

Accessibility in Athletics



will begin at 12:30 pm ET

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About Your Hosts...

- TransCen, Inc.
 - Mission Statement: Improving lives of people with disabilities through meaningful work and community inclusion
- Mid-Atlantic ADA Center, a project of TransCen, Inc.
 - Funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Administration for Community Living, U.S. Department of Health and Human Services



Listening to the Webinar

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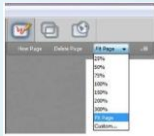
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Customizing Your View

- Resize the whiteboard where the presentation slides are shown to make it smaller or larger by choosing from the drop down menu located above and to the left of the whiteboard; the default is "fit page"



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- Resize/Reposition the CHAT, PARTICIPANT, and AUDIO & VIDEO panels by “detaching” and using your mouse to reposition or “stretch/shrink”
 - Each panel may be detached using the ☰ icon in the upper right corner of each panel

7 

Technical Assistance


If you experience technical difficulties

- Use the CHAT panel to let us know
- E-mail ADAtraining@transcen.org
- Call 301-217-0124

8 



Archive

- This webinar is being recorded and can be accessed within a few weeks
- You will receive an email with information on accessing the archive

9 

Accessibility in Athletics

Finding the Freedom to Move in the ADA



Natalie McCarthy – Former Paralympic Athlete

10

Presentation Overview

- Intro to presenter
- What is the law? What does the ADA require for places of fitness and recreation?
- How do these requirements look in practice? What does it mean to be "readily achievable"? When accommodations are not "readily achievable," what options are available?
- Why do we require these accommodations? Why is this important?
- Personal experiences in requesting and receiving accommodation.
- Examples of simple, inexpensive, and successful accommodations.
- Conclusion

11



12



My Bio

- Natalie McCarthy was born in Tacoma, WA. At 10, she lost her sight to brain cancer. Natalie adapted to blindness by finding her identity in sports. She began in track and field in middle school and continued until her first year at Pacific Lutheran University, where she transitioned to Rowing. Natalie competed four years with the women's varsity crew and graduated in 2009.
- While competing for PLU, Natalie was invited to train with the US Para-rowing national team. After several years of training and success in domestic competitions including The Head of the Charles and The Royal Canadian Henley Regatta, Natalie earned a place on the 2013 national team. She competed in the Legs, Trunk and Arms Mixed Double Sculls and won a bronze medal at the 2013 World Rowing Championship in Chungju, South Korea. She earned a place on the 2015 World Championship team in Lac d'Aiguebelette France and finished 5th at the 2017 World Championship in Sarasota, FL. Outside of competition, she takes on leadership roles including Athlete Representative for the US Rowing Para High Performance Committee and General Para Sports Representative on the US Olympic Committee's Athlete Advisory Counsel.
- Natalie lives in Seattle, WA with her guide dog, Vidal, her retired guide, Gazette, and her fiancé, Aiden. Natalie works as a Case Manager at the Dispute Resolution Center of King County and attends law school at Seattle University. She rows locally at Seattle Rowing Center. She strives to be an advocate for para-athletes and others facing barriers to inclusion on a local and international stage.

13





14



ADA Requirements

Newly Constructed Swimming Pools and spas

- transfer system
- sloped entry
- stairs entry
- Accessible Entrance

Fitness Centers

- 1. accessible Exercise equipment with space adequate for wheel chair transfer
- 2. Service dogs
- 3. Parking
- 4. restrooms
- 5. drinking fountains
- 6. Shower Facilities

15





Alternatives

- Sighted Guides
- Inclusive Fitness Trainers
- Ramps
- Clear Pathways
- Hand Rails
- Tactile Signs and Other Markers



Simple and Inexpensive Accommodations

Track and Field

- Voice communication
- Sighted Guides
- Lane Markers
- GPS

Swimming

- Light Signaling
- Tapper

Rowing

- Fixed Seats
- Specialized Grips
- Chest Straps
- Additional Seat Height
- Pontoons
- GPS
- Voice Communication

19





20



Adaptive Sports

- Wheelchair Basketball, Rugby, Tennis, etc.
- Sled Hockey
- Goal Ball
- Tandem and Hand Cycling
- Beep Baseball

21





Why is this Important?

Inclusion-

- Recognizing, valuing and fully leveraging the diversity of others to create a positive atmosphere that promotes equality and delivers results. It is the act of celebrating and utilizing people's differences to the benefit of the organization, not merely tolerating them.

23



Conclusion



25





26



Resources

- <https://drefd.org/legal-advocacy/laws/access-equals-opportunity/recreation-and-fitness-centers/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3584791/2>
- <https://www.usaba.org>
- https://trailhead.salesforce.com/en/modules/workplace_equality_diversity_and_inclusion/units
- <https://www.nchpad.org>
- "Trials: Finding the Medal" by Daniel King
- "This Is How We Roll- A Season with Alabama Wheelchair Basketball" by Daniel King

27