



Inclusive Design Guidelines: Sports & Recreation New York City

City of New York
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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/nccdcphp/dnpao/division-information/media-tools/dpk/vs-disability-activity/index.html>

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