

American National Standard

for Inclusive Fitness –

Volume 1: Inclusive Fitness Environments



RESNA

Rehabilitation Engineering and Assistive Technology Society of North America

**ANSI/RESNA
IF-1:2018**

2018-10-26

American National Standard
for Inclusive Fitness –

**Volume 1:
Inclusive Fitness Environments**

Secretary

**Rehabilitation Engineering and Assistive Technology
Society of North America**

Approved 27 September 2018

**Rehabilitation Engineering and Assistive Technology
Society of North America**

Approved 04 October 2018

American National Standards Institute, Inc.

COPYRIGHT PROTECTED DOCUMENT

© 2018 RESNA

These materials are not for resale.

These materials are subject to copyright claims of RESNA. No part of this publication may be reproduced in any form, including an electronic retrieval system, without the prior written permission of RESNA. All requests pertaining to the American National Standard for Inclusive Fitness – Volume 1: Inclusive Fitness Environments should be submitted to RESNA.

RESNA

Executive Director: **Michael Brogioli**

1560 Wilson Boulevard, Suite 850, Arlington VA 22209

Tel **703/524-6686**

Fax **703/524-6630**

TTY **703/524-6639**

E-mail **publications@resna.org**

Web **www.resna.org**

RESNA Assistive Technology Standards Board

E-mail **technicalstandards@resna.org**

Published in the United States of America

RESNA American National Standard

RESNA is accredited as a standards organization by the American National Standards Institute (ANSI). Approval of a RESNA American National Standard requires review by the RESNA Assistive Technology Standards Board and by ANSI to determine that the requirements for due process, consensus, and other criteria for approval have been met by the standards developer.

Consensus means substantial agreement has been reached by directly and materially affected interest categories. This signifies the concurrence of more than a simple majority, but not necessarily unanimity. Consensus requires that all views and objections be considered, and that an effort be made towards their resolution.

The use of American National Standards is completely voluntary; their existence does not in any respect preclude anyone, whether he has approved the standards or not, from manufacturing, marketing, purchasing, or using products, processes, or procedures not conforming to the standards.

The American National Standards Institute does not develop standards and will in no circumstances give an interpretation of any American National Standard. Moreover, no person shall have the right or authority to issue any interpretation of any American National Standard in the name of the American National Standards Institute or RESNA. Requests for interpretations should be addressed to the secretary or sponsor whose name appears on the title page of this standard.

CAUTION NOTICE: This American National Standard may be revised or withdrawn at any time. The procedures of the American National Standards Institute require that action be taken periodically to reaffirm, revise, or withdraw this standard. Purchasers of American National Standards may receive current information on all standards by calling or writing the ANSI office.

Foreword

This standard covers available inclusive fitness information, standards, regulations, best practices, and policies that facilitate accessible fitness environments for people of all abilities, including facility policy guidelines, built environment, equipment, staff, trainers, users, and outreach/marketing.

RESNA IF Volumes 1 consist of the following sections under the general title Inclusive Fitness

Volume 1: Inclusive Fitness Environments

Section 1: **Providing and Marketing Inclusive Fitness Environments**

Section 2: **Disclosure of Published Methods and Requirements for Creating Inclusive Fitness Environments and Implementing Inclusive Fitness Practices**

Section 3: **Specifications, Test Methods, and Best Practices for Facility Accessibility**

These standards had their inception in October of 2015 when the RESNA Standards Committee on Inclusive Fitness began creating standards in the United States as a result of the need for accessibility for all individuals in fitness environments. The standards are best practices and specifications designed to produce an objective way to determine inclusivity and accessibility to facilitate inclusive fitness.

RESNA is accredited as a standards organization and the RESNA Assistive Technology Standards Board oversees the work of the RESNA standards committees. RESNA is an interdisciplinary organization that promotes assistive technology for people with disabilities.

