

YOUTH AND INCLUSION/ADAPTIVE DIVISION UPDATE

By Corina Lindsay, CPRP and April Wolfe, CTRS

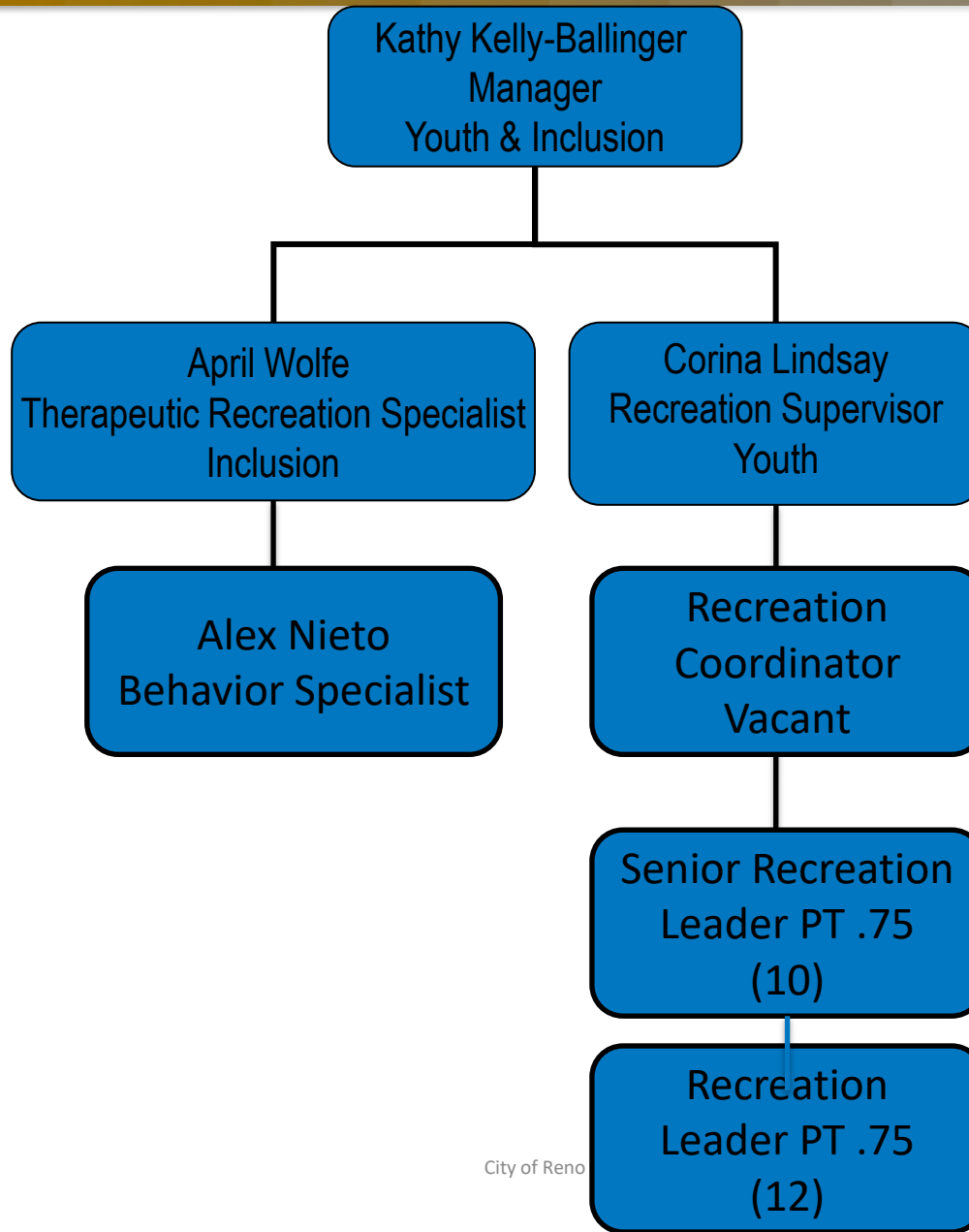
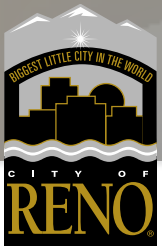
Session Outline



- Division Overview
- Youth
- Program Video
- Inclusion/Adaptive Recreation



Division Overview





Virtual Recreation

<https://www.reno.gov/government/departments/parks-and-recreation/virtual-rec-center>

