



Welcome to the 2017 FRPA Conference!

Learning Objectives

- Recognize the details within the ADA Access Code for recreation and fitness and understand where to find the resources
- Discuss the opportunities to go beyond the Access Codes to create welcoming environments
- Apply the guidelines in real world scenarios to bring accessible fitness and recreation to communities.





Obesity rates for adults with disabilities are 58% higher than for adults without disabilities & 38% higher in children

*CDC.gov

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Top 10 Barriers to Exercise

Not enough time	Lack self-management	Low self-confidence
Lack support & encouragement	Inconvenient	Fear injury or has one
Lack self-motivation	Not enjoyable	Boring

Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

Source: CDC.gov

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Most Prevalent Barriers to Exercise for people with disabilities

- Lack of Energy
- Lack of Motivation
- Lack of Time
- Not Knowing Where to Exercise
- Cost of the Program

Cowan, 2013. *Spinal Cord*. 51:27-32.

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Understanding the Codes

- United States Access Board
 - Americans with Disabilities Act & Architectural Barriers Act
 - <https://www.access-board.gov/guidelines-and-standards/recreation-facilities>
 - Recreation facilities include
 - Amusement Parks
 - Boating Facilities
 - Exercise Machines and Equipment**
 - Fishing Piers and platforms
 - Golf and Mini golf courses
 - Play areas & Play surfaces
 - Sports Facilities**
 - Swimming pools, wading pools and spas
 - Shooting facilities with firing positions

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Understanding the Codes

Florida Access Board

1. Florida Building and Construction Code.
[http://www.floridabuilding.org/fbc/committees/accessibility/aac/Changes to Law/2012_Florida_Accessibility_Code_Final%20.pdf](http://www.floridabuilding.org/fbc/committees/accessibility/aac/Changes%20to%20Law/2012_Florida_Accessibility_Code_Final%20.pdf)
2. **Recreation facilities include**
 - a. Amusement Parks
 - b. Boating Facilities
 - c. Exercise Machines and Equipment
 - d. Fishing Piers and platforms
 - e. Golf and Mini golf courses
 - f. Play areas & Play surfaces
 - g. Sports Facilities
 - h. Swimming pools, wading pools and spas
 - i. Shooting facilities with firing positions

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Sporting Facilities

Facilities and elements covered include:

- Areas of indoor and outdoor sports activity, including court sports, sports fields and other sports.
- Dressing, fitting, and locker rooms
- Team or player seating areas
- Exercise equipment and machines
- Saunas and steam rooms
- Animal containment areas for public use such as petting zoos and passageways along animal pens at fairs
- Bowling lanes
- Shooting facilities

All basics of the ADAAG still apply such as

- Accessible parking and routes
- Doors & assembly sections
- Toilets & bathing facilities



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Sporting Facilities

These recreation facility guidelines do not apply to:

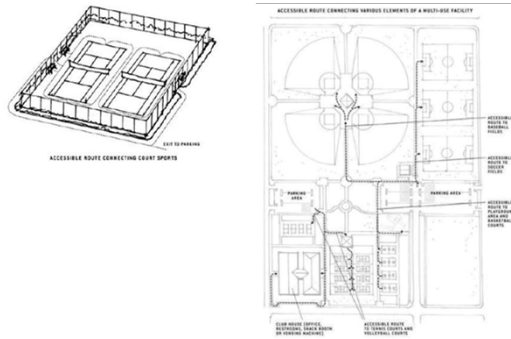
- Raised structures used for refereeing, judging, or scoring a sport
- Animal containment areas not for public use
- Raised boxing rings and wrestling rings
- Water slides (as long as an accessible route is provided to the base)



