MATRIX

INCLUSIVE FITNESS FACILITIES

SELF-AUDIT CHECKLIST

YES	NO	
		Facility Attributes for Accessibility
☐	☐	Designated handicapped parking and curb cuts
☐	☐	Entrances (ramps with 1:12 slope, automatic doors)
☐	☐	Doorways, hallways, locker rooms (36-inch width, reachable lockers for wheelchair users)
☐	☐	Corner turning radius (60-inch diameter or T-shaped space for wheelchair users to turn)
☐	☐	Handrails for ramps, stairs (mounted 34- 38 inches from the floor)
☐	☐	Clearance around equipment for wheelchairs or mobility aids
☐	☐	Drinking fountains (high & low heights, knee/toe clearance, and easy-to-operate controls)
☐	☐	Restroom stalls (60-inch wide minimum)
		Equipment & Accessories
		Non-weight bearing cardio
☐	☐	Recumbent cycle (supportive seated position with low step-through height)
☐	☐	Upper body cycle (an ergometer for people with lower body limitations)
☐	☐	Rower (activate arms, core, and back with minimal lower limb drive)
☐	☐	Aquatic exercise options
☐	☐	Zero-gravity treadmills (advanced options that reduce weight during walking, running)
		Weight-bearing cardio
☐	☐	Treadmills with extended handrails and low starting speeds
☐	☐	Non-motorized cardio options with full handrails
☐	☐	Wheelchair-friendly functional training areas
		Strength training
☐	☐	Accessible free weights (racks and benches that accommodate wheelchair users)
☐	☐	Functional strength rig (that accommodates a range of movements & accessories)
☐	☐	Weighted vest or wrist/ankle weights (wearable resistance for limited grip strength)
☐	☐	Resistance bands (and options for handle attachments)
☐	☐	Accessible power racks

RESEARCH HUB

YES	NO	
		The Sensory Environment
		Supporting those with vision impairment
☐	☐	Clutter-free layout (ease of movement)
☐	☐	Braille signage upgrades
☐	☐	Cardio equipment with high-contrast LED displays and intuitive handles
☐	☐	Bright, glare-free lighting and high-contrast signage
☐	☐	Non-slip flooring and minimal thresholds
		Supporting those with hearing impairment
☐	☐	Areas with sound dampening (ex: acoustic panels to reduce echo & background noise)
☐	☐	Visual fire alarms and emergency lighting systems (identify exits)
☐	☐	Captioning for video content
☐	☐	Induction loop systems (transmits clean audio to hearing aids & cochlear implants; ideal for group fitness rooms and customer service areas)
		Supporting those with larger bodies
☐	☐	Mirror-free areas that offer more privacy
☐	☐	Equipment or sitting areas with wider seats and supportive padding
☐	☐	Cardio options with frames that support users with high body weight
☐	☐	Accessories that allow for a wider grip
		Staff Support
☐	☐	Written policies for those with disabilities, caregivers, or helper access to the facility
☐	☐	Staff training (FAQs, sensitivity training, general adaptive fitness options)
☐	☐	Certifications for trainers working with diverse abilities
☐	☐	Customer feedback channels (solicit input from members to understand needs, desires)
		Marketing & Community Engagement
☐	☐	Marketing campaigns that feature inclusive imagery to draw new members to your facility
☐	☐	Hosting inclusive events (short fitness events that are inviting to those with disabilities)
☐	☐	Community outreach to local organizations that serve diverse needs (also OT, PT)
☐	☐	Charity support (contributions, challenges, and volunteer opportunities)

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