Parks and Recreation Spaces and Places

Inclusive Universal Design...

Why MUST we make our parks inclusive and universally accessible...??

What does the law require? ADA says...

- if you build it new or alter it make it accessible
- remove existing barriers to all activities, programs, services and facilities
- make "it" accessible to and useable by people with disabilities
- in the most integrated way possible
- Tip: Download them to your hard drive and it makes it much easier to search!
How do I know what’s accessible... and what’s not?

Cindy’s Cheerleading Moves of Accessibility!

Understanding the minimums...
- Clear width (36" min.)
- Head clearance (80" high & wide as the route)
- Clear space (36"x48" min.)
- Maneuvering space (60"x60" min.)
- Surface (1") max. change, slope less than 5%, firm and stable
- Transferable (17"-30" with transfer supports)
- Knee clearance (27"h x 30"w x 25"d)
- Reach range (48" max. high / 15" min. low)
- One handed (no pinch or twist)
- Visual(see from 32'-54")

Understanding the minimums will help you do better!

✓ Cindy’s “cheerleading moves of accessibility” will help you to look at your parks and recreation environments with a new understanding of universal accessibility.
✓ Learn to think about access from a usability perspective and to identify barriers that get in the way of full inclusive participation by people with disabilities.
✓ Then learn how to make thoughtful choices to remove existing barriers and to make accessibility a forethought, rather than an afterthought, in all planning, design & construction so you make all your park and recreation environments easier to use by everyone together.

If you build it they will come...
Talking Wheelchair Blues...

The US Access Board...

- ADA Accessibility Guidelines
- Regulatory Negotiations
- Final reports
  - Public comment
  - Proposed rules
  - Public comment
  - Final rules
  - Do it!
- In the absence of a final rule... just do it!

The informational sign next to the parking lot is not accessible due to its location adjacent to the curb. The pamphlet dispenser is located above the maximum reach range threshold.

The sign should be relocated adjacent to an accessible route with the required clear space and surfacing. The pamphlet dispenser should be remounted so the highest operable part is located 48" above grade.

By Whom
Plan and Projected Date
Action Taken
Date & Photo
Document

ADA Self Evaluation and Transition Planning
Compliance with the ADA means...

You’ve decided...

to do the worst that is allowed by law to create accessibility...

Committing to the Principles of Universal Design means...

– You’ve decided...
– to do better than the minimum requirements of the ADA and create greater inclusive accessibility for all people of all abilities, so everyone can participate and enjoy the same quality recreation experiences together 🌟

What are the principles of universal design?

– **Equitable Use**: the design is useful & marketable to people with diverse abilities
– **Flexibility in Use**: the design accommodates a wide range of individual preferences and abilities
– **Simple and Intuitive Use**: use of the design is easy to understand regardless of the user’s experience, knowledge, language skills or current concentration level
– **Perceptible Information**: the design communicates necessary information effectively to the user, regardless of ambient conditions or the user’s sensory abilities
– **Tolerance for Error**: the design minimizes hazards and the adverse consequences of accidental or unintended actions
– **Low Physical Effort**: the design can be used efficiently and comfortably and with a minimum of fatigue
– **Size & Space for Approach & Use**: appropriate space is provided for approach, reach, manipulation, and use regardless of user’s body size, posture or mobility
Inclusive Universal Design concepts to consider...

- Easy to use by everyone together...
- All people of all abilities...
- All ages...
- All skills...
- Independent use...
- Safe...
- Intuitive...

Trails, nature trail, walkway, pathway, etc.

- wider with no two people can walk side by side or people can pass
- unitary surfaces like concrete, board walk or asphalt, or crushed aggregate/ screenings that have been "stabilized" or natural soils enhanced with soil stabilizers
- contrasting color treatment of the surface and textured surface treatments such asbrushed concrete at intersections or interpretations stations to cue people who have vision impairments that there is something to pay attention to at that spot
- close to level cross slopes ( about 6%) and very gentle running slopes, no steep sections, larger (greater than 60"X60") level area at all turns and intersections
- thoughtfully laid out on the site to maximize the experience with minimal difficulty
- and...???

Picnic areas and elements:

- accessible design elements, all tables, grills, fire rings, water pumps, etc.
- all located accessible routes
- level routes onto picnic pavilion with no changes of level path to picnic surface
- wider routes & clear space with firm surface around all elements correspondence with mobility levels creating more room around the element (table, grill, etc.)
- a variety of table styles, some with clear sitting space on the side, some with extended table tops on the end
- clear space all around each element so people can approach and use the grill. fire ring, etc, from the front, back and either side
- grills you can handle with one hand
- closed fire building surfaces so you can place wood without leaning too far over from a sitting or seated position
- and...???
Fishing Docks and Piers...
- all lower rails all the way around so everyone can fish from anywhere or no rails at all with only an edge treatment to prevent roll off
- sitting benches scattered so anglers can choose to sit or stand to fish
- a variety of fish landing cutaways strategically placed
- variety of opportunities over-water fishing/shore fishing/in-water fishing stations
- and...???