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Sporting Facilities

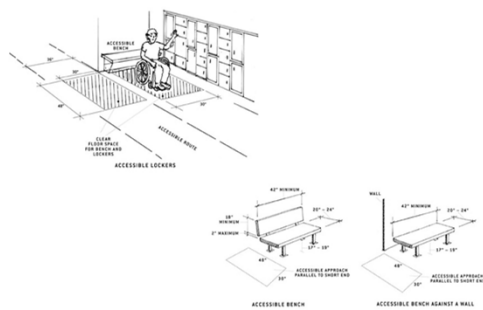
Accessible Routes



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Sporting Facilities

Dressing, Fitting & Locker Rooms



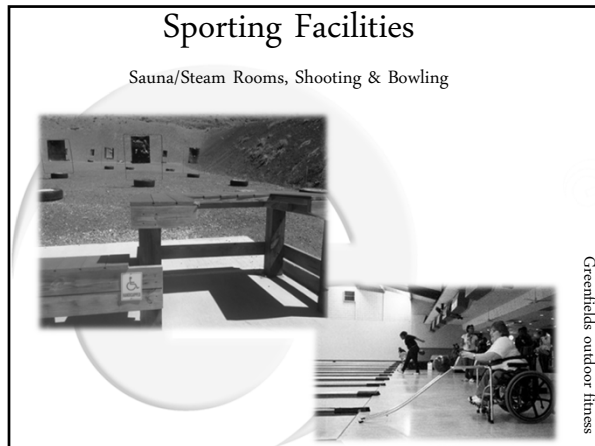
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Sporting Facilities

Team Player Seating Area

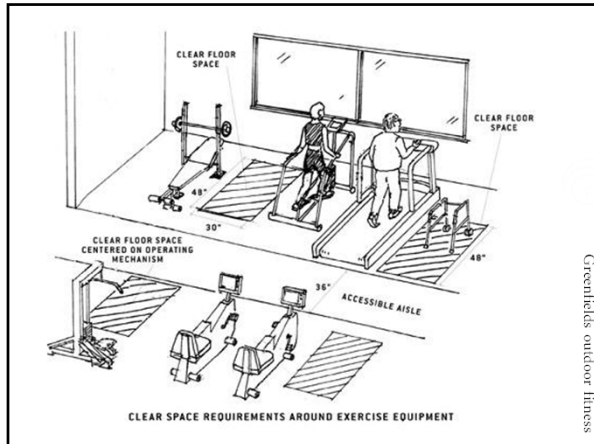


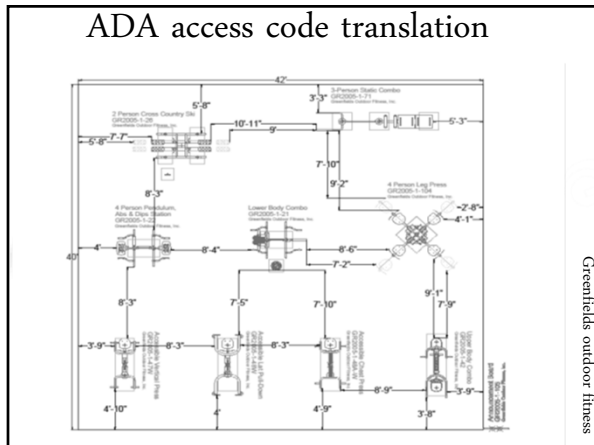
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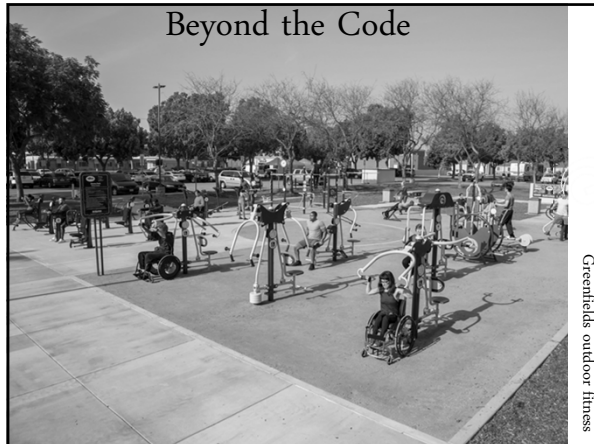


