Site Assessment Analysis/Recommendations

AIMFREE Pro version

July 2024 for MetroRock Littleton

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| Section | Recommendations |
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| A Access routes/ Entrance areas | * **Curb cut/ramp to handicap parking spaces**   + Ideal: warning texture that is full width of the ramp and at least 24 inches in length from the curb * Potentially move gear return location so that the lower part of the counter can be more inviting as a service area * Consider 6 feet of full width in corridors (like between cubbies/benches) * **Ramps onto the padded floors** (1 inch height = 1 foot in length)   **Doors**:   * Automatic doors w/ button or power assist * Push bar door (rather than knob or handle) |
| B Equipment | 1. Prop open doors to fitness rooms or get power assist 2. Consider for cardio equipment:    1. Needs adjacent clear space that is 2’6” and 4’ long    2. Need a path of access for a wheelchair for all machines free from obstacles    3. Need 5ft turning radius 3. Path to cardio machines needs width of at least 3 ft (consider placement of benches) 4. Have weight increments of 5lbs or less for cable machine 5. Get hand weights less than or equal to 2lbs 6. Wrist weights 7. Med balls 8. Active Hands\*\* or straps 9. Transfer board |
| C Info and Signage | 1. General signage tips: all caps, light letters on dark background, use sans serif rather than serif, post 5ft high or lower on latch side of doors, text is ⅝ -2 inches tall, glare-free surfaces 2. Visual and tactile cues for location in building (signs with braille, for example) 3. Info on bulletin boards/posters available in alternative formats    1. Braille, large print, raised lettering, audio 4. Tactile/3D map of facility 5. Lower signs to be 5ft high (at center) or lower 6. Signs on latch-side of door 7. Diversify images: have images on website of people with disabilities 8. Have literature/website/brochures specify that ppl with disabilities are welcome 9. Have language indicating that the facility complies with ADA |
| D Locker Rooms and Showers | 1. **Prop doors open and use a shower curtain to block visibility instead of wooden bulletin board**     1. Consider removing wooden bulletin board or making it a little slimmer - it’s in the way by 1 inch (need 36 inch clear width) 2. Lockers blocking clear width of 3 feet to enter shower 3. 3 feet clear width needed between lockers and benches (\*\*might have to choose between clear width and having a bench…which ideally is 2 feet deep) 4. Put handles on lower lockers to they are easier to open 5. 5 foot turning radius at lockers, shower, bench 6. Can the adjustable shower head become a hand-held shower head with a 5 foot hose? 7. Grab bars on wall opposite shower head, at least 3 ft long 8. Private space to undress/transfer into the shower? Slideboard? |
| G Bathrooms | 1. 5 foot turning radius in front of handicap stall (the bench is slightly in the way) |
| M Parking | 1. Handicap spots right in front of the entrance: Clear width of 8ft, access aisle next to it (also 8 feet wide) and 20 ft long    1. Painted on    2. Signage    3. Max distance from front door 150 ft 2. Curb cut or ramp will be needed here too |