- Handwashing
- Books
- Activities
- Messages from staff

Vacation Station Summer 2020

- **Evelyn Mount Northeast Community Center**
 - June 8th – August 14th
- **McKinley Arts & Culture Center**
 - June 8th – August 7th
- **Plumas Gym**
 - June 8th – August 7th

- **COVID Procedures Summer 2020**
 - Three week registration
 - Cohorts
 - No masks if under 10 years old
 - No field trips
 - Temperature/screenings
 - Individual project items
 - Updated cleaning procedure

Sierra Kids 21 School Sites

- Registration for the semester
- Assigned seating
- Mask required
- Temperature/screenings
- Individual project items
- Updated cleaning procedures

Vacation Station Summer 2021

- **Evelyn Mount Northeast Community Center**
 - 90 spots available
- **Nick Poulakidas Elementary School**
 - 100 spots available
- **California Building**
 - 80 spots available

Inclusion



5/18/2021



City of Reno



Inclusion/Adaptive Recreation Staff



- Therapeutic Recreation Specialist (FT)
- Behavior Specialist (FT)
- 3 Inclusion Technicians (PT)
- 3 Adaptive Program Technicians (PT)

The City of Reno welcomes the opportunity to provide accommodations to participants with disabilities to ensure full inclusion of people of all abilities into community activities of their choice.

