

Recreation, Access, and ADA

4th Thursday ADA Talks – June 2024

1. Recreation, Access, and ADA

“Active Leisure for Life!”

June 27, 2024

SportsAbility Alliance, formerly Florida Disabled Outdoors Association.

4th Thursday ADA Talks

Hosted by:

University of Kentucky (UK) Human Development Institute,
Syracuse University Burton Blatt Institute, Southeast ADA Center.

2. Agenda

- Introduction
- What is Recreation
- Why We Need to Provide Access to Recreation
- Providing Access to Recreation
- Suggestions and Tools for Providing Access to Nature-based Outdoor Recreation
- Resources

3. Presenter

David Jones

Founder, SportsAbility

4. History

1988

- David Jones Hunting Accident
- Therapeutic Recreation/Vocational Rehab

1990

- FDOA formed to meet a need
- ADA is passed into law
- First SportsAbility Event

5. What is Recreation?

Recreation is recreating fun and enjoyment

- Understand and acknowledge Diversity of Interests.
- Many types of hobbies, activities, and pastimes.

6. Diversity of Interests in Recreation (1 of 2)

Examples of Outdoor Activities That Can Use Assistive Technology

- Archery
- Basketball
- Bowling
- Basketball
- Dancing
- Fitness/ Exercise
- Martial Arts
- Rugby
- Goal Ball
- Power Soccer
- Billiards/ Pool
- Weightlifting

7. Diversity of Interests in Recreation (2 of 2)

Examples of Outdoor Activities That Can Use Assistive Technology

- 4-Wheeling
- Baseball/ Softball
- Bicycling
- Camping
- Fishing
- Football
- Fossil Hunting
- Gardening
- Golf / Miniature
- Hiking
- Horseback Riding
- Horseshoes
- Hunting
- Jet Skiing
- Kayaking
- Picnics/Cookouts
- Rock Hounding
- Sailing
- Scuba Diving
- Sledding
- Sky Diving
- Swimming
- Track/ Field
- Tennis / Badminton
- Volleyball
- Water Skiing
- White Water Rafting
- Walk/Run

8. Why We Need to Provide Access to Recreation

Health Benefits of Recreation and Leisure

- Decreases morbidity and other illness associated with a sedentary life
- Improves balance and range of motion
- Reduces depression and anxiety
- Improves well-being
- Improves quality of life

