



# Accessible Nature-Based Outdoor Recreation Opportunities Study

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# 1. INTRODUCTION

## 1.1. PURPOSE OF THE PROJECT

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Regional parks play a vital role in the lives of all who live and visit the Capital Region. The outdoor recreation opportunities provided by regional parks have a powerful positive influence on the physical, mental and emotional health, happiness and quality of life of those who choose to recreate in regional parks. However, not everyone who lives in the region has equitable or inclusive access to Regional Parks or the opportunity to enjoy nature-based outdoor recreation in Regional Parks — this is particularly true for those residents who live with a disability. A disability is defined by the Government of Canada as “any impairment, including a physical, mental, intellectual, cognitive, learning, communication or sensory impairment — or a functional limitation — whether permanent, temporary or episodic in nature, or evident or not, that, in interaction with a barrier, hinders a person’s full and equal participation in society”<sup>i</sup>. People with disabilities continue to face barriers that prevent them from being able to enjoy regional parks as others do and some prevent them from being able to enjoy regional parks entirely. Limited access to parks further contributes to the inequities that people with disabilities face in other aspects of their life such as housing, health care, and employment.

Recognizing the above, Goal 5 of the recently approved Regional Parks and Trails Strategic Plan (2022-2032) is to ensure that “Regional parks and regional trails are inclusive and accessible” while Goal 3 is to ensure that “visitors to regional parks are involved in stewardship and have enjoyable outdoor recreation experiences”. The strategic plan acknowledges that equitable access to nature is key to safeguarding the physical and psychological wellbeing of residents. While the strategic plan does not specifically recognize that the design and condition of visitor infrastructure in regional parks can, and is, a major barrier to providing inclusive and equitable access to nature, it does acknowledge that lack of access to transportation and proximity to parks can be barriers to preventing members of society from enjoying the benefits of parks. Figure 1 graphically illustrates the differences between inclusion, exclusion, segregation, and integration, with integration being the most desirable approach to take when planning outdoor recreation opportunities for everyone. The strategic plan identifies that “offering compatible outdoor recreation experiences that are enjoyable, healthy, safe and immersed in nature” and “enhancing health and well-being by providing equitable access to regional parks and regional trails” are priorities for the system. Regarding equity and access, the plan directs managers to:

- Develop and apply an equity lens to inform management and operation of regional parks and regional trails.
- Conducting an inclusion and accessibility assessment of regional parks and regional trails that assesses barriers and deterrents to access.
- Replace the 2003 Universal Access Plan for Regional Parks with new Accessibility Guidelines that provide objective information about the visitor experience, such as descriptions of trail terrain, length and slope to

### **Disability**

Any impairment, including a physical, mental, intellectual, cognitive, learning, communication or sensory impairment — or a functional limitation — whether permanent, temporary or episodic in nature, or evident or not, that, in interaction with a barrier, hinders a person’s full and equal participation in society.

### **Barrier**

Anything that hinders the full and equal participation in society of persons with a physical, mental, intellectual, cognitive, learning, communication or sensory impairment or functional limitation.



empower visitors to make appropriate individual choices and to better align user expectations with self-preparedness and ability.

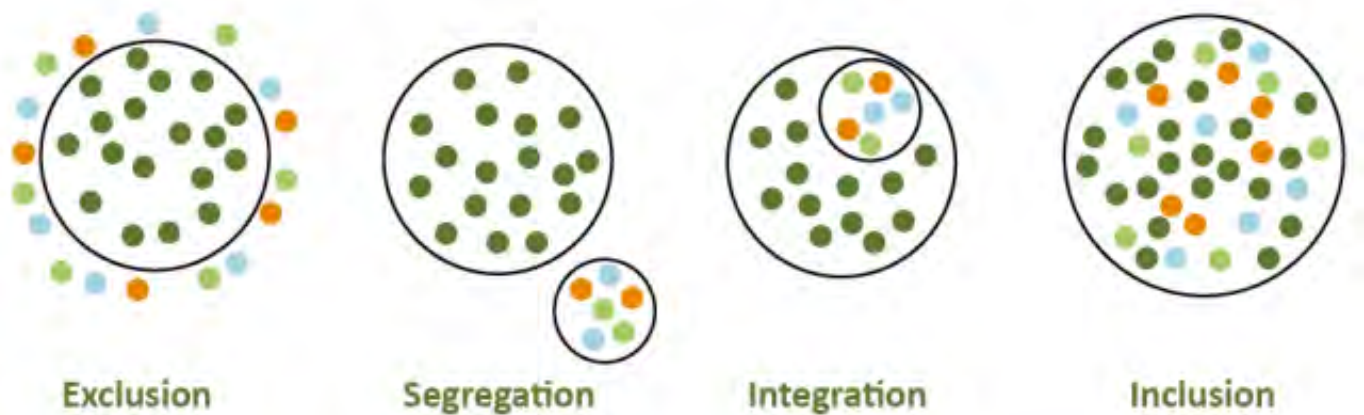


Figure 1 A Model Illustrating the Differences between Inclusion, Exclusion, Segregation, Integration, Alberta Parks Everyone Belongs Outside Inclusion Plan

While the focus of this project was not intended to deliver on the above actions, it is intended to help the Visitor Experience division of Regional Parks determine and understand opportunities to increase or expand accessible and adaptive nature-based recreation in select regional parks so that these opportunities can be considered in ongoing park management planning processes and upcoming capital planning.

Specifically, the purposes of this project were to:

- ✓ Assess the supply of accessible and adaptive nature-based outdoor recreation opportunities and supporting facilities that currently exist within regional parks.
- ✓ Provide guidance on the quality of the current provision of accessible and adaptive nature-based outdoor recreation opportunities and facilities and any improvement that could be completed.
- ✓ Review the current provision that exists across the region and how opportunities within CRD's parks do / could complement existing opportunities.
- ✓ Undertake engagement with accessibility focused stakeholder groups to understand the sufficiency of the current supply of opportunities and future potential opportunities and priorities.
- ✓ Based on learnings from the above, identify and prioritize opportunities to enhance existing or provide new accessible nature-based outdoor recreation experiences in regional parks including a high-level concept design and a Class D cost estimate.

CRD Regional Parks retained RC Strategies, Tanelle Bolt with the RAD Society, and McElhanney, experts in accessible and adaptive outdoor recreation planning and design, to lead the project.

## 1.2. SCOPE

The project focused on both accessible and adaptive nature-based outdoor recreation opportunities. The spatial scope of the project's recommendations was limited to the CRD Regional Parks with priority given to the following six regional parks:

- East Sooke Regional Park
- Thetis Lake Regional Park
- Francis/King Regional Park
- Island View Regional Park
- Mount Work Regional Park
- Elk / Beaver Lakes Regional Park

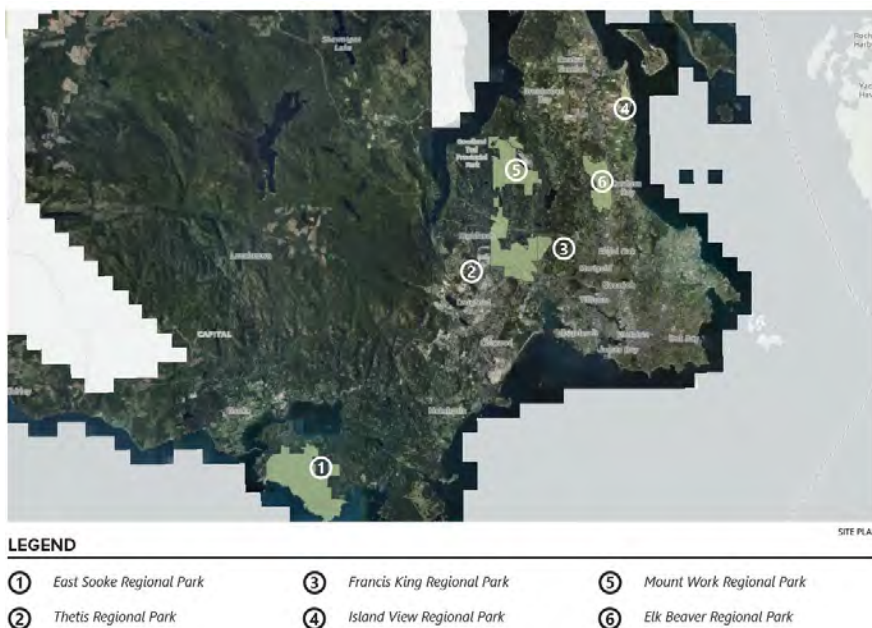


Figure 2 Map of Regional Parks considered in the study.

Further, the scope of the identified opportunities where to attempt to identify accessible and adaptive nature-based outdoor recreation opportunities in a coastal / ocean experience, freshwater lake / lakeside experience and an inland forested experience.

## 1.3. INTERNATIONAL & PROVINCIAL POLICY & LEGISLATIVE DIRECTION

### 1.3.1. United Nations Convention on the Rights of Persons with Disabilities

According to the Government of Canada, the Convention on the Rights of Persons with Disabilities is an international human rights treaty aimed at protecting the rights and dignity of persons with disabilities without discrimination and on an equal basis with others. Canada ratified the United Nations Convention on the Rights of Persons with Disabilities

(CRPD) in 2010. Parties to the CPRD are required to promote and ensure the full enjoyment of human rights of persons with disabilities including full equality under the law<sup>ii</sup>.

### **1.3.2. Accessible British Columbia Act<sup>iii</sup>**

The *Accessible British Columbia Act* became law in June 2021. The intent of the Act is to make British Columbia more accessible. The *Accessible British Columbia Regulation* was passed in 2022 and identifies the public sector organizations that must comply with the Act. In accordance with section 3(b) of the regulation, the provisions of the Act apply to Regional Districts. In accordance with the Act, prescribed organizations, such as Regional Districts, are required to establish 1) an accessibility committee (representation direction is provided), 2) an accessibility plan (does not have to be submitted to the province for review but should be made public) and 3) a tool and process to receive feedback on the accessibility plan and barriers to accessibility. The province, through the work of the Provincial Accessibility Committee, is preparing accessibility standards. Accessibility standards will outline the rules government and organizations must follow to remove barriers for a wide range of areas including, but not limited to, the built environment such as buildings, places, and spaces (e.g. parks, trails, and related infrastructure).





## 2. REGIONAL PARKS

The Capital Regional District (CRD), through its Regional Parks program, protects and manages more than 13,200 hectares of natural space through a network of 32 Regional Parks. Regional parks, which cover 5.5% of the CRD's land base, work to protect ecologically and culturally important areas while supporting the health and well-being, offering social connections, and improving the quality of life of residents through enjoyable nature-based outdoor recreation opportunities. The most popular activities occurring in regional parks include hiking, walking, horseback riding, cycling, mountain biking, camping, swimming, paddling, fishing, and nature study. In 2021, regional parks hosted over 5 million visits to the parks system. No adaptive recreation activities emerged as among the most popular activities in regional parks or trails though it is unclear whether adaptive recreation activities were included specifically in the survey. Over the past decade, visitation to regional parks has increased by 64%<sup>iv</sup>. Unfortunately, data insights into the proportion of visits by people with disabilities is unavailable.

### 2.1. VISITOR ACTIVITIES & INFRASTRUCTURE

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While there are three campgrounds operating in the regional parks system, regional parks are primarily intended to offer visitors the opportunity to enjoy part-day and full-day trail-based recreation in front-country, midcountry, and remote backcountry settings. Over 300km of formalized trails are available in the regional parks system. Regional parks also provide opportunity for freshwater and saltwater outdoor recreation through its network of natural and manicured beaches, docks / fishing piers, and boat launches. Typical visitor comfort and convenience amenity infrastructure provided in regional parks includes parking areas, trailheads, benches, picnic areas, vault toilets, washroom / shower buildings, and waste and recycling receptacles. While direct programming and interpretive services are limited in the regional parks system, the system does offer two nature centres that are open to the public as well as some natural and cultural interpretive school based programs and other public events. The system doesn't currently provide outdoor recreation or accessibility specific programming.

Regional parks are one component in a much larger parks and protected areas system in the CRD. This larger system is comprised of municipal and community parks (e.g. Beacon Hill), provincial parks (e.g. Goldstream, Gowlland Tod, John Dean), national parks (Gulf Islands National Park Reserve), and land conservancies and trusts. While there is some overlap in mandates, each park system provider in the network has a specific mandate that they working to achieve and the characteristics of their parks and the recreation opportunities and visitors services that each offer are purposefully different. In contrast to municipal and community parks, regional parks are typically larger parcels of land acquired for conservation purposes and are located outside of the central urban core and have more limited and less intensive recreation facilities and limited visitor services. Regional Parks are typically smaller than the vast provincial and federal parks systems and tend to provide more recreation opportunity and services than the conservation focused land conservancies and trusts.





