



General Reminders

- HAVE FUN!!!
- Remember to smile and encourage everyone to participate and help them to feel comfortable and welcome!
- Safety is of the utmost importance.
- There should be at least one person helping with each station at all times.
- We welcome clean up help each day.


Registration / Sign In



- **EVERYONE must register.**
This includes ALL family, activity providers, volunteers, etc.
- Please assist anyone that needs help legibly completing ALL the fields.
- Once registration is complete, give each participant a wrist band.
 - **Solid blue** - volunteers and activity providers / vendors
 - **Checkered blue** - participants and their family/friends
 - **Red** - people who do not want to be in photos
- **Without a wrist band they CANNOT participate!!**
- Encourage everyone to participate!

Always Use *People First Language*


- It is appropriate to say **"person with a disability"** rather than "handicapped" or "disabled".
- The most respectful way to address a person with a disability is simply to address them by their name.



Julie is a comedienne with a disability

Focus on the Person's *ABILITIES*

- Ask if the participant needs help or how you can assist.
- Be aware that **not all disabilities can be seen.**




Benefits of Recreation



- Reduces boredom and alleviates stress
- Develops self-esteem
- Provides emotional & social support
- Promotes good health & well-being

People learn about what they CAN do!



SPORTSABILITY

FLORIDA DISABLED OUTDOORS ASSOCIATION

Tallahassee



Day 1 Baseball / Lawn Games



Baseball and Lawn Games
6:00 pm to 8:00 pm
 Miracle Field
 2803 Jackson Bluff Rd., Tallahassee, FL 32304

Activities:

- Baseball (Children: 6:00 pm / Adults: 7:00 pm)
- Lawn Games can be played at any time.



Day 2 Expo / Indoor Sports



Expo, Indoor Sports & Leisure
Tallahassee Community College Lifetime Sports Bldg.
 444 Appleyard Drive, Tallahassee, Florida 32304
 10:00 am – 2:00 pm

- Exhibitors & Activities
- Lunch served for vendors and volunteers
- Participants may purchase lunch at TCC's Food Court





- Resources Tables with Latest Products and Services
- Networking
- Indoor Sports and Active Leisure



Day 3 Outdoor Sports



Outdoor Sports & Active Leisure

Ochlocknee River State Park
10:00 am – 3:00 pm




Dress to get wet!



Ochlocknee River State Park

429 State Park Rd, Sopchoppy, FL 32358

- Head South on US-319 (Crawfordville Hwy). Continue for 20.3 miles past Capital Circle.
- Turn RIGHT onto US-98 and go 1.5 miles.
- Turn RIGHT onto SOPCHOPPY HWY (US-319/FL-375) and go 10.8 miles.
- Turn LEFT into park. Follow to the end.

Free Shuttle to Ochlocknee River State Park

- Leaves from C.K. Steele Plaza to and from the park. W Tennessee Street, Tallahassee, Florida 32301
 - Pick up 9:00 am/ 10:00 am
 - Return 3:00 pm/4:00 pm



Parking for Volunteers

Volunteers will park in the general parking lot.





Activities include:


• Archery / Target Sports	• Kayaking
• Disc Golf and Golf	• Pontoon Boat Rides
• Fishing	• Sailing
• SCUBA	• Seadoo Rides
• Hand-Pedaled Biking	• Sit Water-Skiing
• Nature Trail Rides	• Horseback Riding
• Rock Climbing Wall	• Swimming
• Dancing	• Bocce




Volunteers are needed in all areas!



Contacts



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