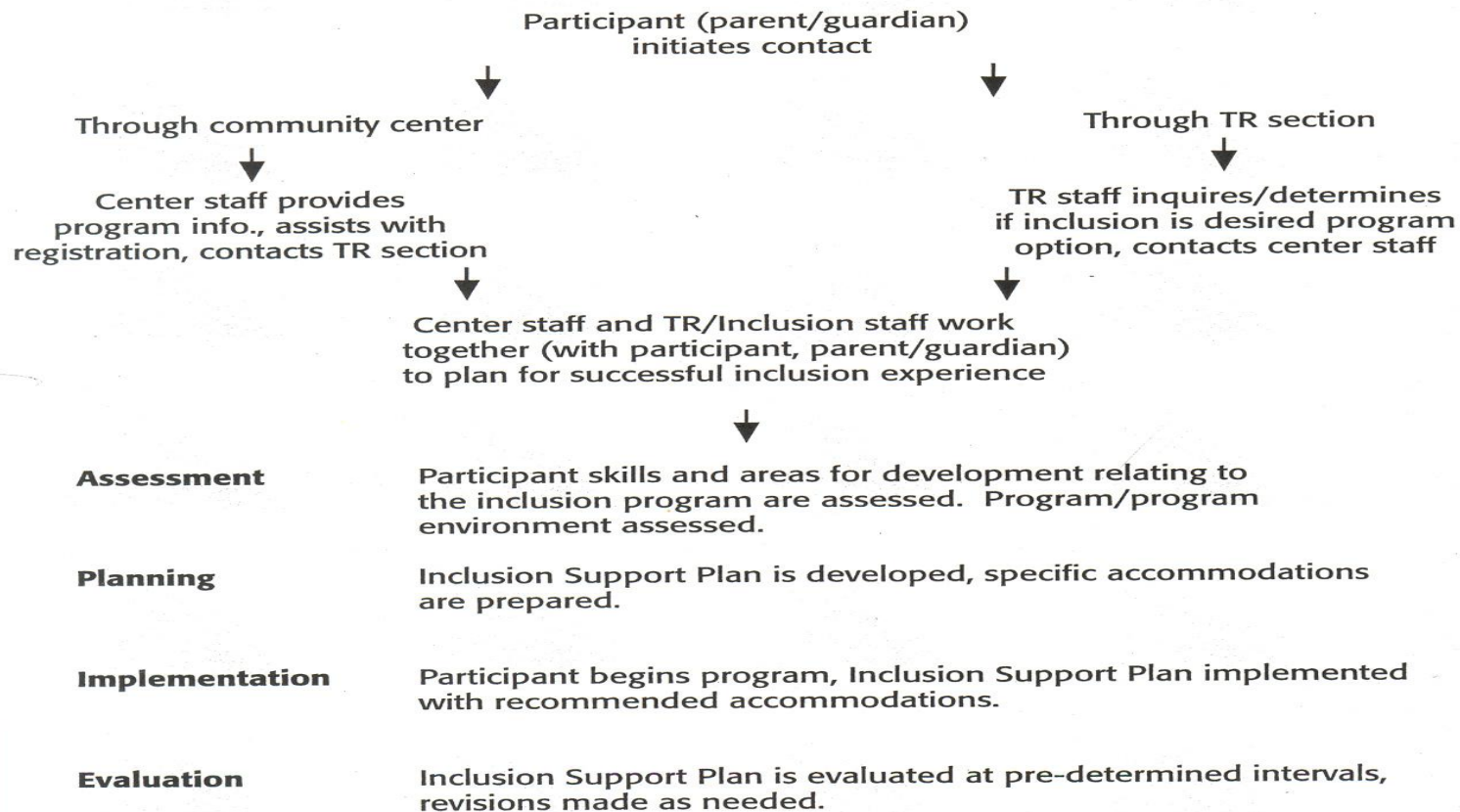


Inclusion Process



Figure 1.4

Inclusion Flow Chart



Benefits of Inclusive Recreation



- Inclusion is beneficial for both persons with and without disabilities
- Individuals with disabilities can expand their leisure interests, gain new leisure skills, increase self-esteem, and develop friendships and social skills
- Individuals without disabilities can gain a greater understanding about individuals with a disability, alter their attitudes, and develop an appreciation for individual differences.

Adaptive Recreation



5/18/2021



City of Reno



Adaptive Recreation



History of Parks & Recreation Adaptive



- BlazeSports Reno
- Paralympic Sport Reno
- MOVE United Chapter



RENO



Wheelchair Rugby



Wheelchair Rugby Program...

Are you interested in the extreme challenge of wheelchair rugby? It's fun...its fast, and hard hitting! Wheelchair rugby is a sport for everyone ~ people who use wheelchairs for mobility and people who don't. Skill development and fun is emphasized.

Day: Saturdays 12:00 – 3:00p.m.

Dates: August – April

Location:

Evelyn Mount Northeast Community Center
1301 Valley Road



Wheelchair Basketball



Wheelchair Basketball Program...

Are you interested in the extreme challenge of wheelchair basketball? Wheelchair basketball is a sport for everyone ~ people who use wheelchairs for mobility and people who don't.

Day: Fridays

Dates: August – April

Time: 6:00~8:00p.m.

Location:

Evelyn Mount Northeast Community Center
1301 Valley Road



NEW! Sled Hockey



Sled Hockey Program...

Participants with physical disabilities will get a chance to learn about sled hockey and get on the ice. All equipment and on-ice instruction provided. Please wear long pants and closed toed shoes. No prior experience necessary.

Day: Sundays

Dates: October – April

Time: 10:30~11:30a.m.

Location: Reno Ice
15500 Wedge Parkway
Reno, NV 89511

FREE ADMISSION **GIVE SLED HOCKEY A TRY**

USA HOCKEY
PACIFIC
RENO ICE

SATURDAY, FEBRUARY 6
10:30AM-12:30PM
FREE ADMISSION FOR ALL AGES
RENO ICE - 15500 WEDGE PKWY. RENO, NV 89511

Come learn about Sled Hockey and meet three time USA Paralympian Dave Conklin in this free clinic.

Participants with physical disabilities will get a chance to learn about sled hockey and get on the ice. All equipment and on-ice instruction provided. Please wear long pants and closed toed shoes.

No prior experience necessary. Sign up today at ??????????

For more information:
April Wolfe (775) 333-7765
WolfeA@Reno.Gov

SPECIAL GUEST
THREE TIME USA PARALYMPIAN
DAVE CONKLIN



Dance Series



CITY OF RENO & CITY OF SPARKS PRESENTS

DANCE FOR ALL

FOR TEENS & ADULTS WITH SPECIAL NEEDS

SUN 22 | **HAUNTED HALLOWEEN DANCE**
OCT 2-4 PM | \$3.00 PER PERSON
SPARKS PARKS & RECREATION GYM - 98 RICHARDS WAY

FRI 8 | **JINGLE BELL ROCK DANCE**
DEC 5-8 PM | \$5.00 PER PERSON
TICKETS MUST BE PURCHASED IN ADVANCED BY DECEMBER 5
SPARKS PARKS & RECREATION GYM - 98 RICHARDS WAY

