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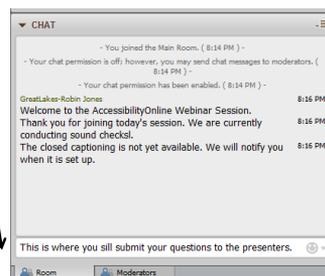
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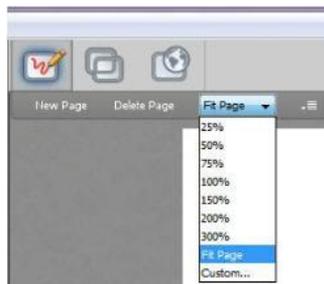
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# Accessible Fitness Facilities and Exercise Equipment

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## Presenters



**Seanna Kringen**  
Beneficial Designs  
RecTech



**Bill Botten**  
U.S. Access  
Board

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## Session Agenda

- Application of the Standard
- Common Facility Features
- Inclusive Fitness Equipment
- Questions

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## Types of Facilities Covered

***ADA – STATE AND LOCAL  
GOVERNMENT, PLACES OF PUBLIC  
ACCOMODATION***

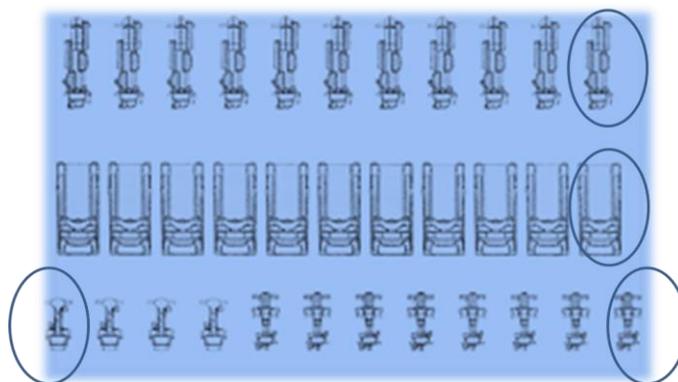
***ABA – FEDERAL FACILITIES***

- Health Club, Gym, Fitness Facility, Personal Training Studio
- Employee fitness facilities
- Fitness facilities connected with a hotel/motel, resort, airport, spa
- Local recreation centers, YMCA



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## Exercise Equipment and Machines

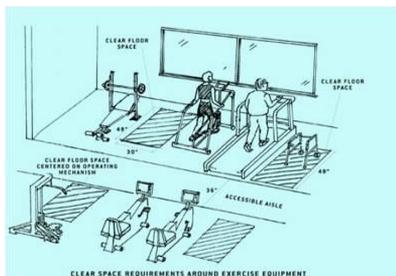


One of each type

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## Exercise Equipment and Machines

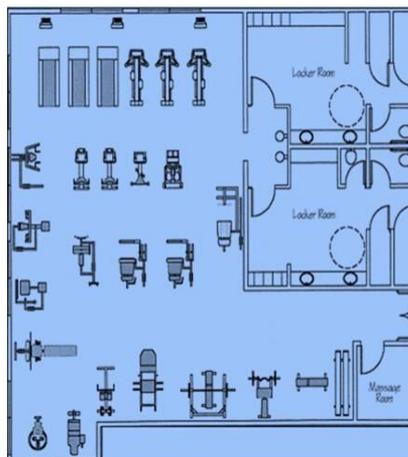
- 30 in x 48 in clear space
- Positioned for transfer or for use by an individual using a wheelchair
- Clear floor space or ground space for more than one piece of equipment permitted to overlap



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## Exercise Equipment and Machines

- No requirement to modify equipment
- Controls and operating mechanisms exempt



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## Area of Sport Activity

- “That portion of a room or space where the play or practice of sport occurs”
- Accessible route to each area of sport activity
- Exempt from firm, stable, and slip resistant surface



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## Area of Sport Activity

- Court Sports –
- Accessible route to directly connect both sides of the court



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## Swimming Pools

- Required means of access into the water
  - Over 300 linear ft of pool wall = 2 (one primary)
- Less than 300 linear ft of pool wall = 1 lift or sloped entry