## 2.2. MANAGEMENT DIRECTION FOR REGIONAL PARKS

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As indicated in section 1.1 above, the Regional Parks and Trails Strategic Plan (2022-2032) provides a long-term vision and direction of the regional parks and trails system. The strategic plan establishes a vision, articulates the mission of the regional parks and trails service, identifies values that will guide management decisions, and identifies goals, priorities, and specific actions that will be taken over the next 10 years. In addition to direction from the strategic plan, each park in the system has been classified in accordance with the CRD's Regional Parks Classification System<sup>v</sup>. The park classification establishes and communicates the intended purpose of each park and sets the framework for determining which recreational activities and infrastructure are compatible in each park class. Further to each park's classification, 18 of the 32 parks in the network are managed in accordance with a park management plan. Management plans are formally approved by the CRD Board and provide more site-specific guidance regarding how the respective park is to be managed and what visitor services and infrastructure will be offered. Direction regarding accessible and adaptive nature-based recreation is ideally derived from and integrated into management plans as they are initially developed or reviewed and updated.

### The Equity Value in the Strategic Plan States:

Regional parks and regional trails are inclusive, culturally safe, and accessible to visitors of all ages, abilities and income levels.

## 2.3. A SYSTEMS APPROACH

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While it is commonly accepted that a single park can't be all things to all people, it's also true that a single park provider and their system of parks can't be all things to all people. Meeting the diverse needs for accessible and adaptive nature-based outdoor recreation opportunities in the Capital Region can not be delivered by a single park provider. Given the diverse mandates of the different park management agencies, meeting the needs for accessible and adaptive nature-based outdoor recreation requires a deliberate, coordinated, and well planned "systems approach" involving each of the different park system providers in the CRD. While this project has worked to identify opportunities to provide additional or to enhance existing accessible and adaptive nature-based outdoor recreation opportunities in select Regional Parks, it should not be interpreted as replacing or addressing the need for a more comprehensive and integrated system wide planning effort to truly ensure that the needs for accessible and adaptive outdoor recreation are being met by the Capital Region's broader parks system. A system wide approach is outside the scope of this study.



*Figure 3 Accessible Fishing Pier at Durrance Lake Mount Work Regional Park*

Identifying new or expanded accessible and adaptive outdoor recreation opportunities needs to begin with a clear understanding of the core components of a nature-based outdoor recreation opportunity and what is meant by and how the terms accessible and adaptive differ.





### 3. ACCESSIBLE & ADAPTIVE NATURE-BASED RECREATION OPPORTUNITIES

#### 3.1. WHAT IS A NATURE-BASED OUTDOOR RECREATION OPPORTUNITY

At its foundation, an outdoor recreation opportunity can be defined as the physical, social and intellectual activities that are immersed in a natural outdoor setting, are dependent on the natural landscape, are compatible with and relatively low impact on the natural environment, and that directly or indirectly foster appreciation for the natural environment. As this definition illustrates, an outdoor recreation opportunity, whether accessible, adaptive, or not, is about much more than the simple activity the individual is participating in. The level of difficulty provided by the asset, the recreation setting, and the natural region or ecosystem that the activity occurs in are fundamental experience factors that need to be considered when planning for new or expanded experiences.

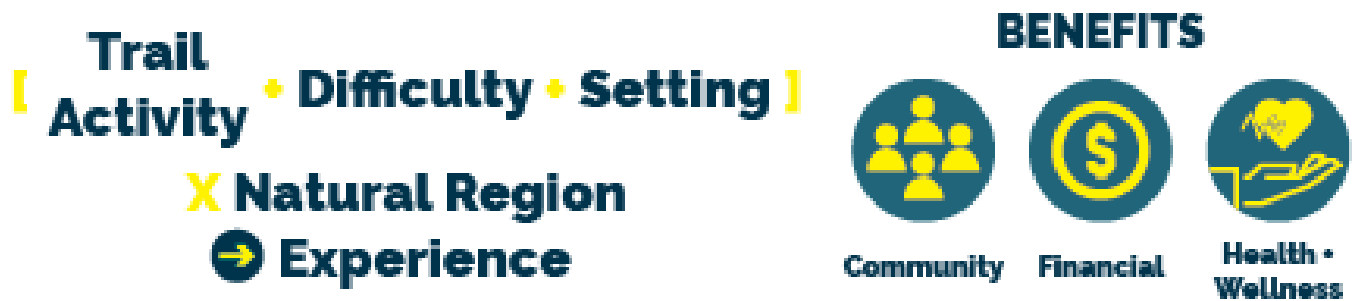


Figure 4 Elements of an Outdoor Recreation Opportunity (Justin Ellis, 2018)

While the Regional Parks and Trails Strategic Plan does not specifically define what an outdoor recreation opportunity is, nor acknowledge the key components of an outdoor recreation opportunity, it does define nature-based outdoor recreation as outdoor recreation activities that:

- Are immersed in the natural environment;
- Do not degrade the ecological integrity of the park;
- Are human-powered;
- Encourage an appreciation for and understanding of natural and cultural values; and
- Do not significantly interfere with the enjoyment of other park users.

*CRD Parks Managers should note that stakeholders who took part in this project process identified concerns with the final bullet in the nature-based outdoor recreation definition. As representatives of park users who have been traditionally excluded from parks through traditional park management and infrastructure planning and provision,*



stakeholders expressed concern that this bullet could limit the ability to provide new or enhance existing infrastructure to be more inclusive and; therefore, continue the systemic exclusion persons with disabilities from regional parks.

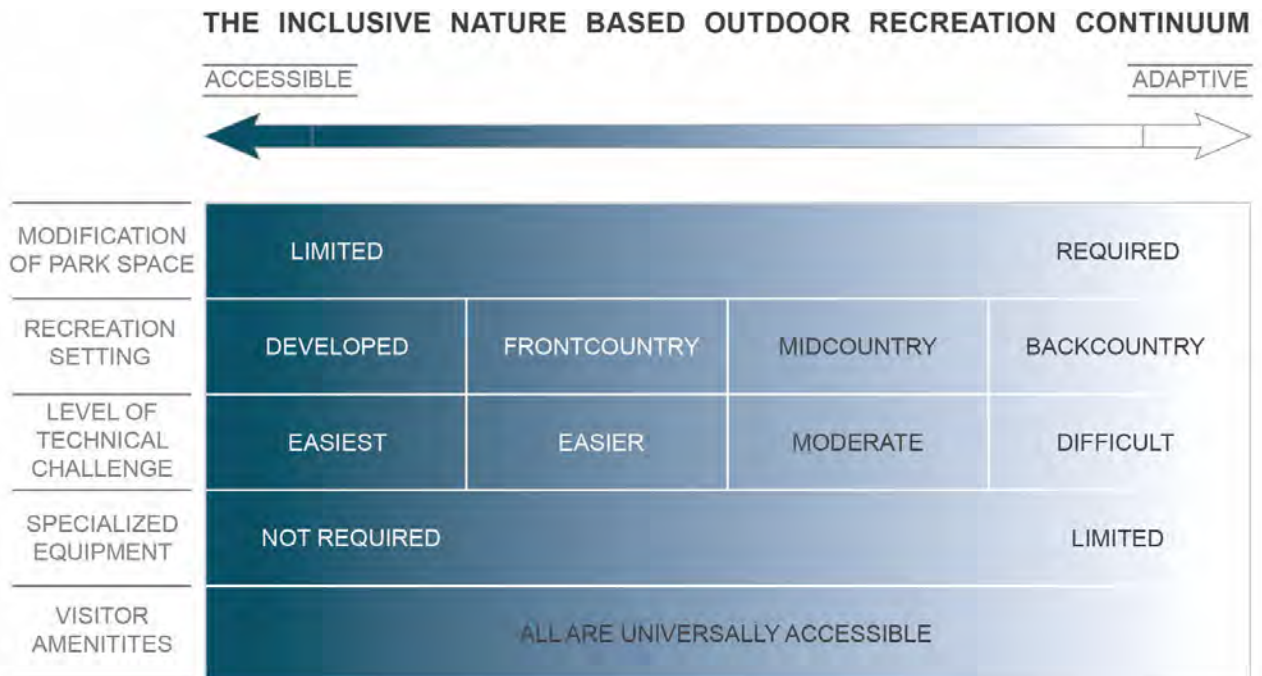
### 3.2. ACCESSIBLE & ADAPTIVE NATURE-BASED OUTDOOR RECREATION

For the purposes of this study, accessible and adaptive nature-based outdoor recreation are not synonymous terms. While both meet the definition of nature-based outdoor recreation and are comprised of the key components of an outdoor recreation opportunity (activity, difficulty, setting, natural region / ecosystem), they can actually be viewed as a continuum (Figure 4) and differ in terms of modifications to the park space that are required to facilitate the experience, whether specialized equipment is required or not, the level of technical challenge, the recreation setting and visitor amenities.

#### Accessible Nature-Based Outdoor Recreation

Accessibility enables a person with a disability to experience a park and its facilities without assistance or specialized equipment. Accessible nature-based outdoor recreation opportunities rely on application of universal design principles by park managers to ensure that park infrastructure (e.g. trails, quiet contemplative areas, viewpoints) as well as comfort and convenience amenities (e.g. toilets, signs, benches, picnic shelters, parking areas, waste receptacles) and any services provided (e.g. programming, website registration etc.) are accessible and meet the needs and abilities of as many people living with disabilities (e.g. mobility, cognitive, visual, hearing) as possible. For people living with physical disabilities, accessible nature-based outdoor recreation typically requires physical modification of park spaces and infrastructure to ensure that the park can be experienced independently using standard equipment and devices that are readily provided / available to the individual. Accessible nature-based outdoor recreation does not require individuals to have access to specialized equipment or supports.

#### Adaptive Nature-Based Outdoor Recreation



Where accessible nature-based outdoor recreation focuses largely on modifying the physical park space and infrastructure to meet the needs of people with disabilities, adaptive nature-based outdoor recreation focuses on adapting the individual’s abilities to enjoy the park space as it is through adaptive equipment and supports. The adaptive equipment

*Figure 5 The Inclusive Nature Based Outdoor Recreation Construction*



used makes it easier for people of varying abilities to participate in the recreation activity. However, it is important to recognize that adaptive nature-based outdoor recreation still requires accessible visitor comfort and convenience amenities (e.g. toilets, benches, picnic shelters, parking areas, waste receptacles) to ensure basic dignity and independence. Adaptive nature-based outdoor recreation can enable people living with disabilities to experience a greater diversity of outdoor activities at a greater range of technical difficulties and a broader range of recreation settings than accessible nature-based outdoor recreation.

### 3.3. THE CASE FOR ACCESSIBLE & ADAPTIVE NATURE-BASED OUTDOOR RECREATION

Data and research specific to the Capital Regional District on the number and geographic distribution of people with disabilities, the types of disabilities and their outdoor recreation demands and preferences are, unfortunately, unavailable. However, research from other national and provincial sources can provide valuable insights. Insights that make the case for accessible and adaptive nature-based outdoor recreation include:

- In 2018, 20.5% of British Columbia's population, aged 15 – 64 years old, have one or more disabilities<sup>vi</sup>. Over two-thirds of persons with disabilities have at least two or more disability types. In 2021, the CRD's population of residents aged 15 – 64 was 263,425 which suggests that approximately 54,000 or more people aged 15 – 64 years living in the CRD may experience one or more disabilities. 41.7% of British Columbian's, 65 years and over, have one or more disabilities<sup>vii</sup>. In 2021, the CRD's population of residents aged 65 or older was 99,645 which suggests that approximately 41,000 people aged 65 or older who live in the CRD may have one or more disabilities. Recognizing that the Canadian Survey on Disability is repeated every five(5) years, the region may contain over 95,000 people, aged 15 and older, who experience one or more disabilities. Not only are nearly 20.5% of the population living with a disability, anyone - at any time, could become a member of the disability community, and most people will experience a disability at some point in their life<sup>viii</sup>.
- Disabilities relating to pain (15%), flexibility (10%), mobility (10%), and mental health (7%) were the most common disability types among Canadians aged 15 years and over followed by seeing (5%), hearing (5%), dexterity (5%), learning (4%), and memory (4%)<sup>ix</sup>. Older Canadians more commonly (23% to 26%) experience pain-related, flexibility or mobility disabilities when compared to youth aged 15-23 (5%).
- The type of leisure activities that people with disabilities engage have been found to be different than the activities than people without disabilities. Persons with disabilities tend to engage in leisure activities that are more passive, unstructured, and socially isolated than those people who do not live with a disability<sup>x</sup>. Persons with disabilities were less likely than those without disabilities to participate in sports, exercise or outdoor activities (15.0% and 21.2% respectively) and more likely to participate in activities such as arts, writing and use of technology for recreation (43.5% and 41.1% respectively) than those with out disabilities. This suggests that persons with disabilities may experience nature-based outdoor recreation and its benefits considerably less than those who do not live with a disability.
- Persons with disabilities are almost twice as likely as persons without disabilities to report that most days are quite a bit or extremely stressful (23.4% and 11.9% respectively). These differences in levels of stress highlight inequities between persons with and without disabilities, as stress has long been shown to have a negative impact on health, including long-term impacts on physical and mental health<sup>xi</sup>. Further, people with disabilities

**95,000 +**

people, aged 15 years or older, live with one or more disabilities in the CRD

Persons with disabilities tend to engage in leisure activities that are more **passive, unstructured and, socially isolated** than those people who do not live with a disability.



were more likely than those without disabilities to feel trapped in their daily routine (42.5% and 28.9% respectively) and that they have no time for fun (34.4% and 22.7% respectively).

