



SCHLOSSMAN YMCA EXERCISE EQUIPMENT

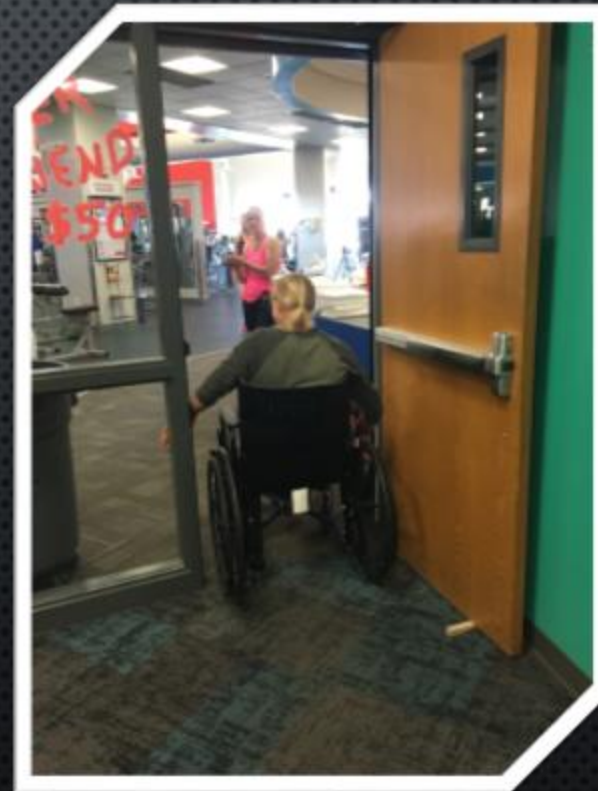
CASSIE FLACH, AMANDA SANSAVER,
AMBER KRENSKE, SHELBY PIERCE

SCENARIO

- GOOD FRIEND WAS IN A MVA SEVERAL YEARS AGO RESULTING IN L4-L5 PARAPLEGIA. SHE WANTS TO JOIN A HEALTH CLUB AND IMPROVE HER STRENGTH AND CARDIOVASCULAR FITNESS. WE NEED TO MAKE SURE SHE CAN GET AROUND THE FITNESS ROOM IN HER WHEELCHAIR AND ACCESS THE EXERCISE MACHINES AND EQUIPMENT.
- SITE VISITED: FARGO YMCA – SCHLOSSMAN
 - PERMISSION GIVEN VIA FRONT DESK STAFF
 - 1997: SCHLOSSMAN YMCA OPENED
 - 1999: LOCKER ROOMS & FREE WEIGHT AREA ADDED
 - 2004: EXPANDED FITNESS FACILITY (CARDIOVASCULAR)

MINIMAL REQUIREMENTS FOR EXERCISE EQUIPMENT FACILITY

- CHECKLIST
 - DOORWAYS MUST BE AT LEAST 36" WIDE
 - 60" x 60" FOR PASSING IF HALLWAY +200FT



CHECKLIST

Accessible Routes & Equipment Usage:

- Flooring was stable, firm, and slip-resistant.
 - Entryways, gym rubber flooring, carpeted locker rooms
- Adequate circulation paths through public areas.
 - Water fountain bottom <27in from floor