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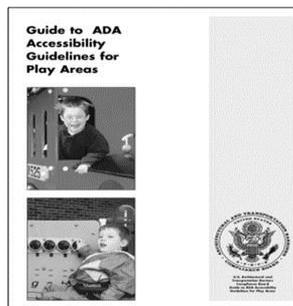
## Spas

- **At least one means of entry:**
  - **Lift - footrests not required**
  - **Transfer wall**
  - **Transfer system**
- **Where provided, in a cluster, 5% but not less than one**



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## Play Areas



- **One of each type of ground level play component**
- **50% elevated play components**
- **Ramp access required for more than 20 elevated components**

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## Toilet & Bathing Facilities (§213)

In new construction, all toilet and bathing facilities must be accessible, except:

- Portable units (5% min)
- Clustered single user toilet rooms (50% min)



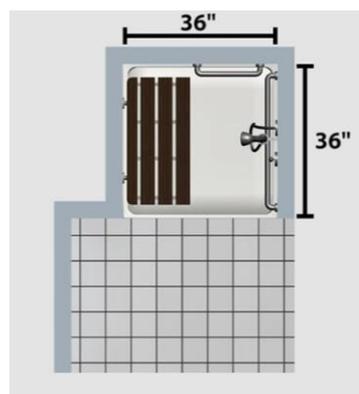
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## Bathing Facilities (§603)

At least one shower or tub required

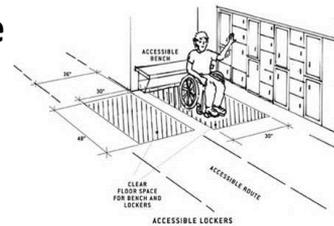
Options:

- Transfer shower stall
- Roll-in shower
- Tubs



## Dressing, Fitting, & Locker Rooms

- Access to at least 5% of each type of locker, in each cluster
- Clear floor space
- Elements within reach range
- Operable parts
- Accessible bench



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## Saunas and Steam Rooms

- Where provided in a cluster, at least 5%, not less than one
- Turning space within the room—may be obstructed by readily removable seats
- Door swing cannot swing into clear floor/ground space for bench



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## Sales and Service Counters

- 36" max. height (accessible portion)
- Applies to full depth of counter
- 36" min. length (30" min. forward approach)
- security glazing – method to facilitate voice communication



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## RERC RecTech (Recreation Technologies) Inclusive Fitness Standards

Principle Investigator:  
Peter Axelson, MSME

**Research Associate:**  
Seanna Hurley-Kringen, MS



This project is funded by the RERC for RecTech through the National Institute on Disability, Independent Living, and Rehabilitation Research grant #90RE5009-01-00.

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## **Fitness Equipment and Facility Standards**

- Promote “mainstream” inclusive fitness environments within public facilities
  - Universal design
    - youth/elderly, range of abilities
  - Health/social benefits for everyone
    - Decrease secondary health conditions
    - Increase social interaction
  - Decrease costs
    - Participation
    - Health maintenance
  - Comply with the Americans with Disabilities Act (ADA)

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## **What about Fitness Equipment and Programs?**

ADA covers the built environment  
but once parked and inside a public  
fitness facility...

What does a person with a  
disability have access to?

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## Experience in Fitness Centers Today



Can't negotiate safely around or on/off equipment

Give up??

Or risk injury??



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## Experience in Fitness Centers Today

Can't get a secure grip on treadmill handrail to balance while walking



Give up??

Or risk injury??

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## Experience in Fitness Centers Today

Struggling to balance on narrow, non-removable seat



Give up??

Or risk injury??

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## Experience in Fitness Centers Today



No straps on foot  
pedals =  
Not usable for people  
with sensory and/or  
functional impairments

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## Experience in Fitness Centers Today

Exercise handles out of reach/freefall  
Pull pin out, 10–15 lb. bar falls



Give up?? Call for help??

