



Facility Checklist

How to select an age-friendly fitness facility

The International Council on Active Aging (ICAA) has created a comprehensive checklist to help you compare and rate your local facilities and choose one that meets your needs. To complete this facility evaluation, circle **yes** or **no** in the space corresponding to the question. At the end of your visit(s) to a facility(s), calculate how many questions answered **yes**, to assess how appropriate the facility is for you (**see chart on page 4 for scoring.**)

Example: Is the staff polite, friendly and caring?

Answer **Yes:** Score 1 point . Answer **No:** Score 0 points

Facility and operations

1. Is the facility easy to get to? Yes No
2. Does the facility offer transportation services to and from the center? Yes No
3. Is the parking lot and pathway to the center:
 - a. Accessible? Yes No
 - b. Level and smooth? Yes No
 - c. Safe? Yes No
 - d. Well lit? Yes No
 - e. Close to the entrance? Yes No
4. Is the facility well lit on the outside and inside? Yes No
5. Does the facility have power door openers at exterior and interior entrances? Yes No
6. Are the exterior and interior doors heavy and too difficult to open? Yes No
7. Is the facility clean and well kept? Yes No
8. Does the facility have nonslip flooring? Yes No
9. Is there elevator access to other areas of the center? Yes No
10. Are all areas of the facility accessible to wheelchairs? Yes No

11. Are the hours and program times flexible? Yes No
12. Does the facility offer free trial memberships? Yes No
13. Will the facility pro-rate your membership fee, based on how much of the facility is accessible to you? Yes No
14. Is the facility's atmosphere one you feel comfortable in? Yes No
15. Are the locker rooms clean, accessible and monitored by staff? Yes No
16. Are the membership contracts and marketing materials available in large print? Yes No
17. Are signs visible and easy to understand? Yes No
18. Does the facility have handrails throughout the center? Yes No
19. Is the music acceptable and set at a reasonable level? Yes No
20. Is the facility and equipment well maintained? Yes No
21. Does the organization belong to a professional fitness association that specializes in older adult fitness? Yes No
22. Does the facility offer a stretching area or stations off the floor? Yes No
23. Does the facility have a warm pool? Yes No
24. Is the equipment area uncluttered? Yes No

Equipment

25. Does the facility's cardiovascular equipment (treadmills, upright and recumbent bikes, ellipticals, etc.) have the following age-friendly features?
 - a. Display panel that is easy to read, easy to change and easy to understand? Yes No
 - b. Treadmills with a slow starting speed, ideally 0.5 mph? Yes No
 - c. Emergency lanyard with belt clip? Yes No
 - d. Wide and comfortable seat with armrest (recumbent bikes and steppers)? Yes No

- e. Minimal pre-programmed workouts? Yes No
 - f. Seat and arm adjustments that are easy to access and easy to adjust (recumbent bikes and steppers)? Yes No
 - g. Keypad within easy reach? Yes No
 - h. Wide and comfortable footrest? Yes No
 - i. Low impact? Yes No
 - j. Long hand rails? Yes No
26. Does the facility's strength building equipment (free weights or weight machines) have the following age-friendly features?
- a. Simple and easy to operate? Yes No
 - b. Easily entered and exited by individuals with a variety of functional abilities and disabilities? Yes No
 - c. Easy to determine where to sit and where to place hands and feet? Yes No
 - d. Range-of-motion adjustments that allow individuals of various body sizes and those with functional limitations to be in the proper position while exercising? Yes No
 - e. Easily adjustable hand, seat and pad positions? Yes No
 - f. Ability to change resistance from a seated position? Yes No
 - g. One pound or small incremental increases in weight? Yes No
 - h. Instructional placards with simple diagrams, easy to read text and font, and correct usage information? Yes No
 - i. Low starting resistance, less than five pounds? Yes No
 - j. Wider seats and benches for people who need a little extra surface to maintain balance? Yes No

Programming

27. Does the facility offer programs designed to meet the needs of those with a variety of chronic conditions? i.e. osteoporosis, cardiovascular disease, diabetes? Yes No

28. Do the classes have different levels of intensity, duration and size? Yes No
29. Is there an extensive screening and assessment process? i.e. Balance, functional abilities, osteoporosis? Yes No
30. Will the staff work hand-in-hand with your physician if you have a health issue? Yes No
31. Has the staff asked you about your goals, created a plan to help you reach them, and showed you this plan? Yes No
32. Do staff members offer counseling on the following:
- a. Nutrition? Yes No
 - b. Behavioral modification? Yes No
 - c. Pain management? Yes No
 - d. Stress management? Yes No
33. Does the facility offer a free orientation class or session to help you become familiar with your surroundings? Yes No
34. Does the facility offer free ongoing staff assistance and training with your program? Yes No
35. Does the facility offer any type of ongoing educational program? i.e. Educational newsletter, website, seminars, bulletin board? Yes No
36. Is the staff polite, friendly and caring? Yes No
37. Does the facility have a doctor, nurse or physical therapist on site? Yes No
38. Is the staff certified by a nationally recognized senior fitness organization to work with people who have various health issues that may arise with age? i.e. Osteoporosis, hypertension, arthritis Yes No
39. Do staff members ask you about your health history and which movements cause pain, fatigue or other symptoms, and which activities or exercises are feasible for you? Yes No
40. Is the staff properly trained to identify the warning signs of fatigue or distress, and to handle emergencies that may arise? (If yes, ask what they do in case of an emergency.) Yes No
41. Do staff members have CPR and first aid training? Yes No
42. Is the staff knowledgeable about the impact that medication can have on exercise ability? Yes No



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