Trans Canada Trail, in partnership with AccessNow, recently completed a National Trail Accessibility Survey<sup>xii</sup>. The survey was intended to understand trail use by individuals who have disabilities or are close to, or work with, someone with disabilities. Key findings from the survey include:

- Individuals with a disability use trails regularly with 52% of respondents using trails monthly and 39% using trails weekly.
- Spending time in nature is the most common motivator for using trails (31%), while physical exercise (26%) and supporting mental health (26%) were also important motivators.
- The duration of trail outings varies from 30 minutes or less up to multi-day excursions. 57% of respondent's trail outings last 1-3 hours while 35% last 30 minutes to 1 hour. 5% of respondents spend fewer than 30 minutes while 3% spend more than 3 hours per trail outing. This suggests that trail systems must afford diversity in the length of trail outings with most of the supply being focused on outings that are between 30 minutes to 3 hours in length.
- 86% of respondents will use trails while on vacation particularly if the trail is not out of the way or inconvenient to get to. This suggests that accessible and adaptive trail experiences should be integrated into tourism destination planning and marketing.
- The most common barriers to using trails or planning outings on trails include:
  - Lack of information about what trails are accessible (54%)
  - Lack of support of accessible trails (12%)
  - Lack of adequate transportation
- Recognizing that a lack of information is one of, if not the, most significant barrier that people with disabilities face in deciding whether to recreate on trails, 56% of respondents indicated that detailed information about the trail's width, slope, and surface was the most important information to have. Use of designations such as "Accessible Trail" or a level of challenge rating scale (e.g. easy, intermediate, difficult) rated much lower in importance (23% and 17% respectively).

### **Lack of Information About the Trail**

is the most significant barrier to people with disabilities using trails.





# BARRIERS TO USING TRAILS

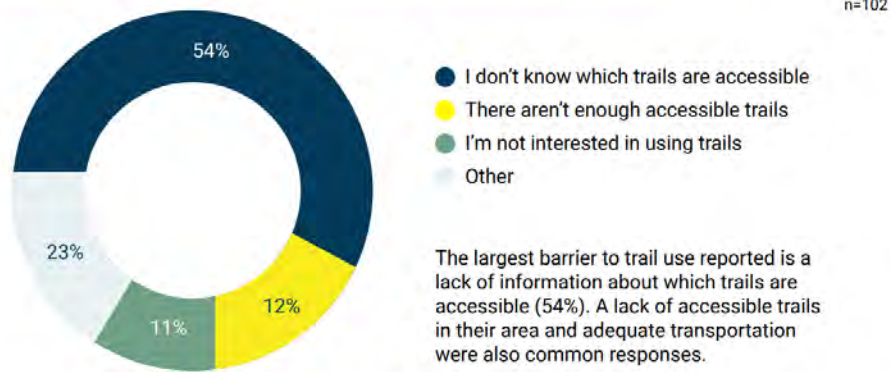


Figure 6 Barriers to Using Trails - Trans Canada Trail's National Trail Accessibility Study

### 3.3.1. Regional Parks' Role in Providing Accessible & Adaptive Nature-Based Outdoor Recreation Opportunities

As CRD Regional Parks continues to evolve its role and mandate, it is important that the organization clearly defines its role in the delivery of accessible and adaptive nature-based outdoor recreation opportunities. Unlike many / most municipal, provincial and national parks providers, CRD Regional Parks system does not have a clearly articulated mandate for the development and delivery of visitor experience programming. As such, very few direct visitor experience programs are delivered by the CRD in the regional parks system and, as a result, the CRD does not maintain a compliment of staff that are responsible for developing and delivering programs or services to directly support and assist people with disabilities with accessing and enjoying regional parks and their associated benefits.

Under the current operational model, CRD's role in the delivery of accessible and adaptive nature-based outdoor recreation includes:

- Provisions (planning, design, construction and maintenance) of visitor facilities, amenities and infrastructure.
- Development and distribution of information and promotion of outdoor recreation opportunities in regional parks.
- Enabling and supporting the delivery of visitor experience programs by partners.



## 4. PROMISING PRACTICES

### Precedent Research

The project team reviewed research and observed practices from organizations such as Parks Canada, Alberta Parks, BC Parks, Canadian Parks Collective for Innovation and Learning, National and Provincial Recreation and Park Associations, Park People, and Accessible Parks Canada, along with testimony from people with lived experience, to identify the following promising practices that regional parks managers should consider as efforts are made to improve the availability of accessible and adaptive nature-based outdoor recreation opportunities.

#### 4.1. ADOPT AN EQUITY, DIVERSITY, INCLUSION & ACCESSIBILITY LENS

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An equity, diversity, inclusion, and accessibility lens is a tool to help organizations be deliberately inclusive as it makes decisions about its business. The lens is a tool organizations use to review existing and evaluate future policies, bylaws, procedures programs, and capital investments to ensure they have adequately considered the needs of equity-deserving groups (e.g. persons with disabilities, racialized, women, 2S/LGBTQ+). Whether it be new capital development, park acquisition, staff training, staff recruitment, the system's strategic plan, or a new rule or bylaw, such a policy tool will help regional parks managers be confident that all aspects of the regional parks system, has considered and are responsive to the needs of all equity-deserving groups. Some promising examples of organizations prioritizing accessibility and developing and applying an equity, diversity, inclusion, and accessibility lens include:

- Battleford Joint Master Plan Lens Framework - <https://battleford.municipalwebsites.ca/Editor/images/Parks/2020-10-07%20Battlefords%20MP-SM.pdf>
- Gender Based Analysis Plus - <https://women-gender-equality.canada.ca/en/gender-based-analysis-plus.html>
- City of Vancouver Equity in Parks and Recreation Bold Moves and Equity Initiatives - <https://vancouver.ca/parks-recreation-culture/equity-in-parks-and-recreation.aspx>
- National Recreation and Parks Association Parks for Inclusion Policy Guide - <https://www.nrpa.org/our-work/partnerships/initiatives/parks-for-inclusion/policy-guide/>
- City of Portland Racial Equity Plan and Lens for Parks - <https://www.portland.gov/parks/five-year-racial-equity-plan>
- Oregon State Parks - <https://www.oregon.gov/orec/Documents/OREC-Gov-Task-Force-Outdoors-2020.pdf>

#### 4.2. ENGAGE THOSE MOST AFFECTED

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The principle of “nothing about us without us” is being recognized widely by governments. Nobody understands the barriers to enjoying nature-based outdoor recreation better than those who live with disabilities and face these barriers daily. As such, it is imperative that regional parks managers deliberately and meaningfully seek out, engage with and listen to, and respond to the input of those who live with disabilities on a daily basis. This means that engagement processes on regional park matters must be inclusive but it also means that more formalized and ongoing processes should be put in place to receive regular insights, advice, and reviews. Establishing and effectively implementing an



Inclusion, Diversity, Equity, & Access (IDEA) group, comprised of individuals with lived experience, to advise on policy matters, capital priorities, and designs is a promising practice that could help regional parks become more inclusive and better ensure that the system is providing the right mix or appropriately designed and sited accessible and adaptive nature-based outdoor recreation experiences. Such an initiative could involve becoming more directly involved with the Intermunicipal Advisory Committee on Disability Issues or the establishment of a regional parks specific advisory committee.

### 4.3. DELIBERATELY PROVIDE FOR DIVERSITY IN EXPERIENCES

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Recreation demands and desires are diverse. Like all recreation, the demand for accessible and adaptive outdoor recreation opportunities is also diverse. In keeping with the Society of Outdoor Recreation Professionals' Principles for Recreation Resource Planning, it is necessary to plan for and maintain a spectrum of diverse recreation opportunities in regional parks. While a single park can not provide for the full range desired accessible and adaptive recreation demands, the system as a whole should be able to meet these demands by taking an effective system wide approach to recreation planning. In keeping with the components of an outdoor recreation opportunity identified in section 3.1, regional park managers should plan for diversity in:

- The activity type.
- The level of challenge (easiest through to most difficult).
- The recreation settings (frontcountry, midcountry, backcountry).
- The landscape / ecosystem (e.g. inland forested, coastal, freshwater, saltwater).

Deliberately planning for diversity of experience better ensures the demands of persons with disabilities will be met, the experiences will be satisfying, and the network will support their progression in the activities they are passionate about. Failing to take a systems approach to planning outdoor recreation is likely to result in a homogenous mix of experiences (e.g. all short linear trails, all forested experiences, all at the same level of challenge) that are less satisfying and less likely to meet the needs and demands of residents.

### 4.4. INFRASTRUCTURE & AMENITY DESIGN STANDARDS AND GUIDELINES

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Recognizing that park environments do not always lend themselves to modification as easily as built structures and that many parks also have a mandate for conservation and minimizing development impacts on a park's environmental and cultural values, many parks and the infrastructure they contain can be made to be more accessible through more deliberate and thoughtful planning and design. Given that built infrastructure in parks represents one of the most significant barriers to participation, many parks managers are developing / adopting and applying design standards or guidelines to direct how infrastructure and amenities are to be built. These standards or guidelines provide the design details to ensure that physical, sensory, visual, communication and other barriers are considered and removed or mitigated as new park infrastructure is developed or existing park infrastructure is refurbished. The adherence to the Standards and Guidelines are then mandated by organizations. When done well, universal design is not obvious and it ensures that the park space, and its infrastructure and amenities, do not prevent persons with disabilities from being able to experience the park space independently. While some park managers work to develop near

“We don't want special entrances. We just want to get there like everyone else. Why is there always a wheelchair symbol on the door? People do not want things labelled 'disabled,’” said Mr. McCannel. “Really good universal design is not obvious. It should be as normal as possible.”

Infrastructure design is about more than providing accessible picnic sites, benches, outhouses, and parking. It requires accommodating a much more diverse range of accessible features, for vision, hearing, mobility-impaired individuals, persons with literacy considerations and the multicultural community.





comprehensive design guidelines for all parks infrastructure, such as Alberta Parks' *Designing for Inclusion and Accessibility in Provincial Parks* (link unavailable) and [BC Park's Universal Design Guide for Front-country Parks](#), others will also adopt more specialized activity specific guidelines such as the [Kootenay Adaptive Sport Association's Adaptive Trail Standards \(2020\)](#), the [aMTB Trail Design Guidelines](#) for adaptive mountain biking, or the Canadian Tire JumpStart program which includes fields, rinks, and courts <https://jumpstart.canadiantire.ca/blogs/news/a-guide-to-creating-inclusive-play-spaces> Rick Hansen Foundation [Guide to Creating Accessible Play Spaces](#)

#### 4.5. PARTNERSHIPS ELEVATE ACCESSIBLE & ADAPTIVE NATURE-BASED



Figure 7 Accessible Picnic Shelter with Considerable Choice for Visitors at Island View Beach Regional Park



### OUTDOOR RECREATION

Capacity, and in some cases the corporate mandate, to directly deliver visitor experience programming can be limited in some parks systems. Further, parks managers may have limited lived experience, expertise, knowledge, and equipment to deliver quality, enjoyable and safe accessible and adaptive recreation programs. Programs, including the presence of trained and compassionate staff, can be a critical component of providing and enhancing accessible and adaptive nature-based outdoor recreation opportunities and helping people with disabilities overcome the barriers they face. Further, Power To Be's report on *Furthering Accessibility in our Regional Parks and Beaches* <sup>xiii</sup> found that 57% of people surveyed reported that the attitude of park staff and customer service have been a barrier to enjoying the parks or beaches. In addition, a high proportion of people with disabilities rely on public transportation services or shuttles. Power To Be's research also found that 71% of respondents report transportation as a barrier they faced in accessing



parks and beaches. The distance between transit stops and parks, frequency of the transit services, and the quality of the transit stops are all critical considerations in improving transportation options for people with disabilities.<sup>xiv</sup>

Recognizing limited capacity and mandates for such programs, park agencies can and should develop and support (including financially) partnerships with expert organizations that specialize in the provision of accessible and adaptive programs. Partnerships should be established to address and provide services such as:

- Delivery of in-park visitor programming and experiences (e.g. [Power To Be](#))
- Provision of adaptive recreation equipment in-park (e.g. [RAD Society](#))
- Transportation to / from parks (e.g. [Parkbus](#))
- Parks staff training about inclusion, diversity, equity and accessibility in the workplace and customer service

Social barriers can be reduced by having staff trained on accessibility and adaptability and having the ability to provide guidance and suggestions for different people's accessibility needs. Power To Be's research found that **57% of people reported that attitudes of park staff and customer service have been a barrier for them.**

Transportation to parks was identified as **one of the most significant barriers by workshop participants.**

Research by Power To Be found that **71% of people surveyed identified transportation as a barrier that they have faced.**



## 4.6. THE RIGHT INFORMATION AT THE RIGHT TIME

Like all visitors to parks, people with disabilities require the right information, in the right mediums, at the right times to:

1. Be inspired to want to engage in nature-based outdoor recreation,
2. Become aware of the opportunities that exist for nature-based outdoor recreation and establish a “consideration list”,
3. Understand the characteristics (activities, recreation settings, landscapes, amenities) of each available opportunity,
4. Evaluate the opportunities and choose which opportunity is right for the experience they are seeking and which location provides for their needs,
5. Know what equipment and preparations are required to take part in the opportunity safely and enjoyably,
6. Know how to access the opportunity (e.g. public transit, Parkbus, personal vehicles, active transportation), and
7. Navigate the park and enjoy the experience once they arrive on site.