Bars parallel to the floor – in appropriate area



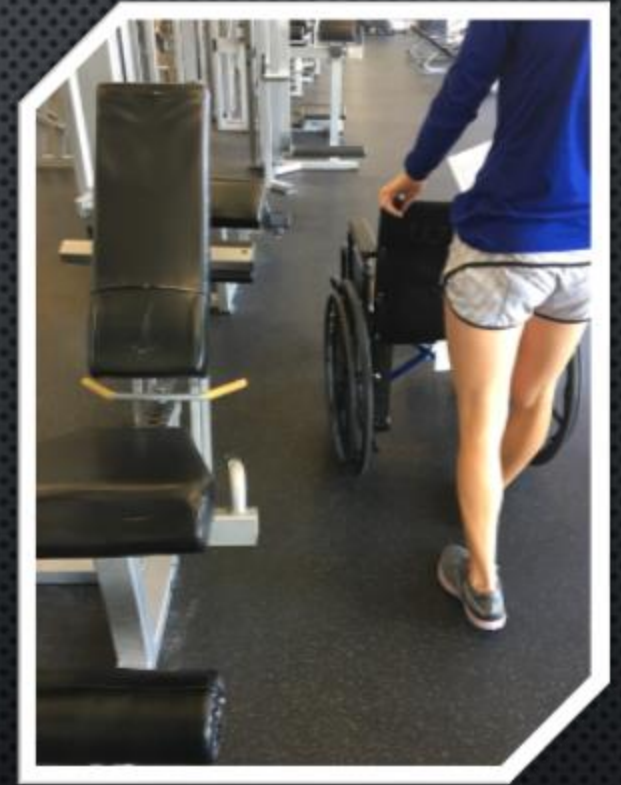
Adequate sink and mirror heights in restrooms.



- >30in passing distance between mirrored wall & gym equipment

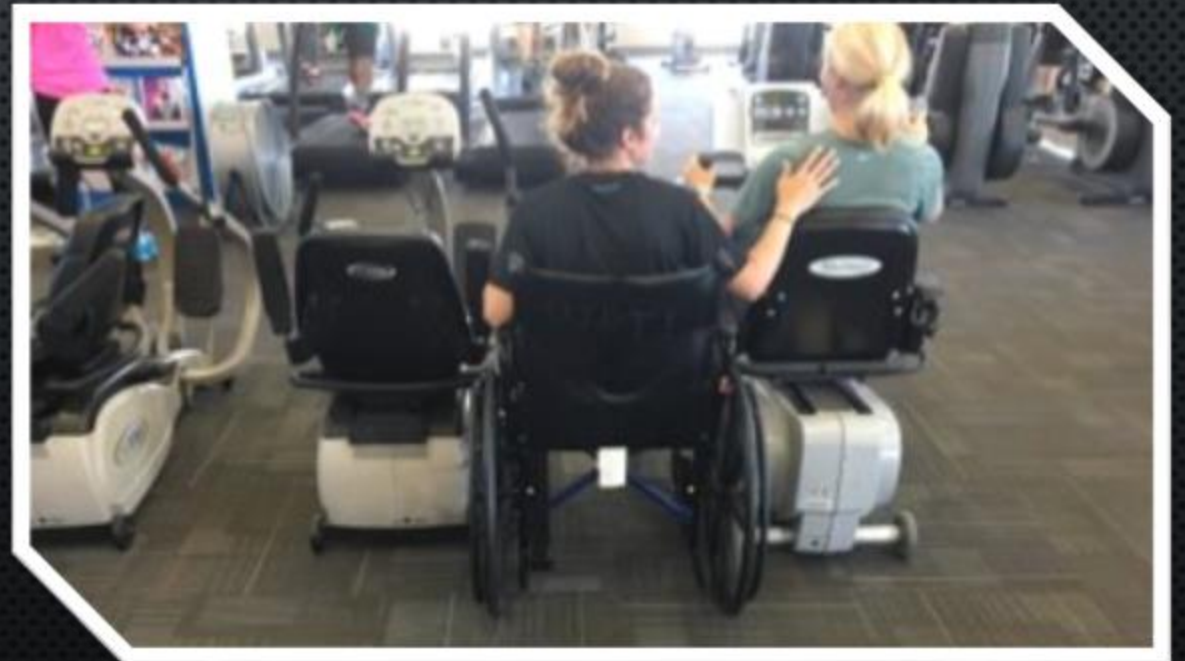
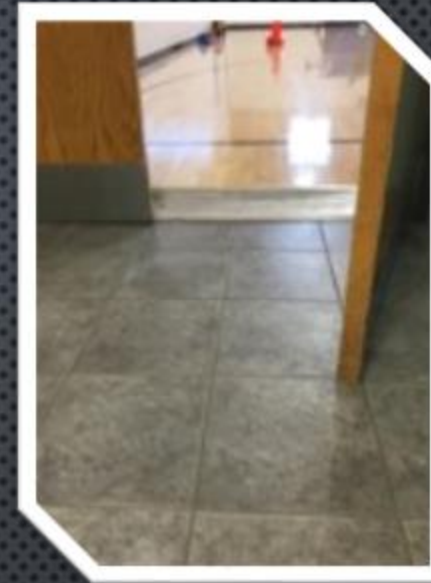


