



Adventure for All: Creating an Inclusive & Successful Adventure

Move United Conference, Louisville, KY
May 15, 2023 from 9am-4pm EST
Location: RockSport Climbing Gym

Presenters:

Melanie Wills, MPH, Director of Operations & Development/COO
Carla Hacker, MS, Trainer & Universal Accessibility Specialist

Agenda

Morning:

- Welcome and Introduction
- Opening activity
- Terminology and Definitions
- What goes on leading up to a climb?
 - Overview of Universal Mindset & Invitational Education
 - Overview of Universal Accessibility Triad
- Introduction to Adaptive Equipment
 - Least Restrictive Environment
 - Dignity of Risk
 - Climbing Demo

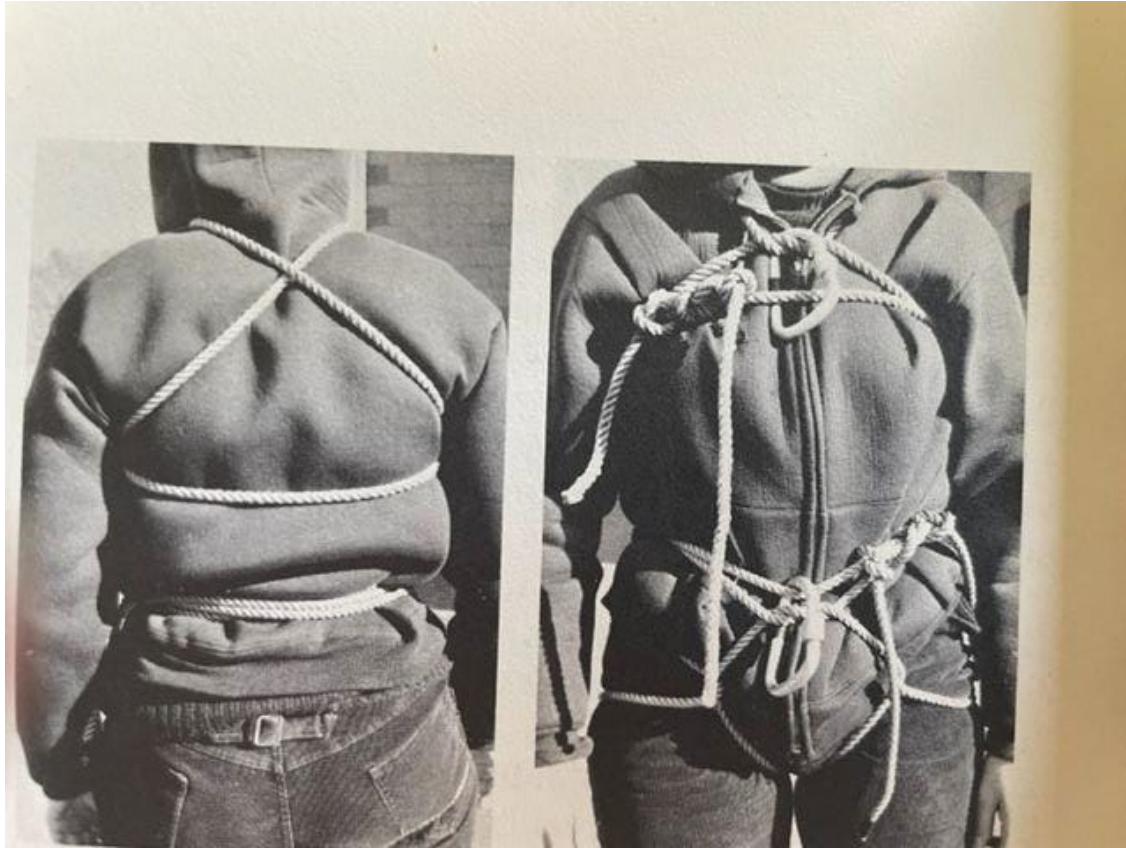
Afternoon:

- Climbing Practice
- Resources and Wrap-Up

Overview of Challenge Courses and the Industry

Challenge Course History

- 1940's: First challenge course built at an Outward Bound School in Aberdovey, Wales. Used for conditioning and military preparation.
- 1961: First challenge course built in the USA at Colorado Outward Bound School.
- 1960's-1970's: Challenge courses built for educational purposes. Formation of Project Adventure.(1971)
- Currently 15,000+ challenge courses in USA.

