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**
Accommodates activities for young adults, adults and seniors who require adapted recreational exercise and fitness programs.

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.

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.

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.

**Supply Values**

<table>
<thead>
<tr>
<th>Inclusive Recreation Center</th>
<th>Tots</th>
<th>Children</th>
<th>Teens</th>
<th>Young Adults</th>
<th>Adults</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
<td>4</td>
<td>12</td>
<td>25</td>
<td>25</td>
<td>25</td>
</tr>
</tbody>
</table>

*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,
Worcesteshire, England

Adaptive trail riding,
All terrain wheelchair