However, a lack of marketing and promotional materials showing people with disabilities in parks together with a lack of accurate and timely information about the parks is routinely identified as significant barriers that are limiting people with disabilities from accessing and enjoying outdoor recreation<sup>xv xvi xvii xviii xix</sup>.

Efforts to increase the availability of accessibility information continues to improve, particularly in the realm of mobile apps such as [AccessNow](#). While some of these apps verify data, many of these apps are crowdsourced by users and if the data is not reliable, these apps can risk making wayfinding and the enjoyment of parks more challenging. Parks managers can partner with these organizations to help disseminate accurate information through these types of tools which are being embraced by visitors. It is often much more effective to partner with existing tools that are already embraced by visitors than to try to re-create agency specific tools which often aren't embraced by the public. As an example, the Trans Canada Trail (TCT) partnered with AccessNow to assess and disseminate accessibility information on [37 segments](#) of the TCT.

Efforts are also being made to improve the inclusiveness of marketing materials (e.g. images used) as well as the information about the characteristics of parks and trails are being provided to visitors at park gateways and trailheads within the parks themselves. In park signage is being used more regularly by trail managers and park agencies to clearly communicate the physical characteristics of infrastructure. For example, integrating detailed Trail Access Information (e.g. grades, cross slopes, tread widths, surface firmness, surface stability, obstructions, location or accessible amenities such as toilets, picnic shelters etc.) on appealing and easy to read signage allows visitors to make educated decisions regarding which trail to travel based on their individual needs and abilities (Figure 7 Trail Accessibility Information Sign Post).

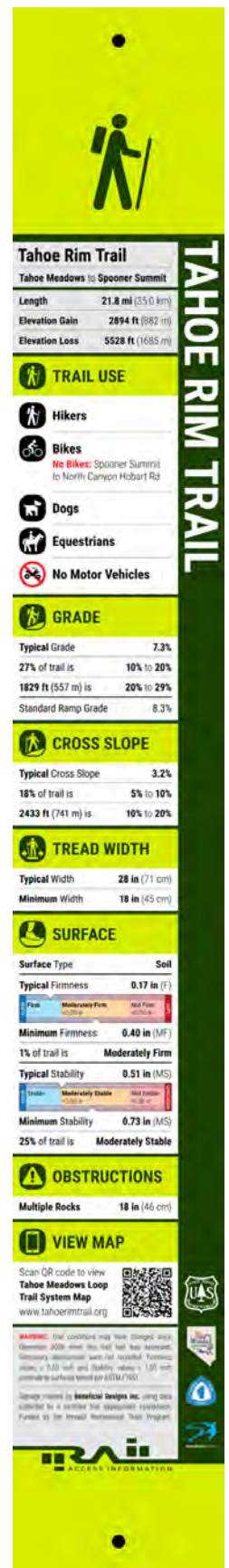


Figure 8 Trail Accessibility Information Signpost





Figure 9 Visitor Experience Cycle

information about the park, it is too late. As illustrated in Figure 8 and Figure 9, the “Visitor Experience Cycle” or the “Pathway to Purchase, Destination Canada” models, respectively, should be used to ensure visitors receive the right information at each step of the visitor journey or Pathway to Purchase.

**Helpful links:**

- Journey Experience Model for Accessibility - <https://cpcil.ca/events/parcours-the-journey-experience-model-for-accessibility-jemma/>

## 4.7. MAKE ADAPTIVE RECREATION EQUIPMENT AVAILABLE

Innovation and technology continue to advance the supply of assistive devices that allow people with disabilities to participate in outdoor recreation activities such as hiking, biking, skiing, and paddling. However, these devices are often extremely expensive and the cost of purchasing or renting adaptive equipment become a major barrier that limits the frequency with which people can participate in outdoor recreation, the diversity of activities they can participate in or limits the ability to participate completely. Partnering with service provider organizations to make adaptive recreation equipment available for loan and / or rent can mitigate barriers and help to ensure that everyone is able to experience the benefits of outdoor recreation.

RAD Society and Power To Be are two local examples of organizations working to make adaptive equipment available in park settings. RAD Society has created a [gearbox prototype](#), which consists of a shipping container full of adaptive equipment, height adjustable workbenches and tools to customize equipment. The available equipment includes access trax, mountain trikes, wave skis, adaptive kayaks, and multiple styles of handcycles. Power To Be is working towards an [Accessibility Guarantee](#) with BC Parks in which they have compiled a list of adaptive equipment and where it is available across the province. This information is provided on their website. Through the BC Parks license plate program, BC Parks is supporting partner organizations in all 6 regions of the province with the purchase of adaptive equipment.



Figure 11 Paragolfer

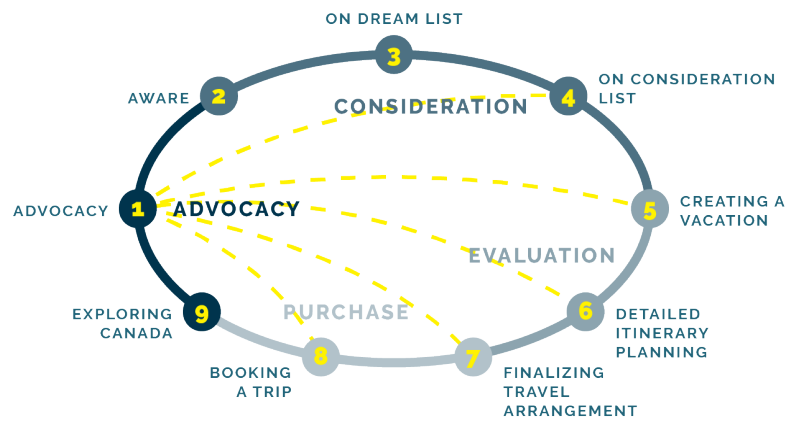


Figure 10 Pathway to Purchase, Destination Canada

In addition to providing the right information, it is imperative that visitors receive information at the right time to help inform their choices. If a visitor arrives at a park without having received any



## 5. ENGAGEMENT & WHAT WE HEARD

### 5.1. WHAT WE HEARD

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The following sections provide an overview of the input received in response to each of the questions posed to workshop participants.

#### Workshop Insights

An interactive workshop was held on October 20, 2022 with accessibility advocacy and support organizations as well as accessibility specialists from around the CRD. The purpose of the workshop was to gather insights, based on lived experience, on:

- The current supply of accessible and adaptive nature-based outdoor recreation opportunities in regional parks and the broader capital region.
- The strengths and weaknesses of the current supply of accessible and adaptive nature-based outdoor recreation opportunities.
- The demands for accessible and adaptive nature-based outdoor recreation opportunities and which opportunities are the highest priority to address in the regional parks system.

Invitees who were unable to attend the workshop were provided the workshop focus questions and invited to provide written input in response to the questions.

#### Workshop Participants Included

- RAD Society (project team)
- Intermunicipal Advisory Committee on Disability Issues
- Power to Be
- Spinal Cord Injury BC
- Canadian National Institute for the Blind
- Queen Alexandra for Orthotics, Prosthetics & Seating
- Speech Pathologist
- CBI Health & Occupational Therapist
- The Cridge
- Westshore Parks & Recreation

#### Written Submissions Received From

- Intermunicipal Advisory Committee on Disability Issues
- Canucks Autism Network s





## 1. Accessible & Adaptive Nature-Based Outdoor Recreation Opportunities in the CRD

Participants were asked to identify the parks in the CRD that they are aware of, travel to, or support someone with a disability to travel to in order to take part in nature-based outdoor recreation opportunity. These parks and locations were identified:

### Regional Parks

- Thetis Regional Park (Upper Thetis Lake) – CRD Regional Parks
- Elk / Beaver Lake Regional Park – CRD Regional Parks
- East Sooke Regional Park – CRD Regional Parks
- Mill Hill Regional Park – CRD Regional Parks
- Island View Beach Regional Park – CRD Regional Parks
- Witty Lagoon Regional Park – CRD Regional Parks

### Municipal Parks

- Langford Lake Ed Nixon Trail – City of Langford
- Latoria Creek Park – City of Colwood
- Esquimalt Lagoon – City of Colwood
- Dallas Road Waterfront Pathway – City of Victoria
- Esquimalt Gorge Park – Township of Esquimalt
- Whiffin Spit Park – District of Sooke
- Cadboro-Gyro Park – District of Saanich

Participants also acknowledged the network of trails in the region that have been identified as being “user-friendly” by the IACDI, CRD, and Westshore Parks and Recreation in 2014. The user-friendly trails initiative resulted in the creation of an assessment process for determining user-friendly trails, a printed and online guide promoting user-friendly trails and amenities, consistent user-friendly signage and a tool kit on engaging communities in the same process. User-friendly trail experiences identified in regional parks include:

- Matheson Lake & Roche Cove Regional Parks – Galloping Goose Regional Trail (5 km, in/out)
- East Sooke Regional Park – Pike Road to Iron Mine Bay Trail (1,600 m, in/out, unable to access the beach)
- East Sooke Regional Park – Aylard Farm to Becher Bay (300 m, in/out, unable to access the beach)
- Witty’s Lagoon Regional Park – West-Mont School to Teaching Shelter (300 m, in/out)
- Witty’s Lagoon Regional Park – Tower Point Trail (500 m, in/out, not accessible)
- Francis / King Regional Park – Elsie King Trail (850 m, loop)
- Mount Work Regional Park – Munn Road Loop (650 m, loop, not accessible)
- Elk / Beaver Lake Regional Park – Filter Beds to Brookleigh Boat Launch (5,000 m, in/out)



- Island View Beach Regional Park – Island View Beach Trail (900 m, in/out)

Participants also suggested that it is a good time to update and modernize the current brochure and make it available to existing trail mapping services.

### 5.1.1. Strengths & Weaknesses of Existing Accessible & Adaptive Nature-based Outdoor Recreation Opportunities

Reflecting on the parks and accessible and adaptive nature-based outdoor recreation opportunities that were identified, and with emphasis on regional parks, participants were asked to identify the strengths and weaknesses associated with the existing opportunities.

#### Strengths

- Elsie King Trail – Francis King Regional Park. Looped trail and visitor amenities are universally accessible.
- User-Friendly designated Trails and Brochure and the identification of 17 user-friendly outdoor trail experiences - though the “user-friendly” trails were identified as a strength, it was also acknowledged that the brochure is now out of print, there is limited current familiarity with the user-friendly program and network, the terminology of “user-friendly” may not be immediately recognizable to persons with disabilities.

#### Weaknesses

- The volume of accessible and adaptive nature-based outdoor recreation opportunities in the region generally, and regional parks specifically, are limited.
- The diversity of opportunities available in the region generally, and regional parks specifically, are limited. The opportunities that are available are short, relatively homogenous and the system of opportunities do not support or enable progression in the activity by visitors.
- Many regional parks contain inaccessible parking lots and limited supply of accessible parking stalls. Stalls are often undersized and undelineated by pavement markings. Many accessible parking stalls become occupied by CRD Parks operations staff or others who do not require accessible parking stalls.
- Pathways leading from parking lots in regional parks to the park trails, beaches, and visitor amenities are not accessible.



*Figure 12 Wire Grid Installed on Boardwalk Improves Traction, Limits Vibrations for People with Mobility Devices and reduces maintenance requirements, Guide Rail Provides Tactile Orientation for People with Visual Impairments and Limits Potential for Mobility Devices to Leave the Tread*



*Figure 13 Packed Crushed Aggregate with Fines Provides for an Accessible Trail Surface with Minimal Tread Obstructions*

- Tread widths, surfacing and grades and cross slopes of many trails in regional parks are not accessible.
- No regional parks provide fully accessible access to freshwater or salt water beach and swimming opportunities. While Thetis Lake provides a MobiMat opportunity, there are barriers to reaching the MobiMat from the parking lot and onsite amenities are not universally accessible and the location of the MobiMat isolates visitors to one side of the beach. Marine beaches do not contain any segments that are regularly cleared of driftwood to provide for access to and along the beaches. Mobility aid users provide their own water-safe wheelchair or other device suitable to be submerged in the lake water.
- Picnic tables, benches, and surfacing around seating and picnic areas in regional parks often do not support visitors with disabilities or mobility devices.
- Most comfort and convenience amenities are not accessible (e.g. toilets, doors and door handles, waste receptacles, change rooms) and other amenities that are deemed essential are not provided (e.g. adult change tables in change rooms).
- Trails that are or have the potential to be accessible contain few quiet contemplative spaces to support people with sensory disabilities.
- Trip planning information promoting accessible and adaptive recreation opportunities in regional parks is limited to non-existent and not made available at each step of the visitor experience cycle. Signage and trip planning information communicating the design characteristics of trails (e.g. slope, surfacing, grades) is not provided.
- While an accessible floating pier is available at Durrance Lake, accessible paddle board, canoe or kayak launches are not available on any of the lakes in regional parks.
- Limited and at times non existing access to adaptive recreation equipment on site at regional parks. Limited in-park programming focused on helping people with disabilities experience regional parks.
- Most regional parks are not accessible by transit which further limits the ability for people with disabilities to enjoy regional parks. A transportation service such as Parkbus has yet to be arranged to help people who require transportation support to access regional parks. This service would reduce the number of people that are currently required to drive to regional parks.

