



Everybody Outside! Accessing the Inclusive Hiking Experience

Will begin at 2:00 PM Eastern Time

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Audio

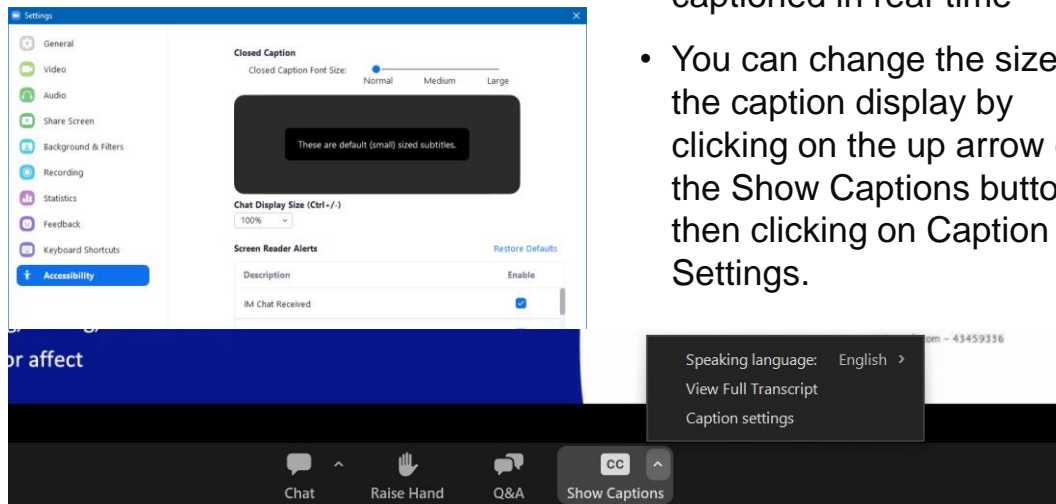
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Captions

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Questions and Comments

- Select the Q&A icon
- Send your question to adatrainig@transcen.org



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Archive

- This webinar is being recorded
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Certificates of Attendance

- Only those who purchased certificates when registering for the session are eligible to receive one
- Certificates are available only for attending the live session; attendance will be verified
- The code to submit for a certificate will be announced later in the session

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Presentation Accessibility

- For the benefit of participants who are not able to see the presentation slides on the webinar platform, speakers will
 - Announce slide numbers
 - Describe images that are meaningful to the content of the session

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About Your Hosts...

TransCen, Inc.

- Improving the lives of people with disabilities through meaningful work and community inclusion

Mid-Atlantic ADA Center, a project of TransCen

- Funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Administration for Community Living, U.S. Department of Health and Human Services

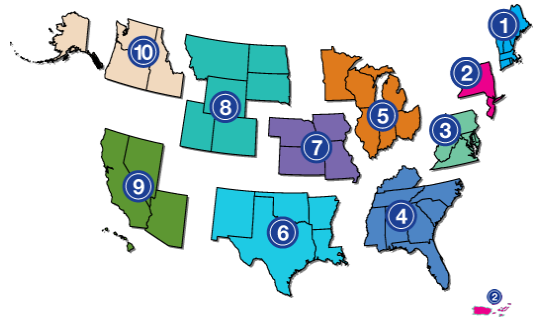


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ADA National Network

- Ten regional centers provide guidance, training, and materials on the ADA
 - **1-800-949-4232**
 - [ADAata.org](https://adaata.org)



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Everybody Outside!

Accessing the Inclusive Hiking Experience

Presented by: Michelle Cook, Inclusive Design Specialist



The Great Outdoors



- Time spent in nature improves health and well-being
- Some proven benefits include:
 - Decreased stress
 - Relaxed muscle tension
 - Reduced heart rate & cortisol levels
 - Bolstered connectedness with self, surroundings, and community
 - Increased empathy

Inclusion

Inclusion of people with disabilities into everyday activities involves the thoughtful embodiment of practices and policies designed to identify, anticipate, and remove barriers such as physical, communication, and attitudinal, that hamper the ability for full participation and enjoyment of the lived experience.

- Michelle Cook, working definition

The Inclusive Hiking Experience

- Challenge and/or engagement by choice
- Accessible amenities
 - Parking and arrival
 - Personal care features and facilities
 - Intuitive maps and orientation
 - Integrated rest and recharge locations
- Universally designed learning and/or interpretation opportunities
- Safety supports and emergency responsiveness

Legislative Requirement

Program Access Standard, adapted

- Each facility or part of a facility constructed by, on behalf of, or for the use of a federal or public entity shall be designed and constructed in such a manner that the facility or part of the facility is readily accessible to and usable by individuals with disabilities.

In a Nutshell...

Services, programs, and activities, when viewed in their entirety, must be readily accessible to and usable by persons with disabilities.

Q: Is hiking or a trail system considered a service, program, or activity?

A: Yes!



What resources exist to support the inclusive hiking experience?

I'm glad you asked...

