WHAT CAN YOU DO TODAY TO IMPROVE THE ACCESSIBILITY OF YOUR FACILITY?

The Steadward Centre conducted 25 AIMFREE accessibility audits at recreational facilities in the Edmonton region. This infographic includes some simple strategies to increase the accessibility of your fitness facility for all users, supporting more people to be more physically active, more often.

Visit www.steadwardcentre.ualberta.ca for more information.

Professional Behaviour

1. Talk to the person living with impairment, not the aid.
2. Ask people if they need assistance before attempting to assist them.

Professional Support

3. Provide staff with key websites discussing ‘words with dignity’, exercise adaptations and staff training opportunities.

Policies and Programs

4. Can membership fees be based on income taking into consideration the cost of living with impairment?
5. Instructor can contact all participants prior to class to discuss the class format and exercise adaptions to improve the experience.
6. Have alternate equipment readily available for class participants (i.e., hooks, straps, blocks, props, chair, etc.)

Exercise Equipment and Environment

7. Be aware of objects blocking areas that impact accessibility.
8. Have automatic doors.
9. Ensure equipment is arranged in rows and paths are free of obstacles.
10. Check for obstacles routinely as part of opening and closing procedures.
11. Every 3 meters have an area that is 1.5 meters in diameter to turn.
12. Ensure seats on exercise equipment is at least 46 cm wide or removable.

Brought to you by:

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