Suggestions for the improvement of this standard are welcome. They should be sent to the following address:

**RESNA Assistive Technology Standards Board
1560 Wilson Boulevard, Suite 850
Arlington, VA 22209**

This standard was approved by the RESNA Standards Committee on Inclusive Fitness and the RESNA Assistive Technology Standards Board for submission to ANSI. Committee approval of the standard does not necessarily imply that all the committee members voted for its approval or the approval of every test method or requirement in the standard. At the time the standard was developed, the RESNA Standards Committee on Inclusive Fitness consisted of the following members:

Organization Represented

Name of Representative

Beneficial Designs, Inc..... Chair, Seanna Kringen, Peter Axelson
English Federation of Disability Sport (EFDS) Vice-Chair, Dawn Hughes, Chris Ratcliffe
RERC RecTech Secretary, Sangeetha Padalabalanarayanan, James Rimmer

American Council on Exercise	Tom Richards
Beneficial Designs, Inc.....	Stephanie Schnorbus
The Claremont Club.....	Denise Johnson, Mike Alpert
IHRSA	Helen Durkin, Jeff Perkins
Include Fitness, Inc.	Ryan Eder
Individual Member.....	Chris Field
Individual Member.....	Ned Norton
Individual Member.....	Richard Thesing
Lakeshore Foundation	Dustin Dew
National Center on Accessibility (Indiana University)	Sherril York, Alice Voigt
National Center on Health, Physical Activity & Disability	Amy Rauworth, Allison Hoit
NuStep, LLC	Linda Wojciechowicz, Tom Hoatlin
Paraquad, Inc.....	Lindsey Bean-Kampwerth
UNESCO.....	Catherine Carty, Ultan McCarthy
University of Alabama at Birmingham	Elizabeth Barstow
University of Alabama at Birmingham	Gavin Jenkins
University of Illinois at Urbana-Champaign.....	Jan Yih-Kuen
University of Pittsburgh, Department of Rehabilitation Science and Technology	Ashli Molinero
University of Pittsburgh, Human Engineering Research Laboratories.....	Theresa Crytzer
University of Pittsburgh, Human Engineering Research Laboratories.....	Nathan Hogaboom
US Access Board.....	William Botten

Stephanie Schnorbus (Beneficial Designs, Inc.) assisted the RESNA Standards Committee on Inclusive Fitness as Technical Standards Editor.

Contents

Scope of Volume 1	Inclusive Fitness Environments	vii
Section 1	Providing and Marketing Inclusive Fitness Environments	1-1
Section 2	Disclosure of Published Methods and Requirements for Creating Inclusive Fitness Environments and Implementing Inclusive Fitness Practices	2-1
Section 3	Specifications, Test Methods, and Best Practices for Facility Accessibility.....	3-1

Scope of Volume 1

Volume 1 Inclusive Fitness Environments

This RESNA standard does not apply to the following: private or home fitness environments.

This standard specifies best practices and existing regulations, standard specifications, and test methods for determining inclusive fitness facility accessibility and the existence of an inclusive fitness culture and approach to policy development, equipment procurement, staff training, programming, user interactions, and marketing.

These guidelines and test methods may be used to verify inclusive fitness environments exceed the minimum requirements of this standard.

WARNING: This RESNA standard calls for the use of procedures that may be injurious to the testing technician if adequate precautions are not taken.

Section 1

Providing and Marketing Inclusive Fitness Environments

Contents

Section 1 Introduction	3
1 Scope	4
2 Normative References	4
3 Terms and Definitions	5
4 Precursor: Verification	6
5 Precursor: Value Proposition	7
6 Precursor: Vision	7
7 Philosophy	7
8 Policy.....	8
9 Processes	8
10 People	9
11 Programs	9
12 Promotion	9
13 Places.....	10
14 Perceptions.....	10
15 Support: Innovation	11
16 Support: Implementation.....	11
17 Support: Impact.....	11

Section 1 Introduction

This section of RESNA IF-1 provides guidance on applying the Universal Transformational Management Framework (UTMF) developed by the UNESCO Chair at the Institute of Technology, Tralee (Republic of Ireland) (UNESCO Chair ITTralee, 2013) (see **Error! Reference source not found.**).

