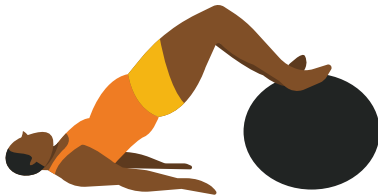


CREATING INCLUSIVE GYMS

Here are some ways you can make your gym more inclusive! When making changes it's important to seek advice from people with lived experience of disability!

VARIETY OF GYM EQUIPMENT

Consider equipment such as exercise balls, resistance bands, wobble cushions and light dumbbells as well as hand bikes and adaptable machines. The key is to ensure you have a variety available.



Have some adjustable equipment too that you can use from a wheelchair.

AWARENESS

Make sure your staff have good awareness and understanding of disabilities, especially members of staff that do inductions and activities such as PT sessions.



Remember sport and disability can co-exist! Have a range of parasport clubs available or great inclusion of disabled people in existing sports clubs.

VENTILATION

Keep your rooms well ventilated, especially pools. Make sure the water is warm but the room doesn't have high humidity.



ACCESSIBLE CHANGING

Create accessible changing areas with a toilet, changing bench and shower all in one room. If you can, consider creating a 'changing places' facility.

TIDY SPACES

Allow safe and easy access for people with mobility aids and visual impairments by keeping gym floors tidy. Make sure equipment is placed in correct areas (eg. weights returned in weight order) to allow those with a visual impairment to find the correct equipment with ease.



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