enjoy hot chocolate around a campfire.

Call to register for transportation!

Thursdays: times vary (call for details)

January 11

March 7



Leo J. Martin Ski Track

Weston

This popular location offers outdoor recreation on a groomed course. Register for an hour-long adventure on the trails using a kicksled, sit-ski, snowshoes, or cross-country skis.

Call to inquire about weekday programs!

Sundays: 12 p.m.–4 p.m.

January 27, February 3, 10, 24

& Monday (President's Day), February 18



Cost for these programs is by donation

For more information or to register contact **Brenda Kennedy Davies: 413-259-0009**

Fun with *All Out Adventures* at Wendell State Forest

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

Call (413) 577-3840 or email jackie.brown@mass.gov to sign up!



Saturdays: 11 a.m.–3 p.m.

January 12, 19, 26

February 2, 9, 16 & 23

(March 2 & 9 are “snow dates”)

No cost to attend!

Pre-registration is *required!*



AOA also runs senior snowshoeing programs throughout the winter at Wendell State Forest, DAR State Forest, and Mt. Tom State Reservation. For details, visit www.alloutadventures.org or call AOA at **413-584-2052**.

More adaptive fun at DCR Parks!

❄️ Want to learn how to ski or kicksled, but can't make it to one of our Sunday programs? The **Weston Ski Track (WST)**, operating out of **Leo J. Martin Ski Track** in *Weston*, provides private lessons with experienced instructors. Staff works with individuals of all ages and abilities. WST staff can accommodate individuals and small groups weekdays and weekends by **appointment only!** Advanced notice allows staff to customize your lesson. For more information or to sign up, contact **Deb Laufer** at deb@paddleboston.com or **(617) 965-5110 ext.0**.

❄️ Learn to sit-ski at **Mt. Wachusett** in *Princeton* with **Spaulding Adaptive Sports Centers**. Beginners and those with previous experience welcome. **Thursdays** from **10 a.m.–2:30 p.m.** on **January 10, February 14, 28 & March 8**
Cost: \$50
If you'd like to register, visit <http://sasc.spauldingrehab.org> or call **(877) 976-7272**.



Spring Things

Join **Waypoint Adventure** for one of the following outdoor programs to challenge yourself in a supportive environment with encouraging staff. For details or to register for a Waypoint program, contact Julia at jspruance@waypointadventure.org or **(781) 325-7980**.

🌿 **Hiking, Snowshoeing, and Sit-skiing** (depending on trail conditions). This program is for teens and adults with disabilities. and is custom-designed for participants. Off-road hiking chairs, footwear, and layers are available.

Sunday, March 24 from **10 a.m.–1 p.m.** at **Harold Parker State Forest** in *Andover*
Cost: \$10 per person



🌿 **Rock Climbing Clinic**. Sign-up for an hour-long rock climbing session.

Saturday, April 27 from **10 a.m.–3 p.m.** at **Quincy Quarries** (rain date is Saturday, May 4)
Cost: \$20 per person

🌿 **15th Annual Adaptive Recreation Fair**. Join UAP to meet other adaptive organizations and sign up for summer activities! Enjoy adaptive cycling, hiking, equipment demonstrations, face painting, music, refreshments, games and more!

Saturday, June 1 from **10a.m.–3 p.m.** at **Herter Park/Artesani Playground** in *Brighton*

For more information or to register, call Donna at donna.hubbard@mass.gov or **(413) 545-5760**.

Volunteers needed for facepainting, hiking/letterboxing, cycling, adaptive games, refreshments, and other stations! To get involved, contact **Laila** at Laila.Soleimani@mass.gov or **(857) 260-1519**.



DCR UNIVERSAL ACCESS PROGRAM

2019 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

Disability Categories:

<input type="checkbox"/> Cognitive	<input type="checkbox"/> Physical	<input type="checkbox"/> Medical Disorder
<input type="checkbox"/> Sensory	<input type="checkbox"/> Behavioral	<input type="checkbox"/> Neurological
<input type="checkbox"/> Other: _____		

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: _____

2019 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 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

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 Winter Events

Date	Day	Time	Location	Town	Activity
January 6	Sunday	1:20–3:10	Asiaf Rink	Brockton	Assisted Public Skating
January 11	Friday	TBD	DAR State Park	Goshen	Outdoor Recreation
January 11	Friday	10:00-12:00	NEW! Dunn State Park	Gardner	Outdoor Skating/Snowshoeing
January 12	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 13	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
January 15	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
January 18	Friday	10:00-12:00	NEW! Dunn State Park	Gardner	Outdoor Skating/Snowshoeing
January 19	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 20	Sunday	1:20–3:10	Asiaf Rink	Brockton	Assisted Public Skating
January 24	Thursday	10:00-11:50	Buffone Rink	Worcester	Adaptive Skating and Games
January 26	Saturday	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
January 27	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
January 30	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating and Games
February 1	Friday	10:30–12:30	NEW! Dunn State Park	Gardner	Outdoor Skating/Snowshoeing
February 2	Wendell	11:00–3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 3	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 3	Sunday	1:20–3:10	Asiaf Rink	Brockton	Assisted Public Skating
February 8	Friday	10:30–12:30	NEW! Dunn State Park	Gardner	Outdoor Skating/Snowshoeing
February 9	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 10	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
February 10	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 12	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
February 16	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 17	Sunday	1:20–3:10	Asiaf Rink	Brockton	Assisted Public Skating
February 18	Monday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 23	Saturday	11:00-3:00	Wendell State Forest	Wendell	Outdoor Recreation
February 24	Sunday	12:00–4:00	Leo J. Martin Ski Track	Weston	X-Country Skiing/Snowshoeing
February 27	Wednesday	11:00–12:50	Driscoll Rink	Fall River	Adaptive Skating and Games
March 5	Tuesday	11:30–1:20	Porrazzo Rink	E. Boston	Adaptive Skating and Games
March 7	Thursday	TBD	DAR State Park	Goshen	Outdoor Recreation
March 10	Sunday	1:00–2:50	Fitzpatrick Rink	Holyoke	Adaptive Skating and Games
March 14	Thursday	10:00-11:50	Buffone Rink	Worcester	Adaptive Skating and Games



Accessible Yurt Camping: Reserve now for summer 2019! Stay in an accessible DCR yurt at **Shawme-Crowell State Forest** in *Sandwich*, **Myles Standish State Forest** in *Carver*, or **Nickerson State Park** in *Brewster*.

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 info, contact Rachael at rachael.lee@mass.gov or **(413) 992-8048**.



Universal Access Program

P.O. Box 484

Amherst, Massachusetts 01004

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.