



Outdoors for All Foundation

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Program Manager - Volunteers





Agenda

- About Outdoors for All
- Overview of programs we offer
- Specific adaptations
- Q&A throughout



WHO WE ARE

Our beginning: The Outdoors for All Foundation was first incorporated as a nonprofit organization in 1979, then known as the Ski for All Foundation. We've been enriching the quality of life for children and adults with disabilities in the Pacific Northwest ever since.

Our mission: To enrich the quality of life for children and adults with disabilities through outdoor recreation.

Our priorities: Safety first, Fun second, Learning third





OUR PROGRAMS

- **Winter Programs:** Downhill Ski, Snowboard, Snowshoe & Nordic Ski
- **Summer Programs:** Kayaking, Rock Climbing, Cycling, Hiking, Weekend Excursions, and More





THE SUMMIT AT SNOQUALMIE

- Wednesday Night
 - Special Olympics Skihawks Race Team
- Friday Night
 - Downhill Skiing/Snowboarding
- Saturday
 - Downhill Skiing/Snowboarding
 - Nordic Programs, SKIHAWKS
- Sunday Day
 - Downhill Skiing/Snowboarding





STEVENS PASS

- Saturday
 - Downhill Skiing/Snowboarding
- Sunday Day
 - Downhill Skiing/Snowboarding





SERIES PROGRAMS

- **Outdoor climbing series**
 - Deception Crag, exit 38 off I-90
 - Wednesday evenings
- **Kayaking Series**
 - Sail Sand Point
 - Thursday evenings





ADAPTIVE CYCLING CENTER

- Located at our offices in Magnuson Park
- Open starting 7 days a week, 10am to 6pm from Memorial Day to end of September
- Free of charge through a grant from SDOT





Cycling Adaptations

- Recumbent Trikes
 - Support comes from lower body
- All brakes and gears can be shifted to one side of the handle bars
- [Active hands](#) helps with grip on the handle bars
- Quad grips help with hand dexterity to shift or break
- Other configurations





Kayak Adaptations

- Paddle from <https://www.angleoar.com/>
 - Pivots from the center of the boat
- Hand and wrist adaptations from [Creating Ability](#)
 - Aids in fine motor skills to grip the paddle





Rock Climbing Adaptations

- With some initial coaching people with upper limb difference can successfully climb without many adaptations
- Full body harnesses
- Using an ascender





Ski/Snowboard Adaptations

- Finding your balance
- Our instructors will support you while you learn!



THANK YOU!

Interested in learning more about our organization?

- outdoorsforall.org
- info@outdoorsforall.org
- 206-838-6030
- Follow us on social media!