The City of New York
Office of the Mayor

Bill de Blasio
Mayor

J. Philip Thompson
Deputy Mayor for Strategic Policy Initiatives

Victor Calise
Commissioner
Mayor’s Office for People with Disabilities

Kleo King
Deputy Commissioner
General Counsel
Mayor’s Office for People with Disabilities
Inclusive Design Guidelines: Sports & Recreation
New York City

Kleo King
Editor in Chief

Mayor’s Office for People with Disabilities
Christian Valle
Hassan Mamun
FOREWORD

Inclusive Design Guidelines: Sports & Recreation (IDGSR) is a voluntary, prescriptive, technical guidance that helps designers include features for adaptive sports in the sports and recreation facilities they are designing in order to foster the inclusion of sports for individuals with disabilities. In many instances adding design features for certain adaptive sports is inexpensive and easy and opens the facility to a broader community.

This book is harmonized with the Inclusive Design Guidelines: New York City, Second Edition (IDG) and ICC A117.1-2009. The IDGSR incorporates the provisions of ICC A117.1-2009 chapters 1–10 as revised in the IDG however, the definitions in chapter 1 and the scoping provisions in chapter 2 have been augmented. Chapter 11 is included in its entirety with changes to existing provisions and an additional section on Adaptive Sports. While the intent of the provisions in the 2010 ADA Standards and the ICC A117.1-2009 is to allow equal access for all persons to participate in the recreation facilities to the best of their ability, the IDGSR provides information and specifications for elements of a sporting facility allowing for the inclusion of adaptive sports for individuals with disabilities. The IDGSR does not provide complete sports facility designs.

Physical activity benefits all individuals, including those with disabilities, reducing the risk of serious chronic diseases such as heart disease, stroke, diabetes, and some cancers. Research has confirmed the power sports can have for people with disabilities. A study published in the international, multidisciplinary journal Disability and Rehabilitation on August 25, 2015 found that individuals with disabilities playing adaptive sports had an increased likelihood of employment and economic independence. However, nearly half of the adults with disabilities who are able to participate in physical activity get no aerobic physical activity—a far higher percentage than the one in four adults without disabilities who get no aerobic physical activity.\(^1\)

Part of this lack of physical activity may be due to the physical barriers adults and children with disabilities encounter when attempting to engage in physical activity, including lack of knowledge about programs and a shortage of accessible facilities. The IDGSR provides methods for making sports and recreation facilities more accessible by looking at numerous adaptive sports and providing design guidelines for these sports and recreation activities which can be incorporated when designing and building sports and recreation facilities for non-adaptive sports. In addition, the IDGSR provides information on equipment used in adaptive sports which will facilitate access to sports and recreation facilities and the programming within the facilities.

Victor Calise
Commissioner

Mayor’s Office for People with Disabilities

\(^1\) https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/vs-disability-activity/index.html
# Contents

Foreword ................................................................................................................................................... vii

Table of Contents ................................................................................................................................... ix

List of Figures .......................................................................................................................................... xi

## Chapter 1. Application and Administration

105.3 Resources ....................................................................................................................................... 01
106 Definitions .......................................................................................................................................... 01

## Chapter 2. Scoping

201 General ............................................................................................................................................ 07
203 Administrative/Disclaimers .............................................................................................................. 07
203.1 Limitation on Liability .................................................................................................................. 07

## Chapter 11. Sports and Recreational Facilities

1100 Introduction ..................................................................................................................................... 09
1101 General ............................................................................................................................................ 10
1102 Amusement Rides .......................................................................................................................... 10
1103 Recreational Boating Facilities ..................................................................................................... 13
1104 Exercise Machines and Equipment ............................................................................................... 17
1105 Fishing Piers and Platforms .......................................................................................................... 18
1106 Golf Facilities ................................................................................................................................ 19
1107 Miniature Golf Facilities ............................................................................................................... 20
1108 Play Areas .................................................................................................................................... 20
1109 Swimming Pools, Wading Pools, Hot Tubs, and Spas ................................................................. 27
1110 Shooting Facilities with Firing Positions ...................................................................................... 34
1111 Ice Rinks ...................................................................................................................................... 34
1112 Adaptive Sports .............................................................................................................................. 35
    1112.1 Archery .................................................................................................................................. 35
    1112.2 Beep Ball ............................................................................................................................... 36
    1112.3 Bocce .................................................................................................................................... 37
    1112.4 Bowling .................................................................................................................................. 38
    1112.5 Cycling .................................................................................................................................. 38
    1112.6 Equestrian ............................................................................................................................ 39
    1112.7 Fencing .................................................................................................................................. 41
    1112.8 Goal Ball ............................................................................................................................... 41
    1112.9 Judo ...................................................................................................................................... 42
    1112.10 Rugby ................................................................................................................................. 42
    1112.11 Sitting Volleyball .................................................................................................................. 43
    1112.12 Skiing ................................................................................................................................... 43
    1112.13 Sled Hockey ......................................................................................................................... 46
    1112.14 Table Tennis ........................................................................................................................ 48
    1112.15 Track and Field ..................................................................................................................... 48
    1112.16 Wheelchair Basketball ....................................................................................................... 49
    1112.17 Wheelchair Curling ............................................................................................................. 49
    1112.18 Wheelchair Football ............................................................................................................ 50
    1112.19 Wheelchair Lacrosse .......................................................................................................... 52
    1112.20 Wheelchair Softball ............................................................................................................. 54
    1112.21 Wheelchair Tennis ............................................................................................................... 57

Index .................................................................................................................................................... 59
List of Figures

