

Inclusive Recreation Resource Center

2019-2020 Report

Dr. Lynn Anderson, Center Director



The 2019-20 year has been another productive for the Inclusive Recreation Resource Center (IRRC). Here is a synopsis of the activities this past year that have helped us put our mission into play, "Helping ALL people play wherever they choose."

The Inclusion Ambassador Training Online

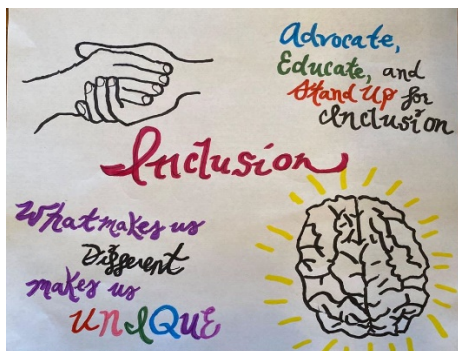
This year, the Inclusion Ambassador Training was delivered to over **549 enrollees** who became Inclusion Ambassadors.

The Inclusion Ambassador Training Online is an exciting way for youth and others to earn certificates and badges as they learn how to promote inclusion, whether as a part of a Scout activity, a summer recreation staff activity, a junior camp counselor activity, a 4-H project or other avenues. The training is hosted by a teenager with Down syndrome, Jess, who guides students through the 6 units in the training via animated cartoons. Social media is used to post experiential projects and activities. The training was piloted and is now available for free to any Certified Inclusivity Assessor who has completed Inclusion U Online. A CIA can invite as many people as they would like to complete the training.



Inclusion Ambassador Training is now approved for .3 CEUs (3 contact hours) through NYSRPS. **It is also pre-approved by NCTRC for continuing education for Certified Therapeutic Recreation Specialists.**

Some projects from Inclusion Ambassador Trainees posted on the IRRC Facebook page:



Inclusion U Online

This year, Inclusion U Online was delivered online to over **470 enrollees** from all over the U.S. and Canada, many who became Certified Inclusivity Assessors (CIAs). Though most of the CIAs registered as individuals, some took advantage of the group rate package. These agencies used the group rate:

- Texas Parks and Wildlife Dept.
- Rochester Accessible Adventures
- Clarkson OT Program
- Nazareth College OT Program
- Keuka Trail Outlet/Friends of Keuka Trail
- Arlington Therapeutic Recreation Department
- Bend Parks and Recreation District TR Department
- Burlington Parks and Rec. Dept. (MA)
- Austin Parks and Rec Dept. (TX)
- Univ. of Wisconsin-Stevens Point
- Hamlin Recreation Dept.
- Lerner Center for Public Health Promotion
- ARISE Advocacy

Many university students participated in Inclusion U Online. Universities included:

- SUNY Cortland
- SUNY Brockport
- SUNY Upstate Medical
- Arizona State University
- Ithaca College
- Tompkins Cortland Community College
- St. Joseph's College
- Lehman College
- Clarkson University
- Nazareth College
- University of St. Francis
- University of Massachusetts-Boston
- Metropolitan State University-Denver
- University of Wisconsin – La Crosse
- University of Wisconsin – Stevens Point
- University of South Alabama
- Texas State University
- Syracuse University
- University of Texas at Austin
- Austin Community College
- National University of Singapore
- University of Oklahoma
- Huston-Tillotson University
- University of North Carolina-Wilmington
- University of Oregon
- Adelphi University
- Keuka College
- Rochester Institute of Technology
- Hamlin University
- Clemson University
- University of Alberta
- Illinois State University
- Eastern Illinois University
- Western Illinois University
- Southern Illinois University-Carbondale
- SUNY Binghamton



- SUNY Ulster
- University of Utah
- Indiana University
- Grand Canyon University
- Frostburg State University
- Tulane University
- Dalhousie University
- California State University-Sacramento
- California State University-Chico
- Portland Community College
- Sage College of Albany.

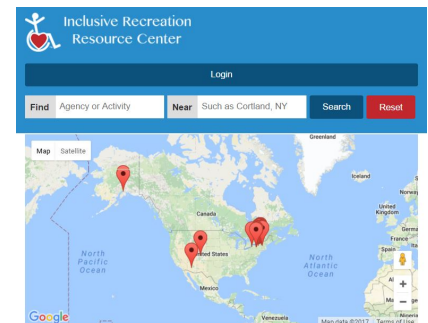
In addition, several parks and recreation departments and natural resource agencies around the U.S., several youth-serving recreation agencies, and other professionals participated in Inclusion U Online.

