



BlazeSports America Webinar:

An Introduction to Creating Accessible Sport, Fitness,
and Physical Activity Environments

March 23, 2011 • 2:00 p.m.

Presented by:

BlazeSports Institute for Applied Science

*With generous support from the U.S. Department of Health and
Human Services (HHS)*



BlazeSports America thanks you for joining us for our **2011 Webinar Series on Wednesday, March 23, 2011** for a webinar entitled: **An Introduction to Creating Accessible Sport, Fitness, and Physical Activity Environments**. BlazeSports America understands the positive impact sports and physical activity have for youth and adults with disabilities. The benefits of exercise run the gamut from promoting life-long health and personal empowerment to developing skills and habits that encourage success in all facets of life. This webinar will provide information and resources to help local communities remove barriers to sports and fitness facilities and create more inclusive sport, fitness, and physical activity environments.

BlazeSports experts presenting today:

Jeff Jones CTRS, CPRP, Director of Sports & Community Programs, BlazeSports America. Jeff Jones oversees a variety of educational programs and technical assistance to cross-disciplinary professionals, persons with disabilities and their families, and community-based practitioners to encourage best practice in the fields of disability sport, physical activity and health promotion. He has over 25 years experience in coaching Paralympic and national teams, directing disability sports programs and advancing knowledge in the field of disability sport. Jeff comes to BlazeSports America from the Portage Parks and Recreation Department in Portage, Indiana, where he served as Assistant Superintendent. Prior to that, he was the Director of the Rehabilitation Institute of Chicago's (RIC) Center for Health and Fitness and the Wirtz Sports Program, one of the largest disability sports and recreation programs in the United States. The program offered 18 sports and recreation activities and had 30 different athletes attend five Paralympic Games and more than a dozen world championships, world cup and other international events during his tenure at RIC. *Contact:* jjones@blazesports.org or 404-260-2037.

Ann Cody, MS, Director of Policy & Global Outreach, BlazeSports America; Paralympic Gold Medalist. As Director of Policy and Global Outreach for BlazeSports America, Ann Cody oversees the Washington, D.C. office, develops relationships with major national and international partners, shapes the organization's policy efforts, and supports the organization's sport development initiatives overseas. As a Washington veteran and Paralympic sport expert of two decades, Ann has extensive knowledge and experience in sports management and governance, community-based sports, policy and advocacy, international development, as well as governmental and international affairs. Ann is widely known and respected throughout the world as a leader in sport and human rights. She has led a number of national and international advocacy initiatives on sport with a focus on girls and women with disabilities. Through her leadership, the International Paralympic Committee (IPC) established a policy on gender equity and several initiatives aimed at increasing participation by women in Paralympic sport and the movement. Ann's significant international sport network and project experience anchors BlazeSports' international programs in Africa, Asia, and the Middle East. Ann serves on the International Paralympic Committee (IPC) Governing Board and is the highest ranking American and highest ranking woman in the IPC worldwide. She is a member of the International Olympic Committee 2018 Evaluation Commission. Ann holds a bachelor of fine arts and a master of science degree in leisure studies and therapeutic recreation from the University of Illinois at Urbana – Champaign. She is a Paralympic Gold Medalist in Athletics and competed on three U.S. Paralympic Teams (Basketball '84, Athletics '88, '92). *Contact:* acody@blazesports.org or 202-312-7419.

Contents

Webinar Objectives:	4
Webinar Overview:	4
I. Health and Disability in America Today	5
II. ADA Regulations (<i>NEW!</i>)	6
III. Top Ten Ways to Improve Access	10
BlazeSports America Training and Technical Assistance Offerings.....	12
Sampling of Existing Programs	13
Equipment Suppliers	15
Government Resources.....	17
Resources: Disability and Fitness Specific.....	18
Resources: Disability and Health Organizations (General).....	19
Technical Assistance Contact Information.....	20

Webinar Objectives:

Today's webinar has four objectives. BlazeSports America hopes that today's webinar will provide you a better understanding of:

- The benefits of physical activity for individuals with disabilities;
- The new ADA regulations that pertain to fitness facilities;
- The ways fitness centers and exercise programs can be made more accessible to individuals with physical disabilities; and
- The types of adapted exercise equipment available.

As you leave today's webinar, please remember that BlazeSports is a resource for you as you address technical, program, and policy issues related to increasing access for individuals with physical disabilities to sport and physical activity programs. Please feel free to contact Jeff Jones and Ann Cody for technical assistance on any of these issues.

