

Colorado Summer Trip

Description:

Participate in a once-in-a-lifetime outdoor adaptive summer adventure experience with a weeklong trip to Colorado's Adaptive Sports Center (ASC)! Learn or adapt skills for rafting, rock climbing, mountain biking, horseback riding, ropes/challenge course, and/or other summer outdoor adventure activities. Bond with peers and build confidence that there really are no limits!

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of rafting, rock climbing, mountain biking, horseback riding, ropes/challenge course, and/or other summer outdoor adventure activities
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Weight limit 200 lbs. for sit-down skiers (no weight limit for stand-up skiers)
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc.)
- Must be Independent with transfers and mobility
- Must not have been on a previous Colorado trip with Rancho
- Must be a current member of Rancho's Wellness Center
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

6-8 participants

Cost per Participant:

The Cost Varies

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Program Code of Conduct form
- Participants must complete paperwork with ASC

Frequency per Month:

Occurring once per year in the summer

Day of Week/Time:

TBD, One week (Sun – Sat) in summer

Contact Info:

Adaptive Sports Center

PO Box 1639, Crested Butte, CO 81224

Program Office: Toll Free (866) 349-2296 or (970) 349-2296

www.adaptivesports.org

Colorado Summer Trip Pictures



Colorado Winter Trip

Description:

Participate in a once-in-a-lifetime outdoor adaptive snow sports experience with a weeklong trip to Colorado's Adaptive Sports Center (ASC)! Learn or adapt skills for adaptive skiing, snowboarding, sled hockey, dog sledding, and/or other winter sports. Bond with peers and build confidence that there really are no limits!

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of skiing, snowboarding, sled hockey, dog sledding, and/or other winter sport skills
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Weight limit 200 lbs. for sit-down skiers (no weight limit for stand-up skiers)
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc.)
- Must be Independent with transfers and mobility
- Must not have been on a previous Colorado trip with Rancho
- Must be a current member of Rancho's Wellness Center
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

6-8 participants

Cost per Participant:

The Cost Varies

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Program Code of Conduct form
- Participants must complete paperwork with ASC

Frequency per Month:

Occurring once per year in the winter

Day of Week/Time:

TBD, One week (Sun – Sat) in summer

Contact Information:

Adaptive Sports Center

PO Box 1639, Crested Butte, CO 81224

Program Office: Toll Free (866) 349-2296 or (970) 349-2296

www.adaptivesports.org

Colorado Winter Trip Pictures

