

Services

- A range of health and fitness services are available, including one-to-one consultations and training sessions with our professional team, who can assist all users in optimising their training sessions
- For additional instruction on the use of the Fitness Suite, inductions are available, which give the ideal introduction to the safe and effective use of the equipment and also basic instruction in the use of the integral FitLinxx system
- In addition our team of Fitness Consultants are always on-hand in the Energy Zone to assist whenever necessary

Spectators

There is viewing for spectators at the following venues, all accessed from level 1 (reception level):

Sports Hall

There are 8 spaces for visitors in wheelchairs, and an induction loop can be used for events in this area

Squash Courts

There are 4 spaces for visitors in wheelchairs

Outdoor Stadium

There are 8 spaces for visitors in wheelchairs in the grandstand. The building has been designed to offer level access to the grandstand from either through the building from level 1 (reception level) or from the external walkway around the side of the building.

Assistance Dogs

Guide dogs and assistance dogs are welcome in the Sports Village.

Evacuation

Please inform a member of staff at reception if you are unable to leave the building unaided in an emergency.

Please ask at reception if you would like to request any information in an alternative format.

Aberdeen Sports Village
Linkfield Road
Aberdeen AB24 5RU

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email: info@aberdeensportsvillage.com
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User Guide for Disabled Customers

Aberdeen Sports Village welcomes disabled athletes and visitors, and we will endeavour to make your visit as enjoyable as possible. During the initial design stage we have made every effort to consider access issues, and have paid special attention to equipping the facility appropriately. This leaflet will provide you with some information which you might find useful. If you require other specific information, please don't hesitate to get in touch.

Parking

- There are 10 accessible parking spaces available in Car Park 2, which is directly to the West of the building
- These provide the closest direct, wheelchair-accessible route to the main reception, which is clearly signposted

- There are also drop-off points on Linkfield Road at the front of the building for visitors with limited mobility

Reception

- From Linkfield Road, the front glazed aspect of the Sports Village is marked with contrast directional arrows indicated clearly the location of the entrance door
- The reception area is bright and airy, and is easily accessed through large, double automatic doors, at street level
- Wheelchair users have easy access to the reception desk, access gates, kiosks and café servery
- An access control system is in operation, with wide, automatic access gates, operated by ASV membership cards (proximity cards)
- There is an induction loop for hearing-impaired customers at reception



Access to Sports Facilities

- The sports facilities are on 3 floors, all of which can be accessed by lift
- Each floor is colour co-ordinated, and all signage throughout the building is bold and clear
- The text on all door signs is textured to allow for finger-reading
- Sports facilities which can be accessed in a wheelchair include the Energy Zone fitness suite, sky studio, sports studio, sports hall, indoor & outdoor athletics, hockey pitch and the indoor pitch

The Energy Zone Fitness Suite

The Energy Zone is accessed by the proximity ASV membership card, via a wide, automatic access gate, and has a selection of items of equipment suitable for use by all.

The suite of cardiovascular equipment which is certified by the Inclusive Fitness Initiative (IFI) includes:

- IFI treadmill
- IFI upright bike
- IFI recumbent bike
- 2 arm ergometers

These machines are adapted to ensure that access for physically or visually impaired customers is as easy as possible:

- Step-up platforms, reducing the step-up height, allowing easier access to the machine
- Contrast marking on all machines to clearly identify the step-on points
- Contrast lines on the treadmill belt, with a large logo on the belt to indicate to users that the treadmill is in operation
- Embossed and high contrast controls increase tactility to allow visually impaired users to easily navigate the controls

- Brightly coloured seat height adjustment and tactile seat position markings on the bikes
- Enhanced pedals with heel straps to keep the user's foot in place
- Arm ergometer seats are fully adjustable in terms of both height and rotation to allow ease of access, and can be removed completely to allow use of the machine for wheelchair users

Resistance equipment in the Fitness Suite includes:

- 2 IFI dual adjustable pulley machines
- Extensive free weights equipment, including dumbbell sets, platforms, benches and racks

Features of the dual adjustable pulley include:

- Ergonomically shaped adjustments – easily identifiable and easy to grasp
- Easily distinguishable adjustment handle, allowing easy, one-hand use
- Tactile pulley position numbers, and high contrast tactile weight stack numbers
- Stability handles

Toilets and Changing Facilities

Accessible toilets, changing facilities and showers are available on all 3 floors of the Sports Village, and are all equipped and decorated with high contrast materials. All facilities for disabled and ambulant disabled customers are highlighted in the table opposite.

As you face the shower or toilet, the transfer space is indicated by a (R) for on the right hand side or (L) for on the left hand side.

LEVEL 0 AREAS	FACILITIES AVAILABLE
Accessible changing room (near Sports Hall)	Accessible shower (R) Accessible toilet (R)
Accessible changing room (near track exit)	Accessible shower (R) Accessible toilet (R)
Changing room 1 (male)	Accessible shower (R)
Changing room 2 (female)	Accessible shower (L)
Male toilets	Accessible toilet (L)
Female toilets	Accessible toilet (R)
Changing room 3 (male)	Accessible shower (L) Toilet cubicle for ambulant disabled customers
Changing room 4 (female)	Accessible shower (R) Toilet cubicle for ambulant disabled customers
Indoor athletics area	Accessible toilet (L)
External toilets (underneath grandstand)	Accessible toilet (R)

LEVEL 1 AREAS	FACILITIES AVAILABLE
Café area	Accessible toilet (R&L) - this is the largest accessible toilet with hoist facility and is designed for use by disabled customers who are accompanied by trained carers or assistants
Accessible changing room	Accessible shower (L) Accessible toilet (L)
Changing room 5 (male)	Accessible shower (R) Toilet cubicle for ambulant disabled people
Changing room 6 (female)	Accessible shower (L) Toilet cubicle for ambulant disabled people
Performance & Well-being Centre	Toilet cubicle for ambulant disabled people

LEVEL 2 AREAS	FACILITIES AVAILABLE
Accessible changing room	Accessible shower (L) Accessible toilet (R)
Female changing room	Accessible shower (L) Toilet cubicle for ambulant disabled people
Male changing room	Accessible shower (R)
Staff offices	Accessible toilet (L)