Webinar Overview:

- I. Health and Disability in America Today
- II. ADA Regulations (*NEW!*)
- III. Top Ten Ways to Improve Access
 - #10 Research existing programs
 - #9 Accessories
 - #8 Treadmills
 - #7 Recumbent Bikes
 - #6 Ergometers
 - #5 Weight Equipment
 - #4 Floor Spacing
 - #3 Staff Training
 - #2 Accessibility Assessments
 - #1 BlazeSports America
- IV. Question & Answer

I. Health and Disability in America Today

The Issue: Obesity has reached epidemic proportions in the United States. According to the National Center for Health Statistics of the Centers for Disease Control and Prevention (CDC) and the most recent data from the National Health and Nutrition Examination Survey (NHANES):

- 17.1% of children and adolescents 2 to 19 years (over 12.5 million) were overweight,
- an estimated 16.9% of children and adolescents aged 2-19 years are obese; and
- 32.2% of adults (over 66 million) were obese.

Some experts claim that by 2015, 75% of adults will be overweight with 41% obese.

Across our nation, data from the U.S. Census Bureau's Survey of Income and Program Participation (SIPP) indicates that there are 54 million people (1 in 5) with a disability and, of those, 35 million (12%) reported having a severe disability. Anyone can have a disability and a disability may occur at any point in life. According to the Centers for Disease Control and Prevention (CDC), studies have shown that individuals with disabilities are more likely than people without disabilities to report poorer overall health, physical inactivity and smoking, and less access to adequate health care.

The risk: All individuals need health care and a good health regimen to stay well and actively participate in the community. According to the Centers for Disease Control and Prevention (CDC), there are many health implications for being overweight. Among the increased risks are: greater risk of hypertension, Type 2 diabetes, coronary heart disease, stroke, some cancers, high cholesterol, osteoarthritis, asthma, and other respiratory problems. For an individual with a disability, understanding how to prevent illness and manage these secondary health conditions is an important part of healthy living.

Physical Activity Benefits: Physical activity at all ages reduces risks of heart disease, high blood pressure, and diabetes. Physically active children, including children with disabilities, are more likely to thrive academically and socially. Physically active children also learn how to incorporate safe and healthy activities into their lives. For adults, physical activity can reduce the risks of secondary health conditions and pain as well as depression.

Recommendations: In 2008 the U.S. Department of Health and Human Services (HHS) published the *2008 Physical Activity Guidelines for Americans* to provide information and guidance on the types and amounts of physical activity that provide substantial health benefits for all Americans aged 6 years and older. The report recognizes that one of the most important steps any individual can take to achieve better health is becoming physically active.

Key Guidelines for Individuals with Disabilities:

- **Adults with disabilities**, who are able to, should get at least 150 minutes per week (2 hours and 30 minutes) of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days per week as these activities provide additional health benefits.
- **Children and adolescents** should do 60 minutes (1 hour) or more of physical activity daily. Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. Children and adolescents should include muscle-strengthening physical activity and bone-strengthening physical activity at least 3 days a week.
- When individuals with disabilities are not able to meet the above Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- All individuals should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities. <http://health.gov/paguidelines/pdf/paguide.pdf>

II. ADA Regulations (NEW!)

On March 15, 2011, new Department of Justice Standards for Accessible Design became effective. These new standards, which have been years in the making, contain the revisions to the Americans with Disabilities Act (ADA) announced in the fall of 2010. Included in the new regulations are standards for recreation facilities, play areas, fitness equipment and swimming pools. The new 2010 Standards for Accessible Design now clearly inform facilities of their obligations to provide access for individuals with disabilities so that all Americans might have the ability to participate in physical activity, fitness, and sport programs.

Background: On Friday, July 23, 2010, Attorney General Eric Holder signed final regulations revising the Department of Justice's *Americans with Disabilities Act (ADA)* regulations. This included revising the Department's *ADA Standards for Accessible Design*. The official text was published in the Federal Register on September 15, 2010. The revised regulations amend the Department's Title II regulation, 28 C.F.R. Part 35, and the Title III regulation, 28 C.F.R. Part 36.

