

VIII. RECREATIONAL OPPORTUNITIES

SPORTS AND HOBBIES

As with every other aspect of life, visually impaired persons pursue the full range of recreational activities including individual and team sports, card and board games. They also are engaged in hobbies of all kinds, including sewing, knitting, crocheting, art and music. Leisure time activities that individuals with visual disabilities choose depend on their interest, abilities and stamina.

Remember that there is an alternative method of doing nearly everything. Visually impaired sports enthusiasts find many ingenious ways to compensate for their lack of vision. For example, blind cross-country skiers ski with a sighted guide who skis beside or behind them and gives them verbal clues about the environment. Blind golfers play with a sighted partner who helps them keep track of their ball. Blind bowlers sometimes use a guide rail to keep their approach straight. Blind cyclists ride on tandem bicycles with a sighted “captain” riding on the front. Blind runners sometimes run touching hands with a partner or just follow verbal directions from a fellow runner.

Here are just some of the activities that many blind and visually impaired persons are known to participate in:

Bicycling
Canoeing

Kayaking
Sailing

Dancing
Diving
Golfing
Hang Gliding
Hiking

Skiing
Surfing
Swimming
Track and Field
Wind Surfing

Braille and large print playing cards enable visually impaired persons to enjoy the social pleasures of card games such as bridge, poker, pinochle, and canasta. Braille and large print board games include Monopoly, Scrabble, Parcheesi, Clue, and many others.

To find out about recreational opportunities in your community, contact the service agency for the visually impaired nearest you.

GETTING INVOLVED

These are some associations that can help you get involved.

Access Abilities

382 Sunset Way
Mill Valley, CA 94941
(415) 388-3250
(415) 382-8718 (Fax)

The Bay Area Association of Disabled Sailors (BAADS)

Pier 40, The Embarcadero
San Francisco, CA 94107

(415) 281-0212

Website: www.baads.org

E-mail: baadsmembership@gmail.com

The Bay Area Outreach and Recreation Program

3075 Adeline Street, Suite 155

Berkeley, CA 94710

(510) 849-4663

(510) 849-4616 (Fax)

Website: www.borp.org

Email: info@borp.org

Disabled Sports Program Center

Tahoe Adaptive Ski School

Disabled Sports U.S.A. Far West

P.O. Box 9780

Truckee, CA 96162

(530) 581-4161

(530) 581-3127 (Fax)

Website: www.dsusafw.org

Email: dsusa@disabledsports.net

Disabled Sports USA Far West

6060 Sunrise Vista Drive, Suite 2540

Citrus Heights, CA 95610

(916) 722-6447

(916) 722-2627 (Fax)

Website: www.dsusafw.org

Email: dsusa@disabledsports.net

Discovery Blind Sports

P.O. Box 248

Kirkwood, CA 95646

(209) 258-2233

Website: www.discoveryblindsports.org

Email: discoveryblindsports@yahoo.com

Environmental Traveling Companions

Fort Mason Center

Building C, Room 385

San Francisco, CA 94123

(415) 474-7662

(415) 474-3919 (Fax)

Website: www.etctrips.org

Online Inquiry Form Available

Shasta Mountain Guides

P.O. Box 1543

Mt. Shasta, CA 96067

(530) 926-3117

(530) 926-1374 (Fax)

Website: www.shastaguides.com

Email: info@shastaguides.com

Sierra Regional Ski for Light

10435 Royal Crest

Truckee, CA 96161

(530) 582-5362

Website: www.srsfl.org

Email: thelots@gmail.com

The United States Association of Blind Athletes

1 Olympic Plaza
Colorado Springs, CO 80909
(719) 630-0422
Website: www.usaba.org

United States Blind Golf Association

Leigh Wilkins, Administrative Assistant
(615) 880-1720
Website: usblindgolf.com
Email: leighwilkins24@gmail.com

TELEVISION AND MOVIES

Although visually impaired persons have always enjoyed movies and television, the arrival of descriptive programming has made this pastime much more satisfying.

DESCRIPTIVE VIDEO SERVICE

Descriptive Video Service (DVS) is a national service of the Office of The Media Access Group at WGBH in Boston. WGBH are the call letters for this transmitting station. DVS conveys the key visual aspects of a film or television program by describing scenery, facial expressions, and costumes during natural pauses in dialogue to help low-vision viewers to better understand the story.

To receive DVS on television programs, you must have a television set equipped with a Separate Audio Program (SAP) channel sometimes called Audio B. The SAP channel is standard on most TVs and VCRs. When you tune to your SAP channel, you will hear the regular soundtrack of the show and the descriptions. Descriptions of movies are placed on the main soundtrack of the videotape so no special equipment is required beyond a standard Videocassette Recorder.

DVS descriptions are currently available on:

- 169 PBS stations nationwide (reaching more than 80 percent of the nation's households)
- Turner Classic Movies cable network
- selected series on the CBS, Fox, and Nickelodeon networks
- feature films
- large-format and IMAX films
- more than 200 major home video releases available for purchase through the DVS Home Video® Catalogue or on loan at 1,300 public libraries nationwide

DVS is not only available through television, but is accessible in movie theaters and on DVDs also. See the links listed below for additional information.

DVS on Television

main.wgbh.org/wgbh/pages/mag/services/description/on_tv

DVS in Movie Theaters

ncam.wgbh.org/mopix

DVS on DVD

main.wgbh.org/wgbh/pages/mag/resources/accessible-dvds.html

Contact information for the **Media Access Group at WBGH** is:

Media Access Group at WBGH

One Guest Street

Boston, MA 02135

(617) 300-5400 (Voice/TTY)

Website: www.wgbh.org/

www.wggh.org/about/contact.cfm