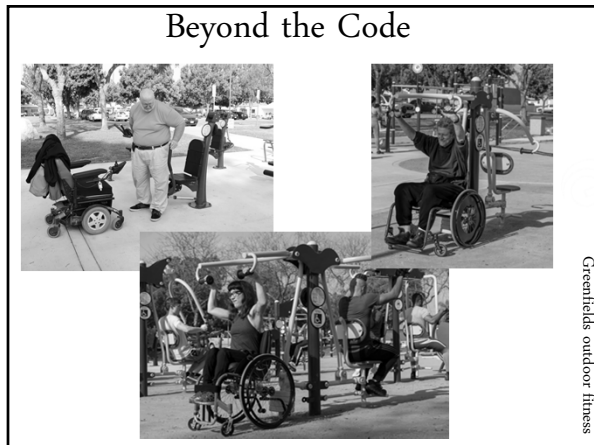


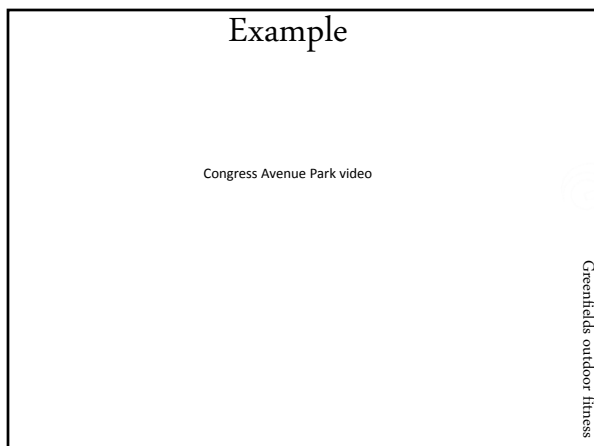


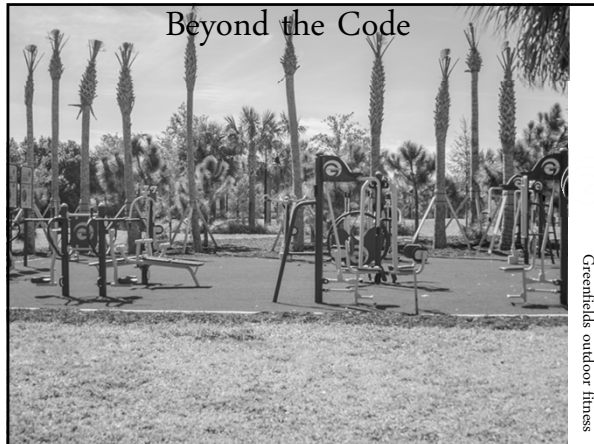




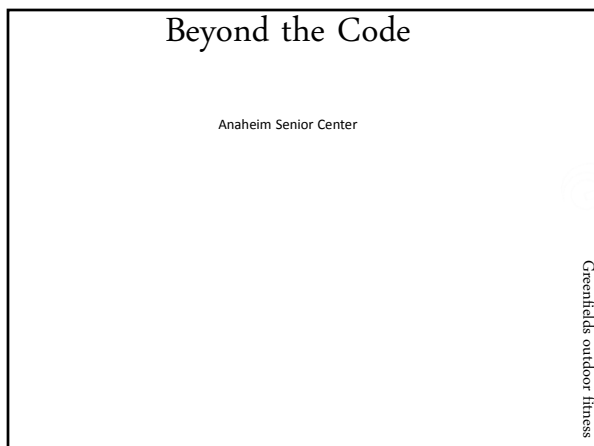












A Word about Surfaces

1. Comprehensive Planning and Site Selection
2. Follow the Accessibility Standards
3. Review the Research Findings
4. Assess During the Planning, Installation and Maintenance Phases
5. Compare Surface Options
6. Recognize that Proper Installation is Key
7. Commit to Ongoing Maintenance

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Surfacing Categories

Categories:

1. poured in place rubber,
2. artificial turf
3. Concrete or asphalt
4. pavers
5. Packed dirt
6. Compressed stone, shell or pebbles
7. rubber tiles,
8. engineered wood fiber,
9. shredded rubber and
10. hybrid (HYB) systems.