Key Compliance Dates: The following timeline outlines the significant compliance dates:

September 2010							March 2011							March 2012						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
			1	2	3	4			1	2	3	4	5					1	2	3
5	6	7	8	9	10	11	6	7	8	9	10	11	12	4	5	6	7	8	9	10
12	13	14	15	16	17	18	13	14	15	16	17	18	19	11	12	13	14	15	16	17
19	20	21	22	23	24	25	20	21	22	23	24	25	26	18	19	20	21	22	23	24
26	27	28	29	30			27	28	29	30	31			25	26	27	28	29	30	31

- **July 23, 2010:** Attorney General Holder signs final regulations.
- **September 15, 2010:** 2010 Standards for Accessible Design published in Federal Register. Compliance with new standards permitted, but not yet required.
- **March 15, 2011:** Effective date of New 2010 Standards for Accessible Design
- **September 15, 2010 – March 15, 2012:** If a *title II* or *title III entity* undertakes new construction or alterations, it may choose either the 1991 Standards or the 2010 Standards. Title II entities may also choose to use the Uniform Federal Accessibility Standards (UFAS). It must use that Standard for all elements in the entire facility.
- **September 15, 2010 – March 15, 2012:** *State and local governments (public entities)* have the option of choosing to follow the 1991 Standards, the UFAS, or the 2010 Standards when making architectural changes to provide program access.
- **March 15, 2012:** Compliance with 2010 standards becomes mandatory. This includes compliance with revisions to the 1991 Standards as well as supplemental requirements for which there are no technical or scoping requirements in the 1991 Standards (such as swimming pools, play areas, marinas, or golf facilities).

DOJ fact sheet on the effective dates: http://www.ada.gov/revised_effective_dates-2010.pdf

New Regulations: The Americans with Disabilities Act (ADA) requires the Department of Justice (the Department) to publish ADA design standards that are consistent with the guidelines published by the U.S. Architectural and Transportation Barriers Compliance Board (Access Board). The Department has adopted revised ADA design standards that include the relevant chapters of the Access Board's 2004 ADA/ABA Accessibility Guidelines as modified by specific provisions of the Department's revised rules implementing title II and title III of the ADA. The Standards contain an entire chapter (10) on "Recreation Facilities" and provide the standards and specifications specific to these facilities. Unless otherwise addressed, these regulations apply to the design and construction of recreation facilities and equipment wherever these elements are provided. (This includes office buildings with an exercise equipment room). The following summary highlights key components of the new regulations as explained in the 2010 ADA STANDARDS FOR ACCESSIBLE DESIGN. (Where applicable, Section numbers have been provided to identify the portion of the Standards referenced).

- **Recreation Boating Facilities** (Sections 235, 1003): If boat slips are provided at a boating facility, the minimum number that must be accessible depends upon the size of the facility. (From 1 for 1-25 slips to 12+ where a facility has more than 1000 slips). (Where the number of boat slips is not identified, each 40 feet (12 m) of boat slip edge provided along the perimeter of the pier shall be counted as one boat slip for the purpose of this section. This requirement also applies to piers where the slips are not demarcated). Accessible boat slips must be dispersed throughout the various types of boat slips. Where boarding piers are provided at boat launch ramps, at least 5% (but no fewer than one) must be accessible. Gangways that are part of a required accessible route are to be accessible, subject to certain enumerated exceptions. (The new regulations also separately cover fishing piers and platforms (sections 237, 1005)).
- **Fitness Equipment** (Sections 206, 236, 1004): At least one of each type of exercise equipment must be on an accessible route and must have a clear floor space (*minimum of 30 inches x 48 inches*) positioned to enable an individual with a disability to use the equipment.
 - Accessible routes shall consist of one or more of the following components: walking surfaces with a running slope not steeper than 1:20, doorways, ramps, curb ramps excluding the flared sides, elevators, and platform lifts.
 - The DOJ has advised that most strength training equipment and machines are considered different types. For example, there are many types of cardiovascular exercise machines, such as stationary bicycles, rowing machines, stair climbers, and treadmills. Each machine provides a cardiovascular exercise and is considered a different type for purposes of these requirements.
 - Clear floor or ground space is permitted to be shared between two pieces of exercise equipment.
 - One full unobstructed side of the clear floor or ground space shall adjoin an accessible route or adjoin another clear floor or ground space.
- **Golf Facilities** (Sections 238, 1006): Newly constructed and altered golf facilities must have either an accessible route or golf car passages with a minimum width of 48 inches connecting accessible elements and spaces within the boundary of the golf course. An accessible route must be provided to the golf car rental area, bag drop-off areas, and other elements that are outside the boundary of the golf course. One or two teeing grounds (depending on the total number provided) per hole must be accessible. If weather shelters are provided, a golf car must be able to enter and exit the shelters. At least 5 percent, but no fewer than one, of practice putting greens, practice teeing grounds, and teeing stations at driving ranges shall be designed and constructed so that a

golf cart can enter and exit the practice putting greens, practice teeing grounds, and teeing stations at driving ranges. (The 2010 regulations separately cover miniature golf facilities – sections 239 and 1007 – by requiring at least fifty percent of all holes on a miniature golf course to be accessible, consecutive, and on an accessible route.)