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## Experience in Fitness Centers Today

Most common cardio  
fitness equipment =

**No cardio options  
for wheelchair users**



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## Experience in Fitness Centers Today

Staff/trainers experienced with disability

Inclusive programming/environment

Both almost **nonexistent**

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## Inclusive Fitness Has Momentum

- Inclusive fitness (IF) is a priority in the US
  - Department of Justice (DOJ) (2010)
  - Obama / ADA (2012)
  - Congress / The Exercise and Fitness for All Act (2014)
- There is a lack of specificity in current IF requirements
  - What make fitness equipment, layout, programming, etc. accessible?
- Standards translate inclusive fitness requirements into practice
  - Standards are under development – complete set of instructions
  - Standards provide objective specifications and test methods
  - Without standards and guidelines (instructions), no one in the fitness industry knows how to implement these laws and mandates to provide access for people with disabilities

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## RESNA Standards Committee on Inclusive Fitness (IF)

**RESNA IF Guideline**—Defines set of instructions for Universal Design/Inclusive Fitness (UD/IF) facilities

- **Layout**—Comply with US Access Board
- **Equipment scoping**
  - Specify minimum of each type of UD/IF equipment
  - Require one wheelchair-accessible aerobic piece of equipment
  - Equipment **validity/usability** testing
  - UD/IF equipment **3<sup>rd</sup>-party certification**
- **Staff/trainers**—Knowledge of disability
  - ACSM CIFT
  - UK IFI
- **Policies**—Attitudes
- **Inclusive Programming**
- **IF symbol**—Demonstrates compliance wherever used

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## RESNA IF

- Engaging a **group of experts** across disciplines to create guidelines/standards
- International effort

### RESNA IF Membership Categories and Balance

Interest category list	#	Percent
Consumers/Caregiver/Advocates	3	13%
Government	2	9%
Fitness Facility Staff/Trainers	6	26%
Fitness Equipment Manufacturers	2	9%
Research & Development	3	13%
Test Labs, Testing Assessment & Clinical Experts	4	17%
General	3	13%
<b>Total</b>	<b>23</b>	<b>100%</b>

All interest categories < 50% (not a safety standard)  
Total membership < 36

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## RESNA IF Membership Organizations

Organization
American Council on Exercise
Beneficial Designs, Inc.
English Federation of Disability Sport (EFDS)
International Health, Racquet and <u>Sportsclub</u> Association (IHRSA)
Include Fitness, Inc.
Lakeshore Foundation
National Center on Accessibility (NCA) (Indiana University)
National Center on Health, Physical Activity & Disability (NCHPAD)
<u>NuStep</u> , Inc.
<u>Paraquad</u> , Inc.
RERC <u>RecTech</u>
The Claremont Club
The University of Alabama at Birmingham
United Nations Educational, Scientific and Cultural Organization (UNESCO)
Univ. of Pittsburgh Human Engineering Research Laboratories (HERL)
University of Alabama at Birmingham
University of Illinois at Urbana-Champaign
University of Pittsburgh, Dept. of Rehabilitation Science and Technology
US Access Board

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## International Perspective



### UK Inclusive Fitness Initiative (IFI) Model

- “IFI Mark” Accreditation
  - Equipment
  - Facilities
- > 200 organizations
- 550 facilities/leisure centers

### Ireland UFIT

- Inclusivity plan

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## Certification for UD/IF Facilities and Equipment

- **Lakeshore RecTech Test Laboratory**  
under development
  - Provide **3<sup>rd</sup>-party validation** of **inclusive fitness facilities** (using tools such as the AIMFREE)
  - Building/space
  - Layout
  - UD/IF equipment
  - Staff/trainers
  - Programming
  - Policies

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## Minimum Scoping Requirements for UD/IF Equipment

Recommendation:

For **each type of equipment**

- At least **one piece** of equipment

OR

- Minimum of **10%** of equipment, whichever is greater

must meet **UD/IF Standards**

Ex.: 2 treadmills = 1    20 treadmills = 2

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## Minimum Scoping Requirements for UD/IF Equipment

Recommendation for types of equipment:

- Bicycle
- Elliptical
- Treadmill
- Upper body ergometer
- Upper body strength equipment
- Lower body strength equipment
- Torso strength equipment

But how is UD/IF equipment **created, tested, and certified?**

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## ASTM UD/IF Equipment Standards

- **ASTM F08.30 Fitness Products**
  - Develop fitness equipment standards—100 members
    - Cybex International, ICON Health & Fitness, Johnson Health, Precor USA, Nautilus, IncludeFitness, TriActive America, and Life Fitness
  - F08.30 **Tag Group IF**: Users, disability advocates, manufacturers, test laboratories, and legal experts
    - Bi-annual meetings since Oct 2008
- **General ASTM F08.30 UD/IF Standards—PUBLISHED**
  - ASTM F3021/F3022 **Standard Specification and Test Method for Universal Design of Fitness Equipment for Inclusive Use** by Persons with Functional Limitations and Impairments
    - 117 general requirements applicable to all fitness equipment
      - Identified gaps in access needing further research

