

Recreational Activity Guide

This guide was created by Matt LaCortiglia of Perkins School for the Blind and is intended to identify recreational activity considerations for children and students of all ages in all settings. If you have questions, email: Matt.LaCortiglia@perkins.org.

Step 1: Personal & Functional

- The activity matches participants' interests, skills, and strengths.
- The activity can be considered somewhat important to the participant.
- There is a high probability of continuing activity into the future.
- Participation in activity leads toward achieving a personal goal for participant (for example, learning to swim).
- The activity is designed so that it will help reach participants' goals.
- The offered time of the activity is compatible to participants' schedule.
- Transportation to activity can be easily arranged.
- The expenses related to the activity are affordable to participant.
- The facility, activity, or program offers discounts or financial assistance.
- Funding resources (scholarships) or discounts are available to help defray the expense of activity.
- The activity is "age appropriate."

Step 2: Accessibility of Facility

- The layout of facility is easy for the participant to maneuver.

- Restrooms are accessible.
- The facility, program or activity is conveniently located for participant (i.e. walking distance, near public transportation).
- The environment of activity is clean and hazard free.

Step 3: Accessibility of Activity

- The participant does not need an assistant to safely participate in activity.
- If needed, an assistant is provided by activity program or organization or an assistant is allowed to accompany the participant free of charge.
- Additional or specialized equipment is needed to participate in activity.
- If additional or specialized equipment is needed it is provided by organization or program.
- If the activity **REQUIRES** specific skills, techniques or pre-requisites to participate, the participant meets these requirements (i.e. deep water test for swimming).

Step 4: Personnel

- Activity personnel organizing or instructing activity is able to safely modify equipment or activity, if necessary.
- If the activity requires and provides specifically trained or certified personnel (i.e. sighted ski guide, certified swim instructor, certified fitness instructor).
- One-on-one sessions are available.