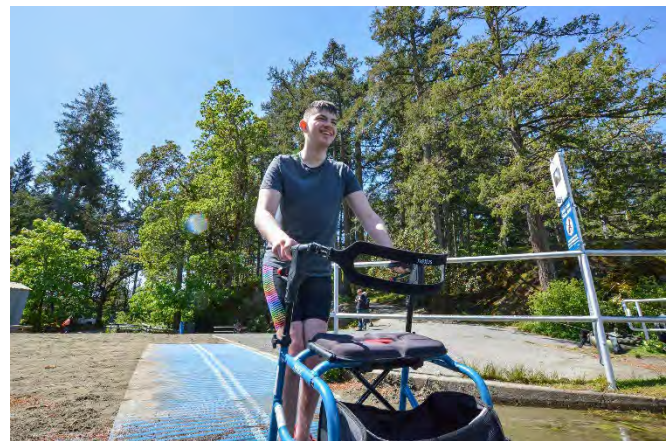


Figure 14 MobiMat at Thetis Lake Regional Park

### 5.1.2. Demands for Accessible & Adaptive Nature-Based Outdoor Recreation Opportunities

With a focus on day use opportunities, participants were invited to identify which types of accessible and adaptive nature-based outdoor recreation opportunities are in greatest demand. Participants were reminded of the mandate of regional parks and encouraged to ensure the identified opportunities aligned with the definition of nature-based outdoor recreation. The following opportunities were identified as being of greatest need:



## Trail Experiences

- Short (1-2 hour) accessible looped trail experience (forested and coastal landscape).
- Part day (2-3 hour) accessible looped trail experience (forested and coastal landscape).
- Full-day (8 hours) connected trail experience for adaptive recreation with accessible visitor amenities (e.g. toilets, rest areas, benches) (forested landscape, mid-country setting)
- Adaptive Mountain Biking trails with progression (green, blue, black) (forested landscape)

## Water-based Experiences & Water Access

- Freshwater swimming / water play/paddling & picnic experience.
- Marine / saltwater swimming / water play & picnic experience.
- Accessible and independent freshwater paddle board / kayak / canoe launch.

## Passive / Contemplative Spaces

- Accessible viewpoint.
- Formalized quiet rest and contemplative spaces adjacent to trails.



*Figure 25 Short Accessible In/Out Coastal Trail at Island View Beach Regional Park*

Further, participants stressed the importance of the following:

- Providing diversity in the recreation setting and landscapes / ecosystem as well as in the level of challenge available to visitors seeking accessible and adaptive nature-based outdoor recreation. The network of opportunities should enable and support progression in visitors' technical skills and abilities.
- Ensuring the design of the infrastructure and amenities enable visitors to independently experience the park. For example, to the extent possible canoe / kayak launches ought to be designed in a way that allows the visitor to independently enter their watercraft and enter the water without the support of a caregiver to have to transfer the visitor from their mobility device into the boat and then push them into the water.
- In addition to physical disabilities, Regional Parks has an obligation to address and accommodate the needs of persons with visual, mental, intellectual, cognitive, learning, communication or sensory disabilities in its network of nature-based outdoor recreation opportunities.
- Regional Parks has an obligation to integrate communication boards at trails heads to enable visitors with communication disabilities to communicate about what they would like to do and what they are seeing around them.



### 5.1.3. Prioritization Criteria

Recognizing that not all regional parks will have the characteristics and qualities that make them well suited to providing accessible or adaptive nature-based outdoor recreation opportunities, participants were invited to identify the criteria they believe the CRD should use to determine which parks are best suited to provide or expand these opportunities. The following criteria were identified.

The park:

- Should be close to (with 200m) a transit stop or directly accessible by transit.
- Should be popular and well visited.
- Should be close to higher density population areas.
- Should be close to group homes / caregiving centres.
- Management plan and zoning should permit visitor infrastructure development.
- Should contain existing visitor comfort and convenience amenities (e.g. parking, toilets, benches, picnic sites, pavilions, nature house, waste receptacles) that meet accessibility standards.
- Should already have, or can be easily re-configured to have, sufficient supply of accessible parking spaces.
- Should contain terrain and features that make it technically feasible and desirable to develop the infrastructure needed to provide and support the intended experience.
- Should have the characteristics and quality that make it cost effective to develop the infrastructure and servicing needed to provide and support the experience.



## 6. RAPID ASSESSMENT OF CURRENT ACCESSIBLE & ADAPTIVE NATURE-BASED OUTDOOR RECREATION OPPORTUNITIES

A rapid site assessment of the parks identified during the stakeholder workshop, and the accessible and adaptive nature-based outdoor recreation opportunities they offer, was undertaken in October 2022. The assessment was performed by Tanelle Bolt from the RAD Society and Justin Ellis from RC Strategies. Recognizing that the assessment was not intended to a full or comprehensive accessibility audit, the purpose of the assessment was to review and document the following at each site:

- Park Name and Provider
- Type of accessible and / or adaptive recreation activity supported on site
- Recreation Setting
- Landscape / Ecosystem
- Level of Challenge
- Comfort & Convenience Amenities on Site
- Availability of Transit to the Site
- Strengths and weaknesses of each site regarding its provision of accessible and / or adaptive nature-based outdoor recreation opportunities.

Park sites included in the rapid assessment included:

- Durrance Lake – Mount Work Regional - CRD Regional Parks
- Island View Beach Regional Park – CRD Regional Parks
- Elk & Beaver Lake – CRD Regional Parks
- Mount Work Regional Park – CRD Regional Parks
- Francis King Regional Park – CRD Regional Parks
- Thetis Lake Regional Park – CRD Regional Parks
- Esquimalt Lagoon – City of Colwood
- Latoria Walk – City of Colwood
- Langford Lake / Ed Nixon Trail – City of Langford
- East Sooke Regional Park (Aylard Farm) – CRD Regional Parks
- Whiffin Spit Park – District of Sooke

Based on the observations from the rapid site assessment, the following general conclusions can be made about the supply of accessible and adaptive nature-based outdoor recreation opportunities in parks throughout the Capital Region.



## Experiences

- The supply of fully accessible and adaptive nature-based outdoor recreation opportunities are very limited. Opportunities are limited in terms of the types of activities enabled, the length of the outings supported, the level of difficulty / technical challenge and progressions, the diversity of recreation settings and in the diversity of ecosystems and landscape.
- Some parks assessed had no level of accessibility. Others were moderately accessible meaning that they contained some accessible features and the parks could be used by some people with disabilities. In general, most parks assessed required significant investment of time, budget, and capital to truly provide quality accessible or adaptive nature-based outdoor recreation opportunities.
- Most of the accessible nature-based outdoor recreation experiences that are available occur in inland forested landscapes. Accessible opportunities in coastal landscapes are limited in the parks that were assessed.
- Thetis Lake Regional Park provides the only accessible freshwater water-based experience though there are barriers to accessing the MobiMatand visitor comfort and convenience amenities.
- Table 1 provides a summary of the accessible and adaptive nature-based outdoor recreation opportunities that workshop participants identified as being in demand and whether and where those opportunities are available.

Table 1 Summary of Stakeholder Identified In-Demand Experiences Available in Regional Parks

In-Demand Opportunity as Identified by Stakeholders	Available (Yes / No / Partial)	Locations
<b>Trail Experience - Forested</b>		
.5 hour -2 hour accessible looped trail experience	Yes	Francis King Regional Park's Elsie King Trail
2-3 hour accessible looped trail experience	Partial	Elk/Beaver Lake Regional Park's Filter Beds to Brookleigh Boat Launch Trail – linear not looped
Full-day (8 hours) connected trail experience for adaptive recreation with accessible visitor amenities (e.g. toilets, rest areas, benches) (forested landscape, mid-country setting)	No	
Adaptive Mountain Biking trails with progression (green, blue, black difficulty) (forested landscape)	No	
<b>Trail Experience - Coastal</b>		
.5 hour-2 hour accessible looped trail experience	Partial	Island View Regional Park – linear not looped
2-3 hour accessible looped trail experience	No	



Water-based Experiences & Water Access		
Freshwater swimming / water play & picnic experience	Partial	Thetis Lake Regional Park's MobiMatat main beach – barriers to accessing MobiMatat and visitor comfort and convenience amenities.
Marine / saltwater swimming / water play & picnic experience	No	
Accessible and independent freshwater paddle board / kayak / canoe launch	No	
Passive / Contemplative Spaces		
Formalized accessible viewpoint	No	
Formalized quiet rest and contemplative spaces adjacent to trails	No	

- “User-friendly” trails typically provide an “in and out” linear trail experience rather than a looped experience which are readily available to other visitors on these sites. Of the 17 trail experiences identified as “user-friendly”, just four are looped trail experiences ranging from 600 m to 1,100 m in length. Most of the other user-friendly trails are less than 1,000 m in length with most being approximately 500 m in length. The Filter Beds to Brookleigh Boat Launch in Elk / Beaver Regional Park was the longest user-friendly trail at 5 km, though it is an in-out trail which would likely require some visitors to have the ability to stage a vehicle or arrange a shuttle at either end of the trail in order to travel the entire trail. This trail like all trails requires maintenance to ensure they remain accessible. Given the distance required to travel to some of these trails and the investment and challenges associated with that challenge, the brief length of the trails and the overall outdoor outing may make it unreasonable to justify for many people.

### Common Weaknesses

The following were observed as common concerns and weaknesses in the parks that were assessed. Pictures illustrating many of these concerns are provided below.

- Very few parks are fully accessible. While some components in the park may be accessible, others are not.
- Trail grades, cross slopes, tread materials and widths of trails intending to provide an accessible opportunity do not consistently meet accessibility standards. Where accessibility standards are met, the accessible trails often stop short of the most desirable destinations which create barriers and segregation from enjoying the destination with the visitor’s family and friends.
- Beach access is limited by the grades and / or surfacing of access trails and by driftwood and, in some cases, by steps leading down to the beach.
- Playgrounds do not meet accessibility standards – surfacing, transition into playground, play features.





- Toilets, toilet buildings, and access to toilet buildings do not meet accessibility design standards (e.g. back support behind toilet, grab rails, coat hooks, hand sanitizer locations, door swing, transitions to toilet building etc.). Many toilet buildings are not gender neutral.
- Parking lots do not consistently contain delineated (lined, signed), sufficiently sized (e.g. van accessible) or a sufficient volume of accessible parking stalls.
- Trails and pathways leading from parking lots and accessible parking stalls often contain physical barriers (e.g. speed bumps, access limiters) the limit mobility devices or the trail / pathway widths and grades are unsuitable for persons with disabilities.
- Existing picnic tables do not provide opportunity for choice, and the surfacing around the tables do not provide the visitor accessibility to move around the table.
- Waste and recycling receptacles are not accessible (e.g. closing mechanism, approach to receptacle).
- Docks and piers do not allow visitors to independently launch their canoes, kayaks, or paddle boards.
- On-site signage provides limited to no information on the trails and available amenities that would allow the visitor to determine which portions of the site are suitable and will meet their needs (e.g. tread widths, grades, cross slopes, tread firmness and stability). The design of signage on sites may not consider the needs of visitors with visual disabilities (e.g. font colour, size, and type).
- Few of the parks contain a sufficient number of formalized quiet contemplative rest spaces along trails to support the needs of those visitors who may have sensory disabilities or those visitors who simply need to rest and wish to stop and enjoy the setting.
- No parks contain communication boards to allow visitors who have communication disabilities to identify the opportunities they would like to take part in.
- Parks that provide beach-based recreation opportunities do not contain accessible shower buildings with powered or manual lifts and adult changing tables.



