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**HIGHER GROUND 2022 Final Report**

**HG Cycling Project**

**Grant Amount**: **$18,275**

**Grant Program in Review**

Independence was the key takeaway from the HG Cycling Program, made possible through the WRWF grant. A typical barrier for kids with disabilities is the inability to seek out and participate in recreational and social opportunities without assistance. The HG Cycling program removed those conventional barriers by providing individualized instruction; allowing the time needed for participants to develop physical skills; introducing the kids and their families to accessible trails or paths; and enabling HG participants to use size- and ability- appropriate cycling equipment through the purchase of new adaptive cycles.

This newfound confidence through cycling further allowed families to recreate together, and for the participants to take part in biking, and other, activities at school that they otherwise may have been excluded from previously. Cycling proved to be a cornerstone of HG summer programming that benefited more individual participants than anticipated, and positively impacted exponentially more family members as well.

**Objectives & Outcomes**

**Goal 1**: At least 20 children with disabilities will participate in the HG Cycling program.

35 unique children participated in the HG Cycling program, for a total of 270 program hours.

**Goal 2:** HG Cycling participants will gain the physical and cognitive skills needed to ride as independently as possible.

* The Cycling and Learn to Cycle programs provided meaningful recreation activities for our participants, including physical and emotional skill development.

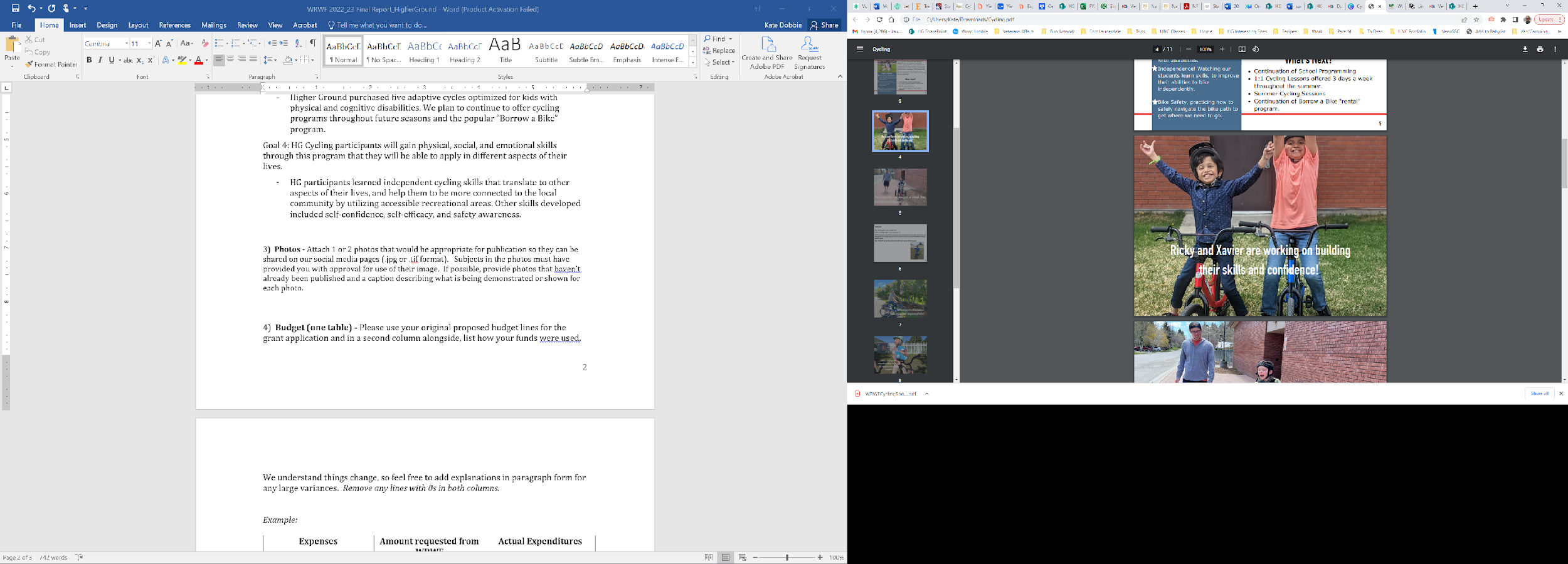
**Goal 3**: HG will acquire five adaptive cycles, selected specifically for participants’ size and ability levels, and with the intention of continued, repeated use beyond the program.