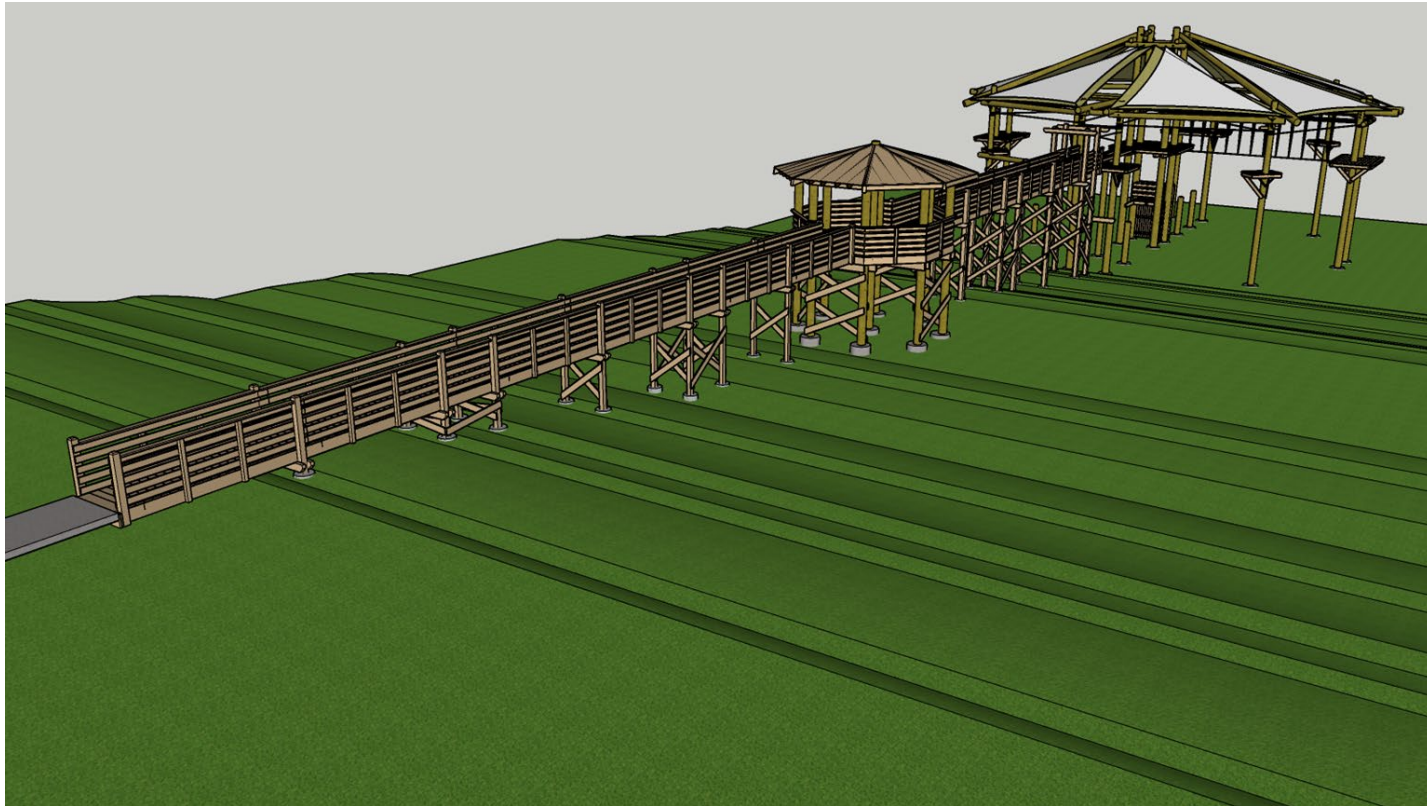


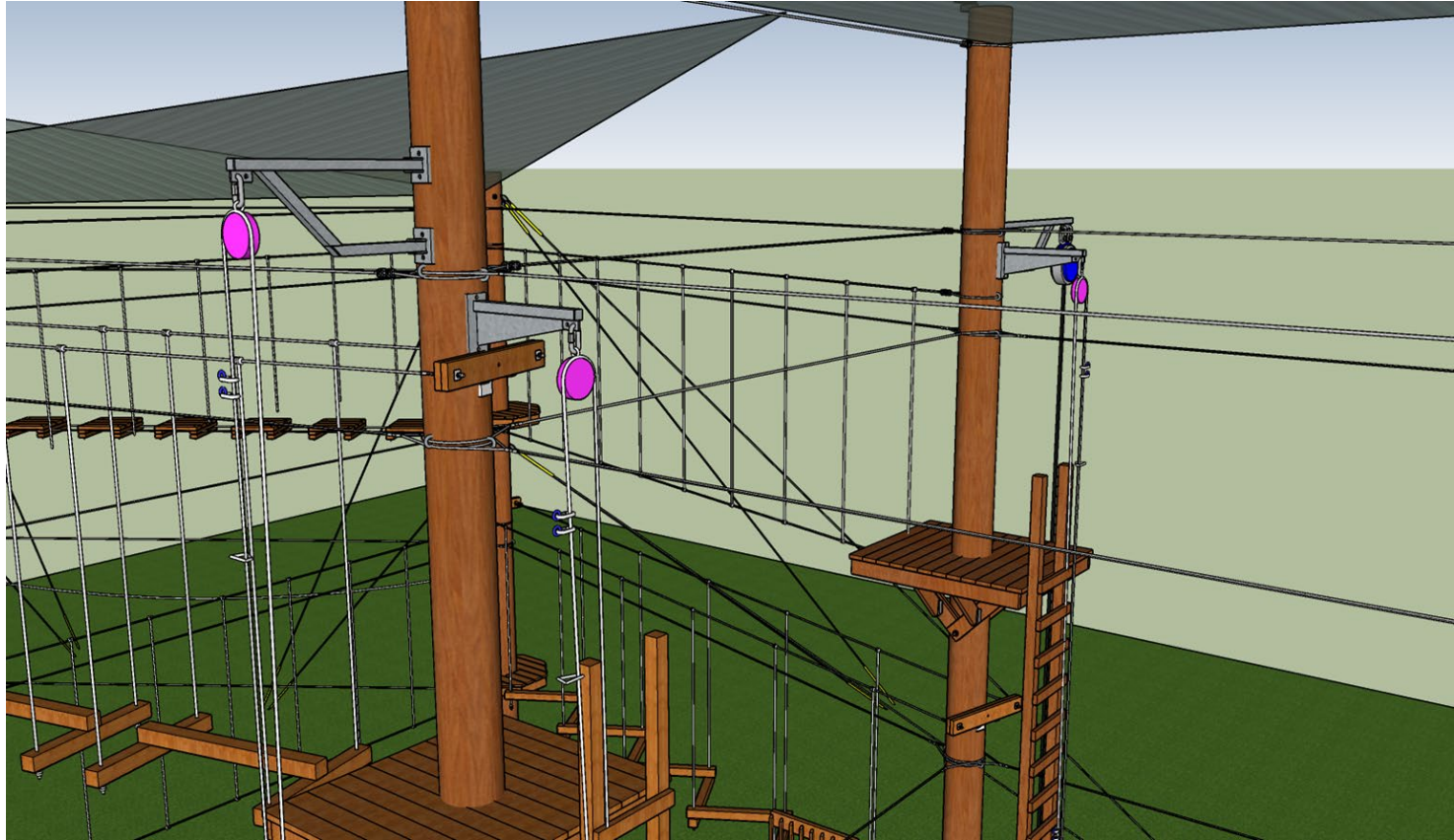












Foundations of Experiential Education, Universal Mindset, Invitational Education, and Universal Triad

Experiential Education Highlights

- Focus on all learning styles, but especially tactile learners (i.e.: learning by doing)
- A team approach
- Choose your Challenge (or Project Adventure's Challenge by Choice©)
- A sequential approach to learning
- Stages of Group Development
- And much more...

Universal Mindset

Relates to Growth Mindset: Underlying belief that an individual is in control of their abilities and believes they can improve with effort and persistence.

Universal Mindset In adventure programming is the belief that:
All individuals have the ability to participate fully in whatever way they choose.

Program, equipment and facility design should incorporate a universal approach to full inclusion.