- **Swimming Pools** (Sections 242, 1009): In general, at least two accessible means of entry/exit are required for swimming pools. Such accessible means of entry include a pool lift or sloped entry, and either a transfer wall, transfer system, or pool stairs. Wading pools must provide a sloped entry, and spas must provide a pool lift, transfer wall, or transfer system. Wave action pools, leisure rivers, and sand bottom pools where user access is limited to one area shall not be required to provide more than one accessible means of entry, either a pool lift, sloped entry, or a transfer system.
- **Saunas and Steam Rooms** (Sections 241, 612): Where provided, saunas and steam rooms must be accessible, having appropriate turning space, doors that do not swing into the clear floor space, and, where provided, an accessible bench. A readily removable bench is permitted to obstruct the turning space and the clear floor space.
- **Play areas** (Sections 240, 1008): Play areas designed, constructed, and altered for children ages two and over in a variety of settings, including parks, schools, childcare facilities, and shopping centers, are covered. Accessible ground and elevated play components, accessible routes, ramps and transfer systems (typically a platform or transfer steps), and accessible ground surfaces must be provided.

Also included in the new regulations are issues related to facility accommodation including allowance of service animals, personal mobility devices, and automated telephone systems.

- **Reach Range Requirements** (Section 308): The reach range requirements have been changed to provide that the side reach range must now be no higher than 48 inches (instead of 54 inches) and no lower than 15 inches (instead of 9 inches). The side reach requirements apply to operable parts on accessible elements, to elements located on accessible routes, and to elements in accessible rooms and spaces.
- **Service Animals** (28 CFR § 35.1004: Definitions; 28 CFR § 35.136: Service Animals): Service animals are now clearly defined as "any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability." (Miniature horses in some cases may be allowed). The new definition further requires that the tasks performed by the service animal must be directly related to the handler's disability and the animal's presence for emotional support is not sufficient. While service animals must be permitted, a facility may remove an animal from the premises if the animal is not under the handler's control. A facility may make two inquiries to determine whether an animal qualifies as a service animal, but only if it is not readily apparent that the animal is trained to do work for the individual with a disability. The inquiries should not ask for documentation and may include: if the animal is required because of a disability and what work or task the animal has been trained to perform.
- **Wheelchair** (28 CFR § 35.1004: Definitions; 28 CFR § 35.137: Mobility Devices): A wheelchair is now defined as "a manually-operated or power-driven device designed primarily for use by an individual with a mobility disability for the main purpose of indoor, or of both indoor and outdoor

locomotion. This definition does not apply to Federal wilderness areas." The 2010 regulations require a public entity to permit individuals with mobility disabilities to use wheelchairs and manually-powered mobility aids, such as walkers, crutches, canes, braces, or other similar devices in any areas open to pedestrian use. As with service animals, a public entity may ask a person using a power-driven mobility device to provide a "credible assurance" that the mobility device is required because of the person's disability. A valid, State-issued, disability parking placard or card, or other State-issued proof of disability meets this test. If such a document is not available, a verbal representation, not contradicted by observable fact, that the other power-driven mobility device is being used for a mobility disability should be accepted.

· **Automated telephone systems** (28 CFR § 35.161: *Telecommunications*): Where a public entity communicates by telephone with applicants and beneficiaries, Text telephones (TTYs) or equally effective telecommunications systems shall be used to communicate with individuals who are deaf or hard of hearing or have speech impairments when a public entity communicates by telephone with applicants.

Meeting the New Obligations of the ADA Regulations: The first step in meeting the new obligations of the 2010 ADA regulations will be for every organization and public entity to familiarize themselves with the new regulations. (The revised ADA regulations implementing Title II and Title III are available online at: <http://www.ada.gov/regs2010/ADAregs2010.htm>). Once an organization understands the full scope of their obligations under the act, the entity should consider how to meet the requirements by modifying existing facilities, developing appropriate policies, and holding staff training.

For some organizations, these new regulations will not present major challenges - most of the 2010 *Standards for Accessible Design* are a codification of years old industry standards with only minor changes between these guidelines and those published in 2002 and 2004. Yet for others – such as those with features which are addressed for the first time in the regulations (such as wading pools) – an accessibility assessment becomes all the more critical.