9. Health Benefits of Recreation and Leisure (1 of 3)

HEALING

- **Therapeutic Rehabilitation**
- **Return of Daily Function**

WELLNESS

- **Disease Prevention**
- **Health Maintenance**

10. Health Benefits of Recreation and Leisure (2 of 3)

PERSONAL DEVELOPMENT

- **Mental and Emotional Well-being**
- **Socialization Skills**

11. Health Benefits of Recreation and Leisure (3 of 3)

SOCIETAL DEVELOPMENT

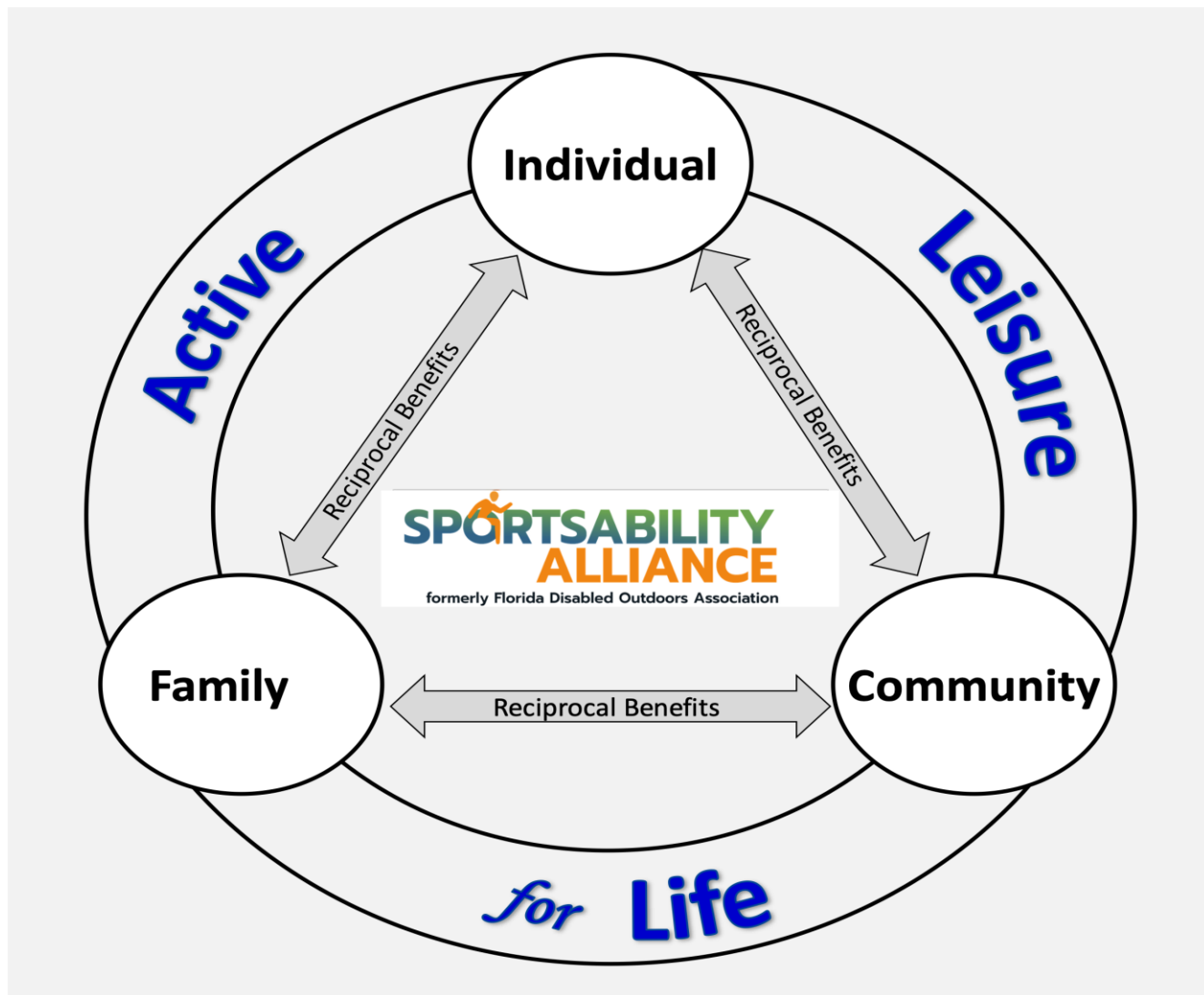
- **Reduced Health Care Costs**
- **Community Inclusion**

VOCATIONAL DEVELOPMENT

- **Employability Skills**
- **Job Readiness**

12. Societal Benefits of Recreation and Leisure

Diagram of triangular arrangement of three circles (individual, family, community) connected by arrows with the words: reciprocal benefits and the center is the SportsAbility Alliance logo. The whole diagram is encircled with the motto: Active Leisure for Life.



13. Why We Need to Provide Access to Recreation (1 of 2)

It's the Law--Americans with Disabilities Act

- ADA includes codes and requirements for compliance.
 - Information is readily available from ADA, the Access Board, and other organizations.
- ADA requires programs be accessible.

14. Why We Need to Provide Access to Recreation (2 of 2)

Outdoor Nature-based Recreation

- This can be difficult especially with outdoor recreation.
- SportsAbility has focused on outdoor recreation for 34 years and has learned to:
 - Use common sense
 - Be open to compromise
 - Think outside the box for solutions

15. How To Provide Access to Recreation (1 of 4)

Remove Physical Barriers

- Physical accessible is a significant barrier for individuals with limited mobility. In the United States:
 - 15% of the total population report they have a mobility impairment.
 - 40% of all people with disabilities report difficulty with walking.
 - More than 40% of individuals aged 65+ report having a disability.