Inclusion U Online continues to be approved for 1.0 CEUs (10 contact hours) through NYSRPS. **It is also pre-approved by NCTRC for continuing education for Certified Therapeutic Recreation Specialists.**



Online Recreation Database

The online recreation database now has **1,708 entries** of recreation amenities in the U.S., Canada, and around the world. In 2019-20, 117 recreation agencies were assessed, with 25 in progress. In a study completed this year, we found the following outcomes:



Information or education given during the Inclusivity Assessment process.

Type of Information Provided	Frequency	Percent
Inclusive administrative practices (e.g., policies, respectful communication, marketing, web page design, staff training, mission, planning, partnerships)	435	65.3
Physical inclusion (e.g., signage, ramps, routes of travel, restrooms, registration counters, entrances)	184	27.6
Inclusive programming practices (e.g., registration forms, quiet spaces, activity modifications, positive behavioural supports)	29	4.4
Adapted equipment information	18	2.7
TOTAL AMOUNT OF INFORMATION GIVEN	666	100.0%*

**does not add up to 100% due to rounding*

Types and number of changes made as a result of the Inclusivity Assessment process.

Type of changes	Frequency	Percent
Physical inclusion (e.g., signage, ramps, routes of travel, restrooms, registration counters, entrances)	184	44.4
Inclusive administrative practices (e.g., policies, respectful communication, marketing, web page design, staff training, mission, planning, partnerships)	167	40.3
Inclusive programming practices (e.g., registration forms, quiet spaces, activity modifications, positive behavioural supports)	44	10.6
Adapted equipment information	19	4.6
TOTAL AMOUNT OF CHANGES MADE OR PLANNED TO BE MADE	414	100.0%*

*does not add up to 100% due to rounding

Note: This study is in press with the research journal, *Leisure/Loisir*

Mobile Sensory Rooms and Calming Kits Study



The IRRC continues to study two evidence-based strategies: the use of calming kits and the use of a mobile sensory room with Bend Parks and Recreation District to gather data on the effectiveness of the mobile sensory rooms and calming kits. This study was put on hold when the pandemic hit this year, but will resume once programs resume operations.



Inclusive Recreation on the Erie Canal

The IRRC presented at the 7th Fit-In Conference at Weedsport, NY, to collaborate with several agencies on improving accessibility on the Erie Canal.

SUNY Upstate, Inclusive Fitness Network, National Park Service, New York State Canal Corporation, Rochester Accessible Adventures, and other agencies are collaborating on the inclusion effort.

Inclusive Recreation on the Erie Canal



Fitness Inclusion Network

Seventh Annual Fit-In Conference
Friday November 1, 2019, 10 am – 3 pm
Port Byron Old Erie Canal Heritage Park
1575 Rooker Dr, Port Byron, NY 13140



Video Project with SUNY Upstate and the Inclusive Fitness Network

IRRC is a part of the inclusion project sponsored by SUNY Upstate and the Inclusive Fitness Network to provide video or virtual tours of recreation agencies in the IRRC recreation database. The video tours will be filmed from the perspective of a person in a wheelchair to show visually how one can approach, enter and use a recreation amenity. The videos will be included in the IRRC recreation database. In addition, instructional videos will be provided to demonstrate features like accessible kayak launches, accessible fitness equipment, etc.



Inclusion Partnership with Rochester Accessible Adventures

Vision

All youth everywhere become ambassadors of Inclusion of people with disabilities in recreation and sports, in every hometown, in every gym, camp, and municipality across Greater Rochester, The Finger Lakes, the WNY region, and beyond

Mission

Train 2020 Inclusion Ambassadors in Inclusion of people with disabilities in recreation

#WeWillInclude is part of Rochester Accessible Adventures' #MakingInclusion Happen movement to ensure OUR WHOLE COMMUNITY understands and values Inclusion of people with disabilities in Recreation and Sports!

How #WeWillInclude works:

1. Each participant registers to take a FREE 3 hour online training course designed by our partners at SUNY Cortland's Inclusive Recreation Resource Center* NO prior experience or training necessary!
 2. Complete the training and receive a Certificate showing you are a Certified Inclusion Ambassador
 3. Be a part of history in the making!
- Let's train 2020 Inclusion Ambassadors in 2020!



