Present: Sue Babin, Jack Ringland, Tanja Bicker-Ucran, Katie Lowe, Joe Stone, Christina Battista, Drew Palumbo

1. Welcome

Jack welcomed everyone to today’s meeting.

2. Mission Statement/Minutes

Tanja read the Mission Statement of the Coalition.

“The Coalition is for individuals with all disabilities to connect and talk about what is important in our lives and what we can do together to improve quality for all people! It is also an opportunity to become familiar with different services available from agencies in Rhode Island and learn what these agencies can do to support and meet the needs of individuals.”

Tanja reviewed the April 2021 Minutes, and they were approved by the Coalition.
3. Presentation: Big Matt, From Rock Spot Climbing, Lincoln RI talks Indoor Rock Climbing for People with Disabilities

Rock Spot Climbing has 5 locations: South Kingstown, RI, Providence, RI, Lincoln, RI, Boston, MA, Dedham, MA

At the Lincoln, RI gym, they offer rock climbing for people of all ages and all abilities. They offer top roping, auto blaze, bouldering, and lead climbing.

Rock Spot is offering people with disabilities rock climbing with adaptability. They have adaptable harnesses. The new harness has a back so you can sit more comfortably and work your way up the rock wall. As you work your way up the rock wall, you will use your core muscles, arm muscles, and shoulder muscles. The core muscles are your stomach muscles, and you are basically doing pull ups and chin ups while going up the rock wall.

With thick mats being on the floor of the gym, it would be difficult for people in wheelchairs to navigate on the thick mats. Big Matt took into consideration and made a ramp system to enable people in wheelchairs to get to the rock walls.

Katie Lowe asked, “How tall are the rock walls?” Big Matt replied, “At the Lincoln gym, the rock walls are 32 feet tall.”
Joe Stone asked, “How are people expected to get down?” Big Matt replied, “People can get down from the rock wall by auto blaze, that automatically brings you down, or by Big Matt by top roping, and signaling to Matt that you want to come down and he will let you down.”
Christina Battista asked, “If I can’t use my hands or arms, would I still be able to rock climb? Big Matt replied, “Yes, by using the adaptable harness, you can use your core muscles (tummy muscles) to rock climb.”

When Big Matt was 12 years old, he was struck by a car, run over and dragged for 15 meters. He ended up in a wheelchair. But Matt wanted more and fought his way back to fully walking and longer needing a wheelchair. But Matt has the rare chance to have in the “disabled” world and the “normal” world. He wants to change those worlds to ALL ABILITIES.

If you want to go to Rock Spot Climbing gym in Boston and need the adaptable harness, they will bring the harness to that gym. Whichever, Rock Spot gym you want to go to, you will have what you need there.

Pricing for Rock Spot Climbing:
Large Group - $140 - 6 people
One on One - $50 an Hour
One on One with Adaptive Harness - $75 an Hour (check with Rock Spot for ALL Pricing)
Rock Spot Climbing in Lincoln, RI
100 Higginson Ave
Lincoln, RI 02865
(401) 727-1704

See you in June!!

5. **Motion to Adjourn**
The meeting adjourned at about 2 pm.

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**NEXT MEETING**
Date: **MONDAY, June 7, 2021**
Location: **Via Zoom**
**Time:** 1:00 pm – 2:00 pm

Minutes submitted by Tanja Blicker-Ucran