FRI 9 | **VALENTINES DINNER AND DANCE**
FEB 5-8 PM | \$5.00 PER PERSON
TICKETS MUST BE PURCHASED IN ADVANCED BY FEBRUARY 6
RENO PARKS & RECREATION GYM - 1301 VALLEY ROAD

SUN 6 | **CINCO DE MAYO DANCE**
MAY 2-4 PM | \$3.00 PER PERSON
RENO PARKS & RECREATION GYM - 1301 VALLEY ROAD

Adaptive Equipment Rental Program



TOP END EXCELERATOR HANDCYCLE

If you want a great way to exercise, cross-train or just have fun, the Invacare Top End Excelerator handcycle is what you need. This extremely stable and maneuverable upright three-wheel handcycle is easy to transfer in and out of and lets you tackle hills or level terrain with equal ease. The 7-speed Shimano hub, with reverse braking, means your hands never have to leave the handles. This handcycle is available to rent in Adult and Youth sizes.



TOP END XLT HANDCYCLE

The Invacare Top End XLT Handcycle has been engineered for the total recreational experience. It's available with various speeds. The low seat and recumbent handcycle design enhances aerodynamics and the 15 degrees of camber increases stability. The tall, narrow back offers the maximum range of motion and increased power transfer. This handcycle is available in adult and youth size.



ADAPTIVE GRIPS

Our Community Handcycle Grip Package has been a welcome relief, allowing us to seamlessly customize the ride for the handcyclist. Adaptive grips are provided with the rented handcycle at no additional charge.



HASE TRETS TRAILER

Kids are naturally active. If they can use this energy to give Dad or Mom some extra propulsion, great! But on Trets, pedaling is only one of many options: The freewheel mechanism lets the little engine take a break now and then. Even nap time is possible; the seat back can be reclined so far that dozing off is almost irresistible. The Trets Trailer comes pre-hitched to a normal bicycle. Fasten your seat belt and off you go!



HASE KETTWIESEL TRIKE

This sporty, flexible, multi-faceted foot-pedaled trike proves its diversity. Outfitted with adaptive pedals that hold the riders feet in place, this trike is a perfect option for persons of all abilities. A true feast for the eyes on three wheels...



HIPPOCAMPE BEACH WHEELCHAIR

The Hippocampe wheelchair gives access to the beach and all outdoor activities. It can be used on your own or accompanied thanks to the push bar. This wheelchair rolls over sandy beaches and the user can enter the water and bathe on their own. A popular rental item that provides access to the surrounding areas beaches.



SPORTS WHEELCHAIR

Designed with the help of Sunrise Medical's elite wheelchair basketball athletes, the Quickie All Court® wheelchair establishes a new standard in performance and style. This is the perfect wheelchair for both the recreational and the elite athlete.



BOWLING RAMP

This free standing bowling ramp is perfect for participants in wheelchairs, as well as other participants who have low muscle tone, or limited range of motion in their arms. The ramp is lightweight and easy to move, so participants will have no problem moving the ramp to line it up for a strike!



ICE SLEDGES

Sledges are available for use at the City of Reno's outdoor rink for persons with physical disabilities to enjoy the great wintertime experience of ice skating in a seated sled/skate. Regular admission fees apply at the rink but the sledges are available free of charge. Heading to another ice rink, sledges are available to rent to enjoy ice skating at any arena.



ROLLER SLEDGES

Our popular ice sledges can be outfitted with wheels for summer use! Great for use on a gym floor or at your local roller rink.



FREEWHEEL

This durable, lightweight (under 5 lbs) FreeWheel quickly clamps to your existing wheelchair footrest and allows you to push over surfaces that would typically be impossible. With the FreeWheel you are ready to roll in seconds. Strolling, exercising, hiking, or just checking the mailbox, is so much easier with the FreeWheel. Grass, curbs, and rough roads can now be easily navigated.



TREK CRUISELINER TANDEM

Double your fun with Trek's Cruiselineer Tandem! It lets you cruise in style with super-comfortable upright riding positions, wide handlebars, plush cruiser saddles and 7 easy-pedaling gears. Plus, its aluminum frame is light and easy to handle, while the powerful linear-pull brakes offer total control and confidence, too. A great option for participants with visual impairment to enjoy the recreational activity of cycling with family and friends.



