



## Leading Accessible and Inclusive Bird Outings

**Birdability's Mission:** To share the joys of birding with people who have access challenges and ensure that birding locations and birding communities are accessible to everybody.

### Planning Your Outing

- 1. Engage with Participants:**
  - Gather input from individuals with disabilities and health concerns.
  - Understand various access features that aid in inclusivity, beyond physical access.
  - Familiarize yourself with equity and inclusion principles.
- 2. Location Selection:**
  - Choose accessible locations with flat terrain, sit spots, and rest areas.
  - Ensure the area is welcoming and free from historical safety concerns.
- 3. Detailed Information:**
  - Provide comprehensive details about the outing, including physical terrain, potential hazards, and amenities.
  - Use inclusive language and accessible communication methods.

### During the Outing

- 1. Welcoming Environment:**
  - Share pronouns and welcome access needs.
  - Make a welcoming statement, acknowledging Indigenous lands and caretakers.
  - Set community agreements on language and interactions.
- 2. Pacing and Participation:**
  - Move at the pace of the slowest participant and take regular breaks.
  - Offer assistance only when requested, and respect individual needs.
  - Ensure everyone knows that bird identification is a group activity and not the primary goal.
- 3. Inclusivity in Action:**
  - Provide quiet or sensory-specific spaces.
  - Have adaptive equipment on hand (binoculars, monoculars, portable stools, etc.).

- Include and support caregivers, as desired.

## After the Event

### 1. Reflect and Process:

- Spend 15-30 minutes after the outing for participants to journal or document their experience creatively.
- Gather feedback in various forms (written, verbal, anonymous) and respond with intention.

### 2. Continuous Improvement:

- Regularly plan accessible and inclusive outings.
- Seek feedback from individuals with diverse access needs to enhance future outings.
- Commit to ongoing learning about inclusivity and equity.

## Types of Accessible Outings

- **Flat and Easy Terrain:** Regular sit spots and benches for breaks.
- **Car Birding:** Birding from a vehicle or caravan.
- **Stationary Events:** A big sit event, or use of a central point with short out-and-back trips.
- **Indoor Birding:** Utilizing nature centers, indoor bird blinds, or window views with bird feeders.

## Resources for Further Learning

- **Birdability Website Documents:**
  - Access Considerations
  - Inclusive Language
  - Writing Event Descriptions
  - Welcoming and Inclusive Birders
  - Steps to Inclusive Outings
  - Interacting with Wheelchair Users
  - Understanding Neurodiversity
  - Adaptive Birding Equipment
- **Other Recommended Resources:**
  - Mass Audubon's All Persons Trail Guides
  - Feminist Bird Club's Principles
  - Katrina Clark's Pedagogy of a Bird Walk video
  - ABA's Code of Ethics for Birders
  - Right to Be's Resources on Interrupting harassment and abuse
  - Field Inclusive's Checklist for Accessible Fieldwork

For more information, visit [Birdability](#).