Source: Research by Expedia and Wakefield

16. How To Provide Access to Recreation (2 of 4)

Remove Physical Barriers (continued)

- 1 in 3 families report having a family member with a disability.
- People recreate with family and friends.
- Removing physical barriers positively affects individuals, families, and communities.

17. How To Provide Access to Recreation (3 of 4)

Increase Knowledge in Consumers and Providers

- Lack of knowledge creates fear and uncertainty.
- Fear and uncertainty result in underserved programs and populations for consumers and providers.
- When you increase knowledge, you decrease fear and uncertainty.

18. How To Provide Access to Recreation (4 of 4)

Increase Knowledge in Consumers and Providers (continued)

- **For Providers:**
provide training and education
- **For Consumers:**
provide advocacy and information

19. Ideas and Tools for Programmatic Access to the Outdoors (1 of 3)

- Every state, company, and organization may have different strategies for providing access to recreation programs.
- Make accessibility and inclusive information easily found and obtained all program information, flyers, brochures, signs, websites, etc.
- Provide clear contact information for questions, concerns, issues, etc.

20. Ideas and Tools for Programmatic Access to the Outdoors (2 of 3)

- Architectural Barriers Act (ABA) of 1968
 - Addresses all federally-funded and federally-managed programs and facilities in the United States.
- ADA 2010 Amendment
 - Addresses outdoor recreation activities.

21. Ideas and Tools for Programmatic Access to the Outdoors (3 of 3)

- In Florida, the top outdoor activities for residents and visitors are:
 - Saltwater Activities
 - Fishing
 - Wildlife Viewing

22. Beach Accessibility Survey (1 of 3)

The goal of this survey/inventory is to gather descriptive information about access to Florida's beaches so that people can make informed decisions about their travel.

Here is a sample of the questions on the survey:

- What is the destination you are representing?
- What county is it located in?
- What is the name of the wheelchair access point?
- How many accessible parking spots are there? Is there a fee for parking?

[Beach Accessibility Survey](https://forms.gle/LSMwJGNNkJDgM5R8A): <https://forms.gle/LSMwJGNNkJDgM5R8A>

23. Beach Accessibility Survey (2 of 3)

Survey Questions –continued

- What is the best estimate for the distance between the accessible parking spaces and the recreational path if there is one?
- Please describe the beach access path (length, width, type of surface, slope greater than 8%)
- What happens at the end of the beach access path? (Is there a place to sit, a place to pull over, a place to turn around?)

[Beach Accessibility Survey](https://forms.gle/LSMwJGNNkJDgM5R8A): <https://forms.gle/LSMwJGNNkJDgM5R8A>

24. Beach Accessibility Survey (3 of 3)

Survey Questions –continued

- Please describe the surface from the end of the beach access path to the high tide mark or mean water level.
- Are there any manual or power mobility assistance devices or other powered mobility devices available onsite? If yes, please describe.
- List other amenities at the site.

[Beach Accessibility Survey](https://forms.gle/LSMwJGNNkJDgM5R8A): <https://forms.gle/LSMwJGNNkJDgM5R8A>

25. Specialty Programs

- Organizations need to get involved with and engage with disability communities
- Special Olympics, Para-Olympics, Specialized Activity Programs, etc.

26. SportsAbility Alliance Programs (1 of 5)

- Flyer for SportAbility Alliance - Enhancing Lives through Accessible Inclusive Recreation and Active Leisure. Four programs are featured: Miracle Sports, All Out, SportsAbility Expo, and RecConnect.
- Flyer for SportAbility Alliance - All Ages and Abilities with information on Membership, Fun Path to Well-Being, Find Recreation, and Contacts.

27. SportsAbility Alliance Programs (2 of 5)

Miracle Sports – Let's Play

28. SportsAbility Alliance Programs (3 of 5)

ALLOUT Adventures

- EcoRover Beach and Trails
- Adaptive Boating/Fishing
 - Hands Helping Anglers
 - Shake A Leg

29. SportsAbility Alliance Programs (4 of 5)

SportsAbility Expo 2-day event

- Provides access to resources designed to encourage participation regardless of age or ability level.
- Discover the latest in equipment, trends, and resources.
- Network with people with disabilities, resource providers, and community organizations.

