for Inclusive Fitness –

Volume 1:
Inclusive Fitness Environments
American National Standard for Inclusive Fitness –

Volume 1: Inclusive Fitness Environments

Secretary
Rehabilitation Engineering and Assistive Technology Society of North America

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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
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scope</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>Normative References</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>Terms and Definitions</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>Precursor: Verification</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>Precursor: Value Proposition</td>
<td>7</td>
</tr>
<tr>
<td>6</td>
<td>Precursor: Vision</td>
<td>7</td>
</tr>
<tr>
<td>7</td>
<td>Philosophy</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>Policy</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>Processes</td>
<td>8</td>
</tr>
<tr>
<td>10</td>
<td>People</td>
<td>9</td>
</tr>
<tr>
<td>11</td>
<td>Programs</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>Promotion</td>
<td>9</td>
</tr>
<tr>
<td>13</td>
<td>Places</td>
<td>10</td>
</tr>
<tr>
<td>14</td>
<td>Perceptions</td>
<td>10</td>
</tr>
<tr>
<td>15</td>
<td>Support: Innovation</td>
<td>11</td>
</tr>
<tr>
<td>16</td>
<td>Support: Implementation</td>
<td>11</td>
</tr>
<tr>
<td>17</td>
<td>Support: Impact</td>
<td>11</td>
</tr>
</tbody>
</table>
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.