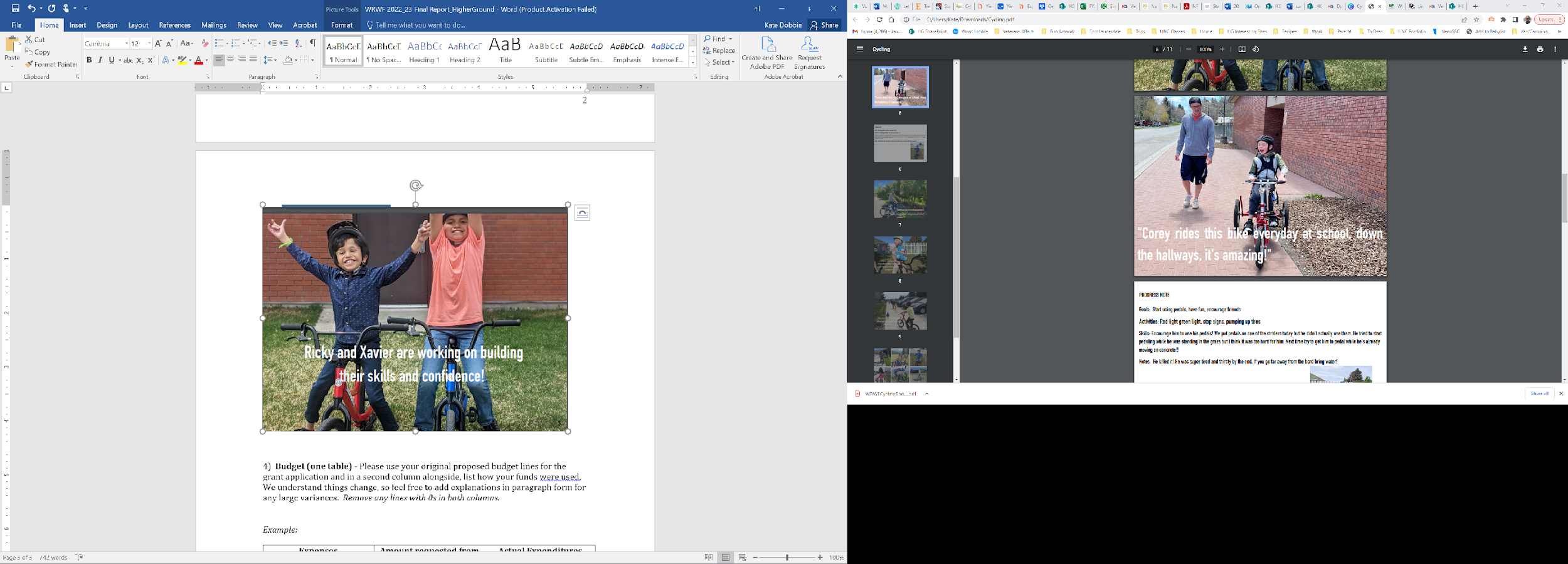
* Higher Ground purchased five adaptive cycles optimized for kids with physical and cognitive disabilities. We plan to continue to offer cycling programs throughout future seasons and the popular “Borrow a Bike” program.

**Goal 4**: HG Cycling participants will gain physical, social, and emotional skills through this program that they will be able to apply in different aspects of their lives.

* HG participants learned independent cycling skills that translate to other aspects of their lives and help them to be more connected to the local community by utilizing accessible recreational areas. Other skills developed included self-confidence, self-efficacy, and safety awareness.

**Photos**





**Budget**

| **Expenses** | **Amount requested from WRWF** | **Actual Expenditures** |
| --- | --- | --- |
| Salary and Benefits | $7,750 | $7,750 |
| Program Activity Fees | $2,025 | $2,025 |
| Vehicles/Transportation | $500 | $500 |
| Equipment | $8,000 | $8,000 |
| **TOTAL** | **$18,075** | **$18,075** |