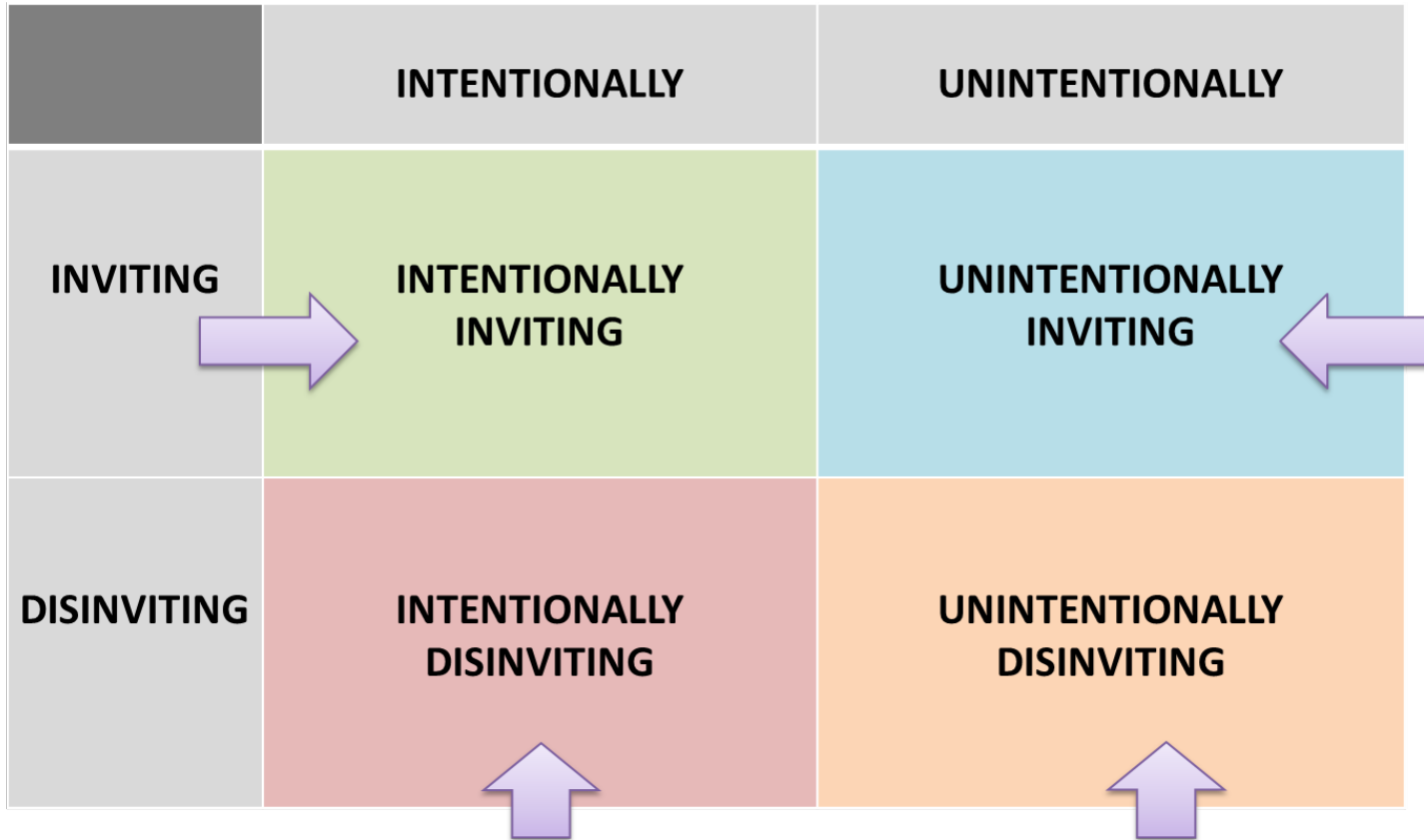


Figure 6: Levels of Professional Functioning in Invitational Education®

Purkey, W.W and Novak, J.M., 2008. (p. 29)

Purkey, W.W and Novak, J.M., 2008. (p. 27)

THE UNIVERSAL ACCESSIBILITY TRIAD ©



Principles of Universal Design

Standard 7 Principals:

1. Equitable Use
2. Flexibility in Use
3. Simple and Intuitive Use
4. Perceptible Information
5. Tolerance for Error
6. Low Physical Effort
7. Size and Space for Approach and Use

