

# Exercise Equipment Area Checklist



EXER1	Agency Name:		
EXER2	Total number of exercise areas assessed:	_____ exercise areas	
EXER3	Name/ location of the exercise area:		
EXER4	Is there a continuous unobstructed route of travel from entrance to the exercise area?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER5	Is the route of travel well-lit?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER6	Describe the surface of the route of travel:		
EXER7	Slope of route of travel (at its steepest incline):	_____ % (enter 0% if flat)	
EXER8	Width of route of travel (at its narrowest point):	_____ inches (at least 36")	
EXER9	Does the exercise area have an entrance in addition to the main entrance?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER10	If yes, clear open width of door to the exercise area:	_____ inches (at least 32")	
EXER11	Opening force of door:	_____ pounds (5 pounds or less)	
EXER12	Handle type <b>entering</b> : <input type="checkbox"/> automatic <input type="checkbox"/> knob <input type="checkbox"/> pull <input type="checkbox"/> push/pull paddle/bar <input type="checkbox"/> entry set-top button <input type="checkbox"/> lever <input type="checkbox"/> push plate <input type="checkbox"/> other:		
EXER13	Handle type <b>exiting</b> : <input type="checkbox"/> automatic <input type="checkbox"/> knob <input type="checkbox"/> pull <input type="checkbox"/> push/pull paddle/bar <input type="checkbox"/> entry set-top button <input type="checkbox"/> lever <input type="checkbox"/> push plate <input type="checkbox"/> other:		
EXER14	Clear space on pull side of door:	_____ inches (at least 18")	
EXER15	Overall, is there a clear route of travel throughout the exercise equipment area? (minimum 36" wide)	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER16	Are there exercise machines or equipment on the accessible route that do not require a person to transfer onto the equipment?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER17	For equipment that requires a person to transfer, are there swivel seats to facilitate the transfer process?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER18	Do machines that have peddles have straps to secure a users' feet?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER19	Are trained staff members available to show an individual how to use exercise machines and equipment?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER20	Are any of the staff members trained as Certified Inclusive Fitness Trainers or Certified Therapeutic Recreation Specialists?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER21	Overall, are exercise machine displays easily readable (the buttons are large; screens are large enough to read or interpret with contrasting colors)?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER22	Are there pictures or alternate forms of communication on machines and equipment that provide directions for use?	<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> n/a <input type="checkbox"/> photo	
EXER23	How many machines/equipment are on a route of travel that is at least 36" wide and provide clear floor space that is at least 30" by 48"?	_____ machines	
<b>*List and describe the machines and equipment below</b>			
Name of accessible machine/equipment	Number available	Description of machine or equipment (i.e. what muscle groups or purpose does the machine/ equipment serve?)	Photo

Inclusive Recreation Resource Center

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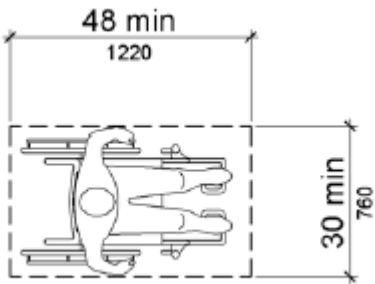
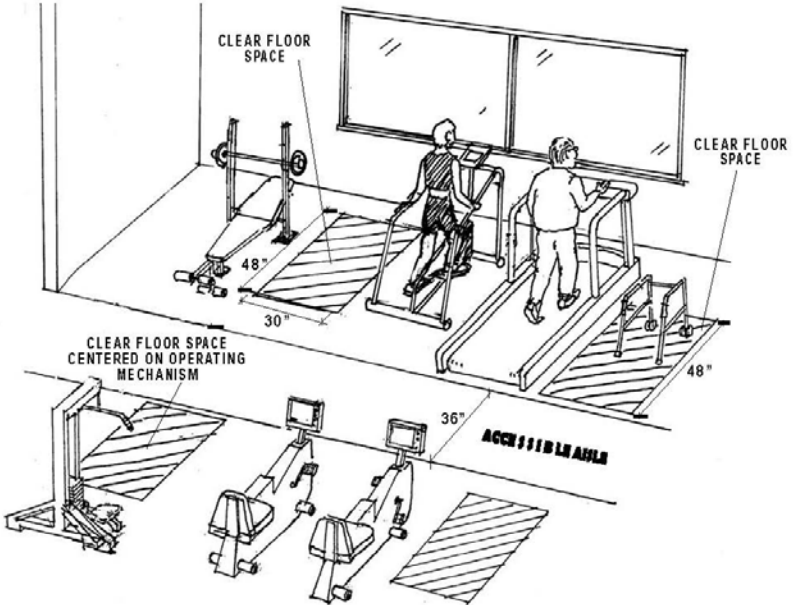
*Add more sheets for additional machines if needed*

EXER23	Comments or additional information regarding exercise equipment area:
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## Exercise Equipment Area Checklist Information

### Additional information for completing the Exercise Equipment Area checklist:

- You do not need to list every piece of free weight or exercise equipment such as exercise bands and balls, but please note general categories of such items if they are available and on the accessible route of travel.
- At least one of each type of exercise equipment must be provided with clear floor or ground space and be served by accessible route.
- Examples of types include treadmills, weight machines, rowing machines, and free weights.
- Clear floor or ground space must be positioned for transfer or use by an individual seated in a wheelchair.
- Clear floor or ground spaces for more than one piece of equipment is permitted to overlap.
- The clear floor or ground space shall be 30 inches minimum by 48 inches minimum.

	
Clear space requirements about exercise equipment	Examples of clear space requirements about exercise equipment

It is permissible for two exercise machines to share an accessible route of travel as indicated in the diagram below.