Figure 1102.4.4.3  Protrusions in Wheelchair Spaces in Amusement Rides .................. 11
Figure 1103.3.1.1(a)  Boat Slip Clearances .......................................................... 14
Figure 1103.3.1.1(b)  (Exception 1) Clear Pier Space Reduction at Boat Slips ........ 14
Figure 1103.3.1.1(c)  (Exception 2) Edge Protection at Boat Slips ......................... 15
Figure 1103.3.2.2(a)  Boarding Pier Clearance ....................................................... 15
Figure 1103.3.2(b)  (Exception 1) Clear Pier Space Reduction at Boarding Piers .... 16
Figure 1103.3.2(c)  (Exception 2) Edge Protection at Boarding Piers ..................... 16
Figure 1103.4  Adaptive Boat Launch ...................................................................... 16
Figure 1103.4.1  Loading Bench ........................................................................... 17
Figure 1103.4.2  Roll Cage ................................................................................... 17
Figure 1104.1  Wheelchair with Cambered Wheels ............................................... 17
Figure 1105.3.2  Extended Ground or Deck Surface at Fishing Piers and Platforms ... 18
Figure 1106.5  Example of an Accessible Golf Cart ............................................. 19
Figure 1107.3.2  Golf Club Reach Range Area ....................................................... 20
Table 1108.3.2.1.2  Number and Types of Ground Level Play Components Required to
Be on Accessible Routes ..................................................................................... 22
Figure 1108.4.2.2  Transfer Platforms ................................................................. 25
Figure 1108.4.2.1  Transfer Steps ......................................................................... 25
Figure 1109.2.2  Pool Lift Seat Location ............................................................... 27
Figure 1109.2.3  Clear Deck Space at Pool Lifts ..................................................... 28
Figure 1109.2.4  Pool Lift Seat Height ................................................................... 28
Figure 1109.2.8  Pool Lift Submerged Depth ......................................................... 28
Figure 1109.3.2  Sloped Entry Submerged Depth .................................................... 29
Figure 1109.3.3  Handrails for Sloped Entry ........................................................... 29
Figure 1109.4.1  Clear Deck Space at Transfer Walls ........................................... 30
Figure 1109.4.2  Transfer Wall Height .................................................................. 30
Figure 1109.4.3  Depth and Length of Transfer Walls .......................................... 30
Figure 1109.4.5  Grab Bars for Transfer Walls ....................................................... 31
Figure 1109.5.1  Size of Transfer Platform ............................................................ 32
Figure 1109.5.2  Clear Deck Space at Transfer Platform ........................................ 32
Figure 1109.5.4  Transfer Steps ........................................................................... 33
Figure 1109.5.6  Size of Transfer Steps ................................................................. 33
Figure 1109.5.7  Grab Bars .................................................................................. 33
Figure 1111.3  Team Benches ............................................................................. 34
Figure 1112.1.3.1  Outdoor Archery Field .............................................................. 35
Figure 1112.1.3.2  Indoor Archery Field ................................................................. 36
Figure 1112.2.2  Beep Ball Field ........................................................................... 36
Figure 1112.2.3(a)  Beep Ball Base ......................................................................... 37
Figure 1112.2.3(b)  Beep Ball Ball ......................................................................... 37
Figure 1112.3.2  Bocce Court ............................................................................... 37
Figure 1112.3.3  Bocce Ball Ramp ........................................................................ 37
Figure 1112.4.3(a)  Bowling Ball Ramp ................................................................. 38
Figure 1112.4.3(b)  Bowling Ball with Retractable Handle ..................................... 38
Figure 1112.5.2  Cycling Track ............................................................................ 38
Figure 1112.6.3  Equestrian Mounting Platform .................................................... 40
Figure 1112.8.2  Goal Ball Field ........................................................................... 41
Figure 1112.8.3  Goal Ball Ball ............................................................................. 41
Figure 1112.9.2  Judo Field of Play ....................................................................... 42
Figure 1112.10.2  Rugby Field .............................................................................. 42
Figure 1112.11.2  Sitting Volleyball Court ............................................................. 43
Figure 1112.12.3.1(a)  Mono-ski ......................................................................... 44
Figure 1112.12.3.1(b)  Bi-ski ............................................................................... 44
Figure 1112.12.3.2  Four-Track Ski ...................................................................... 45
Figure 1112.12.3.3  Three-Track Ski .................................................................... 45
<table>
<thead>
<tr>
<th>Figure 1112.12.3.4</th>
<th>Two-Track Ski ................................................................. 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Figure 1112.13.2</td>
<td>Sled Hockey Rink .............................................................. 47</td>
</tr>
<tr>
<td>Figure 1112.13.4</td>
<td>Penalty Boxes .................................................................... 48</td>
</tr>
<tr>
<td>Figure 1112.17.2</td>
<td>Wheelchair Curling Playing Field ....................................... 50</td>
</tr>
<tr>
<td>Figure 1112.18.2</td>
<td>Wheelchair Football Field ................................................ 51</td>
</tr>
<tr>
<td>Figure 1112.19.2</td>
<td>Wheelchair Lacrosse Field ................................................ 53</td>
</tr>
<tr>
<td>Figure 1112.20.2</td>
<td>Wheelchair Softball Field ................................................ 55</td>
</tr>
<tr>
<td>Figure 1112.20.3(a)</td>
<td>Batters Frame, Plan View .................................................. 56</td>
</tr>
<tr>
<td>Figure 1112.20.3(b)</td>
<td>Batters Frame, Elevation View ........................................... 56</td>
</tr>
<tr>
<td>Figure 1112.20.3(c)</td>
<td>Batters Frame, Perspective View ....................................... 56</td>
</tr>
</tbody>
</table>