

Are you interested in volunteering as a recreation assistant?

The Arc of Buffalo County is always on the look out for committed, outgoing, motivated individuals who are looking to make a difference and grow as an individual.

As we grow into a community where people of every ability level are included in any activity, we need the support of dedicated individuals to be recreation assistants. Recreation assistants offer a little extra support to those with disabilities so that they can be successful in their environment.

If you are interested in volunteering as a recreation assistant log onto The Arc website at www.frontiernet.net/~arcofbuffalocounty/ and register as a volunteer. Or add us as a friend on facebook-just search for ArcOf BuffaloCounty.



KIRP Partner Agencies

The Arc of Buffalo County

4511 6th Ave., Ste. 204
Kearney, NE 68845
(308)237-4343
www.frontiernet.net/~arcofbuffalocounty/
arcofbuffalocounty@frontiernet.net

Buffalo County 4-H Extension Office

1400 East 34th Street
Kearney, NE 68847
(308) 236-1235
www.buffalo.unl.edu
buffalo-county@unl.edu

Kearney Family YMCA

4500 6th Ave.
Kearney, NE 68845
(308) 237-9622
www.kearneyymca.org

Kearney Park & Recreation

18 East 22nd Street
Kearney, NE 68847
(308)237-4644
www.cityofkearney.org

You don't ask everybody to conform to the same system. You ask the system to include everybody.
-Gerard Etienne

KIRP is funded by a grant from the Federal Department of Education



KIRP

Inclusion for Everyone, Everywhere, Every Time

▶ Kearney Inclusive Recreation Project



Marti Cramer enjoys playing with her peers at a Kearney Parks and Recreation summer day camp.



Kearney Inclusive Recreation Project

What is Inclusive Recreation?

The concept of inclusive recreation is based on providing necessary adaptations and accommodations so every person (with or without a disability) can benefit equally from a typical recreation experience in the community. Adaptations can include adaptive equipment, behavioral support plans, 1-on-1 assistance, or activity modifications.

What is KIRP?

The Kearney Inclusive Recreation Project (KIRP) is a three year federally funded grant, funded through the U.S. Department of Education. The grant partners with four recreational agencies, The Arc of Buffalo County, Buffalo County 4-H Extension office, Kearney Family YMCA, Kearney Parks & Recreation. The agencies provide a framework to expand recreational opportunities for individuals with and without disabilities throughout the community.

Who is KIRP going to help?

This program is designed for youth and young adults. The hope of KIRP is for the eventual inclusion of people of all ages.

Possible Inclusive Recreation Activities

Anything offered at partner agencies, such as:

- Sport, such as volleyball, football, or tennis
- Taekwondo lessons
- Group cycling
- Participation in special interest 4-H clubs, like horse or dog clubs
- Zumba-a Latin inspired fitness dance class
- Camps and day activities
- Fitness center
- Swimming and water aerobics
- Outdoor education
- **Many, many more!**



What are the steps to participate in inclusive recreation?

- 1.** Find a program or activity you would like to participate in.
- 2.** Contact the agency or organization that runs that program, or The Arc of Buffalo County if the program is not through a KIRP partner agency.
- 3.** Fill out the registration form and the KIRP questionnaire. Register early-allow two weeks for the rest of the planning to occur.
- 4.** Meet with the agency inclusive recreation coordinator, a representative from The Arc, and the activity leader to coordinate your participation in the activity.
- 5.** If necessary, The Arc will match you with a volunteer recreation assistant.
- 6.** Begin the activity/program! We will evaluate the adaptations as we go and at the end of the program.