



An Roinn Iompair
Turasóireachta agus Spóirt
Department of Transport,
Tourism and Sport

SPORTS CAPITAL PROGRAMME

GUIDE TO ACCESSIBLE GYM

EQUIPMENT

This guide is designed to assist grantees under the Sports Capital Programme (SCP) in purchasing accessible gym equipment. It is a requirement of the SCP that all gyms funded by the Programme have accessible gym equipment.

More information on the SCP can be found at www.sportscapitalprogramme.ie

Thanks to the Inclusive Sports & Fitness Coordinator at Cara¹, the National Aquatic Centre and Ireland Active² for their input to this guide.

1. HOW MUCH EQUIPMENT NEEDS TO ACCESSIBLE?

Not including universally accessible equipment such as free standing weights, every gym needs to have at least 20% or 3 machines (whichever is the higher) that are dual use or accessible. Dual use equipment allows individuals with a disability and those without a disability to use the same piece of equipment for their workout. Both aerobic and resistance equipment should be accessible.

2. SOURCING ACCESSIBLE EQUIPMENT

The UK's Activity Alliances runs an accreditation programme called the Inclusive Fitness Initiative (IFI) for accessible gym equipment. <http://www.activityalliance.org.uk/how-we-help/programmes/ifi-fitness-equipment>

The table at appendix 1 from the Cara Centre and Ireland Active shows the Irish suppliers that supply the most common types of accessible equipment. The Department of Transport, Tourism and Sport does not endorse or recommend any particular equipment or supplier.

¹ Cara is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities. (www.caracentre.ie)

² Ireland Active provides support and services to professionalise the leisure, health and fitness industry through standards and best practice to engage more people to be more active more often – thus providing for a healthier nation - info@irelandactive.ie

3. EXAMPLES OF HOW GYM EQUIPMENT CAN BE MADE ACCESSIBLE

Rowing Machines

Normal (non-accessible) rowing machine



Accessible rowing machine

An adaptive seat allows people with many types of disabilities to use the rowing machine. Different versions of the adaptive seat are available. Higher support seats will provide more support to individuals that need more core or high level support. The adaptive seat in pictures 1 & 2 can be used by everyone, picture 3 is an adaptive seat specific to someone with a high level disability.



Exercise Bikes

Normal exercise bike



Accessible exercise bike

This bike has a large display screen, high contrast handles, adjustable sliding seat and no barrier to step over to get on the bike



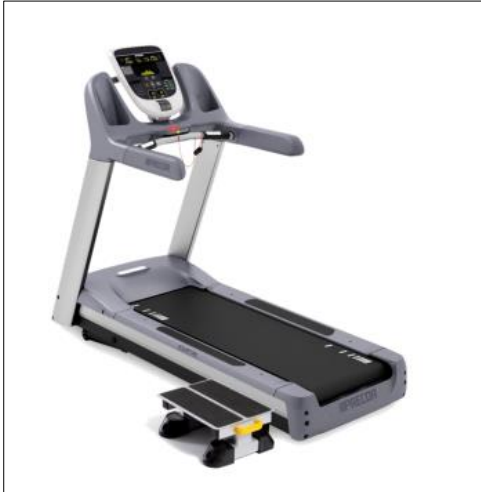
Thread mills

Non-accessible thread mill



Accessible thread mill

Accessible thread mills have an adjustable step, very slow start speed, high contrast markings at the edge of running strip, large display screens with raised buttons for easier navigation.



Resistance Machines

Non-accessible resistance machine



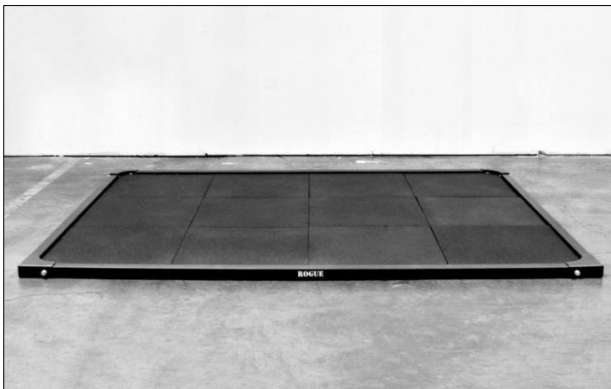
Accessible resistance machine

Accessible resistance machines have a seat that can be swung out of the way and high contrast handles.



Weights Platform

Non-accessible Weights Platform



Accessible Weights Platform

Accessible platform has a bevelled edge for wheelchair users. The edge should be highlighted too.



Weights bench

Non-accessible weights bench



Accessible weights bench

Wider bench to allow user with reduced core strength or reduced balance. Can be coupled with a Velcro strap to aid stability



APPENDIX: THE CARA CENTRE AND IRELAND ACTIVE MAINTAINS A LIST OF IRISH SUPPLIERS FOR THE MOST COMMON TYPES OF ACCESSIBLE EQUIPMENT.

The Department of Transport, Tourism and Sport does not endorse or recommend any particular equipment or supplier.

Company Name	Brand of Equipment Supplied	Contact	Email Address	Website	Telephone Number
Art of Fitness	Indigo Fitness / Leisurelines	Muireann Gaffney	muireann@artoffitness.ie	www.artoffitness.ie	01 6670185
Expert leisure Supplies	Free Motion and SportArt	Bernard Delaney	bernard@expertleisure.ie	http://www.expertleisure.ie/	(01) 401 9774
MCSport	Precor and Concept 2	Philip McLoughlin	philip@mcsport.ie	http://www.mcsport.ie/	01 2930005
Podium for Sport	Matrix and Leisurelines	David Flynn	DFlynn@podium4sport.com	http://podium4sport.com/	01 6853288
TTFitness	Technogym Fitness	Lisa Morris	sales@ttfitness.ie	T & T Fitness Systems : http://www.ttfitness.ie/	042 9667666
Fittr	Life Fitness and Cybex		http://www.fittr.ie	http://www.fittr.ie	01 531 0190
Pulse Fitness Ireland	Pulse Fitness	Mathew Stevens	Mat@Pulsefitnessireland.com	http://www.pulsefitnessireland.com	041 9802600
Active Hands	Hand Mitts and Adaptive Aids	Rob Smith	info@activehands.com	http://www.activehands.com	+44 (0)121 247 9152
Invictus Active	Wheelchair Treadmills	Scott	info@invictusactive.com	http://www.invictusactive.com/inclusiv-e-fitness-solution/	0044 8008321916
Fitdist	TRX Equipment	Ronny Maiti	ronny@fitdist.com	www.fitdist.com	01 807 5407
Aqualine	Pool Hoists and Supplies	Sarah Fingleton	sarah@aqualine.ie	http://www.aqualine.ie/swimming/	01 4627532