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## ASTM F08.30 Tag Group IF

- Additional UD/IF **equipment-specific** requirements
  - ASTM F2810/F2811 Standard Specification and Test Methods for **Elliptical** Trainers—PUBLISHED
  - ASTM F2216/F2277 Standard Specification for Selectorized **Strength Equipment**—PASSED BALLOTING
  - ASTM F1250/F3023 Standard Specification and Test Methods for Stationary Upright and Recumbent Exercise **Bicycles and Ergometers**—BALLOTING
  - ASTM F2115/F2106 Standard Specification and Test Methods for Motorized **Treadmills**—BALLOTING

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## ASTM F08.30 Tag Group IF

Fitness equipment **manufacturers are involved** in each step of the development process

- **Supportive** of UD/IF equipment
  - Incorporating UD/IF specifications into mainstream ASTM standards
  - Approval is demonstrated through the balloting process
- **Check/balance** system in place
  - We educate the manufacturers on **user needs and wants**
  - Manufacturers educate us on specifications that are **technologically** and **financially feasible**

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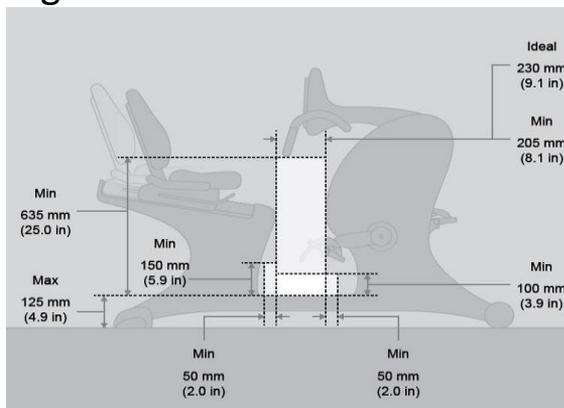
## Cycle User—89 yrs. old, blind



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## UD/IF Recumbent Cycle Requirements

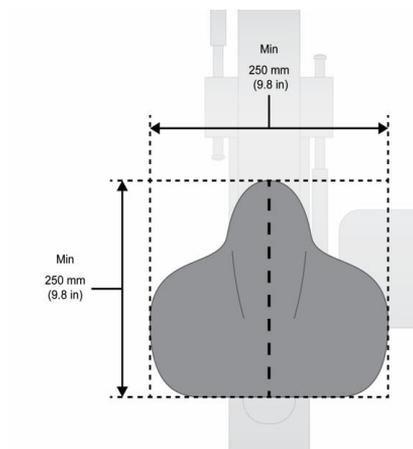
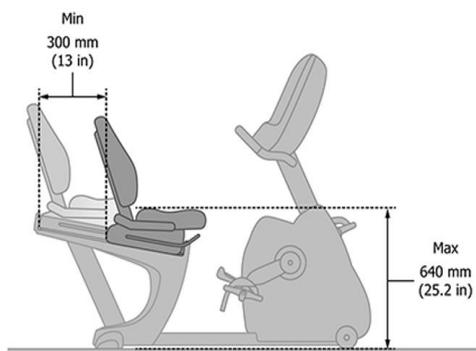
- **Walk-through** design dimensions
  - Walk-through structure no higher than 125 mm



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## UD/IF Recumbent Cycle Requirements

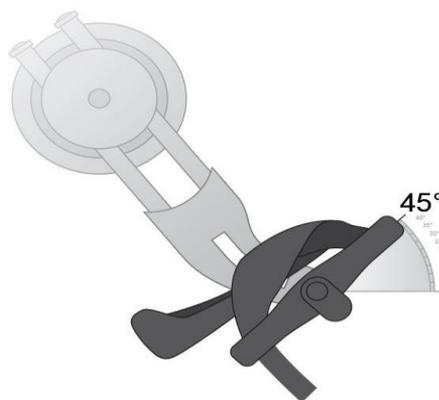
- Seat dimensions—  
**height/width/depth**



