

- MAKE SURE ANY DOWNLOAD / ENQUIRES BUILDING IS ACCESSIBLE WITH DOORWAYS THAT CAN ACCOMMODATE WHEELCHAIRS AND SUITABLE, UP TO STANDARD, ACCESSIBLE TOILETS
- MAKE SURE LEGEND AND CONTROLS DESCRIPTIONS FIT CLEARLY ON THE MAP SO THAT THE WHOLE MAP CAN BE READ AND UNDERSTOOD CLEARLY, EVEN WHEN THE MAP IS PLACED ON A BOARD
- DRAINS WITH BIG GAPS BETWEEN BARS CAN BE A DANGER FOR GETTING WHEELS STUCK AND SHOULD BE INDICATED IN THE FINAL DETAILS PRIOR TO THE EVENT
- CONSIDER SUITABLE PARKS, AND COUNTRY PARKS IN ADDITION TO URBAN SETTINGS FOR CREATING WHEELCHAIR ACCESSIBLE COURSES.
- ENSURE THERE ARE SUITABLE DISABLED PARKING SPACES AT THE EVENT/EVENT CENTRE

FULLY WHEELCHAIR ACCESSIBLE COURSE

- 1-2KM (WEATHER IS A FACTOR IN DISTANCE CONSIDERATION- PEOPLE IN WHEELCHAIRS WILL GET COLD FASTER IN POOR WEATHER)
- IMPORTANT DROPPED CURBS TO BE INDICATED ON THE MAP
- CURBS, STEPS AND STEEP INCLINES TO BE AVOIDED (EVEN POWER WHEELCHAIRS CAN ONLY HANDLE AN 8 DEGREE INCLINE)
- KITES TO BE HUNG LOW AND BE ACCESSIBLE FROM A CHAIR
- ALLEYWAY WIDTH SHOULD BE CONSIDERED IN PLANNING AND COULD HAVE THEIR WIDTH INDICATED IN METRES ON THE MAP. COBBLED STREETS OR UNEVEN GROUND SHOULD BE INDICATED ON THE MAP THOUGH BE MINDFUL THAT COBBLES AND UNEVEN TERRAIN BE PAINFUL FOR THOSE WITH SPINAL INJURIES
- SMALL SECTIONS OF SHORT GRASS ARE OKAY IF WEATHER IS EXPECTED TO BE DRY AND HAS BEEN PREVIOUS TO THE EVENT
- MAJOR ROAD CROSSINGS TO BE AVOIDED UNLESS THERE IS A SAFE AND OBVIOUS PLACE TO CROSS
- COURSES CAN STILL BE TECHNICALLY DIFFICULT, FOR EXAMPLE, CONTROLS CAN BE HUNG AROUND CORNERS AND BEHIND BUSHES, IF THEY ARE ACCESSIBLE. RECOMMENDATIONS AT CURRENT PROVISION AND ATTENDEES ARE FOR COURSES SHOULD HOWEVER BE PLANNED TO A BEGINNER/ INTERMEDIATE LEVEL HOWEVER UNTIL REGULAR PARTICIPATION OCCURS.
- COURSES CAN BE ADVERTISED THROUGH LOCAL CHARITIES, DISABILITY GROUPS, NHS PROVIDERS AND LOCAL AUTHORITIES, INCLUDING SCHOOL AND ACTIVE PARTNERSHIPS AND HEALTH AND WELLBEING TEAMS ACROSS YOUR NETWORK AREA.

ACCESSIBLE COURSE – **(SUITABLE FOR LESSER MOBILITY/SOME W-CHAIR USERS)**

- 2-3KM
- CURBS, SHORT SECTIONS OF STEPS AND MEDIUM INCLINES CAN BE INCLUDED BUT AN ALTERNATIVE ROUTE MUST BE AVAILABLE TO AVOID ANY STEPS THAT ARE INCLUDED. THIS ALLOWS FOR ROUTE CHOICE TO THE PARTICIPANT
- KITES TO BE HUNG LOW AND ACCESSIBLE EASILY FROM A WHEELCHAIR
- ALLEYWAYS WHICH ARE NARROW AND STREETS THAT INVOLVE COBBLES OR ARE UNEVEN SHOULD BE INDICATED ON THE MAP
- LONGER SECTIONS OF GRASS ARE OKAY WITHOUT WEATHER CONSIDERATIONS, IF AN ALTERNATIVE PAVED/HARD-STANDING ROUTE IS ALSO AVAILABLE TO USE
- COURSES CAN STILL BE TECHNICALLY DIFFICULT, FOR EXAMPLE, CONTROLS CAN BE HUNG AROUND CORNERS AND BEHIND BUSHES, IF THEY ARE ACCESSIBLE. RECOMMENDATIONS AT CURRENT PROVISION AND ATTENDEES ARE FOR COURSES SHOULD HOWEVER BE PLANNED TO A BEGINNER/INTERMEDIATE LEVEL HOWEVER UNTIL REGULAR PARTICIPATION OCCURS.