Collaboration with Ithaca City Planner for Fulbright in Finland

Kent Johnson, Ithaca City Planner, worked with the IRRC to develop a Fulbright project in Finland. Kent's application was approved, he was awarded the Fulbright, but it has been postponed due to the COVID-19 pandemic.

Project Title: An investigation of Finnish hiking trail designs and cross-sector partnerships that support outdoor recreation for people with disabilities

Project Description: This project will study how Metsähallitus (Finland's national park agency) is supporting access to natural areas for people with disabilities by weaving good trail design with a cross-sector framework that focuses on health and well-being. Finland and the United States pursue accessibility goals in different ways. The peer-to-peer information exchange design of this project will allow for sharing methods and results, and may reveal new approaches to try.

The project will use Inclusion U, the Inclusivity Assessment Tool, and the Trail Accessibility Tool as part of its methods.



Collaboration with CARA Ireland

The IRRC provided a daylong training to CARA Ireland in Tralee, Ireland in September. Cara coordinates, develops and delivers inclusive training and education workshops across the Sport, Fitness, Adventure and Education sectors. Cara is Gaelic for “friend.” According to its website: “Cara is a national pan-disability sport organisation providing a collaborative and partnership platform to increase sport and physical activity opportunities for people with disabilities across Ireland. We work with our partners, founders and stakeholders to enhance opportunities available to people with disabilities to experience the joy and benefits of participating in sport and physical activity throughout Ireland.”

From the CARA website:

International leaders in Inclusive Sport and Physical Activity deliver training at Kerry Sports Academy

As part of European Week of Sport, Cara in conjunction with Sport Ireland coordinated a day of inclusion training at the Kerry Sports Academy for the network of Sport Inclusion Disability Officers based in the 29 Local Sports Partnerships nationwide. They were also joined by a dedicated team of Cara tutors who deliver over 100 inclusion workshops nationwide.


The inclusion training was facilitated by two international leaders in Inclusive Sport and Physical Activity. Dr. Lynn Anderson is a Distinguished Service Professor in the Recreation, Parks and Leisure Studies Department at State University of New York at Cortland, and the director for the Inclusive Recreation Resource Center. She has been active in the field of therapeutic recreation, inclusion, and outdoor recreation for over 40 years. Dr. Lauren Liebermann, is currently a Distinguished Service Professor at The College at Brockport, State University of New York, and teaching adapted physical education. She is the leading authority in the world on physical activity and sports for children who are blind or visually impaired.

Speaking at the training day Cara CEO, Niamh Daffy said:

“We are delighted to have both Dr Lynn Anderson and Dr Lauren Lieberman here with us today to further upskill the network Sports Inclusion Disability Officers and Cara Tutors who are all doing fantastic work at community level to bring about more inclusive practice with the aim of increasing sport and physical activity participation opportunities for people with disabilities.”



Webinars to Grow




Webinars are a wonderful way to develop professionally from the comfort of your home and earn credit towards certifications.

NYSRPS has specifically identified three partners for delivering vital information via webinars. While COVID-19 forced the cancellation of our annual conference and live learning opportunities, it surely opened the door to this virtual system for engagement and continuing educational opportunities.

The following organizations have partnered with NYSRPS so professionals may easily and affordably access the best online learning portals. American Trails, Eppley and the Inclusive Recreation Resource Center (IRRC) are ideal for individuals interested in directly registering for programs of interest. The Illinois Park and Recreation Association Skills Development Webinar Series is perfect for agencies to access a multitude of incredible webinars monthly for any number of employees in their departments. It is a simple, and very economical, way for directors to ensure their staff is engaged and up-to-date with best practices. NYSRPS will provide an overview for webinars, as well. A variety of topics including programs specific to therapeutic recreation will be hosted – stay tuned!

Thank you for continuing your educational development. It is a wonderful time to learn the tricks of the trade and equip your recreational tool chest. All you gain will certainly help you to serve your communities and grow as a professional.

‘Skills Development Webinar Series’ Offered by the Illinois Park and Recreation Association




Now available – IPRA’s Skills Development Webinar Series. Take advantage of an annual subscription to IPRA’s Skills Development Webinar Series, a 12-month program housing CEU worthy webinars on a monthly basis with access to recorded programs. A diverse selection of topics, most relevant to today’s park professionals are available.

NYSRPS members receive a 20% reduced rate for subscribing! Only \$70 annually, you and your staff have complete access and a chance to earn CEUs. See the program brochure for more details and join today!

