



67. Inclusive Recreation Center for Adults (Outdoor)

Definition	An outdoor setting that provides inclusive recreation opportunities for those with disabilities and functions as a center for social interaction, physical fitness and emotional well being.
Size	3,000 square feet
Possible Activities	Sports, social events, educational activities.
Location	Urban or suburban residential or mixed-use environments.
Design Criteria	<p>Accommodates activities for young adults, adults and seniors who require adapted recreational exercise and fitness programs.</p> <p>The center should provide for a minimum of 10 physical activity types (or activity stations). The activity program, form and function should accommodate a full range of disabilities, physical, cognitive and sensory limitations, i.e., mobility restrictions, wheelchair access, hypo- and hyper sensory conditions, etc.</p> <p>Design focus should create a centralized gathering space with group seating and shade and water fountains. Siting should consider prevailing winds, solar orientation and slope to provide optimum access for all groups.</p> <p>A track for running, assisted racing, wheelchair racing, etc. should be provided with seating and shade stations. If possible, the center should adjoin an accessible trail with a natural area to provide a variety of recreational experiences.</p>

Supply Values

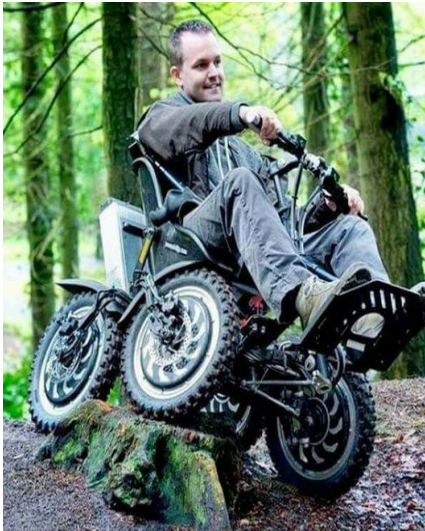
	Tots	Children	Teens	Young Adults	Adults	Seniors
Inclusive Recreation Center	2	4	12	25	25	25



Prototype for Norwell Universal Fitness Park, Norwell Outdoor Fitness Company, Copenhagen, Denmark



Examples of Inclusive Outdoor Recreation for Adults



Clockwise from top:

*Norwell Adaptive Fitness Park,
Copenhagen, Denmark*

*Adaptive dirt bike race, Tavi Woods,
Gawton, England*

*Wheelchair tai-chi,
Norwell Adaptive Fitness Station*

*High back, full support swings,
Worchestershire, England*

*Adaptive trail riding,
All terrain wheelchair*

