

## Accessible Recreation – Recreation for Everyone

The City of Kamloops supports all residents by giving the opportunity for everyone to participate in our many programs.

Parks, Recreation and Cultural Services staff will work with you to find the right program, with adaptations to accommodate the full range of special needs.

Our goal is to ensure that, wherever possible:

- Our programs and facilities are accessible;
- Activities will be adapted to accommodate where necessary; and
- Everyone has the opportunity to enjoy healthy recreation.

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### How can we help?

1. Choose the program(s) that the participant would like to take and register by phone, online, or at any of the locations listed in the Activity Guide.
2. Ask for a **Request for Adaptive Program Support (RAPS)** form and fill it out. Indicate the participant's needs and the adaptations that will help provide support.
3. Send in the completed **RAPS** form and talk to our staff well before your program begins so they can work with you to identify the available options.
4. You can help the process by:
  - Giving us accurate, up-to-date information; and
  - Registering early to give us as much time as possible to fulfill the request.
5. For more information, please call 250-828-3582.

*We cannot provide personal care, administer medication or give one-to-one assistance. If you require more personalized support you will need to provide your own assistant.*

**Assistants participate for free.**