Playgrounds...
- ramps and benches
  - has both ramp and transfer access to all play components
  - ramps to every “getting on” or “getting off” of every play component
  - transfer systems from the ground up to the main deck located near the exits of slides and climbers.  Shelter from the rain onto the transfer
  - only sensory safety surface such as poured-in-place or rubber tiles NOT any loose fill materials like shredded rubber, wood fiber or any other non-sensory surface materials
  - on deck transfer platform at the entry point of every slide
- on deck transfer platform with one open transfer side and one colored transfer ramp to every entrance point of every climber, slide clothing up transfer down to the deck to move to another component, as they may have different accessible devices for the ground
- a good variety of things to manipulate that make noise or music, have high contrast/bright colors, games that two kids can play (this foster social interaction), tactile and/or language panels to teach awareness, easy to operate with just one hand, with a whole fist (doesn’t require tight/pinch/grasp/wrist twist to operate)
- different high contrast colors for doors and transfer to kids with low vision can perceive a change in level
- play panels are located at heights they can be used from a seated position or standing

Boardwalks...
- wetland and water access
  - wider width so two people can walk side by side or people can pass
  - edge treatment to prevent roll/step off
  - if side rails... all lowered for easy viewing
  - interpretive information in a variety of alternative formats such as auditory, large print, Braille, pictures, etc.
  - and...???
Sports fields/courts:
Fields... soccer, football, baseball, etc.
Courts... tennis, basketball, Boccia, horse shoes, etc.
Other... skate parks, Frisbee golf, etc.

- route to both sides of all fields and all courts, not just end zones
- accessible seating areas both ground level and elevated if necessary
- accessible seating areas scattered throughout all viewing areas and courts with companion sitting on both sides of the park in the dugout!!!
- all lowered service windows at all concession areas
- wide gate openings into court areas (tennis, Boccia, b-ball) and side parts to accommodate water sports wheelchairs
- route to both tennis/short and along both sides of the park
- lead routes into Boccia courts with sitting height at both ends
- at least one accessible route to each frisbee golf hole/to the nearest rail in all baskets at retrievable ranges

Campgrounds...
- all sites and amenities
- accessible surface on all sites
- larger space to accommodate side lifts on campers and vehicles
- accessible tables, grills, and fire rings on all sites
- centrally located restrooms on easy route from each site
- single user/mini accessible shower/toilet rooms
- accessible routes to all park amenities and recreational experiences
- and...???

Canoe/kayak launch sites...
- wider route to some canoe hand wheelchair on dolly to launch pull-vaesl next to them if the user wheelchair or two person carry down
- accessible surface to water edge into water at launch
- more gentle slopes for ease entry and exit when hand wheeling a boat
- some type of launch system to stabilize vessel at a transferable height then some type (stage feature mechanism) of system to help move vessel, while seated in the boat, into the water
- some type of launching assistance such as grab bars, chairboard or some type of aid to position that body over the center of the boat for balanced entry/exit
- some type of pull-trail to help pull boat out of water back onto the launch to exit/transfer out...
- All accessible launch amenities such as kayak/storage/bike boxes, restrooms, car/boat trailer parking, picnic tables & potable water
So... how does an universally accessible launch work??

Boat launch dock...

- If there is a dock, provide a transfer system on the dock so someone can bump down to the water on the dock and slide over to boat in the water.
- A shore station with a platform (instead of "V" ramp) with a transfer system on the dock of the shore station, located next to a dock so someone could roll get on the platform and lower it to the right level to transfer into a boat.
- All accessible launch shorelines such as car/boat trailer parking, restrooms, picnic tables & portable water.

Beaches...

- Routes over the beach and into the water can be portable/temporary matting or docking if it needs to be taken in and out for beach cleaning/dragging or in the off season.
- Wide enough for side by side walking/passing.
- At each beach route end have a "hanging out" area at the waters edge large enough to get off the route end.
- A transfer system at the waters edge so people can get down to the ground level and out into the water.

and...???
Archery ranges...

- all stations
- route to retrieval area for each target
- targets usable with cross bows also
- arrow back stop to limit retrieval distance
- larger maneuvering spaces to accommodate archers with shooting assistants
- equipment stands at accessible heights at each station
- and... ???

Skiing/sledding hill...

- accessible route to top (no steps) maybe using a rope tow lift with the “magic carpet” (it’s “carpet/mat” type thing you get on in your sled or at/bend on and it pulls the mat up the hill with you on it)
- level surface for sled mounting at hill top
- if staffed, provide ATV transport or have policy that allows personal ATV use
- transfer at hill top & bottom to help bump transfer down to sled and bump back up into chair/walker
- and... ???