A fact sheet on all the regulations is available online at:
http://www.ada.gov/regs2010/factsheets/2010_Standards_factsheet.html

The Revised ADA regulations implementing Title II and Title III are available online at:
<http://www.ada.gov/regs2010/ADAregs2010.htm>

The 2010 Standards for Accessible Design are available online at:
http://www.ada.gov/2010ADASTandards_index.htm

III. Top Ten Ways to Improve Access

#10 Research Existing Programs

There are many outstanding programs and facilities in this country – too many to list in this presentation. Our intent is to introduce you to a variety of facilities representing cross-section of the fitness community. We have found that most facilities are eager to share information on equipment, provide site visits, and assist other communities in their research.

#9: Accessories

There are a number of small inexpensive items that can help individuals with disabilities successfully participate in fitness activities. Activity mitts and wrist cuffs assist participants that have upper extremity and grip difficulties in using both cardio and strength training equipment.

#8 Treadmills

The first thing most people do when they start a treadmill workout is increase the speed. The lowest setting on the average treadmill is 1.5 miles per hour, relatively slow for the average treadmill user. However, for individuals with physical disabilities 1.5 miles per hour is often too fast. Given the number of treadmills in most fitness facilities, fitness center operators should consider one or two treadmills that start at a slower rate of .5 mph or less.

#7 Recumbent Bikes

Recumbent Bikes offer a user-friendly cardio-vascular workout to seniors, individuals with disabilities and other patrons that just do not care for the traditional upright stationary bike. Recumbent bikes are lower to the floor, which facilitates easier transfers. They have wider seats and often have hand bars to hold on to for increased stability.

#6 Ergometers

Ergometers or Upper Body Ergometers (UBE) are the main source of cardiovascular workouts for individual with lower extremity impairments. Ergometers come in a variety of sizes and with a number of different functions. The benefit of having ergometers in a fitness facility is that they are user-friendly to all populations. Seniors, patrons with ankle or knee injuries and individuals with disabilities all benefit from access to a good UBE.

#5 Weight Equipment

Similar to ergometers, there are too many accessible weight lifting machines to cover in one presentation. The key issue with respect to weight equipment is that there are several companies that manufacture commercial style weight machines that are user-friendly and that accommodate both ambulatory participants and participants using wheelchairs. Information on equipment manufactures is provided to assist staff in making the best choice for your facility.

#4 Floor Spacing

The newly released ADA regulations include specific information on floor spacing, accessible routes, and placement of fitness equipment. Although ADA standards concentrate on curb cuts, entry ways and locker room facilities, true accessibility is the ease with which individuals with disabilities can access the fitness equipment in a given fitness center. Several resources are provided to assist facility operators in maximizing floor spacing.

#3 Staff Training

Information is provided on staff training including certification programs and publications. A number of books, websites, and training videos are listed and provide useful content for staff training and in-services.

#2 Accessibility Assessments

Whether you are involved in the development of a brand new building or the ongoing programming in an existing building, accessibility assessments can be very helpful tools in improving more than just architectural barriers. Information is provided on several self-administered assessment tools that can be useful to a program interested in a comprehensive facility review.

#1 BlazeSports America

BlazeSports America's team of experts is ready to assist you and your organization or community with providing sport, recreation and physical activity opportunities for people with physical disability in sport comparable to those provided non-disabled, nationally and internationally. BlazeSports America experts have seen that through partnership, we can foster character development, productive lives, healthy lifestyles, and self-sufficiency in people with physical disability through sport. We are your resource for accessing cutting-edge training, distance learning opportunities, and fresh ideas as a vehicle to build the capacity of local service providers.

BlazeSports America Training and Technical Assistance Offerings

Background: BlazeSports America is one of ten national organizations funded by the US Department of Health and Human Services (HHS) to provide technical assistance to *Communities Putting Prevention to Work* (CPPW) funded communities. BlazeSports created an innovative community-based program model that incorporates sport, physical activity, and healthy lifestyles into the daily life of youth with physical disabilities and visual impairment, as well as providing opportunities for sport competition from recreational to high-performance events. The model is now a permanent fixture in more than 60 communities nationwide. Through its Washington office, BlazeSports develops and advocates for policies that advance inclusion, services, and funding related to physical activity and healthy lifestyles for persons with disability.

Technical Assistance and Training: BlazeSports America is available to assist communities and the public with ensuring that active, healthy living policies and programs include persons with physical disabilities. BlazeSports provides technical assistance, training and resource information through on-site presentations, online webinars, educational videos, and resource materials. BlazeSports experts are also available to respond to technical assistance inquiries.