30. SportsAbility Alliance Programs (5 of 5)

- **Indoor Activities**
- **Resource Expo**
- **Outdoor Adventure**
- **Day at State Park**

31. SportsAbility Alliance Resources (1 of 3)

[Resource Referral Network / iFind Database](#)

Web: sportsability.org/resources

- Accessible Inclusive Recreation Resources - Searchable by Florida County and Type of Resource
 - Products
 - Programs and Services
 - Destinations
 - Events
 - SportsAbility Social Media
 - Facebook and Instagram

32. SportsAbility Alliance Resources (2 of 3)

- [Beach Accessibility Survey](#)
Web: <https://forms.gle/LSMwJGNNkJDgM5R8A>
- SportsAbility Videos on [YouTube @FLDisabledOutdoors](#)
 - [SportsAbility Video](#)
Web: youtube.com/watch?v=Gw-df1gYPBs&t=187s
 - [EcoRover Video](#)
Web: youtube.com/watch?v=XFe2wu0cwvo&t=28s

33. SportsAbility Alliance Resources (3 of 3)

SportsAbility Social Media

- [Facebook @sportsabilityalliance](#)
- [Instagram @sportsabilityalliance](#)
- [Twitter @SportsabilityA](#)
- [LinkedIn @sportsabilityalliance](#)
- [YouTube @FLDisabledOutdoors](#)

34. SportsAbility Samplers

Sit-Ski

- Ann's Angels
- Lake 38

SCUBA

- Life Worth Leading: "SCUBA for All"
- **Horseback Riding**
- **Family Cafe**

35. Adaptive Programs

SportsAbility Activity Partners

- Ann's Angels Adaptive Waterski/Lake 38
- EcoRover Chairs
- United States Tennis Association—Florida
- Life Worth Leading—"SCUBA for All"
- Rotary—Hands Helping Anglers

36. Assistive Technology

Assistive technology refers to any device that helps a person to complete everyday tasks – including recreation.

37. Examples of Assistive Technology (1 of 5)

- All Terrain Wheelchair
- Adaptive Boats

38. Examples of Assistive Technology (2 of 5)

Adaptive Paddling Devices

39. Examples of Assistive Technology (3 of 5)

- Adaptive Fishing Rod
- Fishing Rod Holder
- Standing Wheelchair
- Adaptive Hunting Mount

40. Examples of Assistive Technology (4 of 5)

- Adaptive hiking device
- All terrain adaptive wheelchair device
- Beach mobility device

41. Examples of Assistive Technology (5 of 5)

- Accessible matting for temporary soft surfaces
- Floating beach wheelchair

42. Let's Hear From You

Questions?

Share Your Thoughts And Experiences

43. Contact Us

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www.sportsability.org

David Jones, Founder

davidjones@sportsability.org

44. University of Kentucky (UK) Human Development Institute (HDI)

More than 55 projects across disability, serving the community, state, and nation.

Web: www.hdi.uky.edu

Connect and Follow

- [Instagram @uk_hdi](#)
- [YouTube @humandevlopmentinstitute8482](#)
- [Facebook @ukhdi](#)
- [X \(formerly Twitter\) @uk_hdi](#)

45. University of Kentucky (UK) Human Development Institute (HDI) – Center for Assistive Technology Services (CATS)

Web: hdi.uky.edu/HDICATS

Connect

- Regional AT center of the KATS Network
- Lending Library, Training and Demonstration

46. Southeast ADA Center

Project of the Burton Blatt Institute – Syracuse University

Phone: 404-541-9001 or 711 (relay)

E-mail: adasoutheast@syr.edu

Web: adasoutheast.org

Connect and Follow

- [Instagram @southeastada](#)
- [LinkedIn @southeast-ada-center](#)
- [Facebook @southeastadacenter](#)

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