**Parking Lots & Transitions to Park's Trail System**



Staff Only Parking in What Should be a No Parking Area Between to Accessible Parking Stalls



Accessible Stalls Do Not Provide Space for Vans with Side Loading Devices



Wheel Stop Location Allows Vehicles to Block Narrow Path from Parking Lot to Trail



Access from Accessible Parking Stall to Park's Trail System is Blocked by Parking Stall



Trails



Overly Steep Trail Grades Limit Access to the Beach Which is the Most Desired Destination



Driftwood Limits Access to the Beach



Unsuitable Trail Tread Widths and Transition from Pavement to Gravel



Waterbar Creates a Trail Tread Obstacle





Erosion Channels in Steeper Segments of Trail Expose Base Materials and Create Barriers



Long Segment of Trail with Steep Grade (10-15%) is a Barrier to Visitors with Mobility Constraints



Comfort & Convenience Amenities



Transition into the Toilet Building is a Barrier



Gap Between Toilet Throne and Back Wall Does Not Support People with Limited or No Core Strength and Poses a Risk for Falling Off the Toilet



Direction of the Door Swing Makes it Very Difficult to Access the Toilet from the Concrete Platform



Height & Placement of Grab Bars, Coat Hooks, Inside Door Handles, Toilet Paper Dispensers and Hand Sanitizer Can Greatly Impact Functionality of the Toilet Building for People with Disabilities





Limited Access to Approach Sink

### Seating and Eating Amenities



Benches Installation Should Include Space on Either End to Accommodate Mobility Devices



Inaccessible Access to an Accessible Picnic Table





Surfacing Around Picnic Table Limits Ability to Travel Around Table & Accessibility Overhang on One End Limits Visitor Choice



Accessible Picnic Table Provides for Choice but Transition and Adjacent Surfacing Limits Access



Installation Orientation Limits Ability to Approach Under Table



Other Amenities



Grades to Toilet Building May Make Access Difficult



Grades & Surfacing Around Trailhead Kiosks Can Pose Barriers to Accessing the Kiosk



Positioning of Interpretive Signage Can Limit Ability of Some Visitors to Engage with the Sign



Installation Height & Dimensions of Railings Can Block Views Along Trails





Inaccessible Open / Close Mechanism on Waste Receptacle – Some Visitors Do Not Have the Core Strength to Open the Lid



Inaccessible Waste Receptacle



Pushbutton Size is Small and Can be Challenging to Identify for People with Visual Impairments and Difficult to Depress for People with Some Physical Disabilities



Inaccessible Potable Water – Access & Tap Function



Recreation Assets



Inaccessible Playground – Surfacing & Significant Concrete Transition



Sand and Transition Makes the Beach and Lake Inaccessible

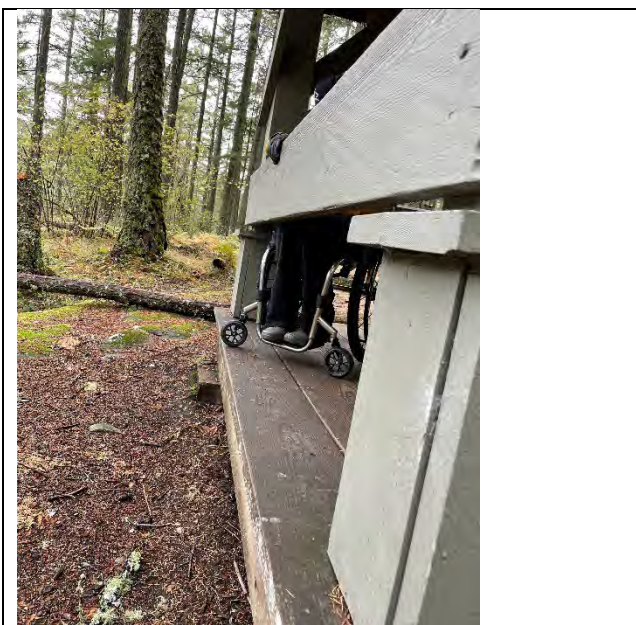


Concrete Transition to Beach is a Barrier



Driftwood Limits Enjoyment of Coastal Beaches





Pavilion Does Not Include Wheel Stops Which Poses a Tipping Hazard

### Visitor Trip Planning Information

Before undertaking the rapid site assessment, the field team undertook an online review to determine what trip planning information is available to people who are seeking accessible and adaptive nature-based outdoor recreation opportunities in the Capital Region and regional parks specifically. The team found that the promotion of available opportunities showing people with disabilities enjoying regional parks, as well as detailed information to help people understand and plan accessible and adaptive nature-based outdoor recreation opportunities, is very limited. Online searches were performed using the following search terms:

- British Columbia Capital Region accessible parks
- Accessible trails Capital Regional District
- Accessible outdoor recreation Capital Regional District
- Adaptive outdoor recreation Capital Regional District

The top commonly returned websites were as follows:

- <https://www.crd.bc.ca/parks-recreation-culture/parks-trails/crd-regional-parks/park-usage-rules/accessibility>
- <https://www.crd.bc.ca/docs/default-source/parks-pdf/userfriendly-trails.pdf>
- <https://vancouverisland.travel/2017/12/08/blog-wheelchair-accessible-trails-vancouver-island/>



Figure 16 User-Friendly Trails Guide



- [https://www.tripadvisor.ca/ShowUserReviews-g154945-d6866847-r305923223-Francis\\_King\\_Regional\\_Park-Victoria\\_Victoria\\_Capital\\_Regional\\_District\\_Vancouver.html](https://www.tripadvisor.ca/ShowUserReviews-g154945-d6866847-r305923223-Francis_King_Regional_Park-Victoria_Victoria_Capital_Regional_District_Vancouver.html)
- <https://healthyliving.bcrpa.bc.ca/regional-parks-connect-people-to-nature-in-the-capital-regional-district/>
- [https://www.crd.bc.ca/docs/default-source/parks-pdf/vip-newsletter-summer-2022.pdf?sfvrsn =99b18acd\\_2](https://www.crd.bc.ca/docs/default-source/parks-pdf/vip-newsletter-summer-2022.pdf?sfvrsn =99b18acd_2)
- <https://www.capitaldaily.ca/news/recreation-adapted-society-helps-bc-paraplegics-reach-new-heights-in-outdoor-recreation>

The CRD's Accessibility in Regional Parks and Trails website was a top return and among the only websites that provided basic information about accessibility in regional parks and access to a digital copy of the Guide to User-Friendly Trails. However, the website provides limited information that would allow visitors to truly make an informed decision about whether the opportunity is suitable for their needs or not and it does not provide any form of search functionality (e.g. by activity, length of outing, level of challenge, distance, recreation setting, landscape). Further, a number of the parks and opportunities that are promoted on the website are not actually accessible opportunities (e.g. Beaver Beach, Mount Work Regional Park, 10 km trails only a portion is identified in User-Friendly Trails) and the amenities referenced as accessible are not actually accessible (e.g. toilets, picnic shelters, picnic tables).





## 7. RECOMMENDATIONS

### 7.1. PROJECT RECOMMENDATIONS

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#### 7.1.1. **Develop and Apply an Accessible & Adaptive Visitor Infrastructure Design & Siting Standards for all Park Amenities including but not limited to the following;**

- Signage
- Parking
- Washrooms & Shower Buildings
- Toilets
- Parking Lots, accessible parking stalls, and transitions to park trails / pathways
- Picnic Tables
- Benches
- Waste & Recycling Receptacles
- Picnic Shelters
- Trails by classification
- Signage – including Communication Board
- Beach & Water Access – Mobi Mats
- Viewpoints
- Water fountains

#### 7.1.2. **Enhance the Marketing of and Information About Accessible & Adaptive Nature-Based Outdoor Recreation Opportunities at Every Stage of the Visitor Experience Cycle**

- Identify the organizations who provide products, services and facilities for visitors with disabilities who wish to experience nature based outdoor recreations and that any trip planning information is made readily available and accurate. Expanding upon current Municipal and Provincial online information, partnering with current organizations such as AllTrails, sport organizations and outdoor recreation providers
- Increased access to public transportation
- On site information regarding accessible park infrastructure is posted and up to date
- Adequate infrastructure

### 7.2. PARK SPECIFIC PROJECT RECOMMENDATIONS

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# FRANCIS KING REGIONAL PARK CRD

## RECOMMENDED IMPROVEMENTS

- Elsie King Trail network expansion – add a new loop(s) to provide for multi hour forested trail experience.
- Minor safety upgrades to existing trail – e.g. pavilion look out kicker plate to prevent coaster wheels from running off decking.
- Washrooms should be clearly identified with signage and follow universal design principles. Entry pads at washroom entrances must include a sufficient clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Ensure accessible parking (and van accessible) spaces are provided close to the entrance and clearly designated with pavement markings and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connections from parking lot to site should not pose any barriers to access such as inappropriate surfacing, roots, speed bumps or narrow passages.
- Day use areas, and areas with picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. Picnic tables should be accessible on both ends. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Reasonable clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures.

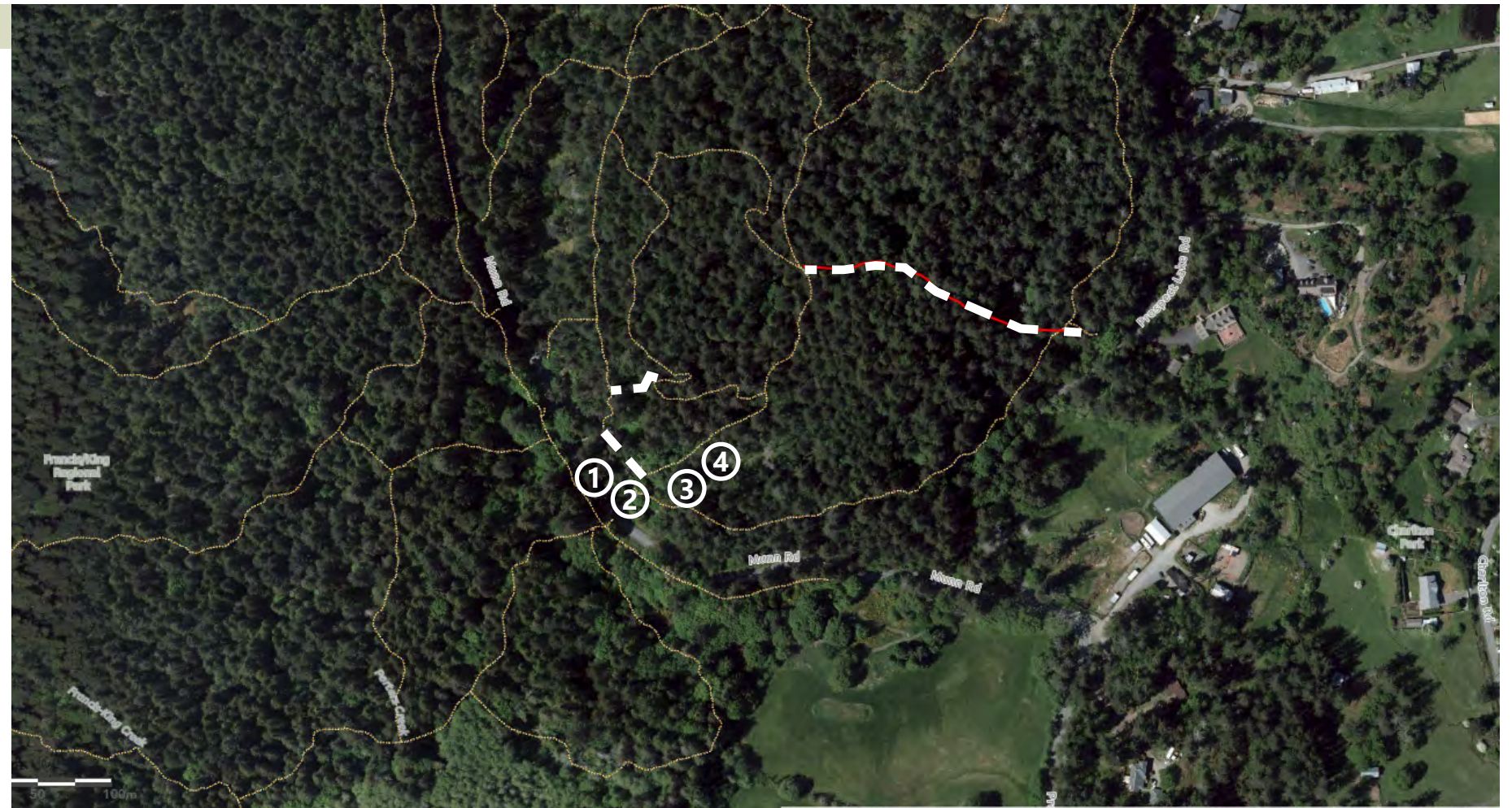
## GENERAL NOTES

- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, and kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, thresholds, picnic areas, day use areas, trail surfacing and beach access points.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.

## COST ESTIMATE

### Francis King Regional Park

Item	Unit	Rate	Quantity	Total
Washroom upgrades	L.S.	\$ 5,000.00	1	\$ 5,000.00
Day Use area upgrades	M <sup>2</sup>	\$ 133.00	40	\$ 5,320.00
Pathway network expansion	L.M.	\$ 120.00	230	\$ 27,600.00
Pavillion edge repair	L.S.	\$ 2,000.00	1	\$ 2,000.00
Parking lot enhancement	L.S.	\$ 3,000.00	1	\$ 3,000.00
			<b>Total</b>	<b>\$ 42,920.00</b>



SITE PLAN

## LEGEND

- ① Picnic Tables
- ② Parking Lot
- ③ Washrooms
- ④ Viewing Platform
- Pathway



PICNIC TABLES



VIEWING PLATFORM



BOARDWALK AND WASHROOMS



# ELK/BEAVER REGIONAL PARK CRD

## RECOMMENDED IMPROVEMENTS

- An accessible pathway designed to the most modern best practice should be provided to connect the existing washrooms to the pathway. Pathways leading to the new washroom do not meet accessibility standards in terms of steepness of slope and side slope.
- A mobility mat should be provided with associated pathway connections to allow for access to the cross the beach and into water.
- Ideally the washroom should be outfitted with a fully accessible shower including a lift and should be provided in proximity to the accessible beach access point. The shower should be outfitted with an adjustable handheld shower head with a flexible hose to accommodate a wide range of users. Attention to the design of dry zones, wet zones, controls and accessories including the location of tables and benches, grab bars, seat surface material, flooring surface, floor drain locations must follow Universal design principles and exceed standards.
- Washrooms should be clearly identified with signage and follow the principles of Accessible design. Entry pads at washroom entrances must include sufficient clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention should be paid to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Ensure accessible parking spaces and van accessible parking spaces are provided close to the entrance and clearly designated with pavement markings and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connections from parking lot to site should not pose any barriers to access such as inappropriate

## GENERAL NOTES

- Day use areas, and areas with picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. All new picnic tables should be accessible on both ends. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, and kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, thresholds, picnic areas, day use areas, trail surfacing and beach access points.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.