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## UD/IF Recumbent Cycle Requirements

- Pedals
  - Self-righting
  - Heel/toe retention



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## Treadmill User—post stroke, uses cane



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## UD/IF Treadmill Requirements

- **Side handrail—**  
functional use during exercise  
(balance)
  - **Dimensions**
    - Minimum grip length of 175 mm
    - Provide range of heights
      - Side handrails or other structural components shall not be horizontal
  - **Non-slip/Shape**
    - Optimized in shape to facilitate grip
    - Suitable material to reduce slippage



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## UD/IF Treadmill Requirements

- **Maximum step-on height** of 170 mm
  - Requires less strength, flexibility, and balance



- There are some **isolated examples** of improved design, but mostly found in **rehab settings** versus public facilities

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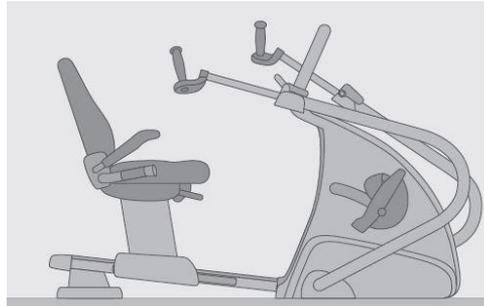
## UD/IF Treadmill Requirements

- **Safety stops** (pull cord or similar) shall be within reach from both the exercise position and by a third party
  - Located within 180 mm (7.1 in.) of the centerline
- **Minimum speed** shall be 0.8 km/h (0.5 mph)
  - Maximum speed increase increments 0.2 km/h (0.1 mph)
- Moving **surface markings** (belt/logo) shall have significant color value contrast from the adjacent surface

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## UD/IF Elliptical Requirements

- **Standing** ellipticals
  - Fixed **handlebar** requirements
    - Provide height range of 1000 mm to 1400 mm
    - Mechanism to prevent hand from slipping off
- **Seated** ellipticals
  - **Swivel seats**
  - **Foot support guards**
    - 30 mm/12mm along 80% of the inside/outside edge



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## UD/IF Console Requirements for People with Vision Impairment (VI)

- ASTM members **required data to demonstrate need** and justify costs
- **Dr. Barstow**, UAB, joined team
  - Provided user testing/feedback
  - Strengthened access requirements for vision impaired/blind
- **IRB-approved study** (n=200)
  - Mixed-methods survey (33 questions)
    - Determine **differences in console experience/preference**
- Results to date (n=88)
  - 82% with VI and 18% without VI
  - **Users with VI want access to all features**
    - Audio feedback—smartphone acceptable
    - Enhance visibility and tactile features
    - [www.surveymonkey.com/r/VIsurvey](http://www.surveymonkey.com/r/VIsurvey)

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## UD/IF Console Requirements

ASTM F3021/F3022 (2016)  
**now contains 28 audible feedback**  
 requirements due to VI expertise

- **Text-to-audio** output
  - **Function Buttons:**  
 Start/stop  
 increase/decrease  
 grade/resistance  
 programming options/changes
  - **Performance** status/summaries:  
 heart rate, calories, time, etc.
- Main controls must have min.  
**70% color value contrast**



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## UD/IF Strength Equipment Requirements

- **Seat/back support**  
 dimensions
- Adjustable **start positions**
- Movable **hand grip storage**
  - 400 mm to 1400 mm range
- **Low start weights**
- **Wheelchair user warnings**—  
 BIG concern for  
 manufacturers
  - Maximum loads
  - Correct positions for stability



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## Wheelchair Stability

www.nchpad.org

**BE SAFE!**  
Guidelines for use of fitness equipment for persons using mobility devices

### INCORRECT USE OF FITNESS EQUIPMENT

<p><b>Rearward Instability</b> Any forward, upward, or downward pushing may cause rearward tipping.</p> 	<p><b>Rearward Instability</b> Free weights lifted above and behind the head may cause rearward tipping.</p> 	<p><b>Lateral Instability</b> Too much weight on one side may cause lateral tipping.</p> 	<p><b>Forward Instability</b> Rotating front casters backwards may cause forward tipping.</p> 
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### CORRECT USE OF FITNESS EQUIPMENT

