



RECREATIONAL GROUP GUIDE

Programs especially designed to meet your unique needs!

In an effort to better meet the unique needs of the large variety of individuals with disability we work with, Outdoors for All has developed five recreational groups and guides to illustrate difficulty levels and accessibility. We hope participants, parents, and caregivers will find this new system helpful in identifying programs which are most appropriate for their skills and abilities and will result in the best success in meeting their recreational goals. We look forward to your feedback on this new system.

EXPLORERS (EX)

EX

Join the **Explorers** to experience recreational opportunities abundant in the outdoors with the support of expertly trained staff and new friends you meet along the way!

FOCUS: Basic skill development and instruction for the recreational experience. Explorers is especially designed for persons with developmental disabilities or autism spectrum disorders who are new to recreation and/or need specific assistance while trying new activities.

SUPPORT: Gentle transitions and focused/structured activities are incorporated as part of all activities. Visual supports such as social stories and visual schedules are utilized as needed.

EXPERIENCE REQUIRED: None

GEAR HEADS (GH)

GH

Want to make a move to recreational independence? **Gear Heads** will help make sure you're set with the equipment and instruction needed to reach your goal!

FOCUS: Instruction, trouble shooting, creative problem solving and basic skill development. Gear Heads is especially designed for persons with physical disabilities who need instruction and adaptive equipment to recreate.

SUPPORT: Adaptive equipment and technique focused instruction enabling individuals that require physical assistance to try new recreational experiences.

EXPERIENCE REQUIRED: None

ADVENTURERS (AD)

AD

Is your focus on the journey, not the destination? With the **Adventurers**, fun comes first!

FOCUS: Adventurers enjoy recreation for the sake of the pure enjoyment of recreation. Especially designed for folks of all abilities.

SUPPORT: Great guides and fun company provided. Adaptive recreational gear available as needed/upon request.

EXPERIENCE REQUIRED: Previous experience in the recreational activity you will be participating in.

BUSHWHACKERS (BW)

BW

Do you seek out excitement and the desire to experience the rustic outdoors? **Bushwhackers** is 'where it's at'!

FOCUS: Bushwhackers operate within the concept of challenge by choice, empowering participants to push their recreational and physical limits in the outdoors. The group is especially designed for folks of all abilities who have a high level of physical fitness or motivation and recreational skills.

SUPPORT: Adaptive recreational gear available as needed/upon request.

EXPERIENCE REQUIRED: Previous experience in the recreational activity you will be participating in.

COMPETITORS (CO)

CO

Want to take your technical recreation skills to the next level? The **Competitors** group is for you!

FOCUS: Competitors focus on training, performance based skill refinement and private coaching to work towards a competitive event or personal goal. This group is especially designed for individuals who desire advanced knowledge and skills in a specific recreational activity and are committed to working towards those goals.

SUPPORT: Adaptive recreational gear available as needed/upon request. Competitors may choose to invest in their own specialized equipment to use during activities to enhance their performance.

EXPERIENCE REQUIRED: Previous experience in the recreational activity you will be participating in.

KEY

Here is a list of other symbols you will find in our activity guide regarding difficulty and accessibility of activities:

DIFFICULTY LEVELS

- E** **EASY:** Basic skills, relaxed pace, green ski runs, minimal elevation change.
- M** **MODERATE:** Intermediate skills, moderate pace, blue ski runs, some varied terrain with opportunity for recovery.
- D** **DIFFICULT:** Advanced skills, Moderate to brisk pace, black ski runs, varied and challenging terrain.
- A** **ALL LEVELS:** Incorporates activity choices and location to accommodate all levels of difficulty.

ACCESSIBILITY

- ADA (American Disabilities Act):** Trail/activity access meets the key requirements for an accessible trail as approved by the ADA Accessibility Guidelines.
- AFM (Accessible for Most):** Wheelchair users or those who use walkers will require assistance on portions of this trail/activity access.
- AE (Adaptive Equipment):** Adaptive equipment is necessary for trail/activity access for individuals in wheelchairs or with significant mobility issues due to slope grade, width of path, and/or obstacles on trail/access.
- SS (Sensory Sensitivity):** Due to the nature of this activity it may impact those with extreme sensory sensitivities including auditory, hearing, vision, touch or smell sensitivity (most commonly associated with individuals on the autism spectrum). If you have a sensory sensitivity, please contact Outdoors for All staff for more information on the specifics for this activity to determine if it is appropriate to meet your individual needs.

EXAMPLE

Below is an example of an activity. This activity has a difficulty level of EASY and is best suited for the recreational groups of Explorer, Gearhead and Adventurer. It is also ADA accessible.

CODE	DATE	TIME	AGE	LOCATION	DIFFICULTY	GROUP	ACCESSIBILITY	TRANSPORTATION	COST
1111	May 16	10:00am - 2:00pm	5+	Reddiesnake Lake (North Bend)	E	EX GH AD	ADA	\$15	\$40