



Maine Adaptive
SPORTS & RECREATION

www.maineadaptive.org (207) 824-2440 info@maineadaptive.org

Mission Statement

Maine Adaptive Sports & Recreation promotes year-round education and training for individuals with physical disabilities in order to develop skills and provide enjoyment through active recreation.

Who can Participate?

- Have physical disability
 - 4 years or older
- Be seizure free for 3 months
- Able to actively participate in lessons
- Provide necessary supervision and assistance for all non-lesson time
- Meet maximum weight requirements for sit down equipment

Ten Most Common Disabilities Served (2013)

- Traumatic Brain Injury
- Blind/Visually Impaired
 - Cerebral Palsy
 - Stroke
- Spinal Cord Injury
- Amputation/Limb Loss
- Neurologically Impaired
 - Multiple Sclerosis
- Deaf/Hearing Impaired
 - Down Syndrome

All Lessons & Programs Are 100% FREE Of Charge

- Host sites donate lift tickets, greens fees, trail passes, etc.
- Volunteers teach most lessons and do most guiding
- Maine Adaptive fundraises to cover all other costs

What/how we adapt sports

- **Specialized equipment**

And/or

- **Specialized instruction**

And/or

- **Specialized support/supervision during participation**

Summer at Maine Adaptive!

May-September



Golf

Skill development and on course opportunities



- Solo Rider: lighter cart, allowed on greens
- Universal cuffs for one handed swings
- Ball and Tee setter
- High visibility golf balls



Paddling

How we adapt:

- *Stable boats – Wider base of support*
- *Tandem paddling*
- *Outriggers*
- *“Shims”*
- *Paddle Floats to increase support*
- *Bolsters to support knees*

Canoe & Kayak lessons

- *One handed rower*
- *Canoe seats*
- *High visibility bibs*
- *Paddle Direction Identifiers*
- *Modified hand hold for Hemiplegia*
- *Pipe insulation and closed cell foam*



Range Pond



Ocean Trips & River Trips

Cycling

Basic outfitting, group rides, guided trips



- Hand Cycles
- Recumbent Hand Cycles
- Delta Style
- Tadpole Style
- Outriggers
- Tandem



- Tire tubing
- Velcro strapping
- Bolsters
- Zip ties
- High visibility vests
- 2 way radios with head sets
- Allen wrenches!!
- AFO style petals

Back Cove – Portland Maine; Acadia; Peaks Island; Outreach

Summer Specialty and Pilot Programs

Fishing, hiking, Veterans No Boundaries, other



Ways You Can Get Involved

Volunteer

Winter/Summer

Teaching adaptive sports

Office

Equipment Technician

Fundraising/Outreach

Snowmobile Driver

Photographer/Videographer

Junior Volunteer

Practicum/Internship

Winter/Summer

Advocate & Refer

Share information and/or application materials



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