GYMABLE
INCLUSIVE GYMNASTICS FOR PEOPLE WITH DISABILITIES

FACILITY ACCESSIBILITY AUDIT

This document provides guidance to clubs who are working towards improving the accessibility of their facility. It is an internal assessment tool for club use. This does not need to be sent to Gymnastics Ireland. Some of the specific questions may not apply to all clubs (please answer 'N/A' in this case).

NAME OF CLUB	
GymABLE LEAD	
EMAIL ADDRESS	
PHONE NUMBER	

A	**EXTERNAL ENVIRONMENT**	**Yes**	**No**	**N/A or Notes**
A1	Are your Car Park Spaces signposted and marked?			
A2	How many Disability Car Park Spaces are available?			
A3	Are the car spaces a minimum width of one and a half times a normal car space?			
A4	Are there appropriate tactile & dropped kerbs on approach to the facility?			
A5	Is the route from the car park to the facility clearly marked?			

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B	CIRCULATION OF BUILDING	Yes	No	N/A or Notes
B1	Is the front entrance to the facility clearly signposted and accessible?			
B2	Is there an induction loop present or fitted in the building?			
B3	Is the signage in the facility consistent, readable, and visible to all users?			
B4	Is the public-address system clear and audible throughout the building?			
B5	Is the public-address system supported by visual information throughout the building?			
B6	Are there lifts, platform lifts or wheelchair stair lifts provided to enable vertical movement through the facility, where relevant?			
B7	Do the colour schemes of the walls, floors and fittings provide sufficient contrast to make them clearly distinguishable?			
B8	Are handrails throughout the facility easy to grip, contrasted from their background and on both sides of the stairs or ramps?			
B9	Are all fittings and fixtures accessible and easy to use?			
B10	Are there clear, flat surfaces to allow for easy access in and around the building?			
B11	Are all point-of-contact desks at seated/wheelchair height? Please tick where appropriate: • Reception • Gym • Other:			

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C	GYM ENVIRONMENT, EQUIPMENT, AND CLASSES	Yes	No	N/A or Notes
C1	Do you have accessible/alternative equipment e.g., foam steps, hand-peddled bikes, adjustable height bars, altered slope for children with Down Syndrome?			
C2	Is there a clear layout to the gym that is easily accessible?			
C3	Do you have a designated area for gymnasts' personal equipment while not in use e.g., wheelchairs and frames?			
C4	Are there clear, flat surfaces to allow for easy access in and around the gym floor area?			
C5	Are gym cards/programmes accessible in an alternative format, e.g., audible button, Braille card, picture cards, PECS cards (Picture Exchange Communication System)			

D	BATHROOMS AND CHANGING AREAS	Yes	No	N/A or Notes
D1	Is there an alarm cord or emergency button to summon help if needed?			
D2	Does the alarm cord sound at reception?			
D3	Are there handrails located in accessible cubicles?			
D4	Is the flushing mechanism easy to operate i.e., fist or pull cord?			
D5	Is there an accessible changing bench in the changing area?			

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Accessible Suggestions

Exterior Environment

A1 - Car Park spaces should be clearly marked and signposted in close proximity to the main entrance for individuals with a disability.

A2 - Buildings that have public access – minimum one space in the first standard 25., a minimum of three in the next 25-50 and a minimum of 5 in the next 50 – 100 spaces.

A3 - The disabled car park spaces should be a minimum width of one and a half times the normal car park space.

A4 - Are there dropped kerbs to all route ways, with appropriate tactile warnings to indicate crossing points where relevant?

A5 - The route or pathway to the facility's main reception should be clearly marked with appropriate signage.

Egress and Circulation of Building

B1 – Is the entrance to the facility clearly marked? Do you indicate where accessible access is available if different from the main entrance?

B2 – An induction loop is a useful type of hearing enhancement system.

B3 – Signs should be easily identifiable, clearly legible, distinguishable from their background and consistent in their design.

B4 & B5 - The public address system should be clear and audible and should be supplemented by visual information to accommodate people with hearing impairments.

B6 - Lifts, platform lifts, wheelchair platform stair lifts, or ramps with accompanying stairs should facilitate vertical movement.

B7 -The colour scheme in the facility should help differentiate between critical elements, for example the wall from the floor, doors from adjacent walls. The colour schemes of the walls, floors and fittings should provide sufficient contrast to make them distinguishable by visually impaired people.

B8 - The handrails should be comfortable and easy to grip. They should be placed on both sides of the ramps and should be easily distinguished from their backgrounds.

B9 - All door fittings, locks, and light fittings should be easily accessible and easy to use for all users.

B10 – Flat and clear surfaces will ensure that anyone with a disability will be able to navigate the building more easily.

B11 – All point of contact desks / reception areas should have a portion of the desk at seating height to accommodate wheelchair users.

Gym Environment and Classes

C1 – What type of specific equipment do you have to assist those with a disability when taking part in a class?

C2 – The layout of the gym should have a clear and distinguishable pathway that is easy to negotiate and manoeuvre. Clear and adequate spacing between apparatus is required.

C3 – This designated area will ensure that pathways are kept clear for all users of the gym.

C4 – Clear and flat surfaces will ensure freedom of access for all gymnasts.

C5 – When teaching gymnastics, is there a secondary source of learning for those who need an alternative format? This may mean accommodating hearing impairments, visual impairments, etc.

Toilet, Changing and Locker Room Areas

D1 & D2 – Do you have an alarm installed in your bathroom should someone require help? Does this alarm notify the right person at the right time?

D3 – Handrails in bathrooms facilitate easier movement for those with a physical disability.

D4 – The flushing mechanism should be easy to operate i.e., pull cord or operate with a fist.

D5 – An accessible changing bench should be available in the changing area.