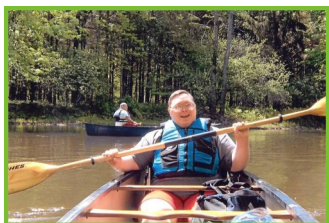


ACTIVITIES



Canoeing



Kayaking

Exercise Group



Horseback Riding



Cross Country Skiing



Camping

Hiking

Snowshoeing

White Water Rafting



Swimming

Contact Information:

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Outdoor Recreation
Coordinator

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**For a more comprehensive
list of the services &
programs we offer,
please visit**

www.cpnorthcountry.org



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ABOUT THE PROGRAM

The purpose of this program is to offer individuals the opportunity to enjoy outdoor activities. This is a program for people with disabilities, including individuals with more involved physical disabilities who may require assistance.

One of the main premises of the program is that individuals learn a lot about themselves when they learn something new, in a new environment, together with new people; when people allow themselves to be pushed outside of their "comfort zones", it enables them to be open to further learning experiences.

This program has been developed along the lines of the best practices in the field. Program staff consist of the Trip Leader and Assistant Trip Leader. The Leader is certified in Wilderness First Response, American Red Cross (ARC) Life Guarding, ARC Small Craft Safety for Canoes and Basic Water Rescue Instruction, Basic First Aide and CPR, and has also completed the American Canoe Association Adaptive Paddling Workshop. The Assistant Trip Leader has

ARC certifications in Basic First Aide, CPR, and Small Craft Safety for Canoes and Basic Water Rescue.

Participants, as well as the other staff and volunteers who accompany them, will need to meet the program's non-discriminatory eligibility guidelines. The Trip Leader will review a medical information sheet and an Assumption of Risk form with each interested participant. During this time, the individual will have the opportunity to ask questions and discuss how their disability may affect their ability to participate..

Participants will be instructed in such a way that they will be able to take what they learn and pursue outdoor activities on their own or with others and know how to do so safely. The Outdoor Recreation Program promotes exercise and outdoor activities that are fun, accessible and affordable .

If you have any questions about this program, the contact information can be found on the back of this brochure.



Studies have shown that individuals with disabilities do not generally access outdoor recreation activities because they lack the opportunities to learn how and the places these activities take place are often inconvenient by ways of accessibility and/or affordability.

We offer instruction and training to accommodate for the individuals' physical, as well as learning needs. Our staff has extensive experience & training to provide these adventurous activities safely.

We try to make most of the outings free of charge and assist in the arrangement for transportation and cost, when needed.

The activities are year-round opportunities for fun, exercise & many chances to develop new friendships.