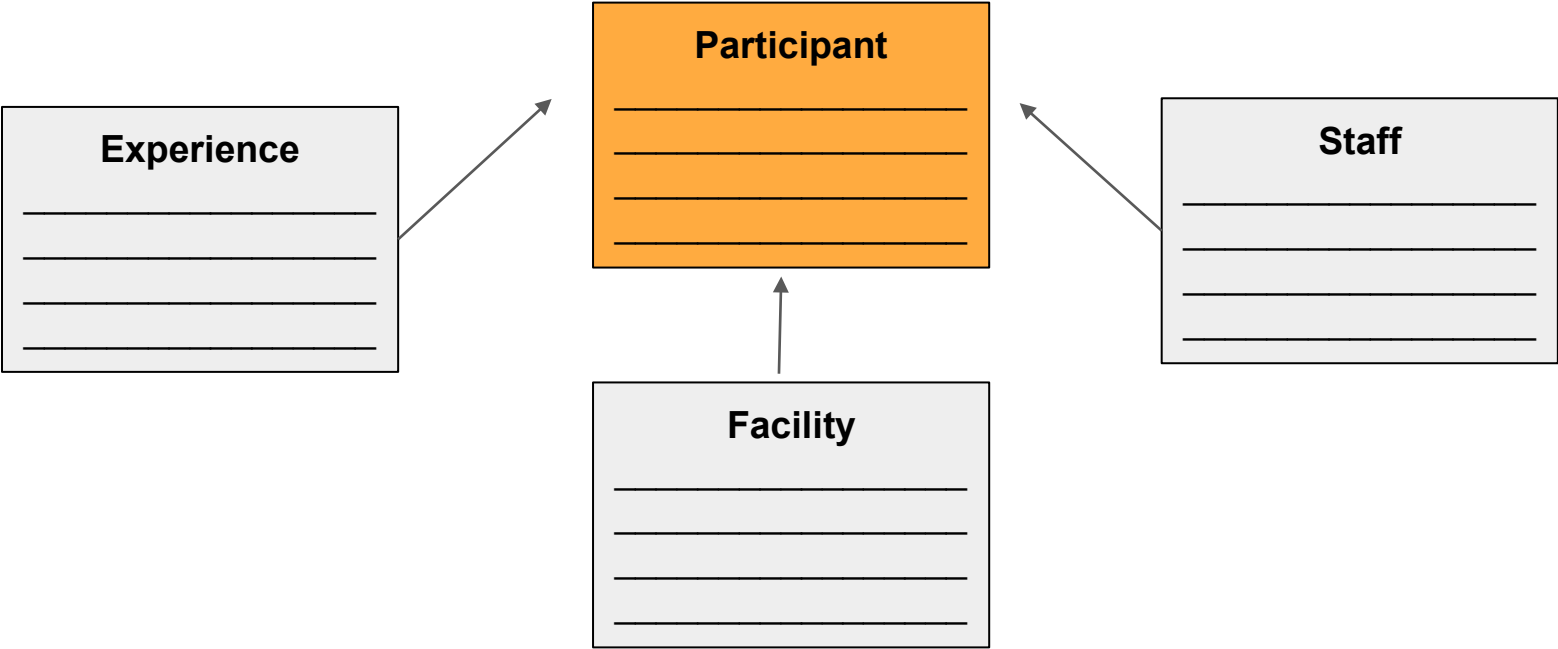
<https://ncaonline.org/>

Modified Principals for Challenge Course Use:

1. Equitable Experience
2. Goodness of Fit
3. Engagement in the Process
4. Experience Perceptions
5. Scope of Safety and Risk
6. Economy and Equity of Effort
7. Dimensions and Intended Use
8. Agency Commitment

© Dr. Don Rogers, PhD Indiana State University

The Universal Accessibility Triad Assessment



Terminology and Definitions

Common Definitions

Inclusive

Adapted

Accessible

Universal

Common Definitions

Inclusive

Benefits everyone in the community, not just someone with a disability.

Adapted

Specific measures are put in place to create an opportunity for someone with a disability.

Accessible

People with disabilities are specifically considered in design.

Universal

From the Center for Universal Design at North Carolina State University: “The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.”

Disabilities, Opportunities, Internetworking, and Technology (DO-IT) www.washington.edu

Type of Disabilities

Physical

Muscular dystrophy, epilepsy, cerebral palsy

Developmental

Autism, down syndrome

Behavioral and emotional

ADD, bipolar, oppositional defiant disorder

Sensory Impaired

Deaf or limited hearing, blind or visually impaired

Gear & Equipment

Gear & Equipment

- Least restrictive environment - use only what is needed.
- Involve participant choice - How have you climbed previously?
- Consider climbing environment:
 - Vertical climb only
 - Zip line
 - Pamper Pole/Platform
- Consider Needs:
 - Upper body support
 - Lower body support
 - Head, neck, spine considerations
 - G-tube, diabetic pump, colostomy bags, other considerations
- Minimum equipment needed: Helmet and Harness (sit harness or full-body harness)
- Other potential equipment: Sling seats, bags, chairs

Climbing Techniques

- Three points of contact if possible
- Supportive climbing - preparation, goal-setting, coaching, up to climbing alongside
- Side Climbing (aka buddy climbing)
- Speciality equipment use as needed

Side Climbing





Universal Accessibility and Inclusion

THANK YOU!

Come visit us at our exhibitor table.

Melanie Wills melanie@expsys.co
Carla Hacker carla@expsys.co