Accessibility Checklist for Exercise Facilities

This resource is intended to provide a quick guide for assessing accessibility and usability for people with MS. For further information, consult the Americans with Disabilities Act website at www.ada.gov or an experienced architect.

**Entrances & Doors**

- Is there an approach path without stairs? (Y/N)
- Is the path stable, firm and slip-resistant? (Y/N)
- Is the path at least 36 inches wide? (Y/N)
- Is the main entrance free of barriers/steps, etc.? (Y/N)
- If there are barriers, is there another accommodation such as a ramp, lift, or alternative accessibly entrance? (Y/N)
- Are there accessible entrance doors? (Y/N)
  - Clear opening of at least 32 inches wide
  - Door handles are no higher than 48 inches
  - Can be operated with a closed first
  - Interior doors do not require more than 5 pounds of force to operate (local fire regulations may pre-empt this)
  - Doors with closers take at least 3 seconds to close
  - Doors have a level threshold (less than 1/4 inch high) or beveled (no more than 1/2 inch high)
  - Doormats are no higher than 1/2 inch and are secured to the floor at all edges

**Ramps**

- Do ramps have slopes no greater than 1:12 (which means that for every 1 inch of height or rise, there are 12 inches (1 foot) of ramp “length” or “run”? (Y/N)
- Do ramps longer than 6 feet have railings on both sides? (Y/N)
- Do ramps have a non-slip surface? (Y/N)
Lockers and Showers

☐ Do entrances and doors to locker rooms have a clear opening of at least 32 inches? (Y/N)

☐ Do entrances and doors to locker rooms provide necessary clearances for guests with restricted mobility? (Y/N)

☐ Do locker rooms include accessible lavatories, urinals, water closets, showers, dressing booth, and lockers as well as provide an accessible route from the entrance to these fixtures? (Y/N)

Swimming Pool

☐ Is at least one pool entry/exit available for people with restricted mobility? (Y/N)

☐ Do steps into swimming pools have slip-resistant treads or finish? (Y/N)

☐ Are there handrails at steps to provide support to the user on both the right and left side? (Y/N)

☐ Is the pool temperature between 82-85 degrees Fahrenheit? (Y/N)

☐ Is there a lift available? (Y/N)

Miscellaneous

☐ Are staff members trained and available to assist with mobility needs, if necessary? (Y/N)

☐ Are there accessible fire exists/emergency procedures for people with limited mobility? (Y/N)

☐ If so, where are they located?