

Fitness Centres and Pools

Participating in exercise is a part of a balanced lifestyle. Joining programs at a fitness centre or pool is a great way to get exercise. Take a tour before you join. Make sure the fitness equipment is accessible and you are able to move around the centre easily. Here are some things to think about when choosing a centre:

Costs: Are there subsidies or discounted rates available for a person with a disability within the centre or the city, town or region you live in?

Accessibility: Is the fitness equipment wheelchair accessible? Do the fitness station seats move to the side? Can you use the fitness equipment from your wheelchair?

Change Rooms: Are the change rooms and washrooms wheelchair accessible? Is a mechanical lift available? Are there large padded benches to change on?

Attendants: Is there a cost for your attendant to come and help you?

Staff Support: Are fitness assessments offered by staff? Will the staff show you how to use the fitness equipment properly? Does the staff have experience working with people with disabilities?

Pool: Is the pool wheelchair accessible? Is there a ramp or mechanical lift to get into the pool? Are there water wheelchairs available? Is the pool a therapeutic pool (88°F/31°C and above) or a regular heated pool?

Pool Supervision: Do staff offer water safety assessments? Do they have flotation devices you can use? Is there supervision while in the pool?

Medical: Do you need a doctor release form for a membership?

When not to use a therapeutic pool:

- If you have any open wounds/skin lesions.
- If you bowel and/or bladder is not well managed.
- If you are feeling sick.
- If you are having stomach problems.

If you are walking, wear water shoes on the pool platform to prevent slipping.

Contact your Recreational Therapist for more information.

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