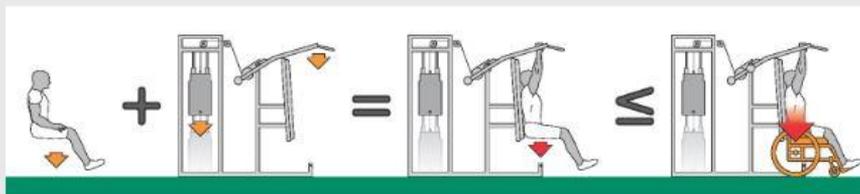
<p><b>Rearward Stability</b> The aid of a spotter may prevent rearward tipping.</p> 	<p><b>Rearward Stability</b> A wheel chock and weight on foot plate may prevent rearward tipping.</p> 	<p><b>Lateral Stability</b> Leaning to the opposite side of the weight may prevent lateral tipping.</p> 	<p><b>Forward Stability</b> Rotating front casters forwards may prevent forward tipping.</p> 
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**WARNING:** Failure to take stability issues into consideration could cause you to tip over while exercising in your manual or powered mobility device and could result in severe injury or death. Always attempt exercises for the first time with the assistance of a spotter and be aware of the potential for your mobility device to tip over in any direction. Always lock your mobility device in position prior to exercising. The use of wheel locks is recommended during exercise. Powered mobility devices should be turned off prior to exercise.

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## Wheelchair Max Load

### POTENTIAL OVERLOADING OF YOUR MOBILITY DEVICE



**WARNING:** The combination of your body weight and the exercise weight that you are lifting while seated in your mobility device effectively increases the total payload weight on your mobility device. Determine the maximum recommended weight capacity of your mobility device and stay within this limit to ensure that you will not cause over stressing to the structure of your mobility device. Exceeding the maximum payload of your mobility device could result in failure of one or more components of your mobility device and could result in severe injury or death.

The management of the facility allows access to the equipment in this facility by persons of all abilities without prejudice. Reasonable accommodation under the Americans with Disabilities Act will be made to enable you to access any equipment that you desire to use. All individuals should consult with their healthcare provider before engaging in stressful strength or aerobic training.

www.nchpad.org

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## Testing Fitness Equipment per ASTM F08.30 UD/IF Standards

Lakeshore RecTech Test Laboratory

- Preparing to perform **UD/IF equipment validation** testing once equipment is available
  - Verify equipment meets ASTM UD/IF Standards
  - Created **data form**/test report
    - ASTM F3021/F3022 General
  - **Trial testing** performed
    - UD cardio/UD strength
    - Manufacturers were given results

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## Consumer Usability Testing of ASTM F08.30 UD/IF Equipment

Lakeshore RecTech Test Laboratory

- Verify **ASTM UD/IF equipment usability**—meets user needs
- Created **subject usability data forms** for treadmills and cycles based on UD/IF criteria
- Likert scale rankings
  - **Access, comfort/adjustability, start/stop, programs**
  - Questions answered by test administer and user
- Protocol
  - Trial **testing with 5 users** (CP, TBI, blind, stroke, no impairment)
  - **2 treadmills/2 recumbent cycles** (newer vs. older models)
  - IRB pending for full user testing

3. **Step Height.** How easy or difficult was it to step on the machine?

Very Easy	Easy	Somewhat Difficult	Very Difficult	Unable	Not Available
1	2	3	4	5	N/A

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## Cycle User Testing— Discernable UD/IF Criteria

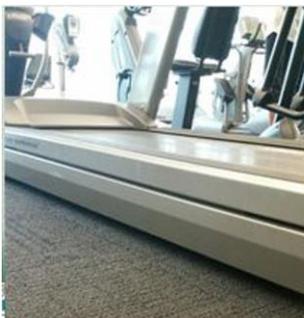
- How **easy or difficult** is it to put your **foot in the pedal**?
  - rank—following ASTM UD/IF standards will improve rank (rank 1 = 100% UD/IF Eq.)
  - Goal: Heel and toe retention
- Ranked 7 (easier)
- Ranked 10 (harder)



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## Treadmill User Testing— Discernable UD/IF Criteria

- How **easy or difficult** was it to **step on** the machine?
  - rank—following ASTM UD/IF standards will improve rank (rank 1 = 100% UD/IF Eq.)
  - Goal: 170 mm step-up height
- Ranked 7 (easier)
- Ranked 10 (harder)