Credit to User? Agencies that have credit with NYSRPS may register for the series, simply contact lsage@nysrps.org for more information.


proValens of Eppley Institute for Parks and Public Lands, Indiana University



ProValens offers various ranges of courses on a range of topics to help meet the needs of zoning and engineering parks and land management professionals and the agencies they serve. For courses, certification and workshop information, visit provalens.org!

proValens partners with a wide variety of professional organizations who also award learning opportunities. Be sure to visit proValens for the wide range of activities available to continue your professional development and awards.

Coming Fall of 2020 NYSRPS Webinar Series Hosted by American Trails




American Trails is a national, nonprofit organization working on behalf of all trail users, including hiking, bicycling, mountain biking, horseback riding, winter trails, snowshoeing, cross-country skiing, trails, snowmobiling, ATVs, snowmobiling and four wheeling. American Trails advances the development of diverse, high-quality trails and greenways for the benefit of people and communities. Through collaboration, education, and communication, they raise awareness of the value these trail systems offer.

American Trails offers learning credits for their Advancing Trails Webinar Series, their Biennial International Trail Symposium and Training Institute, as well as other trail related conferences, workshops, and webinars. They are excited to partner with the New York State Recreation and Park Society to offer learning credits to attendees for all sessions and workshops that are 30 minutes or longer.

NYSRPS is a CEU provider for CPRE, CPRE, and CTRIS certifications. American Trails, an approved provider for the American Planning Association (APA) (Certification Maintenance (CM) credits) and also operates as a LA CES approved provider for the American Society of Landscape Architects (ASLA) offering PDH (Professional Development Hours).

More details to come.


Inclusion U from Inclusive Recreation Resource Center




The Inclusive Recreation Resource Center provides training, called Inclusion U, to parks and recreation professionals, self-advocates, college students, tourism professionals, human services professionals, families, and anyone interested in increasing opportunities for inclusive recreation. Inclusion U teaches you how to be a Certified Inclusion U Assessor! Once you complete Inclusion U you are able to complete inclusion U assessments and submit the results to the IRRC to be included in an online recreation database.


More information coming soon how YOU can become an Inclusion U Recreation Ambassador.

More NYSRPS Webinars to be Announced Soon!



Stay tuned for more webinars hosted by your only NYSRPS. Our roster of accomplished presenters is long, experienced in a wide array of topics. We are excited to connect these professionals with our base of park and recreation providers so you are engaged and able to maintain important certifications. Watch our online calendar at www.nysrps.org for updates and additional NYSRPS sponsored webinars.





Inclusive Recreation Resource Center
headquartered at SUNY Cortland

HELPING PEOPLE OF ALL ABILITIES PLAY WHEREVER THEY CHOOSE

INCLUSION U ONLINE

Inclusion U Online teaches you about Inclusion U and how to be a Certified Inclusion U Assessor (CIU). As a CIU, you are able to complete inclusion U assessments and submit the results to the IRRC on the recreation database. You can also enter an unlimited number of people in the Inclusion U Ambassador Training. Inclusion U Online is a free CEU and preapproved by NCTRC.

INCLUSION AMBASSADOR TRAINING ONLINE

The Inclusion Ambassador Training is the three-hour online training. Ambassadors help to include people of all abilities in recreation, parks, camps, and other programs. Earn your badge throughout the training. The Inclusion Ambassador Training is a CEU and preapproved by NCTRC.

ONLINE RECREATION DATABASE

All recreation programs and facilities that are assessed using the Inclusion U assessment Tool are entered into the online database that is searchable by Google map, activity, venue, and location. The database helps people with disabilities and their families and friends better plan their recreation.

INCLUSIVITY ASSESSMENT TOOL

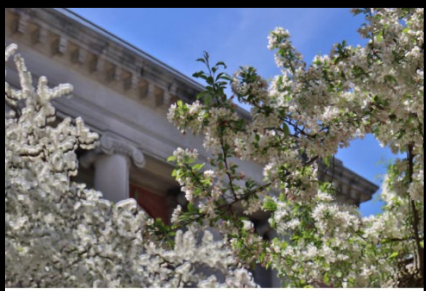
With the accessibility Inclusion U assessment Tool, you can assess physical accessibility and programming and administrative inclusion at recreation facilities and programs.


LEARN MORE AT
WWW.INCLUSIVEREC.ORG

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SUNY Cortland/IRRC Feature at ATRA Annual Conference in Reno, NV on conference app





Flourish in the
therapeutic recreation profession

Online Master's Online Graduate Certificate Inclusion U Online



Inclusive Recreation Resource Center