Accentuating Accessible Recreation in CMRPHA Communities

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Public Health Issues and Barriers

Worcester Overweight and Obesity Rates, 2013

Source: Behavioral Risk Factor Surveillance Survey, 2013

Awareness/Engagement
Transportation
Safety/Public Perception
Universal Accessibility
Project Mission

Community Health Improvement Plan:

- Obj. 8.1 - *help increase CMRPHA community member engagement* in physical activity through the effective promotion of accessible recreation spaces

- Obj. 8.1.1 - *promote walking, biking, and transit routes* to 25 featured recreation spaces
Phase 1

Phase 2

Phase 3

Methods & Resources

Main Objectives

Outcomes & Products

Identify Physical Recreation Spaces

Determine Relevant Accessibility Criteria

Determine Featured Recreation Spaces

“RecSpace” Database

“RecSpace” Map

Accessibility Rubric

Field Data Sheet

Publish RecSpace Map/Guidebook/Brochure on WDPH Webpage

Stakeholder and Community Involvement

Guidelines, Assessments, Checklists

Collect Field Data in RecSpace

Assign “Health Equity Stars”
# Project Deliverables and Talk Outline

1. RecSpace Database

2. S.T.A.R.S. Rubric, Field Data Sheet

3. RecSpace Webpage, Interactive Map

4. RecSpace Guidebook and Brochure

5. Promotional Video
Stakeholder Interviews

1. Commission on Disabilities
2. YWCA Staff/Members
3. WalkBike Worcester
4. Worcester Parks Department
## S.T.A.R.S. Criteria, Rubric, and Scoring Method

<table>
<thead>
<tr>
<th>Name</th>
<th>Category</th>
<th>Safety</th>
<th>Transportation</th>
<th>Access</th>
<th>Recreation Value</th>
<th>Social</th>
<th>Overall</th>
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</thead>
<tbody>
<tr>
<td>Black stone Valley Bike Trail</td>
<td>Trail</td>
<td>1.67</td>
<td>3.33</td>
<td>2.67</td>
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<td>5.00</td>
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<td>Burncoat (North) Park</td>
<td>Park / Public Space</td>
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<td>2.00</td>
<td>4.50</td>
<td>3.00</td>
<td>2.77</td>
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<td>Playground</td>
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<td>2.33</td>
<td>3.00</td>
<td>3.25</td>
<td>2.78</td>
</tr>
</tbody>
</table>
# Field Data Sheet

## Transportation

**Description (optional):**

**Bus Routes:**
- (route #, proximity (m), hours of operation, sheltered?)
  - (25, 10, 12: 7am-9pm, yes)

**Parking:**
- [ ] Free parking
- [ ] Low Cost (Less than $5/day)
- [ ] Proximity (Less than 400m)
- [ ] Handicap spaces
- [ ] Bike Racks
- [ ] Lighting
- [ ] Other...

**Number of Spaces:**

Normal Spaces, Handicap Spaces, Bike racks (ex. 20 spaces, 4 handicap spaces, 3 bike racks)
Featured Recreation Spaces In Worcester:

Airport Park

- 9 Bedford Drive, North Grafton, MA

Airport Park provides users a variety of recreation options in a quiet neighborhood setting. Consisting both Little League and 40 foot baseball diamonds, as well as a full basketball court and a soccer field. Airport Park offers multiple outdoor activities. There is also a playground for younger users and a wide open field for walking. Handicap parking is present. A single portable bathroom also exists on site.

Beaver Brook Park

- 29 Main St, Worcester

Beaver Brook Park offers multiple athletic opportunities for various age groups with its baseball field, soccer/football field, and roller rink. Also, the park includes walking and biking trails for those interested in nature. All age groups can access and utilize the park.
# RecSpace Guidebook Template

## Summary:

<table>
<thead>
<tr>
<th>Features and Utilities:</th>
<th>Accessibility:</th>
</tr>
</thead>
</table>

## Recreational Activities: | Notes: |

## Parking Address
WRTA Bus Route #
Directions from Union Station
Cristoforo Colombo (East) Park

Summary:
Offering multiple athletic opportunities within its baseball fields, football/soccer fields, basketball and tennis courts, and skate park, Cristoforo Colombo Park is a great destination for families and all age groups. In the summer, children can enjoy the spray park and nearby playground while parents can relax in the shaded gazebo.

Features and Utilities:
- Free Parking
- Nearby Playground
- Amphitheatre
- Spray Park
- Picnic Tables and Benches

Accessibility:
- Handicap Parking Spaces
- Generally Compliant Pathway Condition
- ADA Accessible Opportunities/Activities

Recreational Activities:
- Walking, Running, Hiking
- Basketball
- Baseball
- Tennis
- Football
- Skateboarding

Notes:
- Cost: FREE
- Public Hours: Dawn until 10pm

Parking Address: 10 E Park Terrace, Worcester, MA

From WRTA Bus #15: (5:45am - 8:45pm)
- Get off at Shrewsbury St + Colombo Park

From Union Station: From Front of Union Station facing the rotary
- Cross Grafton Street onto Shrewsbury Street
- Continue East on Shrewsbury Street for 0.5mi, location is on the left
- Location is past Chameleon (left) and before British Beer Company (Right)
RecSpace Brochure

Check out our new website:
- User Interactive Map
- Over 60 Parks, Trails, and more!
- 25 STAR places to visit in Greater Worcester

Right in your backyard!

Discover Amazing Places in Greater Worcester TODAY!

@worcester.dph
@Healthycm
@worcesterDPH
@healthycm
@worcesterdph

We CHIP in! Do you?
#Healthy2020
Elm Park
Take a beautiful walk across the Myra Kraft Accessibility Bridge

University Park
Enjoy a variety of activities here! The tennis courts, playground, and basketball courts! Take a stroll around Crystal Pond.

Cristoforo Columbo
Great open field to enjoy on a sunny day! Take the kids to the Splash Pad and the playground. Grab that ball and bat and get to swinging!

Our Mission:
To promote recreation spaces in the community as a part of the C.H.I.P.

Learn more:
www.worcester.gov/build-a-healthy-community

Our Vision:
To get YOU to local parks in YOUR neighborhood.
Questions or Comments?