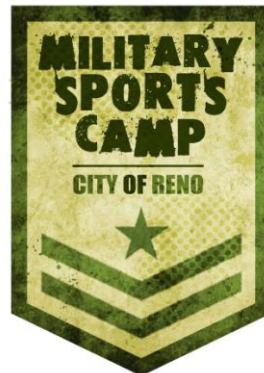
TREK PURE ADULT TRIKE

Utilitarianism meets the joy of riding with Trek's Pure Trike. This three-wheeled beauty sports a light and easy-riding aluminum frame, lively aluminum wheels and a nice upright riding position plus a comfortable seat. There's also a large basket on the back with plenty of room to carry groceries, books and anything else you want to take along. You'll also love the excellent stopping power of the Tektro linear-pull brakes, which include a cool parking-brake setting for convenience.

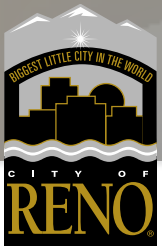




Veteran Recreation



Fit but not Forgotten



THE CITY OF RENO IS PROUD TO OFFER OUR VETERANS WEEKLY FITNESS CLASSES IN OUR FACILITY WEIGHT ROOM



**NEW SESSIONS
START AT THE
BEGINNING OF
EACH MONTH**

**(775) 333-7765
APRIL WOLFE
WOLFEA@RENO.GOV**

CLASSES WILL COVER ORIENTATION TO EQUIPMENT, ASSESSMENT OF FITNESS LEVEL, PROPER TECHNIQUE TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY, AND DISCUSSION OF FITNESS GOALS. UPON COMPLETION OF ALL FOUR CLASSES*, PARTICIPANTS WILL BE ELIGIBLE FOR A FREE ONE YEAR, ALL INCLUSIVE FACILITY MEMBERSHIP.

 WATER FITNESS  YOGA CLASSES  TAI CHI CLASSES

**EVELYN MOUNT NORTHEAST COMMUNITY CENTER
1301 VALLEY RD. RENO, NV 89512**

 THIS PROGRAM IS MADE POSSIBLE BY VA SIERRA NEVADA HEALTHCARE SYSTEM AND THROUGH A GRANT FROM THE DEPARTMENT OF VETERANS AFFAIRS FOR THE GRANTS FOR ADAPTIVE SPORTS PROGRAMS FOR DISABLED VETERANS AND DISABLED MEMBERS OF THE ARMED FORCES.



*Please come prepared to workout during the first class session.



Military Sports Camp



MILITARY SPORTS CAMP
CITY OF RENO
★ 2017 ★

PARALYMPIC SPORT CLUB

The City of Reno with the generous support of its presenting sponsors, and local adaptive sports programs plan to host 15 disabled veterans and injured service members and their spouse/guest for a multi-day Military Sports Camp. All skill levels are welcome.

This program is not just about sports; it's also about attitude, camaraderie and promoting healthy, active lifestyles. There is no cost to Military Service Men or Women and their guest. Registration preference will be given to Nevada Service Members and Residents.