Nature center...

- all interpretive information in a variety of alternative formats such as auditory, large print, Braille, pictures, etc.
- creative use of technology such as I-Pods for auditory descriptions (this gives the info, directly to the individual)
- closed loop assistive listening devices and closed circuit capturing of all interpretive presentations
- all displays at lowered heights for sitting or standing viewing
- all operating mechanisms that are operable with one hand and do not require tight/pinch/grasp/wrist twist to operate
- and... ???
Camping Cabins and Yurts...

- larger clear space and maneuvering spaces in between all furnishings including when all are in use (beds, tables/chairs with people seated at the table, chairs within lowered reach ranges, lowered wall hooks, etc.)
- larger clear space thoughtfully located for typical portable items such as coolers, luggage, equipment/hood bins/hubs, etc.
- ramps not steps
- wide perimeter decking
- all accessible site amenities, tables, grills, fire rings, restrooms, etc.
- and...???

Dog Parks...

- wider gates to accommodate someone in a larger outdoor wheelchair (or someone pushing a stroller...)
- one-hand operated latch mechanism located at a height that is easily reachable from a seated position
- wide accessible perimeter path around dog run areas with curb cuts or low thresholds onto the area
- doggie clean-up
- wide accessible perimeter path around dog run areas with curb cuts or low thresholds onto the area
- accessible clear space on both ends of all benches
- all accessible picnic tables, located on accessible surface with slope other space afforded
- located area with accessible killing space connected to accessible perimeter path
- accessible water source for owners and pets with easy one-handed operation mechanism located on an easy to reach height from a seated or standing position (and reachable by kids, too!)
- and...???

Restrooms...

- more than the minimum number
- multiple unisex/single use toilet rooms/units so opposite sex caregivers can assist, also good for parents of young children of the opposite sex so kids aren’t sent alone into the multi use restroom
- thoughtfully located near areas of activity such as play areas, beaches, fishing piers, etc.
- all port-a-johns accessible design units, again big enough for individual use or caregivers assist and also good for families with young children who need assistance in a port-a-john
- and...???
Parking...

- more than minimum number of spots
- each connected directly to an accessible route to the park elements and NOT into the traffic flow
- thoughtfully located nearest the activity entrance (some near the beach, some near the playground, some near the bath house, etc.)

Innovative universally accessible design project!

And when we don't pay attention...

Things can go terribly wrong in so many ways...
What's wrong with this picture?
What's wrong with this picture?

When should you think about inclusive universal access?

- Before...
- Every time you are going to make a change, repair, replacement, addition, renovation etc.
- Every time you BEGIN to develop an idea or plan for a new facility or program...
- Every time you look at design plans from conceptual drawings, bid specifications, construction drawings, etc.
- Every time you train any staff about anything...
- AND...???

What can you commit to do?

- Evaluate what you have & identify the barriers
- Make a plan to remove those barriers
- Then do it! Remove the barriers
- Require accessible & universal designs
- Only buy accessible "stuff!"
- Use Cindy's leading moves of accessibility to visualize accessible spaces
- Always make accessibility also thought out and after thought
- Remember... good accessible universal design makes it easier to use by everyone!
When Wounded Warriors Return Home…

they continue to serve in their community.

Who are the Wounded Warriors you will serve?

- What types of disability characteristics do you think they will have?

- How do you think their disability will affect their abilities to participate in recreation?

- What do you think their recreation interests will be?
What does it look like when it's done well?

Ok, now...
- How do you think this will affect what recreation activities you provide?
- How do you think this will affect where you provide those opportunities?

Welcoming Wounded Warriors Home...
- make the commitment
- show it in your word and deed
- use inclusive images, real Service Members doing "it"
- speak in respectful and welcoming language...everyone, together, all abilities, welcome...
- just say yes...yes we can!
- figure it out
- value everyone's difference
- remember it's a right! and...
- it's the right thing to do!
What else do you need?

- What training, technical assistance, resources, etc. do you think you still need in order to successfully include any returning wounded warrior?
- facility accessibility
- activity adaptation
- customer service
- marketing
- communication
- (dis)ability awareness
- inclusion process
- and...

Your new legislation Connect NC Bond and the resources it brings...
$3 million children & Veterans with disabilities
$409 million for parks!

What’s it all about & what can you do with these resources, to make your parks more inclusive and universally accessible?

Keymakers

Some people see a closed door... and turn away.

Others see a closed door, try the knob, if it doesn't open... then they turn away.
Still others see a closed door, try the knob, if it doesn't open, they find a key, if the key doesn't fit... they turn away.

A rare few see a closed door, try the knob, if it doesn't open, they find a key, if the key doesn't fit... they make one!

Be a Keymaker!

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