

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 accessible 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 fist
 - 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 (1foot) 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 exits/emergency procedures for people with limited mobility? **(Y/N)**
- If so, where are they located?