Allison can you add photos? Of any of the top 5

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Beyond the Code

William Rish Park: Barrier-Free Paradise
<http://apd.myflorida.com/rish-park/>





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Beyond the Code

Accessible trails maps in Florida:
<https://www.traillink.com/stateactivity/fl-wheelchair-accessible-trails/>

Accessible Trails Project:
<http://www.americantrails.org/resources/accessible/>

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Planning Check list

- Area
 - ☐ Clearance Zone
 - ☐ Slope
 - ☐ Accessible Route
 - ☐ Surfacing
- Inclusive
 - ☐ Routing within
 - ☐ Dressing, Fitting and Locker Rooms
 - ☐ Routes within the court or field
 - ☐ Seating
 - ☐ Type of Equipment
 - ☐ Orientation

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Provision Index & References

- Provision Index: Listing of all referenced areas & exceptions
 - <https://www.access-board.gov/guidelines-and-standards/recreation-facilities/guides/sports-facilities/provision-index>
- United States Access Board: Recreation Facilities & Sports Facilities
 - <https://www.access-board.gov/guidelines-and-standards/recreation-facilities/guides/sports-facilities/accessible-sports-facilities>
- Florida Accessibility Code
 - [http://www.floridabuilding.org/fbc/committees/accessibility/ac/Changes to Law/2012 Florida Accessibility Code Final%200.pdf](http://www.floridabuilding.org/fbc/committees/accessibility/ac/Changes%20to%20Law/2012%20Florida%20Accessibility%20Code%20Final%200.pdf)

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NCHPAD

National Center on Health, Physical Activity & Disability

NATIONAL CENTER ON HEALTH, PHYSICAL ACTIVITY AND DISABILITY

NCHPAD

www.nchpad.org

Resources for Community planners, Educators, People with disabilities and professionals

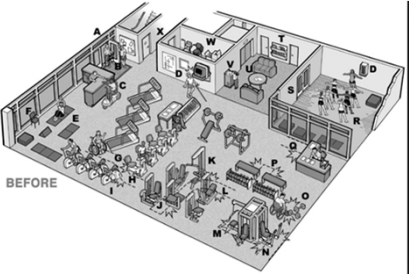
Some noted resources

- Disability Etiquette: <http://www.nchpad.org/1491/6439/Disability-Etiquette>
- Autism & Exercise: <http://www.nchpad.org/1399/6252/Autism-and-Exercise>
- Inclusive Fitness Training: <http://www.nchpad.org/1490/6434/Inclusive-Fitness-Training>
- Discover Accessible Fitness: <http://www.nchpad.org/1247/5932/Discover-Accessible-Fitness>
- Inclusive Community Health Implementation Package: <http://www.nchpad.org/Chip/89/Building-Inclusive-Healthy-Communities>
- Fitness Center Makeover: <http://www.nchpad.org/fitnessCenter/index.html>

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NCHPAD

National Center on Health, Physical Activity & Disability



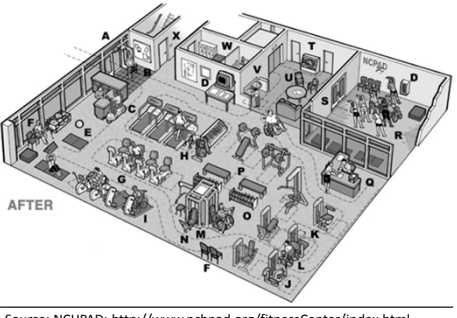
BEFORE

Source: NCHPAD: <http://www.nchpad.org/fitnessCenter/index.html>

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NCHPAD

National Center on Health, Physical Activity & Disability



AFTER

Source: NCHPAD: <http://www.nchpad.org/fitnessCenter/index.html>

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Additional Resources

Accessible Florida State Parks
<https://www.floridastateparks.org/activity-list/Wheelchair-Accessible>

Florida Disabled Outdoor Sports Association
<https://www.fdoa.org>

Directory of Accessible Florida Parks
<http://www.nchpad.org/Directories/Parks/USA/Florida>

NCHPAD: <http://www.nchpad.org>

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Final thoughts

Video

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For more information about the Florida Recreation and Park Association visit www.frpa.org.
