

## 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**

P.O. Box 458  
Mill Valley, CA 94942  
(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](http://www.baads.org)

E-mail: [baadsmembership@gmail.com](mailto:baadsmembership@gmail.com)

### **The Bay Area Outreach and Recreation Program**

2332 5th Street

Berkeley, CA 94710

(510) 849-4663

(510) 849-4616 (Fax)

Website: [www.borp.org](http://www.borp.org)

Email: [info@borp.org](mailto: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](http://www.dsusafw.org)

Email: [dsusa@disabledsports.net](mailto: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](http://www.dsusafw.org)

Email: [dsusa@disabledsports.net](mailto:dsusa@disabledsports.net)

## **Discovery Blind Sports**

P.O. Box 248

Kirkwood, CA 95646

(209) 258-2233

Website: [www.discoveryblindsports.org](http://www.discoveryblindsports.org)

Email: [discoveryblindsports@yahoo.com](mailto: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](http://www.etctrips.org)

Email: [info@etctrips.org](mailto:info@etctrips.org)

## **Shasta Mountain Guides**

P.O. Box 1543

Mt. Shasta, CA 96067

(530) 926-3117

(530) 926-1374 (Fax)

Website: [www.shastaguides.com](http://www.shastaguides.com)

Email: [info@shastaguides.com](mailto:info@shastaguides.com)

## **Sierra Regional Ski for Light**

10435 Royal Crest

Truckee, CA 96161

(415) 928-2711

Website: [www.srsfl.org](http://www.srsfl.org)

Email: [ahoyskpr@aol.com](mailto:ahoyskpr@aol.com)

## **The United States Association of Blind Athletes**

33 North Institute Street  
Colorado Springs, CO 80903  
(719) 630-0422  
(719) 630-0616 (Fax)  
Website: [www.usaba.org](http://www.usaba.org)

## **United States Blind Golf Association**

(570) 386-5414  
Website: [www.blindgolf.com](http://www.blindgolf.com)  
Email: [drumm@ptd.net](mailto:drumm@ptd.net)

## **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 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/ontv](http://main.wgbh.org/wgbh/pages/mag/services/description/ontv)

DVS in Movie Theaters

[ncam.wgbh.org/mopix](http://ncam.wgbh.org/mopix)

DVS on DVD

[main.wgbh.org/wgbh/pages/mag/resources/accessable-dvds.html](http://main.wgbh.org/wgbh/pages/mag/resources/accessable-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)

(617) 300-1020 (Fax)

Website: [www.wgbh.org/](http://www.wgbh.org/)

E-mail: [access@wgbh.org](mailto:access@wgbh.org)