

This document compiles essential resources utilized in the Outdoor NC Accessible Outdoors Learning Lab. These resources are provided to help our partners gain a deeper knowledge to ensure equitable access and enhance the outdoor experience for individuals of all abilities.

Disabilities, Advocacy

- [Center for Disease Control \(CDC\), Disabilities and Health Research](#) – series of infographics spotlighting a wide variety of disability subjects.
- [Center for Disease Control \(CDC\), Disabilities in North Carolina](#) - webpage of statistics on disabilities in NC.
- [Equality vs Equity](#) - infographics from the Robert Wood Johnson Foundation explaining the differences between equality and equity.
- [Four Reasons Why Accessible Outdoor Recreation Should be a Priority](#) - an article by the National Ability Center highlighting key elements of the “why”.
- [Five Ways to Make the Outdoors More Accessible for People with Disabilities](#) - an article from the Wilderness Society about removing barriers and improving communications.

Infrastructure, Design, Best Practices

- [Introduction to Americans with Disabilities Act](#) (ADA) - Federal website highlighting the key elements of the legislation passed in 1990 that protects against discrimination of people with disabilities.
- [Introduction to Architectural Barriers Act](#) (ABA) - Federal website highlighting the key elements of the legislation passed in 1968 related to the built environment for people with disabilities.
- [National Park Service Accessibility and Design Standards](#) - website with comprehensive resources related to the design and construction of infrastructure on federal lands but is useful for in-depth understanding of design standards.
- [USDA Forest Service Trail Accessibility Guidelines](#) (FSTAG) and the [USDA Forest Service Outdoor Recreation Accessibility Guidelines](#) (FSORAG) - both provide guidance for designing and maintaining accessible trails on National Forest land.
- [USDA Accessibility Guidebook for Outdoor Recreation and Trails](#) - provides many different design considerations on elements not as commonly considered like trash receptacles that can be accessible to people with disabilities but also keep wildlife out of the trash.

Activity Providers, Adaptive Sports

- [Accessible Outdoor Recreation Programming](#) - an article introducing the different concepts of adaptive and inclusive programming.
- [Activities Adaptations and Adaptive Equipment](#) - a website providing Common adaptations for a variety of outdoor recreation & camp activities, resources for adaptive equipment, and organizations that are experts in the field.
- [Accessibility Guidebook for Outfitters and Guides Operating on Public Lands](#) - outlines the different accessible facilities, programs, and activities offered by outfitters and guides that operate on US Forest Service lands.
- [Move United](#) - a national nonprofit organization which provides information about adaptive and inclusive program providers. You can search North Carolina for providers around the state.
- [US Adaptive](#) - additional resources for adaptive sports.
- [How to fund adaptive outdoor recreational equipment and activities](#) - an article from the United Spinal Association that directs interested parties towards available funding for adaptive equipment.

Communications, Promotions, Designations

- [Access Recreation Guidelines for Providing Trail Information to People with Disabilities](#) - provides guidelines and additional information that public agencies and other non-profit entities should follow to share information about the use of their trail systems and recreational facilities, and information that should be considered during the design of new trails and features. These Guidelines do not propose to define the terms “ADA accessible” or “inaccessible” as they apply to trails, but to share information about trails and amenities so that potential trail users can make their own informed decisions.
- [Getting the Word Out about Accessibility of Trails and Outdoor Recreation](#) - an informative webinar from American Trails covering Universal Access Information and how it provides people with information they need to determine whether an outdoor recreation environment meets their needs for accessibility and their desires for an achievable challenge.
- [Wheel the World](#) - global network of accessible hotels, things to do and multi-day trips. They also provide a “Destination Verified” certification that is worth investing in.

- [Blue Path](#) and [Access Now](#) - directory of accessible businesses. It is suggested you try to coordinate with your local businesses to align with one or the other to maximize results.
- [Travel Influencers with Disabilities](#) - the landscape of travel influences shifts quickly but this page highlights 11 of the top accounts to watch (and invite to your destination).
- [Becoming RentABLE](#) - accessible short term rental experts (based in North Carolina).

Enhancing Communications

- [People First Language](#) - a quick guide to People First Language (PFL) and etiquette tips.
- [Disability-Inclusive Marketing](#) - article about how to expand your audience reach and strengthen your relationship with your customer base. Why and how to do it.
- [Disability in Advertising](#) and [Disability Inclusion in Media](#) - two insightful articles from Neilson highlighting the lack of disability representation in advertising and media, and ways to improve.
- [ABCs of Digital Accessibility](#) - UNICEF article highlighting the need for universal thinking in digital accessibility.
- [Accessible Design](#) - a comprehensive article from Google with resources covering a wide range of accessibility issues including: assistive technology, web accessibility, video and audio, social media, and communications.

Accessibility Statement, Landing Pages

- [Developing an Accessibility Statement](#) - this tool helps you create an accessibility statement for your own website, mobile application, or other digital content.
- [Difference between the accessibility page and the accessibility statement](#) - insightful article and good starting place for becoming familiar with how to advance your organizational commitments and consumer communications.
- [TravelAbility](#) - travel and tourism resource highlighting destination accessibility websites. Follow TravelAbility on LinkedIn to see interesting blogs such as: [Accessibility Cheat Sheet for City/County DMOs](#).

Webinars, Toolkits

- [American Trails Webinar Series](#) - a wealth of resources available for free which include webinars, articles, and organizations. Visit the SEARCH page link provided and search terms “accessibility” and “adaptive”.
- [Introduction to Disability Inclusion & Accessibility in Hospitality](#) - a free course offered through VisitAbility and Tourism Cares that helps participants: discover the importance of accessibility and inclusion; explore how you can contribute to a more accessible world; learn how to enhance your communications and products.
- [Visit England Accessible and Inclusive Toolkit for Tourism Businesses](#) - free toolkit from a national DMO that covers a wide range of topics.
- [14 People Improving Accessibility in Travel](#) - a list of people to follow on social media and connect with professionally.

North Carolina Resources and Statewide Partners

- [NC DHHS Disability Services](#) - helps people who have disabilities find employment, find care providers, and gain access to technology help people continue to live independently.
- [Accessibility for Parks Grant](#) - grants for park improvements are offered through Recreation Research Services at NC State University.
- [NC State Parks](#) and [NC DNCR](#) - accessibility information for the 42 state parks.
- [NC Wildlife Commission](#) - outdoor recreation opportunities around the state include the use of Track Chairs.
- [ACCESS NC](#) (2015) - a Vacation and Travel Guide for People with Accessibility Needs.
- [Waypoint Adventures](#) - adaptive programming (hiking, paddling, climbing) located in Western NC and offering programs to several NC State Parks and National Forests.
- [Catalyst Sports](#) - adaptive programming (mountain biking, climbing) working out of the Asheville area and also offering multiple programs in 2024 in [Great Smoky Mountain National Park](#).
- [North Carolina Adaptive Sports](#) - adaptive mountain biking in the Triad area offering programs for all ages.
- [Ocean Cure](#) - adaptive surfing in Carolina Beach offering day and week surf camps.