

Facility Accessibility and Safety

In order to ensure their accessibility, safety and overall suitability, the host sites in which Arthritis Foundation Life Improvement Series classes are conducted must have the following minimum characteristics and should make every reasonable effort to meet the recommended guidelines:

An accessible site consistent with the Americans with Disabilities Act, including reasonable accommodations such as:

- Handicapped parking spaces or other designated parking within close proximity
- At least one building entrance with an easy-to-open door close to parking and useable by persons with disabilities. Entrances with steps must have railings
- Barrier-free exercise room, meeting room or pool accessible to people with disabilities
- Accessible changing and restroom facilities, with adequate provisions for seating, located near the exercise room or pool
- Entrance doors that are easily operable by people with upper extremity limitations in the locker room, locker and restroom

Sites offering the Arthritis Foundation Exercise Program or the Arthritis Foundation Self-Help Program must provide:

- Instructor with CPR certification (required if offering the Arthritis Foundation Exercise Program and recommended for the Arthritis Foundation Self-Help Program)
- It is also recommended that sites provide an exercise/meeting room set-up that facilitates safe, comfortable, effective group interaction and activity, with features such as:
 - Sufficient space for easy movement
 - Sufficient space for assistive devices such as walkers and crutches
 - Clutter-free space, to reduce chances of falls or other injuries
 - Adequate acoustics so the instructor can be easily heard
 - No other concurrent activities in the room
 - Adequate lighting, to reduce chances of falls or other injuries
 - Comfortable room temperature

- Sturdy chairs that do not slide easily, preferably of varying heights
- Carpeted floor or mats (if offering the AF Exercise Program and doing floor exercises)

Arthritis Foundation Aquatic Program sites must provide a pool with:

- Water temperature maintained between 83 and 90 degrees Fahrenheit
- Readily available safety and water rescue equipment
- Clean and uncluttered deck area
- In accordance with state law, provide a written emergency procedure and an instructor or other person at the pool with current lifeguard or water safety/ rescue and CPR certification. If a leader is teaching, it is also recommended that there be a second person at the pool or immediately available to assist with water rescue
- It is also recommended that sites provide a safe, comfortable pool environment including:
 - Air temperature within five degrees of the water temperature
 - Adequate pool depth and pool size to allow submergence of all joints being exercised and easy movement for all participants (6 foot depth for deep water option)
 - Allow classes to be open to the community unless specific arrangements have been made with the AF

Other Responsibilities

- Ensure that the Arthritis Foundation programs are only taught by persons who have successfully met the prerequisites, completed an approved instructor/leader training workshop and are up-to-date on their Arthritis Foundation certification
- Provide adequate liability insurance coverage (at least \$1 million)
- Secure signed release form from all class participants relinquishing the Arthritis Foundation and the facility of financial responsibility or liability incurred as a result of program participation
- Ensure that the full Arthritis Foundation program names are used in all written materials
- Provide program statistics and other requested evaluation data
- Sign a program co-sponsorship agreement to document mutual responsibilities