The words beginning with V, P, and I (V's, P's and I's) in **Error! Reference source not found.** comprise the UTMF, a validated framework for establishing inclusive practice.

1. The V's consolidate the motivation for action, equating to the pre-action phase.
2. The P's guide the action components, equating to the action phase.
3. The I's ensure the action elements can be resourced and delivered, their impact is monitored, and there is scope for adjustment and responsiveness to new opportunities that may arise, equating to the maintenance phase.

This section of RESNA IF-1 expands on the UTMF model in order to explain the philosophy and worldview necessary to effectively create an inclusive fitness environment and to attract a diverse body of users.

This volume of RESNA IF provides many best practice recommendations for the creation and maintenance of an inclusive fitness environment. As a general rule, the ADA requires that persons with disabilities be provided with equal opportunity. However, unlike minimum accessibility requirements, which are contained in the DOJ regulations (DOJ, 2010), minimum standards have not yet been finalized regarding every facet of an inclusive fitness environment. Where those minimum standards exist, this volume of RESNA IF references the regulations. In the absence of such specific regulations, this volume of RESNA IF sets forth recommendations for the policies, aspects of the built environment and facility layout, equipment, programming, training, provision of information, and marketing needed to create a facility usable by persons with disabilities. Following these best practice recommendations will show a dedication to fulfilling the ADA requirement to provide equal opportunity for persons with disabilities (DOJ, 2016, § 35.130; DOJ, 2017, § 36.201).

Section 1: Providing & Marketing Inclusive Fitness Environments

1 Scope

This section of RESNA IF-1 specifies the institutional philosophy and approach foundational to this standard on inclusive fitness.

2 Normative References

The following referenced documents are indispensable for the application of this document. The latest edition of any document referenced should be used, as standards, regulations, and best practices may have been added or revised. In this section of RESNA IF-1, the dates in the references indicate which version of the cited document was used in the creation and/or revision of this section. They are included so the reader can be aware that the description may not adequately encompass the standards, regulations, and best practices as given in the latest version of the cited document. The committee welcomes feedback regarding revisions of the documents cited below that require the descriptions in this section to be edited for accuracy or information about documents containing additional standards, regulations, and best practices that should be included in this section.

THE CENTER FOR UNIVERSAL DESIGN, 2008. About UD. [The Center for Universal Design: Environments and Products for All People](https://projects.ncsu.edu/ncsu/design/cud/about_ud/about_ud.htm) [online]. Raleigh, North Carolina: College of Design, North Carolina State University. [viewed 08 September 2017]. Available from: https://projects.ncsu.edu/ncsu/design/cud/about_ud/about_ud.htm.

DEPARTMENT OF JUSTICE (DOJ), 2017. [AMERICANS with DISABILITIES ACT TITLE III REGULATIONS 2016](https://www.ada.gov/regs2010/titleIII_2010/titleIII_2010_regulations.htm). Part 36 Nondiscrimination on the Basis of Disability in Public Accommodations and Commercial Facilities [online]. [viewed 24 May 2018]. Available from: https://www.ada.gov/regs2010/titleIII_2010/titleIII_2010_regulations.htm.

DEPARTMENT OF JUSTICE (DOJ), 2016. [Americans with Disabilities Act Title II Regulations 2016](https://www.ada.gov/regs2010/titleII_2010/titleII_2010_regulations.htm). Part 35 Nondiscrimination on the Basis of Disability in State and Local Government Services [online]. [viewed 22 September 2017]. Available from: https://www.ada.gov/regs2010/titleII_2010/titleII_2010_regulations.htm.

DEPARTMENT OF JUSTICE (DOJ), 2010. [2010 ADA Standards for Accessible Design](#). Washington, D.C.: Department of Justice.

INTERNATIONAL ORGANIZATION FOR STANDARDIZATION (ISO), 2010. ISO 9241-210:2010 – Ergonomics of Human-system Interaction—Part 210: Human-centred Design for Interactive Systems [online], [Accessed 23 April 2018]. Available from: <https://www.iso.org/standard/52075.html>.