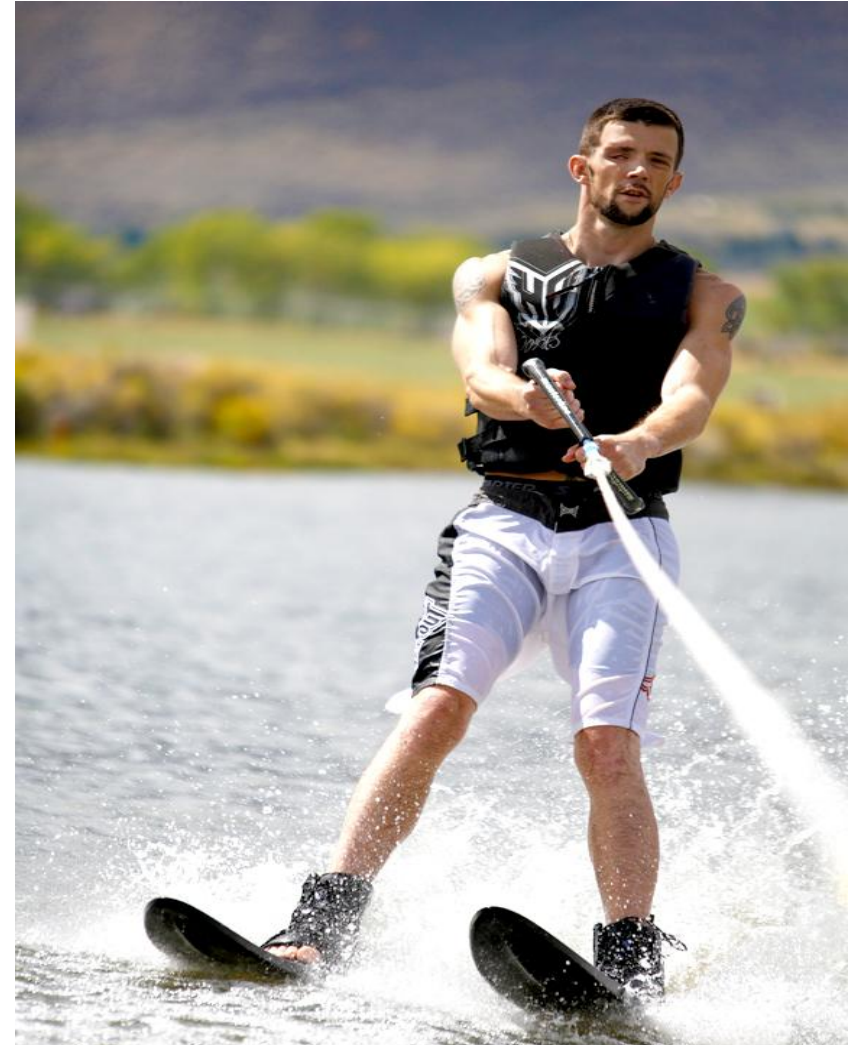
DAY 1 - WEDNESDAY, SEPTEMBER 13
1:00 pm - Transportation from Reno Tahoe International Airport to Host Hotel
2:00 pm - Hotel Check-In
6:00 pm - Welcome Dinner and Bowling at the National Bowling Stadium

DAY 2 - THURSDAY, SEPTEMBER 14
8:00 am - Breakfast at the Host Hotel
9:30 am - Water Skiing, Paddle Boarding and Archery. Lunch Provided
3:30 pm - Sled Hockey
6:00 pm - Dinner

DAY 3 - FRIDAY, SEPTEMBER 15
8:00 am - Breakfast at the Host Hotel
10:00 am - VIP Guests at Air Races. Lunch Provided
3:00 pm - Kayaking and Rock Climbing
6:00 pm - Dinner

DAY 4 - SATURDAY, SEPTEMBER 16
7:30 am - Breakfast at the Host Hotel
9:00 am - Wheelchair Rugby. Lunch Provided
1:00 pm - Equine Therapy
6:30 pm - Closing Dinner at Tamarack Junction Casino

DAY 5 - SUNDAY, SEPTEMBER 17
7:45 am - Breakfast at the Host Hotel
- Transportation to the Reno Tahoe International Airport



Project HERO City of Reno



- Began in October of 2013
- 50 local, active members
- Ride 3 times a week in preparation for national Project HERO events





MILITARY TO THE MOUNTAINS
CALIFORNIA
 March 14-19, 2021



The High Fives Foundation's program, **Military to the Mountains**, introduces Veterans and First Responders to the healing effects of skiing and snowboarding.



SQUAW VALLEY
ALPINE MEADOWS



Military to the Mountains (M2M) is a way to tell the stories of U.S. Veterans and First Responders choosing to embrace goal setting and athleticism as a way to enjoy life and all of its challenges. M2M demonstrates our deep sense of appreciation for the men and women who serve our country in the military - specifically those who have sustained life-changing injury.



22 Veterans participants are selected from the Adaptive Training Foundation in Dallas, Texas, and from the City of Reno, Nevada. They are provided the opportunity to train for 9-weeks, preparing for 1 week of skiing and snowboarding at Squaw Valley Alpine Meadows.



Military to the Mountains is 100-percent free for participants - from housing, transportation, and meals to training and outfitting the disabled Veterans and First Responders with the right equipment.



To fund the program, Squaw Valley Alpine Meadows created a \$60 season pass for Veterans, active-duty military, and members of the Department of Defence. Every penny of those pass sales goes directly to the M2M.





Spinal Cord Injury/Disease



11:30AM
— TO —
1:00PM

**3RD WEDNESDAY
EVERY MONTH**

EVELYN MOUNT NORTHEAST COMMUNITY CENTER
1301 VALLEY RD, RENO NV 89512

Please join City of Reno, VA Sierra Nevada Healthcare System, Renown Health, and High Fives Foundation For Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons.



Questions



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