Accessible Design

- Americans with Disabilities Act Accessibility Guidelines (ADA, 2010)
 - Accessible Routes
- Architectural Barriers Act Accessibility Standards (ABA, 2013)
 - Outdoor Developed Areas Accessibility Guidelines
 - Outdoor Recreation Access Routes
 - Beach Access Routes
 - Trails
- In Development
 - Public Rights-of-Way Accessibility Guidelines (PROWAG)
 - Shared Use Paths

Design Variations

Accessible Routes, Outdoor Recreation Access Routes, Beach Access Routes, Trails, and Shared Use Paths vary by:

- Width
- Running and cross slope
- Changes in level or obstacles
- Openings
- Resting intervals and/or passing spaces
- Protruding objects
- Surface materials

Trails

A pedestrian route developed primarily for outdoor recreational purposes.

- Allows steepest running slope without handrails
- Cross slope exception based on surface material
- Passing spaces furthest apart
- Firm, stable surface
- Allows for taller obstacles

Key Points for Trail Managers & Advocates



No matter what the surface or type of route, make it as accessible as possible. Removing barriers helps everyone!



Post proper signage and information (and keep it updated) to allow for individual choice based on ability, time, interest, etc.



Consider surface materials that minimize the frequency of maintenance activities performed. Keep nature wild!

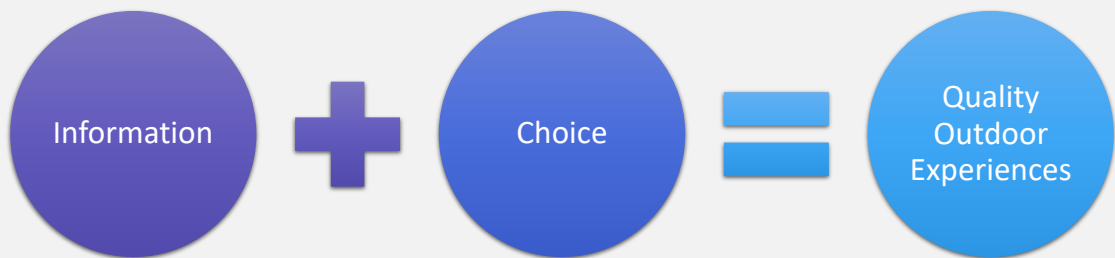


Don't know where to start? Work to improve access to popular or unique opportunities first and branch out from there.

How do I know what trails are accessible for me?

Another great question...

Recipe for Equity



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Information Signs at Trailheads

New trail information signs must include the following:

- Length of the trail or trail segment
- Type of trail surface
- Typical and minimum trail tread width
- Typical and maximum trail grade
- Typical and maximum trail cross slope

Noteworthy Connections for Trail Access

- [American Trails – Trail Accessibility Hub](#)
- [Rails to Trails Conservancy - TrailLink](#)
- [Outdoors for All Foundation](#)
- [Everyone Outdoors](#)
- Social Media Accounts
 - Disabled Hikers
 - Unlikely Hikers
 - Adaptive Outdoorz
- National, State, and Local Parks



What types of assistive devices can I take on a hike?

You ask the best questions...

Wheelchairs, Defined

- Devices meeting wheelchair definitions are allowed on trails.
- Under the ADA, a wheelchair is “a manually operated or power-driven device designed primarily for use by an individual with a mobility disability for the main purpose of indoor, or of both indoor and outdoor, locomotion.”

OPDMDs, Defined

- Other Power-Driven Mobility Devices (OPDMDs) meeting the definition and assessment factors for use are allowed on trails.
- Under the ADA, an OPDMD is “any mobility device powered by batteries, fuel, or other engines... that is used by individuals with mobility disabilities for the purpose of locomotion, including golf cars, electronic personal assistance mobility devices... such as the Segway[®] PT, or any mobility device designed to operate in areas without defined pedestrian routes, but that is not a wheelchair.”

Mobility Devices on Pedestrian Trails

Absolutely Yes!

- Manual wheelchairs
- Power wheelchairs
- Crutches, canes, braces, walkers
- Prosthetics
- All-terrain adaptations to any of the former

Maybe...

- Other Power-Driven Mobility Devices



Mobility Devices on Multi-Use Trails

Same as pedestrian trails, *plus* pay attention to the identified trail users...

For example, where bicycles are allowed on trails, handcycles, tandem bikes, trikes, and other adaptive forms of bike-like devices would also be permitted.



In Summary...

Take the trail that's meant for **you**!

Obtain as much objective information about the trail and its amenities ahead of time.

If desired, connect with organizations who promote and/or host inclusive hiking events.

Investigate and obtain equipment that will aid in maximizing your enjoyment outdoors.



Q&A

Contact Information

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Certificates of Attendance: CODE

- If you paid for a certificate of participation, check the reminder email you received about this session for instructions
- Please email the code above to ADAtraining@transcen.org by **5 PM E.T. on June 26, 2023**
- Certificates are emailed 1 – 2 weeks after the session

Thank You for Joining Us!

Mid-Atlantic ADA Center

Toll-free: **800-949-4232** (DE, DC, MD, PA, VA, WV)

Local: **301-217-0124**

ADAinfo@transcen.org

ADAinfo.org

Check our website for information on our next webinar on **July 12:**

[Beach Access Routes: Key Considerations for Public Entities](#)