

# Adaptive Outdoor Recreation: Adapting your program for students with disabilities

Kristen Ragland & Derrick Taff







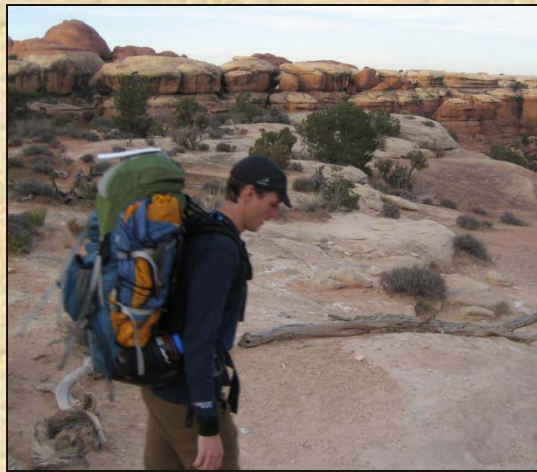
A screenshot of the Common Ground Outdoor Adventures website. The page features the organization's logo, navigation links, and a list of upcoming events. The events include movie nights and Thanksgiving dinners. A "View Full Calendar" button is visible. The website also includes a "Donate Now" button and a "watch our video!" link. The browser's address bar shows the URL http://www.cgadventures.org/. The Windows taskbar at the bottom shows the system tray with the time 12:06 AM.



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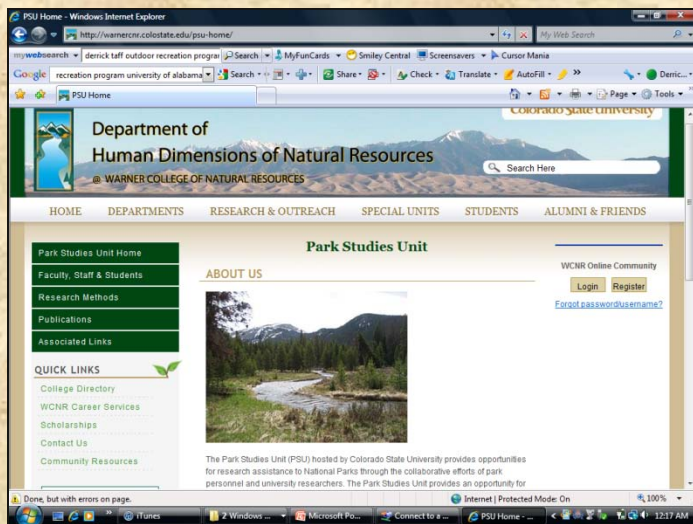




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# UAOR Adaptive Programs







Alana Nichols - One of our first adaptive outdoor trip participants at the University of Alabama is now the most decorated skier from the 2010 Paralympic Games in Vancouver!





## Why is it important for you to be aware of issues relating to disability?

- Currently around 10 per cent of the total world's population, or roughly 650 million people, live with a disability.
- In 2009, 19.5 million people, or 9.9 percent of the civilian population in the US, ages 16 to 64, had a disability.

<http://www.disabled-world.com/disability/statistics/>

# Person First Language



- A person's disability does not define who they are
- Always put the person *before* the disability
- *Use possessive language to refer to disabilities and assistive technology*
- *Things cannot be "handicapped."*
- *Disability makes someone different.*
- Above all, *put yourself in the place of the person about whom you are speaking.*

–<http://www.disabilityisnatural.com/>



# Marketing strategies and departmental contacts for university programs

- Office of Disability Services
- Local & national non-profit organizations
- Wheelchair sports teams
- Assistive Technology
- Academic programs
  - Occupational Therapy
  - Physical Therapy
  - Rehab engineering
  - Industrial Design

The screenshot shows a Windows Internet Explorer browser window displaying a news article from the University of Alabama News. The address bar shows the URL: <http://uaenews.ua.edu/2006/09/adapted-outdoor-recreation-program-offered-at-ua/>. The page header features the University of Alabama logo and the text "UA NEWS". The article title is "Adapted Outdoor Recreation Program Offered at UA", dated September 20, 2006. The article text describes a program for students with disabilities at Tuscaloosa, Alabama, involving outdoor recreation activities adapted to their needs. A photo shows two students, Ford Burtram and Stephanie Wheeler, on a boat. The article also mentions the expansion of the program to include wheelchair basketball. The browser's taskbar at the bottom shows various icons including iTunes, Removabl..., Set Netwo..., Microsoft..., Connect t..., and University... In the bottom right corner, there is a logo for the Association of Outdoor Recreation and Education (AORE).



