



Accessibility Friendly Checklist

This accessibility checklist is a compilation of best practices to ensure gym facilities support people with disabilities by evaluating parking and entrances, routes, equipment, and restrooms. Regularly reassess and make necessary adjustments to maintain inclusivity for all members. For more information and to view all requirements, please visit access-board.gov.

Parking

- Accessible vehicle parking spaces are offered
- Van-accessible parking spots are a minimum of 132 inches in width
- A minimum of 60% of all public entrances are accessible from the outside of the building

Accessible Routes

- Paths are continuous and free from obstacles, connecting all accessible areas of the facility
- Routes are a minimum width of 36 inches
- Each available court is connected by an accessible route

Entrances

- Doors have a width of 32 inches and a height of 80 inches
- Doors, doorways, and gates have a clear, unobstructed space around them
- Door handles, pulls, latches, and locks are operable with one hand, not requiring grasping or twisting, and a maximum of 48 inches from the floor

Gathering Areas

- Accessible restrooms and bathing facilities are available
- At least one ADA-compliant restroom is provided per gender (including ADA-compliant all-gender restrooms when you can make them available)

Locker Rooms

- When lockers are provided, at least 5% are accessible
- Accessible benches are available in dressing rooms, fitting rooms, and locker rooms
- Accessible benches are positioned next to the accessible lockers
- Benches are 20-24 inches deep, 42 inches long or longer, and 17-19 inches high

Exercise Equipment and Machines

Note: Exercise equipment and machines are not required to meet ADAAG standards

- One of every type of exercise equipment has a clear floor space of 30x48 inches, with access via an accessible route

Programming and Signage

- Signage is visible to all and provides clear instructions
- Fitness equipment and machine instructions are printed in large font and available in Braille or bump dots

For Staff

- Staff is trained to work with people with disabilities who have specific needs
- Staff uses person-first and identity-first language
- A staff member is available during open hours to advocate, answer questions, and/or provide instructions
- At least one personal trainer or instructor is certified or knowledgeable in training people with disabilities

Classes and Training Sessions

- Offered classes are available for different experience levels
- Classes or training session times can be adjusted to accommodate individual needs
- Music volume, brightness of lighting, and temperature can be adjusted if/when requested