

**Welcome
to
Outdoors for All**



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Thank you for choosing to be a volunteer with the Outdoors for All Foundation. In 1979, Outdoors for All was incorporated as a 501(c) (3) nonprofit organization as the Ski for All Foundation. Today, we're the Outdoors for All Foundation: pursuing our mission to enrich the quality of life for children and adults with disabilities through outdoor recreation. We look forward to your help in achieving that mission.

This Manual

This manual is designed for you, our Outdoors for All volunteer. It presents a great deal of information, with the purpose of familiarizing you with Outdoors for All and ensuring that your volunteer experience is safe, enjoyable, and enriching.

Who We Are

Outdoors for All began in 1979 through the passion of volunteers and ski school staff who saw the need to start an adaptive ski program at the Summit of Snoqualmie—teaching 35 participants with developmental disabilities to downhill ski.

Over the last three decades, Outdoors for All has grown to include year-round outdoor recreation programs, serving more than 2,400 children and adults with disabilities each year thanks to the support of **more than 700 volunteers** and a staff of 16. In 2006, we changed our name from the Ski for All Foundation to the Outdoors for All Foundation in honor of our commitment to year-round, outdoor adaptive recreation opportunities for children and adult with disabilities.

The winter program at Outdoors for All has grown from alpine skiing to include other on-snow programs including sit-ski, mono-ski, bi-ski, snowboarding, snowshoeing and cross-country skiing. Our winter programs operate at two different mountain sites, The Summit at Snoqualmie and Stevens Pass. Off-snow programs throughout the year include camping, cycling, day camps, hiking, kayaking, and rock climbing. These programs take place at a variety of trails, parks, lakes, and rivers around Washington State and the Pacific Northwest.

Outdoors for All programs are funded through a variety of sources, including private donations (from foundations, corporations, and individuals), government grants, and participant fees. Participant fees account for about 35% of our annual budget, while the remaining 65% of the cost of running our activities is covered by donations and grants.

Outdoors for All is committed to providing opportunities for recreation to individuals who need financial assistance in order to access our programs. More than \$65,000 in financial grants are awarded annually to individuals and community programs who access Outdoors for All's adaptive recreation programs.

Please review our website www.outdoorsforall.org for more information on our programs.

Adaptive Recreation Programs

Outdoors for All is a leading expert in adaptive outdoor recreation in the Pacific Northwest. Our fleet of adaptive equipment is the largest in the area, and it includes specialized equipment for each of the programs that we offer. Our services are primarily focused within Washington State; however, we do provide services in neighboring states upon request.

Nationwide, Outdoors for All is one of the largest nonprofit organizations providing year round instruction in outdoor recreation. Our programs are designed to serve individuals, ages five and up, with all types of disabilities including physical, cognitive, developmental, and sensory.

Outdoors for All is proud to have one of the largest adaptive alpine skiing programs in the United States. Our cross-country ski program is the nation's largest cross-country ski school for people with disabilities. John

Gardner, president of American Hand Cycle Association, says our cycling program is the model program in the country. With over 80 adaptive cycles, we have the largest fleet of adaptive cycles nationwide.

Incredible Volunteers

Outdoors for All's growth and successes are due in large part to the commitment and dedication of more than 700 volunteers who offer their time and expertise in countless ways. Whether it's a person who works as an attorney during the week and spends their weekends teaching a person with Down syndrome to ski; a bus chaperon waking up at 5:00 a.m. on a cold January morning; an Outdoors for All Board Member spending hours on a fundraising event; a bike mechanic making sure an adaptive trike is safe to ride; or an office volunteer copying, filing, and computing, our volunteers make it happen!

Outdoors for All volunteers contribute thousands of hours of their "free" time to make it possible for people of all abilities to enjoy the freedom and exhilaration of outdoor sports. Our programs simply aren't possible without your generous support!

On behalf of our participants with disabilities who will benefit from your involvement, we welcome and thank you!

Our Amazing Staff

Outdoors for All is fortunate to have a staff that is deeply committed and devotes long hours to ensure the continued success of the organization. The coordination and management of more than 3,000 participants and volunteers rest on the shoulders of only a few staff members. This includes: orchestrating participant and volunteer registration, meetings and training; creating budgets, safety policies and procedures, newsletters, and brochures; spending weekends at the ski area or the bike trail, and weekdays on the phone organizing program logistics, site planning, insurance coverage, and much more.

What Our Students and Their Families Say...

No matter your volunteer role or level of involvement, **you** are the reason our students say:

- "The fact that I have been able to return to snow skiing and begin water skiing since my spinal cord injury is amazing! It bolstered my confidence at a time in my life where struggle seemed to be my only companion. It brought the joy of freedom back into my heart!"
- "The difference in our son's self-esteem has been profound. By mastering something so difficult (snow skiing), he has shown improvement in other areas of his life."
- "Bicycling was my husband's favorite activity before his stroke. Your program and adapted bikes gave him a way to get back in the saddle—he was able to feel a sense of independence again. We're very grateful."
- "Because I am a Deaf-Blind person, finding recreational activities that can accommodate my needs is not an easy undertaking. I don't really have much opportunity to get out and enjoy nature the way other people can. I've never been so close to the water or felt so connected to the environment as I did on those Outdoors for All trips last summer!"
- "Outdoors for All taught me how to have fun and feel alive again."
- "I thought that I would never ride again! Outdoors for All got me back on the road again. Riding that bike made me feel free. My muscles might be sore from the ride, but my heart is full of joy."
- "Learning how to ski has helped me change my attitude toward my disability. All my life I'd been told

that my disability was something to overcome. Since learning to ski, I learned that I can now look at my disability as something to work with, not against. Learning to ski has helped increase my self-esteem and self-confidence enough to help me work toward and achieve other goals in my life.”

Volunteer Job Responsibilities

Position

Depending on the position, volunteers report directly to the Lead Volunteer, seasonal staff or the Program Managers for each program.

Purpose of Position

Your primary duty is to provide support for Outdoors for All participants who have physical, developmental, or sensory disabilities. This includes creating a safe, fun, and positive learning experience for yourself and your participant.

Specific job responsibilities differ depending on volunteer assignment. Summer volunteer opportunities include: kayaking, rock climbing, hiking, cycling, day camps, weekend excursions, and van/bus driver. For a complete descriptions of any of these positions, please contact the Outdoors for All office or visit our website.

Why Volunteer?

Outdoors for All provides a warm, social environment for you. With more than 700 volunteers, 2,400 participants, and thousands of family members, Outdoors for All is a great place for you to meet new friends who share a mutual love for the outdoors, winter sports, and helping other people. Through your volunteerism, you'll play an integral part in transforming lives through outdoor recreation, all while enjoying the outdoor activities that you already love!

Your Commitment to Outdoors for All

Training

Most programs have a mandatory training for new volunteers. Please consult our website or the Summer Volunteer Guide for specific training requirements and dates. If you have any questions about training, please contact our Volunteer Coordinator at volunteer@outdoorsforall.org.

Cancellations

We rely on our volunteers to help with the delivery of our programs. While we understand that illness and emergencies occur, we ask that you make every effort to attend the programs for which you register. Simply put, we cannot deliver our programs without you!

If you think you will be absent or late, please notify the Outdoors for All office as soon as possible. If you are cancelling within 24 hours of the activity, please leave a message on the Outdoors for All Hotline at 206.838.4995

**Thank you for your commitment.
We are looking forward to a great summer!**