BlazeSports experts regularly speak on:



- Understanding your obligations as well as the benefits of including people with disabilities in active, healthy living initiatives.
- Overview of BlazeSports' technical assistance and training resources:
 - Webinar series
 - BlazeSports community programs toolkit
 - Online video resource library
 - Disability Sport Specialist/Technician Certification program
 - On demand technical assistance service
- Training for front line professionals working in physical activity, sports and fitness: considerations for participants with disabilities.
- Including students with disabilities in school-based physical activity, sports and PE policies and programs

Technical assistance activities to support communities with policy development and implementation as part of the CPPW project might include:

- Review of draft policies to ensure they are inclusive of persons with disabilities
- Identification of accessibility audit tools for healthy eating, recreation, fitness and sports facilities
- Ongoing technical assistance as needed

For more information about BlazeSports training and technical assistance offerings or BlazeSports role in the CPPW project, please contact Ann Cody, Director of Policy, at acody@blazesports.org or 202-312-7419.

Sampling of Existing Programs

INSTITUTION/ PROGRAM	CONTACT	PHONE	EMAIL	WEBSITE
 ARIZONA STATE UNIVERSITY	Jen Maxwell	480.965.2060	Jen.Maxwell@asu.edu	www.src.asu.edu/adaptive
	Kathy Moretti	661.395.4390	kmoretti@bakersfieldcollege.edu	www.bakersfieldcollege.edu/student/fitness
	Nicole Knight	763.520.0366	Nicole.knight@couragecenter.org	www.couragecenter.org
 Frazier Rehab Institute	Karey McDowell	502.582.7411	karey.mcdowell@jhsmh.org	http://www.jhsmh.org/Health-Services/Rehab-Services-Frazier-Rehab/Specialties/Community-Fitness-Wellness-Facility.aspx
	T.J. Putnam	614.410.4584	tputnam@dublin.oh.us	www.dublin.oh.us/recreation
	Aliccia Gorman	614.224.1142 Or 614.416.9622	agorman@ymcacolumbus.org	www.ymcacolumbus.org/gahanna
	Mary Lea	623.845.3795	mary.lea@gmail.maricopa.edu	www.gccaz.edu/fw
 Windham Raymond Schools	Stephanie Joyce	207.892.1800 ext. 2029	sjoyce@windhamraymondschools.org	www.i225.org
 <i>Rise to the challenge.</i>	Elizabeth Toumajian	714.361.6180 Ex. 240q	Elizabeth@ocgoodwill.org	www.ocgoodwill-fitnesscenter.org
	Molli Herth	616.331.2490	dssgvsu@gosu.edu	www.gvsu.edu/rec
	Ted Weatherford	949.451.5291	tweatherfor@ivc.cc.ca.us	www.ivc.edu

	Carol Kutik	205.313.7414	information@lakeshore.org	www.lakeshore.org
	Jackie Rawlings	785.587.4235	Jackie_Rawlings@mercyregional.org	http://www.via-christi.org/body_mercy.cfm?id=1655
	Milan Motroni	209.575.6267	motronim@yosemite.cc.ca.us	www.mjc.edu
	Carolyn Mueller	312.238.5001	Cmuller1@ric.org	www.ric.org/healthinfo/fitness/center.aspx
	Will Leavitt	402.398.1422	Leavitt@greatplainspva.org	www.greatplainspva.org/sportsAndRec.html
	Jan Thurman	619.594.2017	jthurman@projects.sdsu.edu	http://fitnessclinic.sdsu.edu/staff.php
	Rebecca Washburn	404.352.2020	Rebecca_Washburn@shepherd.org	www.shepherd.org
	Matt Turncliff	205.930.2823	Mathieu.Turncliff@stvhs.com	http://www.stvhs.com/east/sverehabilitation.asp
	Sue Kroeger	520.626.7674	suek@email.arizona.edu	http://drc.arizona.edu/athletics/weight
	Ann Ito	808.956.7612	aito@hawaii.edu *Kokua Program	www.manoa.hawaii.edu/imports/fitness.html
	Shannon Morrisey	937.775.5815	shannon.morrisey@wright.edu	www.wright.edu/crec/programs.html
	Joel Berman	847.251.8445	joel@adaptiveadventures.org	www.adaptiveadventures.org
	Kaia Burkett	510.849.4663	kaia@borp.org	www.borp.org
	Jeff McCubbin	514.737.5921	Jeff.McCubbin@orst.edu	www.oregonstate.edu
	Rebecca Lytle	530.898.6373	rllytle@csuchico.edu	www.csuchico.edu

Equipment Suppliers

Access to Recreation

8 Sandra Court
Newbury Park, CA 91320
(800) 634-4351
(805) 498-7535
(805) 498-8186 (fax)
Email: dkrebs@gte.net
Website: <http://www.accesstr.com>

Columbia Medical

13577 Larwin Circle
Santa Fe Springs, CA 90670
(800) 342-8968
(310) 305-1718 (fax)
Email: info@columbiamedical.com
Website: <http://www.columbiamedical.com>

CYBEX International, Inc.