# Legal & Risk Management Issues



## Americans with Disabilities Act (ADA)

- Reasonable accommodation
- Title II
- Caregiver or aide
- Service Animal
- Direct Threat



# Title II of ADA

- “Public entity may not impose an extra fee on someone with a disability to make accommodations”
- “Public entity may impose legitimate safety requirements necessary for the safe operation of its services, programs, or activities”
- Safety requirements must be based on actual risks, not perceptions, stereotypes, or generalizations about individuals with disabilities



If the participant requires a caregiver or aide for a trip, offer their spot for free/at-cost if possible



# Service Animals

- “Any *dog* that is individually trained to do work or perform tasks for the benefit of an individual with a disability”
  - May include physical, sensory, psychiatric, intellectual, or other mental disability
- Tasks must be directly related to person’s disability
- An individual may be asked to remove a service animal from the premises if the animal is out of control or is not housebroken





# Direct Threat

***Does the individual pose a direct threat to the health and safety of others?***

***“In determining whether an individual poses a direct threat to the health or safety of others, a public entity must make an individualized assessment, based on reasonable judgment that relies on current medical knowledge or on the best available objective evidence, to ascertain: the nature, duration, and severity of the risk; the probability that the potential injury will actually occur; and whether reasonable modifications of policies, practices, or procedures or the provision of auxiliary aids or services will mitigate the risk.”***

# Ask questions...

- Paraplegic and the kayak flips, can you swim? Can you keep your legs afloat?
- Low vision, blind, or deaf, how do we communicate safety signals to you?
- Medications, allergic reactions, what happens if...?
- Other special accommodations - Restroom, sleeping (cots, transfers, etc), skin integrity issues?



# Physical Accessibility

- Access Board:  
Outdoor Developed Areas
- Vehicles
- Accessibility of trip destination: Put-in, take-out, trail, lift, etc.



# What types of disabilities?

- May be visible, may not be visible
  - Amputations
  - Low vision / Blind
  - Deaf
  - Spinal cord injury
  - Traumatic brain injury
  - Cerebral palsy
  - Spina bifida, etc.



# Adapting Your Gear

- Be creative! Use duct tape, zip ties, old bike tubes, foam blocks, lawn chairs...







# Resources

- <http://www.nps.gov/grsa/planyourvisit/accessibility.htm>
- Disabled Sports USA: <http://www.dsusa.org/>
- Washington State Parks Accessibility Brochure:  
<http://www.parks.wa.gov/ada-rec/>
- Proposed guidelines for outdoor developed areas webinar slides (Architectural Barriers Act):  
<http://atfiles.org/files/pdf/AccessBoardDec3Webinar.pdf>
- ADA Regulations Title II and Title III:  
<http://www.ada.gov/regs2010/ADAREgs2010.htm>
- Adapted paddle grip: <http://creatingability.com/hand.html>
  - <http://www.usatechguide.org/techguide.php?vmode=1&catid=408>
  - <http://ada-one.com/focus/higher-education/>

# Adaptive Skiing Programs

## North Eastern Locations

- <http://www.gunstockadaptive.org/> (Gunstock Mountain Resort, Laconia, NH)
- <http://www.stowe.com/equipment/lessons/adaptive/> (Stowe Mountain Resort, Stowe, VT)
- <http://www.sugarbush.com/vermont-skiing-snowboarding/adaptive-skiing> (Sugarbush Resort, VT)

## North Western Locations

- <http://www.skiheavenly.com/ski-and-ride-school/adaptive-ski-programs.aspx> (Heavenly Mountain Resort, Lake Tahoe, CA)
- <http://www.skihood.com/Lessons/Adaptive-Lessons?c=129319002133135152> (Mount Hood Meadows Resort,

## South Eastern Locations

- <http://www.skibeech.com/basc.html> (Beech Mountain, NC)

## Western Locations

- <http://www.keystonerest.com/ski-and-snowboard/ski-and-ride-school/adaptive-programs.aspx> (Keystone Mountain Resort, CO)
- <http://www.jacksonhole.com/lessons-guides/camps/adaptive-steep-camp.html> (Jackson Hole Resort, WY)
- [http://www.snowbird.com/ski\\_board/adaptivesports.html](http://www.snowbird.com/ski_board/adaptivesports.html) (Snowbird, UT)
- <http://www.cgadventures.org> (Logan, UT)

## Eastern Locations

- <http://www.skiwas.org/> (Wintergreen Resort, VA)
- <http://www.snowshoemtn.com/rentals-and-lessons/adaptive/index.htm> (Snowshoe Mountain Resort, WV)
- <http://www.beavercreek.com/ski-and-snowboard-school/adaptive-lessons.aspx> (Beaver Creek Resort, CO)

\*Kelly Mixon, a writer for [Disaboom.com](http://Disaboom.com) offers a useful and thorough outline of the types of equipment available and a suggested match with certain disabilities in her article, "[Adaptive Skiing More Available for People with Disabilities.](#)"