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

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

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

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

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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](https://www.youtube.com/c/FLDisabledOutdoors)
  - [SportsAbility Video](https://www.youtube.com/watch?v=Gw-df1gYPBs&t=187s)
  - [EcoRover Video](https://www.youtube.com/watch?v=XFe2wu0cwvo&t=28s)

33. SportsAbility Alliance Resources (3 of 3)

SportsAbility Social Media
- [Facebook @sportsabilityalliance](https://www.facebook.com/sportsabilityalliance)
- [Instagram @sportsabilityalliance](https://www.instagram.com/sportsabilityalliance)
- [Twitter @SportsabilityA](https://twitter.com/sportsabilityA)
- [LinkedIn @sportsabilityalliance](https://www.linkedin.com/company/sportsabilityalliance)
- [YouTube @FLDisabledOutdoors](https://www.youtube.com/c/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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(850) 201-2944
info@sportsability.org
www.sportsability.org

David Jones, Founder
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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 @humandevelopmentinstitute8482
   • 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
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