- >48in length and >30in apart for transferring purposes



BARRIERS

- WHAT WERE THE BARRIERS FOUND AT THIS SITE?
 - ENTRANCE TO THE WOMEN'S/MEN'S LOCKER ROOM
 - TOWEL RACK IN THE WAY, HEAVY DOORS
 - ACCESS TO THE BASKETBALL COURTS
 - LARGE LIP TO CROSS DOORWAY
 - NU-STEP ACCESS
 - ONLY AVAILABLE ON ONE SIDE (RIGHT) AND TO ONLY ONE MACHINE
 - SAUNA DOOR IS HEAVY
 - NO AUTOMATIC OPENER



VIDEO OF WHEELCHAIR ENTRANCE INTO FEMALE LOCKER ROOM:

[HTTPS://YOUTU.BE/_SCtVQNLQ7A](https://youtu.be/_SCtVQNLQ7A)

BARRIERS

- **WERE THE BARRIERS ACTUAL AREAS OF NON-COMPLIANCE WITH ADA STANDARD? DOES THE FACILITY NEED TO BE 100% ACCESSIBLE?**
 - LOCKER ROOMS : YES, STANDARDS ARE MET DUE TO HAVING ANOTHER BATHROOM THAT IS FULLY ACCESSIBLE AND MEETS ADA REQUIREMENTS IN THE GYM
 - BASKETBALL COURT: NOT STATED. TRANSFERRING FROM HALLWAY TO GYM WOULD COMPROMISE INTEGRITY OF WC BUT COULD BE ACCESSIBLE
 - NUSTEP — YES, MEET STANDARDS (AT LEAST ONE EQUIPMENT ACCESSIBLE)

POSSIBLE SOLUTIONS

- **WOMEN'S/MEN'S LOCKER-ROOM**
 - REMOVAL OF TOWEL RACK AT ENTRANCE
- **ALL BATHROOM/ LOCKER-ROOM DOORS**
 - AUTOMATIC OPENER
- **BASKETBALL COURT**
 - NEW LIP DRILLED DOWN TO CONNECT GYM FLOOR AND HALLWAY
- **NU-STEP**
 - SPACE NU-STEPS FURTHER APART
 - COMMUNICATION WITH MEMBERS USING EQUIPMENT (ADVICE FOR FRIEND)



OVERALL IMPRESSION

- VERY ACCESSIBLE FOR MOST SITUATIONS — VERY WELL-THOUGHT-OUT FLOOR PLAN
- VERY CLEAN ENVIRONMENT, WITH MOST EQUIPMENT CLEANED UP AND PUT AWAY AFTER EACH PERSON WITH THE WALKWAYS CLEAR
- STAFF IN THE ENTRYWAY AND GYM WERE FRIENDLY AND WILLING TO HELP WHEN NEEDED
- SUPER IMPRESSED THAT ALL FREE-WEIGHTS, MACHINES, AND CARDIO EQUIPMENT WERE POSITIONED TO BE EASILY ACCESSIBLE AND ADAPTABLE FOR WHEELCHAIR USERS



RESOURCES

- ADACHECKLIST.ORG
 - CHECKLIST E1-E2 AND PRIORITY 2: INTERIOR ACCESSIBILITY ROUTE 2.2-2.7
- YMCA SCHLOSSMAN FACILITY. FARGO, ND.