

Rate a Gym or Community Centre

10 Ways to Rate the Accessibility of a Physical Activity Organization

You can use this worksheet to assess a local organization using the 10 key values below. Rate the organization, where **0 = "does not meet this value"**, and **10 = "fully meets this value"**. Feel free to write any other comments or observations you have.

1 It is used by women in the neighborhood.

One way to tell if an organization is accessible is by looking at the people that use it. Do you know women who go here? Would you feel comfortable bringing friends or family here?



1

10

2 It is inexpensive or free.

Cost can be an issue when trying to participate with physical activities. For people with low income, it is important for there to be affordable options. Would someone with low income be able to go here? Are there options to help make it more affordable for someone?

1

10

3 Employees are approachable and helpful.

Getting comfortable with an environment can often be supported by asking questions. Are there friendly employees available to answer questions or that approach you about getting to know the place? Tone of voice and body or facial expressions can have a strong impact on how welcome you feel.



1

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4 Signs are easily understood.

Images and text can be helpful in learning where things are or how to use them. Is the language used on signs easy to understand? Do images show directions clearly? Are they translated in multiple languages?



1

10

5 Values of respect and diversity.

It is important that an organization supports and welcomes all people. This can be shown in different ways; Sometimes posters can describe values, or perhaps employees make sure to communicate them. Do you feel like values of welcomeness, respect, and diversity are expressed?



1

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6 There is information and support for beginners.

A new environment or using equipment for the first time can be challenging. If there isn't support for beginners it can prevent someone from feeling comfortable or can result in improper or unsafe practices. Do employees offer orientations or ongoing support for newcomers?



1

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7 There are women's-only hours.

Sometimes participating with physical activity can be more comfortable if it is with other women. Does this organization offer women's-only hours or spaces?

1

10

8 There is childcare or child-friendly programs available

Getting childcare can be a major barrier to taking the time to be physically active. If a physical activity organization offers childcare or child-friendly programs it can help parents participate in physical activity.



1

10

9 The people in images and logos are diverse.

It can be hard to feel confident getting active if you are only seeing pictures of professional athletes or supermodels. Having pictures of different fitness levels, abilities, and ethnicities can show that an organization welcomes all individuals. Are there diverse people shown in the images used? Do you feel like your own identities are represented?



1

10

10 The physical space is easy to navigate.

It's important for a space to have the necessary amenities in an easy and accessible layout. Are you able to find your way around easily? Do the bathrooms have private stalls or family stalls? Wheelchair-accessible equipment?

1

10

Comments and observations