10 Trotter Drive
Medway, MA 02053
(888) 462-9239
(508) 533-4300
(508) 533-5500 (fax)
Email: info@cybexintl.com
Website: <http://www.cybexintl.com>

Easy Stand Glider

Altimate Medical Inc.
262 W. 1st Street
Morton, MN 56270
(800) 342-8968
(507) 697-6393
(507) 697-6900 (fax)
Email: info@easystand.com
Website: <http://www.easystand.com>

Endorphin Corporation

6901 90th Avenue North
Pinellas Park, FL 33782
(800) 940-9844
(727) 545-9848
(727) 546-0613 (fax)
Email: endorph@gte.net
Website: <http://www.endorphin.net/index.php>

Equalizer Exercise Machines

P.O. Box 25105
Deer Park PO
Red Deer, Alberta
Canada, T4R 2M2
(403) 309-5551
(403) 342-5509 (fax)
Email: james@equalizerexercise.com
Website: <http://www.equalizerexercise.com>

Flaghouse Rehab

601 Flaghouse Drive
Hasbrouck Heights, NJ 07604-3116
(800) 793-7900
(800) 793-7922 (fax)
Email: sales@flaghouse.com
Website: <http://www.flaghouse.com/>

Flexiciser International

800 Grand Avenue, Suite B-2
Carlsbad, CA 92008
(888) 353-9462
(760) 729-0349 (fax)
Email: info@flexiciser.com
Website: <http://www.flexiciser.com>

Great Lakes Medical

851 South Kenilworth Avenue
Oak Park, IL 60304
(888) 843-8480
(708) 386-6508 fax
Email: cdittmer@greatlakesmedical.com
Website: <http://www.greatlakesmedical.com>

Life Fitness

5100 N. River Road
Schiller Park, IL 60176
(800) 634-8637
Email: commercialsales@lifefitness.com
Website: <http://www.lifefitness.com>

Mobility Fitness

2510 E. Grant, Road, Suite 210

Tucson, AZ 85716

Tel: 1-520-808-0226

<http://www.mobilityfitnessequipment.com/mobilityfitness-new-02.swf>

http://wildcat.arizona.edu/home/index.cfm?event=displayArticle&ustory_id=f700d1aa-6587-4d67-8d10-3711d89bf47a

NuStep Inc.

5111 Venture Drive, Suite 1

Ann Arbor, MI 48108

(800) 322-2209

(313) 769-8180 (fax)

Website: <http://www.nustep.com>

Pulse Fitness Systems Inc.

600 Mission Street

Winnipeg, Manitoba, Canada R2J OA2

(204) 781-8883

Email: pulfit@mts.net

Website: <http://www.pulfit.com>

Rand Scot Inc.

401 Linden Center Drive

Fort Collins, CO 80524

(800) 467-7969

(970) 484-7967

(970) 484-3800 (fax)

Email: info@randscot.com

Website: <http://www.saratoga-intl.com/>

Government Resources

Department of Justice

www.ada.gov (DOJ ADA Homepage)

Regulations fact sheet:

http://www.ada.gov/regs2010/factsheets/2010_Standards_factsheet.html

The Revised ADA regulations implementing Title II and Title III are available online at:

<http://www.ada.gov/regs2010/ADAREgs2010.htm>

The 2010 Standards for Accessible Design are available online at:

http://www.ada.gov/2010ADASTandards_index.htm

Effective Dates Overview:

http://www.ada.gov/revised_effective_dates-2010.pdf

United States Access Board

<http://www.access-board.gov/>

2010 ADA Standards (US Access Board Overview):

<http://www.access-board.gov/ada-aba/ada-standards-doj.cfm>

Webinars

<http://www.access-board.gov/webinars.htm>

National Network of ADA Centers

<http://www.adata.org/Static/Home.aspx>

2010 ADA Amendments (ADATA Overview):

<http://www.adata.org/Static/TitlesIIandIIAmends.aspx>

State Guidance

New Jersey Department of Health and Senior Services – Pool Entry Guidance

<http://www.state.nj.us/health/eoh/cehsweb/adapools.shtml>

North Carolina Office on Disability and Health

<http://www.fpg.unc.edu/~ncodh/index.cfm>

Resources: Disability and Fitness Specific

The Aerobics and Fitness Association of America (AFAA) *The AFAA, founded in 1983, is the world's largest fitness educator. The AFAA produces a wide variety of educational materials including a journal, textbooks, reference manuals and videos.*
Website: <http://www.afaa.com>

