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

![Normal rowing machine](image)

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.

![Adaptive rowing seat](image)

1.  
2.  
3.  

**Exercise Bikes**

Normal exercise bike

![Normal exercise bike](image)
**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.

![Accessible exercise bike](image)

**Thread mills**

**Non-accessible thread mill**

![Non-accessible thread mill](image)
**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.

![Accessible resistance machine](image)

**Weights Platform**

**Non-accessible Weights Platform**

![Non-accessible Weights Platform](image)

**Accessible Weights Platform**

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

![Accessible Weights Platform](image)
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.

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<thead>
<tr>
<th>Company Name</th>
<th>Brand of Equipment Supplied</th>
<th>Contact</th>
<th>Email Address</th>
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<tr>
<td>Art of Fitness</td>
<td>Indigo Fitness / Leisurelimes</td>
<td>Muireann Gaffney</td>
<td><a href="mailto:muireann@artoffitness.ie">muireann@artoffitness.ie</a></td>
<td><a href="http://www.artoffitness.ie">www.artoffitness.ie</a></td>
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<td>Expert leisure Supplies</td>
<td>Free Motion and SportArt</td>
<td>Bernard Delaney</td>
<td><a href="mailto:bernard@expertleisure.ie">bernard@expertleisure.ie</a></td>
<td><a href="http://www.expertleisure.ie/">http://www.expertleisure.ie/</a></td>
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<td>MCSport</td>
<td>Precor and Concept 2</td>
<td>Philip McLoughlin</td>
<td><a href="mailto:philip@mcsport.ie">philip@mcsport.ie</a></td>
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<td>Podium for Sport</td>
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<td>David Flynn</td>
<td><a href="mailto:DFlynn@podium4sport.com">DFlynn@podium4sport.com</a></td>
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<td>Lisa Morris</td>
<td><a href="mailto:sales@ttfitness.ie">sales@ttfitness.ie</a></td>
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<td><a href="mailto:Mat@Pulsefitnessireland.com">Mat@Pulsefitnessireland.com</a></td>
<td><a href="http://www.pulsefitnessireland.com">http://www.pulsefitnessireland.com</a></td>
<td>041 9802600</td>
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<td>Rob Smith</td>
<td><a href="mailto:info@activehands.com">info@activehands.com</a></td>
<td><a href="http://www.activehands.com">http://www.activehands.com</a></td>
<td>+44 (0)121 247 9152</td>
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