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## IF Environments—Staff/Trainers, Policies, Programming

- Considered **currently available standards, guidelines, literature, and best practices**, for example:
  - ACSM—IF trainer certification
  - UK IFI—IF packages/kits/policies
  - UNESCO—UTMF model, UFIT
  - RESNA—literature
- Identifying areas needing the most **future work**

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## IF Facility Policy Goals

- Consolidate **best practice** to increase access for people of all abilities and the aging
- Enable **benchmarking, action planning, and progress** monitoring of accessibility
- Reframe the language of “access” to “**universal design**” and “**inclusive**”
- Allow people with disabilities to **identify centers** meeting their needs

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## IF Symbol Research

- **IF symbol** to convey access to people of all abilities
  - Equipment **manufacturers requested symbol** for equipment meeting ASTM UD/IF Equipment Standards
    - Positive connotation
    - Indicate usable by all
      - » Restroom versus parking spot
  - Investigating uses in other UD/IF environments: **facilities, programming, etc.**

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## IF Equipment Symbols



Symbol 1



Symbol 2



inclusive

Symbol 3



Symbol 4



Symbol 5



Symbol 6



Symbol 7



Symbol 8



ISA (NPS)

Symbol 9

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## IF Symbol Research

- IRB-approved study (n=825)
  - Mixed-methods survey (31 questions)
    - demographic information
    - rankings of the 9 symbols
    - qualitative data
    - International participation
  - **Symbols 4 most understandable by users**
    - ASTM F3021 now references this IF Symbol for use on fitness equipment that meets the accessibility standards
    - Full survey results to be published soon
  - Investigate applicability to inclusive fitness facilities/programming
- **Contact Beth Barstow, PhD, OTR/L, SCLV, FAOTA for more information: [bbarstow@uab.edu](mailto:bbarstow@uab.edu)**



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## Inclusive Fitness Standards

- Uses **universal design** to improve accessibility for all
- Has a **long-term impact** on the fitness industry, applying to public and private fitness centers
- Enables policy makers to **create policies and regulations**
- Defines **requirements** and **increases objectivity** of testing/evaluation through **3<sup>rd</sup>-party certification**
- Creates **instructions** for providing **full access fitness environments**
  - Improves access to equipment through **facility layout** guidelines
  - Provides guidance on **minimum equipment types** and minimum percentages of UD/IF equipment required
  - Defines a **standard for accessible fitness equipment**
    - Manufacturers can design and build to it
    - Increases the safety and quality of products
  - Defines **guidelines for educating staff and trainers** in inclusive fitness
  - Encourages more **positive attitudes** and policies
  - **Removes barriers** to participation in programming
  - Develop **IF symbol**

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## Outcomes

- Enable people with functional limitations to **identify** fitness facilities, trainers, and equipment that meets their needs
- Allow people with functional limitations to **participate** in exercise with **family and friends**
  - Community inclusion
- Assist facility operators, trainers, and staff with creating IF facility **transition plans**
- Create **resources** for IF training, layout, equipment, and programming
- Create **Lakeshore RecTech Test Laboratory**

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## RESNA IF / ASTM F08.30 IF Standards Committees

- IF Committees are **advocating for more than the minimum requirements**
  - Expand inclusive fitness to more people worldwide
- **US Access Board** critical to this work
  - Participating in both RESNA IF and ASTM F08.30
    - Providing **critical feedback** on draft IF requirements, current best practices, and needs of people with impairments
  - Must **keep momentum going forward**
    - Continued collaboration

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# Questions?

You may type and submit questions in the  
Chat Area Text Box or press Control-M  
and enter text in the Chat Area

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## Where to direct questions



### **Beneficial Designs, Inc.**

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*"Working toward universal access  
through research, design &  
education"*



### **U.S. Access Board**

- 2010 Accessibility Standards for new construction and alterations

(800) 872-2253 (voice)  
(800) 993-2822 (TTY)  
(202) 272-0081 (FAX)  
ta@access-board.gov  
[www.access-board.gov](http://www.access-board.gov)

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**Thank you for participating  
in today's webinar**



**Next session:**

***June 1, 2017***

***Accessible Dining Surfaces and Bars***

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