



# Wasatch Adaptive Sports: Adaptive Recreation for Utahns with Disabilities



- 501(c)(3) nonprofit
- Founded in 1977
- \$2.1 M annual budget

## The Need

- One in five Utahns live with a disability
- More than 50% of Utahns with disabilities are inactive or insufficiently active; only 16% meet the U.S. Department of Health and Human Services' physical activity guidelines.
- Nearly half of this populace experiences depression

## The Request: \$200,000

Objective: to enhance equity and inclusion in the outdoors while expanding the physical, mental, and social benefits of participation to 15% more local children, adults, and veterans with disabilities.

### Equipment & Maintenance

- \$100,000 - Adaptive bikes, skis, accessories, and maintenance

### Program Support

- \$36,000 - 300 scholarship-based experiences for Utahns with adaptive needs through one-on-one lessons and group sessions
- \$19,000 - Outreach, training, accessibility/ inclusion education
- \$45,000- Program vehicle to transport equipment to communities

## Performance Measures

### Baseline:

- 705 individuals served each year equating to .4% of the adaptive community along the Wasatch Front.
- 89% Utah residents; 96% on scholarship via private funding

1. WAS will track participation of new and existing Utahns with adaptive needs
2. WAS will evaluate changes in student self-efficacy as well as quality of life, independence, and physical/ mental health

### Ski Bike



### Recumbent Trike



### Snowslider



### Handcycle MTB



Percentage of WAS students that reported improvements in these areas following participation in programs:

97% Motivation to be Active

97% Mental Health

97% Quality of Life

96% Physical Health

## Programs Offered

Skiing



Cycling & Mtn Biking



Snowboarding



Kayaking



Snowshoeing



Paddle Boarding



Indoor Cycling



Equipment Rentals



Yoga



Social Events



Murray Location

417 W. Winchester St.  
Murray, UT 84107

Snowbird Location

9385 S. Snowbird Center Dr.  
Snowbird, Utah 84092

Wasatchadaptiveports.org

801.834.0476