## COST ESTIMATE

Elk Beaver Regional Park				
Item	Unit	Rate	Quantity	Total
Washroom upgrades	L.S.	\$ 5,000.00	1	\$ 5,000.00
Parking lots	L.S.	\$ 3,000.00	1	\$ 3,000.00
Access to washroom	M <sup>2</sup>	\$ 60.00	20	\$ 1,200.00
Grading and seeding around picnic tables	M <sup>2</sup>	\$ 20.00	50	\$ 1,000.00
Lift in washroom with benches and table	L.S.	\$ 30,000.00	1	\$ 30,000.00
MobiMat	L.F.	\$ 60.00	75	\$ 4,500.00
			<b>Total</b>	<b>\$ 44,700.00</b>

## LEGEND

SITE PLAN

- ① Washrooms including Lift Bench and Table
- Pathway
- MobiMat



WATERFRONT AND PICNIC TABLES



WASHROOM



PLAY AREA



# THETIS LAKE REGIONAL PARK CRD

## RECOMMENDED IMPROVEMENTS

- A second mobility mat should be provided with associated pathway connections from the washroom building across the beach to allow for access into the water.
- Ideally the washroom should be outfitted with a shower including a lift. The shower should be outfitted with an adjustable handheld shower head with a flexible hose to accommodate a wide range of users. Attention to the design of dry zones, wet zones, controls and accessories including the location of tables and benches, grab bars, seat surface material, flooring surface, drain hole locations must follow accessibility principles.
- Washrooms should be clearly identified with signage and follow the principles of Universal design. Entry pads at washroom entrances must include a clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Ensure a sufficient number of accessible and van accessible parking spaces are level and provided close to the entrance and clearly designated with pavement markings and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connection from parking lot to site should not pose any barriers to access such as inappropriate surfacing, steep slopes, curbs, speed bumps or narrow passages.

## GENERAL NOTES

- Day Use areas, picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. All picnic tables should be accessible on at least 2 sides. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be maintained for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, picnic areas, day use areas, trail surfacing and beach access points.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.

## LEGEND

- ① Washrooms including Lift, Bench and Table
- ② Parking Lot to be Improved
- ||||| MobiMat
- Pathway
- Asphalt Pathway



SITE PLAN

## COST ESTIMATE

### Thetis Lake Regional Park

Item	Unit	Rate	Quantity	Total
MobiMat, no anchors or reel	L.F.	\$ 60.00	150	\$ 9,000.00
Washroom upgrade including lift, benches and table	L.S.	\$ 30,000.00	1	\$ 30,000.00
Expand accessible parking	L.S.	\$ 3,000.00	1	\$ 3,000.00
Asphalt pathway from parking to beach 2m	M <sup>2</sup>	\$ 200.00	280	\$ 56,000.00
			<b>Total</b>	<b>\$ 98,000.00</b>



DOCK AND BEACH



LAKE AND BEACH



WASHROOMS



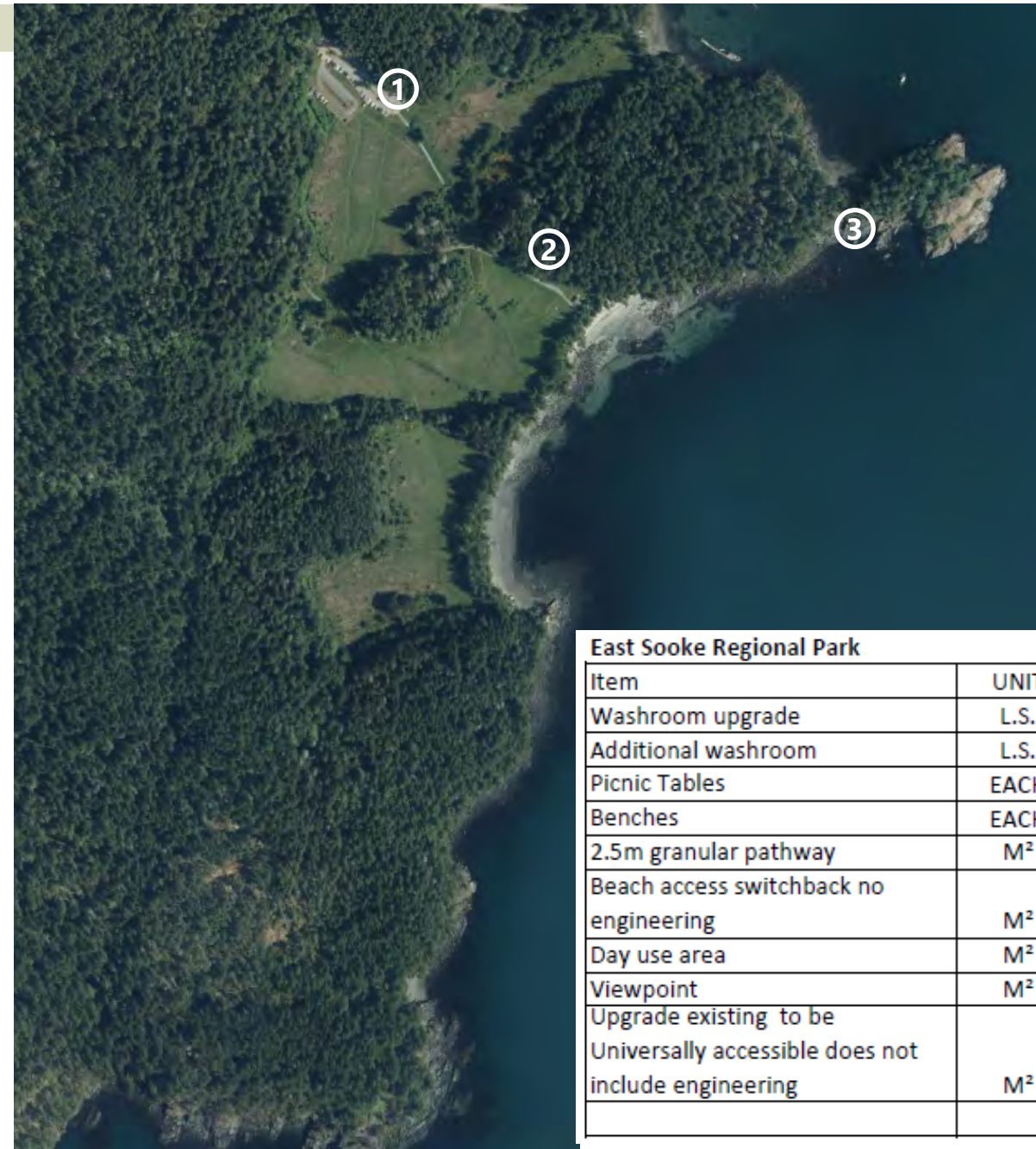
# EAST SOOKE REGIONAL PARK CRD

## RECOMMENDED IMPROVEMENTS

- The site has established pedestrian desire lines which can be utilized to convert and expand the existing trail system to accommodate the addition of accessible pathways.
- Accessible viewpoints should be incorporated in proximity to the Coast Trail.
- Beach access points along the Coast Trail would increase the quality of visitor experience.
- The addition of an additional washroom and day use area at the south end of the open space would help to provide additional amenities and support the longer journey toward the end of the field.
- Day Use areas, picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. All picnic tables should be accessible on at least 2 sides. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures

## GENERAL NOTES

- Washrooms should be clearly identified with signage and follow the principles of Accessible design. Entry pads at washroom entrances must include a sufficient clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention paid to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Ensure accessible parking spaces and van accessible parking spaces are provided close to the entrance and clearly designated with pavement markings and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connections from parking lot to site should not pose any barriers to access such as inappropriate surfacing, thresholds, roots, speed bumps or narrow passages.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, and kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all accessible park surfacing including accessible parking spaces and adjacent access aisles, thresholds, picnic areas, day use areas, trails and beach access points.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.



## LEGEND

- ① Washrooms to be Improved
- ② Picnic Tables
- ③ Existing Viewpoint

East Sooke Regional Park

Item	UNIT	RATE	QUANTITY	TOTAL
Washroom upgrade	L.S.	\$ 5,000.00	1	\$ 5,000.00
Additional washroom	L.S.	\$ 200,000.00	1	\$ 200,000.00
Picnic Tables	EACH	\$ 4,000.00	2	\$ 8,000.00
Benches	EACH	\$ 3,000.00	5	\$ 15,000.00
2.5m granular pathway	M <sup>2</sup>	\$ 133.00	7500	\$ 997,500.00
Beach access switchback no engineering	M <sup>2</sup>	\$ 160.00	200	\$ 32,000.00
Day use area	M <sup>2</sup>	\$ 133.00	40	\$ 5,320.00
Viewpoint	M <sup>2</sup>	\$ 350.00	100	\$ 35,000.00
Upgrade existing to be Universally accessible does not include engineering	M <sup>2</sup>	\$ 350.00	300	\$ 105,000.00
			<b>Total</b>	<b>\$ 1,174,820.00</b>

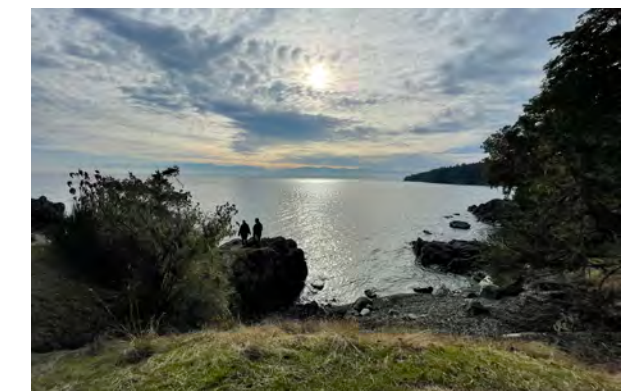
SITE PLAN



WASHROOMS



PICNIC TABLES



VIEWPOINT



# DURRANCE LAKE - MOUNT WORK REGIONAL PARK CRD

## RECOMMENDED IMPROVEMENTS

- Modify the current floating dock to provide kayak and paddle board launch options including a step and handrail.
- Ensure accessible parking spaces and a van accessible parking space are clearly designated with pavement and vertical signage, containing the Dynamic Symbol of Accessibility (DSA).

## GENERAL NOTES

- Washrooms should be clearly identified with signage and follow the principles of Universal design. Entry pads at washroom entrances must include a clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Day Use areas, picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms. All picnic tables should be accessible on 2 sides. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, picnic areas, day use areas, trail surfacing.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, kiosks.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.

## COST ESTIMATE

### Durrance Lake

ITEM	UNIT	RATE	QUANTITY	TOTAL
Day use area upgrades, including gravel for picnic tables, 2.5m granular pathway	M <sup>2</sup>	\$ 133.00	92.5	\$ 12,302.50
Floating Dock modifications	L.S.	\$ 15,000.00	1	\$ 15,000.00
			<b>Total</b>	<b>\$ 27,302.50</b>



SITE PLAN

## LEGEND

- ① Parking, Bike Racks
- ② Dock / Fishing Platform, Picnic Tables, Garbage cans
- ③ Washrooms
- ④ In-and-Out Trail