American College of Sports Medicine (ACSM) *The ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life.*
Website: <http://www.acsm.org/>

American Council on Exercise (ACE) *The ACE accomplishes sets certification and education standards for fitness instructors and conducts ongoing public education about the importance of exercise.*
Website: <http://www.acefitness.org/>

American Running Association (ARA) *The ARA (formerly the American Running and Fitness Association) is a nonprofit, educational organization dedicated to providing educational support to runners through programs and sound information on training, nutrition, injury prevention, treatment, and rehabilitation.*
Email: run@americanrunning.org
Website: <http://www.americanrunning.org/>

Disabled Sports USA *Disabled Sport USA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation, and educational programs.*
Email: programs@dsusa.org
Website: <http://www.dsusa.org/>

Healthy People 2020 *This website provides information on all the goals and objectives of Healthy People 2020.*
Website: www.healthypeople.gov/

Human Kinetics *produces innovative, informative products in all areas of physical activity that help people worldwide lead healthier, more active lives.*
Website: www.humankinetics.com

National Center on Physical Activity and Disability (NCPAD) *The NCPAD's mission is to promote substantial health benefits that can be gained from participating in regular physical activity. The slogan of NCPAD is "Exercise is for Every Body," and every person can gain some health benefit from being more physically active.*
Email: ncpad@uic.edu
Website: <http://www.ncpad.org>

National Strength and Conditioning Association (NSCA) *The NSCA is an international nonprofit educational association which presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings.*
Email: nsca@nsca-lift.org
Website: <http://www.nsca-lift.org/>

Orthotic & Prosthetic Athletic Fund Inc. (OPAF) *The OPAF aims primarily to enable individuals served by the orthotics and prosthetics community to enjoy the rewards of personal achievement, physical fitness, and social interaction.*
Email: rlb@opfund.org
Website: <http://www.opfund.org/>

PE4U *The PE4U website offers dozens of links to exceptional websites relate to health and fitness issues*
Website: <http://www.pelinks4u.org>

Resources: Disability and Health Organizations (General)

American Federation for the Blind:

<http://www.afb.org/seniorsite.asp?SectionID=67&TopicID=313>

American Society for Testing and Materials: www.astm.org

Amputee Coalition of America: http://www.amputee-coalition.org/nllic_topic/0105_fitnessexercise.html

Beneficial Designs: www.beneficialdesigns.com

Center for Universal Design: www.design.ncsu.edu/cud/

Disability Products: <http://www.disability-products.com> or info@disability-products.com

Inclusive Fitness Coalition: www.incfit.org

Inclusive Fitness Initiative: www.inclusivefitness.org

Muscular Dystrophy Association: <http://www.als-mda.org/publications/everydaylifeals/ch8/> or <http://www.mda.org/Publications/Quest/q104aquatics.html>

National Multiple Sclerosis Society: <http://www.nationalmssociety.org/living-with-multiple-sclerosis/healthy-living/exercise/index.aspx>

North Carolina Office on Disability and Health: <http://www.fpg.unc.edu/~ncodh/index.cfm>

Paralyzed Veterans of America:

http://www.pva.org/site/PageServer?pagename=sports_fitnessprogram

The Medical Exercise Specialist: <http://www.medicalexercisespecialist.com>

Turnstep: <http://www.turnstep.com/>

United Cerebral Palsy: http://www.ucp.org/ucp_channelsub.cfm/1/15/11500

United States Access Board: www.access-board.gov



Thank you for joining us for the BlazeSports America Webinar:
**An Introduction to Creating Accessible Sport, Fitness,
and Physical Activity Environments**

Presented by:

BlazeSports Institute for Applied Science

*With generous support from the U.S. Department of Health and
Human Services (HHS)*

*For more information on this webinar
or technical assistance, please contact:*

*Jeff Jones CTRS, CPRP
Director of Sports & Community
Programs
BlazeSports America
jjones@blazesports.org
404-260-2037*

On policy issues, please contact:

*Ann Cody, MS
Director of Policy & Global Outreach
BlazeSports America
acody@blazesports.org
202-312-7419*

