ACCESSIBILITY ASSESSMENT TOOLKIT FOR OUTDOOR GYMS

Guidelines and Accessibility Assessment Checklist

DIVERSE PATTERNS & UCL

Table of Contents

1. Guidelines for Conducting the Access Assessment 4

2. Accessibility Assessment Checklist 8

SECTION 1

GUIDELINES FOR CONDUCTING THE ACCESS ASSESSMENT

GUIDELINES FOR CONDUCTING THE ACCESS ASSESSMENT

SABAI SAKRIYA - SANKALPA

This document provides a systematic framework for evaluating the accessibility of outdoor gym facilities for persons with disabilities in Nepal.

Who is this tool for?

The guideline is for the public and people who look after parks with outdoor gyms. It does not require any specialist expertise to use it. We recommend that groups of people who use the guidelines work collaboratively as an assessment team.

What is this tool for?

The guideline should be used to assess the extent to which an outdoor gym provides a dignified, safe, and independent experience for individuals of all abilities. The guideline identifies barriers and enablers to full participation and invites assessors to generate actionable recommendations to enhance inclusivity.

How should the tool be used?

We recommend that the general public and people who look after gyms come together as a group to use the tool, and form an assessment team. Assessment teams should ideally have a diversity of identity (i.e., considering things like gender, age, disability), because different people have different perspectives on outdoor gyms.

What is needed to use the tool?

For a precise assessment you need:

1. A measuring tape (minimum 8 meters) for verifying widths, slopes, and heights.
2. A digital level or smartphone level application for measuring ramp inclines.
3. A camera or smartphone for comprehensive photographic documentation of all features, both compliant and non-compliant.
4. The tool on paper.

When should you do the assessment?

During daylight hours under typical weather conditions. A visit during less busy times of the day is recommended for access to equipment and pathways, though a brief observation during a busy period can provide valuable insight into how people move in the outdoor gym, and how crowds are managed.

How should the assessment be done?

Use the "User Journey" Method

The assessment begins at the perimeter of the facility or the nearest public access point (e.g., a bus stop, parking area). The team traces the path a person with mobility, visual, or other disability would take. Approach the park, enter, navigate the equipment, use the amenities, and exit.

If possible:

1. **Do quantitative assessments:** Take precise measurements for all criteria requiring numerical validation (e.g., ramp slope ratios, pathway widths, turning circle diameters).

2. **Do qualitative Assessment:** Evaluate the quality, safety, and comfort of features (e.g., surface firmness, lighting quality, clarity of signage).

3. **Take photographs:** Photograph every element assessed. Images are crucial for providing objective evidence, illustrating specific issues in reports, and offering context for remarks.

What should our approach be?

Adopt an Inclusive Lens: Throughout the process, the group should seek to explore:

"Can a person with a specific disability (e.g., using a wheelchair, with a visual impairment, with a cognitive disability) use this facility safely, comfortably, and independently?" This perspective helps identify subtle barriers that may not be immediately obvious.

What is the column for remarks?

The "REMARKS" column should be used for taking descriptive, detailed specific notes. For example, instead of "ramp bad," a remark should state: "The ramp at the north entrance has a very steep slope and lacks edge protection."

You can also make notes, for example: '... equipment was not comfortable for women but was ok for men' OR 'This could be improved by doing ...'

What should you do after you have done the assessment?

All findings, photographs, and notes should be compiled and reviewed soon after the site visit to ensure accuracy and clarity while the observations are fresh.

Findings should be analyzed and categorized based on their impact and severity (e.g., Critical Safety Hazard, Major Barrier, Minor Non-Compliance, Best Practice Opportunity). This triage is essential for prioritizing recommendations.

The completed checklist, supported by photographs and detailed remarks forms the basis of the formal audit report. The report should clearly justify each finding and present logical, constructive, and actionable recommendations for improvement. Sit together as a group and see how you could improve the park.

SECTION 2

ACCESSIBILITY ASSESSMENT CHECKLIST

ACCESSIBILITY ASSESSMENT CHECKLIST

Checklist prepared to assess the Accessibility and Usability of Outdoor GYM for persons with disabilities.

1. Access

(focuses on the ease of reaching, entering, and leaving the recreational site.)

SN	QUESTIONS	YES	NO	UNSURE	REMARKS
1.1	Is there an obstacle free, smooth and wide accessible pathway to enter the gym area? (Tactile Pathway also)				
1.2	Are sidewalks/paths available and connecting the main entrance to gym areas?				
1.3	Is the contact information of responsible personnel (key holder/care taker) easily available?				

2. Accessibility

(ensures the fit between users' physical abilities and the environment, providing equal opportunity).

SN	QUESTIONS	YES	NO	UNSURE	REMARKS
2.1	Are there disability friendly restrooms available?				
2.2	Is signage at the entrance provided in accessible formats (large print, high-contrast colors, and Braille)				
2.3	Is there entry and Exit Signages and are they visible during emergency exit timings?				
2.4	Are there direction and facilities related signages?				
2.5	Is information regarding the gym center's opening and closing times provided in an accessible format?				
2.6	Are all required ramps and sloped walkways built with an appropriate slope?*				

SN	QUESTIONS	YES	NO	UNSURE	REMARKS
2.7	Are there signs and instructions about how to use the gym equipment?				
2.8	Are they provided in accessible formats (e.g., braille, large print, pictorial)?				
2.9	Are the equipment placed in the gym center arranged at a certain height from the ground level so that people with all types of disabilities can easily use them?				
2.10	Has the gym center specially installed any separate equipment that is suitable for use by people with disabilities?				

* - According to Slope mentioned in 1:15 (or 1:12 at min) in Accessibility Physical Infrastructure and Communication Services Guideline 2069

3. Use

(focuses on the functional operation and actual utilization of facility components.)

SN	AUDIT QUESTION	YES	NO	UNSURE	REMARKS
3.1	Are the Gym equipment itself designed with consideration for persons with disabilities and adjustable for diverse users?				
	Equipment 01:				
	Equipment 02:				
	Equipment 03:				
	Equipment 04:				
	Equipment 05:				
	Equipment 06:				
	Equipment 07:				
3.2	Is there sufficient space to move around and use these equipment by persons with disabilities?				
3.3	Is drinking water available in the venue during or after using the gym equipment?				

4. Usability

(assesses the comfort and independence in using spaces and equipment, focusing on an intuitive environment.)

SN	AUDIT QUESTION	YES	NO	UNSURE	REMARKS
4.1	Is surface texture of path firm, slip-resistant, smooth, and wide?				
4.2	Is there enough space in the pathway to maneuver the wheelchair?				
4.3	Are the resting and seating area comfortable and easy to use?				
4.4	Are there disturbing lights (flashes and strobes)?				
4.5	Is the facility well maintained, clean, and in good repair (maintenance)? (Related to "cleanliness, and maintenance " in domain description)				
4.6	Are there Safety measures in place (like railings)?				
4.7	Is there indication of exercise equipment width area? -> not to hit others?				
4.8	Are there clear, accessible emergency related information available?				
4.9	Is there any form of feedback mechanism (e.g., suggestion box, online form) for users to report accessibility issues?				
4.10	Is there a portable ramp for wheelchair?				