RAMP AND DOCK



PATHWAY AND DOCK



PATHWAY AND BIKE RACKS



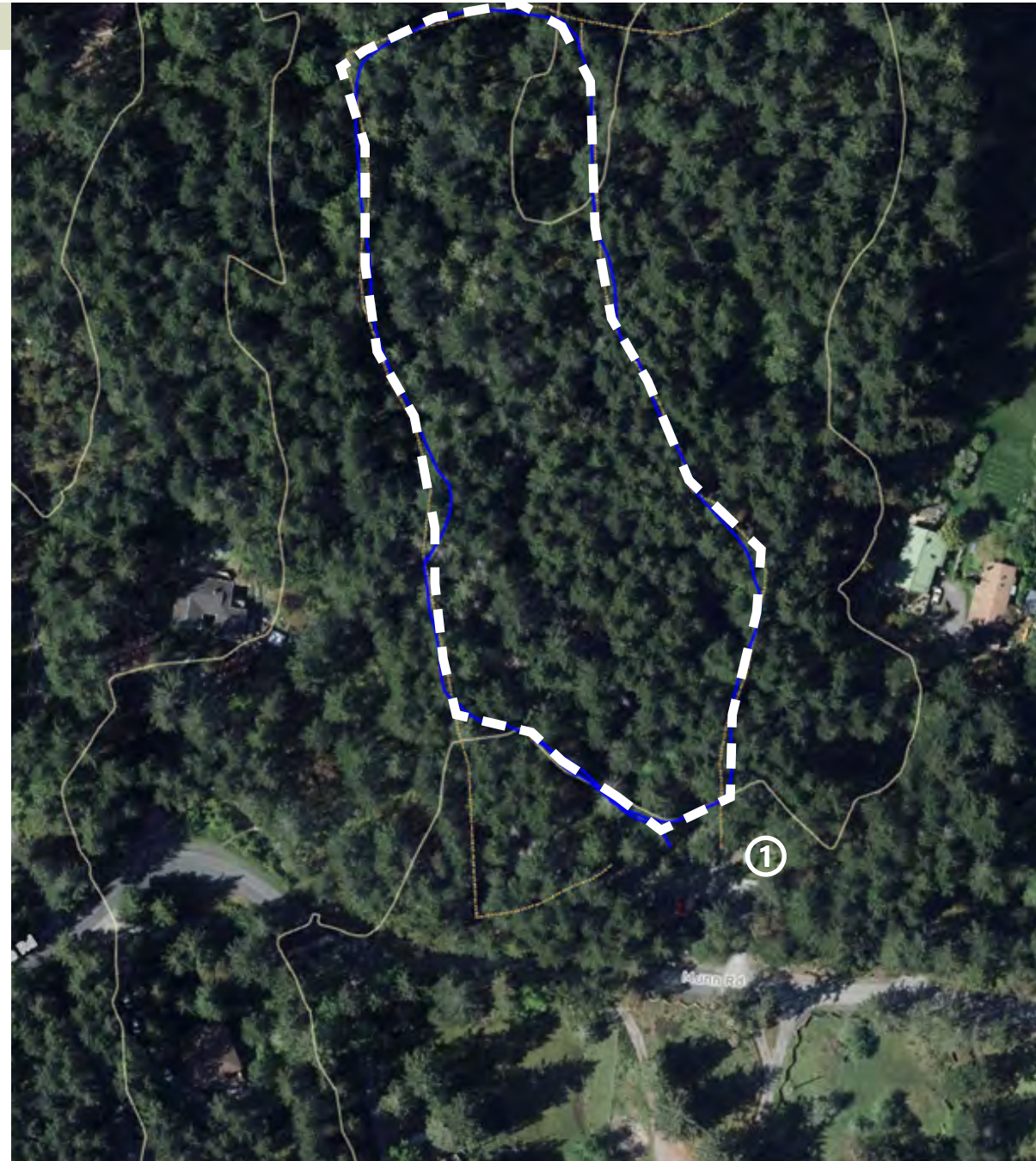
# MOUNT WORK - MUNN ROAD TRAIL RE-ALIGNMENT CRD

## RECOMMENDED IMPROVEMENTS

- Realign the north south trail in the right of way to reduce grade to the parking lot. This will enable the trail to be used in both directions. The trail on the northwest side is too steep to be enjoyed in both directions and the grade makes it much higher difficulty for most users.
- Washrooms should be clearly identified with signage and follow the principles of Universal design. Entry pads at washroom entrances must include a clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.
- Ensure accessible parking spaces and van accessible parking are provided close to the entrance and clearly designated with pavement and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connection from parking lot to site should not pose any barriers to access such as inappropriate surfacing, speed bumps or narrow passages.

## GENERAL NOTES

- Day use areas, and areas with picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. All picnic tables should be accessible on 2 sides. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, picnic areas, day use areas, trail surfacing and beach access points.
- Any site development is subject to the applicable approvals which could include but not be limited to cultural heritage, environmental and municipal.



## LEGEND

- Pathway
- ① Washrooms To Be Improved

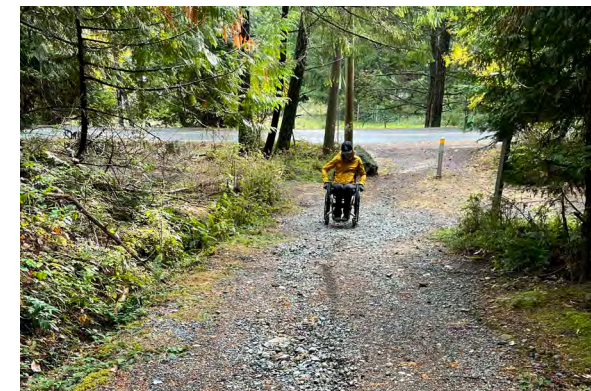
SITE PLAN

### Mount Work Munn Road

Item	UNIT	RATE	QUANTITY	TOTAL
Washroom upgrades	L.S.	\$ 5,000.00	1	\$ 5,000.00
Pathway realignment includes clearing	M <sup>2</sup>	\$ 155.00	600	\$ 93,000.00
			<b>Total</b>	<b>\$ 98,000.00</b>



WASHROOMS, SIGNAGE AND BIKE RACKS



PATHWAY



PARKING



# ADAPTIVE MOUNTAIN BIKE TRAILS CRD FEASIBILITY ASSESSMENT

## RECOMMENDED IMPROVEMENTS

- Recommend that CRD undertake a feasibility study at the Mount Work Mountain Bike Area to evaluate the potential for advancing adaptive mountain bike trails in line with the KASA (Kootenay Adaptive Mountain Bike Association) design guidelines. Trails should be provided to support aMTB (Adaptive Mountain Bike) rider progression including a green climb / descent trail from parking lot with connections to two (2) 300-500m blue aMTB flow trails, as well as a 300m-500m blue aMTB tech trail.
- Ensure van accessible parking spaces are provided close to the entrance and clearly designated with pavement and vertical signage, containing the Dynamic Symbol of Accessibility (DSA). Pathway and trail connections from parking lot to site should not pose any barriers to access such as inappropriate surfacing, speed bumps or narrow passages.
- Washrooms should be clearly identified with signage and follow the principles of Universal design. Entry pads at washroom entrances must include a clear floor space, level and compacted surface, be connected to accessible parking and an accessible route. Attention to the opening position of doors, design of thresholds, interior hardware and overall spatial requirements must follow the principles of accessibility.

## GENERAL NOTES

- Day use areas, and areas with picnic tables and benches must be connected by an accessible route or trail to other amenities, such as accessible parking and washrooms, or as part of a beach access route. Disperse the locations of accessible picnic tables in picnic areas to provide a choice for users with disabilities. Clearance is to be provided for approaching the accessible seating positions, as well as at the accessible seating position itself for clear turning space. The edges of transitioning surfaces must be level transitions. All surfaces must be designed and maintained to ensure positive drainage. Picnic tables and benches located within Day Use areas or Shelters should allow the user the same freedom of movement as tables and benches outside of structures.
- Ensure the accessibility of all park features including signage, recycling and waste containers, water fountains, kiosks.
- Maintenance frequency and level of service should be reviewed. Regular inspections of all park surfacing including accessible parking spaces and adjacent access aisles, picnic areas, day use areas, trail surfacing and beach access points.

## COST ESTIMATE

### Mount Work Munn Road

Item	UNIT	RATE	QUANTITY	TOTAL
Washroom upgrades	L.S.	\$ 5,000.00	1	\$ 5,000.00
Pathway realignment includes clearing	M <sup>2</sup>	\$ 155.00	600	\$ 93,000.00
			<b>Total</b>	<b>\$ 98,000.00</b>



SITE PLAN

## LEGEND

- ==== Mountain Bike Trail Area



MOUNTAIN BIKE TRIKE



BIKE PATHWAY



BIKE WASH STATION



# LONG DISTANCE ADAPTIVE HIKING TRAIL CRD

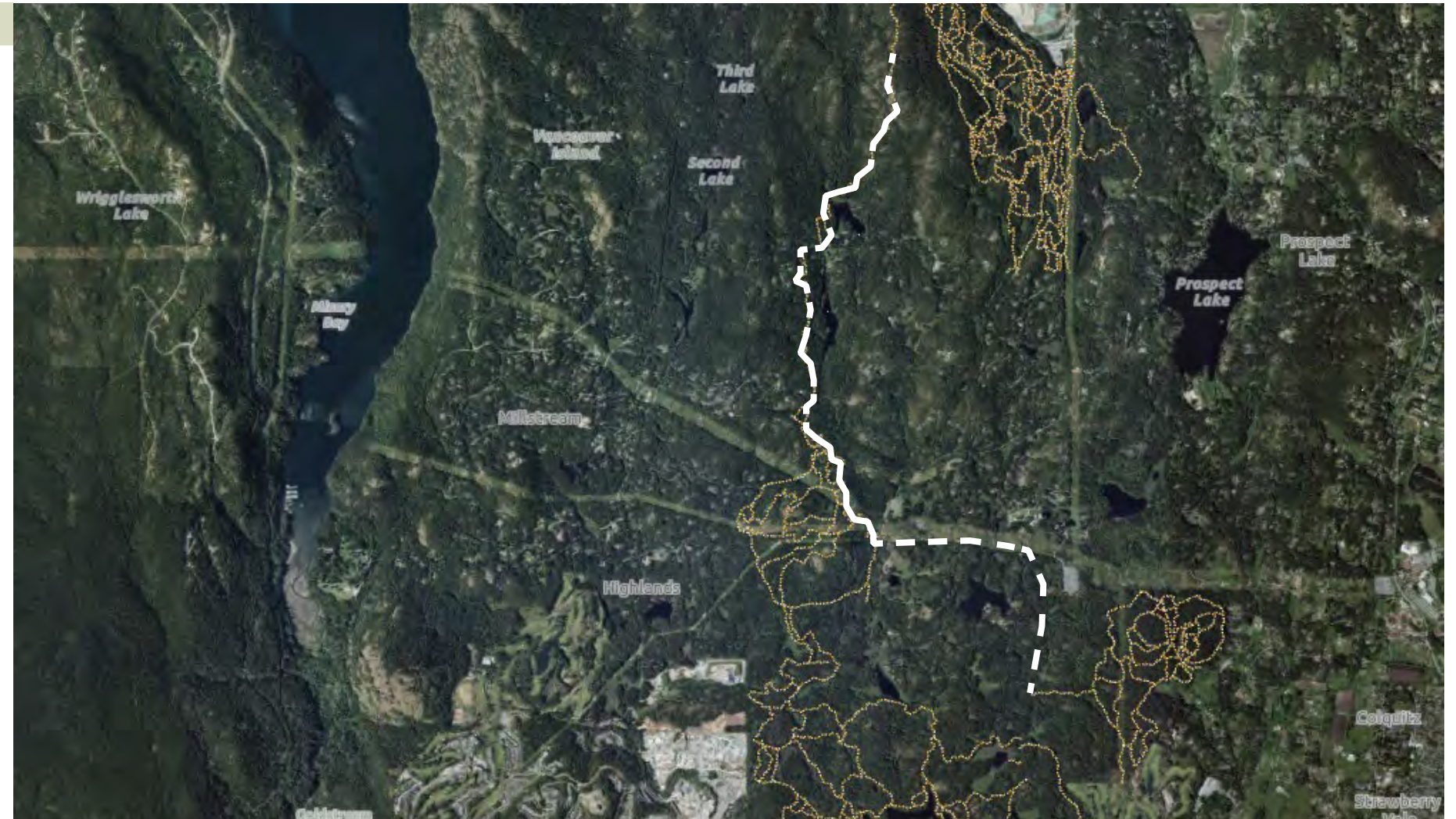
## RECOMMENDED IMPROVEMENTS

- Recommend that CRD undertake a feasibility study to evaluate the potential for Long Distance Adaptive Recreation Trail from Thetis and or Francis King to Mount Work.

## COST ESTIMATE

### Long Distance Trail

Item	UNIT	RATE	QUANTITY	TOTAL
Feasibility Study	LS	\$ 50,000.00	1	\$ 50,000.00
			Total	\$ 50,000.00



SITE PLAN

## LEGEND

— Pathway



ADAPTIVE HIKING TRAIL



ADAPTIVE HIKING TRAIL



ADAPTIVE HIKING TRAIL





# APPENDIX A



## REFERENCES

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- <sup>iv</sup> Capital Regional District (2021). Regional Parks and Trails Strategic Plan. Retrieved January 3, 2023 from [https://www.crd.bc.ca/docs/default-source/crd-document-library/plans-reports/parks-recreation/crd-regional-parks-and-trails-strategic-plan-2022-2032-reduced.pdf?sfvrsn=93a7cd\\_4](https://www.crd.bc.ca/docs/default-source/crd-document-library/plans-reports/parks-recreation/crd-regional-parks-and-trails-strategic-plan-2022-2032-reduced.pdf?sfvrsn=93a7cd_4)
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- <sup>xi</sup> Ibid.
- <sup>xii</sup> Trans Canada Trail (2022). National Trail Accessibility Survey Findings. Retrieved January 15, 2023 from [https://tctrail.ca/wp-content/uploads/2023/01/22-039-TR\\_Trail-Accessibility-Survey-Findings\\_EN\\_Dec19.pdf](https://tctrail.ca/wp-content/uploads/2023/01/22-039-TR_Trail-Accessibility-Survey-Findings_EN_Dec19.pdf)
- <sup>xiii</sup> Power To Be. (2021). Report on Accessibility and Access in Regional Parks and Beaches.
- <sup>xiv</sup> Park People. (2022). Ensuring Inclusive Accessible and Welcoming Large Urban Parks in Canada. Retrieved January 23, 2023 from <https://parkpeople.ca/blog/ensuring-inclusive-accessible-and-welcoming-large-urban-parks-in-canada>.
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