

# **Gippsland Regional Aquatic Centre Access Key**

**A customised accessibility guide**

**49 Breed Street**

**Traralgon, Victoria, 3844**

**Phone 1300 444 722**

**Website [grac.ymca.org.au](http://grac.ymca.org.au)**

**Updated December 2021**

**Version 1.0**

**Glossary**

**Actively supervise** - The GSPO (Guidelines for Safe Pool Operations) states that depending on the age of a child, a parent, guardian or carer needs to be within arm's reach of the child.

**AFFL** - Above finished floor level.

**Balance** - A biological system that enables us to maintain a body's desired position and requires a number of sensory systems to work together.

**Cardiovascular** - Relating to the heart and blood vessels.

**Casual Guest** - Visitors, non-members.

**Changing Places** - A facility for people who cannot use standard accessible toilets. They provide extra features and more space to meet the needs of people with disabilities or additional requirements.

**Gross motor skills** - Involves the use of the large muscles of the body.

**Flexibility - The ability of joints to move through a range of motion while unrestricted and pain free.**

**Flume - A winding tubular water slide or chute at a swimming pool.**

**GRAC - Gippsland Regional Aquatic Centre.**

**HSH - Hand held shower hose.**

**Interpersonal and social skills - Relating to relationships or communication between people and the ability to interact with them in the most efficient and proper manner.**

**Members - A person who has paid for membership to attend and use the facilities.**

**Mobility - The ability to move or be moved easily and freely.**

**NDIS - National Disability Insurance Scheme.**

**Proprioception - Awareness of position and movement of the body.**

**Social interaction - Consider the perspective of other people and understand their needs.**

**Sensory exploration - The stimulation of one's senses: touch, smell, taste, movement, balance, sight and hearing.**

**TGSI - Tactile ground surface indicators. A tactile ground surface to assist pedestrians who are visually impaired. Often found on footpaths, stairs and train station platforms.**

**TRX mapping - A self-screening tool that analyses a person's movement and produces a customised exercise plan to improve form.**

## **Guidelines**

**Thank you for choosing to use an Access Key for Gippsland Regional Aquatic Centre.**

**his customised accessibility guide provides convenient information about accessing Gippsland Regional Aquatic Centre.**

**For your Access Key to be successful, we recommend you follow these guidelines.**

**Access Keys are available online to help you prepare for your visit in advance.**

**Access Keys should be read and shared in an environment free of distractions.**

**Access Keys can be read independently or shared with a friend, family member, carer or support worker to prepare for the visit.**

**If sharing the Access Key with participant, help the participant comprehend key points, consistently monitoring for level of understanding.**

**If sharing the Access Key with participant, contextualised photographs can be used to summarise information and experiences.**

**If using the Access Key as a reflective tool, make sure to enjoy the pivotal link between experience and recall after the visit has taken place.**

**Once the visit has taken place, revisit the Access Key to celebrate success.**

**Download Access Key in its entirety - 101 pages in total.**

**Did You Know?**

**Gippsland Regional Aquatic Centre (GRAC) is proudly owned by Latrobe City Council and managed by YMCA Victoria.**

**<http://victoria.ymca.org.au/>**

**Latrobe City Council is committed to ensuring that people with a disability have equitable access to infrastructure and services provided. Latrobe City Council's Disability Action Plan aims to help people feel valued and provides opportunities for everybody to participate in their community. It is about connecting with local communities, workmates, families and friends to build relationships and networks, addressing isolation, and promoting social inclusion.**

**[https://www.latrobe.vic.gov.au/Community/Community\\_Groups/Community\\_Programs/Social\\_Inclusion](https://www.latrobe.vic.gov.au/Community/Community_Groups/Community_Programs/Social_Inclusion)**

**GRAC is an accredited Watch around Water centre.**

**<https://lsv.com.au/pool-safety-services/watch-around-water/>**

**At different times of the day, lap lanes and pool availability may be limited or closed to accommodate programs and special events. You can check our social network pages for notifications or contact us on 1300 444 722.**

**A range of membership options are available.**

**<https://grac.ymca.org.au/memberships>**

**Please visit our website for casual entry prices.**

**<https://grac.ymca.org.au/visit/prices>**

**Meeting room hire available. Room capacity 15 to 20 people (unless COVID restrictions apply). <https://grac.ymca.org.au/contact-us>**

**Flexible school programs available. Please see our website for more information.**

**<https://grac.ymca.org.au/swim/programs-for-schools>**

**GRAC offers a nutrition program which is free as part of your membership. Please see our website for more information. <https://grac.ymca.org.au/fitness/nutrition>**

**Financial assistance is offered through the YMCA Open Doors Program. This program offers full or partially subsidised access to YMCA programs and services to people in need. For information on eligibility and how to apply, please visit [victoria.ymca.org.au/support/ask-for-support/how-to-apply-for-support.html](https://victoria.ymca.org.au/support/ask-for-support/how-to-apply-for-support.html)**

**Follow us on Facebook and Instagram.**

**<https://www.facebook.com/gippslandregionalaquaticcentre>**

**<https://www.instagram.com/explore/locations/345888776504301/gippsland-regional-aquatic-centre/?hl=en>**

**To provide feedback please visit our website or call us on 1300 444 722.**

**<https://grac.ymca.org.au/contact-us>**

**Gippsland Regional Aquatic Centre opened in March 2021. It is a state-of-the-art health and leisure centre that offers fantastic facilities including:**

- **two Changing Places**



- **warm water program pool**
- **indoor 50m pool**
- **learn to swim pool**
- **AquaPlay area**
- **water slides**
- **spas**
- **sauna and steam rooms**
- **change facilities**
- **aqua aerobics**
- **25m outdoor heated pool**
- **gymnasium**
- **group fitness classes**
- **meeting room**
- **wellness area**
- **café and retail.**

**No camera use without express permission from management. Jewellery and phones not recommended in the wet areas.**

### **Fly Through Videos**

**<https://my.matterport.com/show/?m=ZwgsncE3UTN>**

**[https://www.youtube.com/watch?v=rB8OMBG\\_NSY](https://www.youtube.com/watch?v=rB8OMBG_NSY)**

### **Aquatic Supervision Rules**

**Children under the age of 5 must remain within arm's reach of a parent/guardian at all times in the water.**

**Children aged 6-10 years will not be admitted without a parent/guardian at least 16 years or older and must be ACTIVELY supervised at all times when in the centre.**

**Groups will not be admitted where the number of parents, guardians or carers supervising children under 5 years exceeds the ratio 1:4.**

**Groups will not be admitted where the number of parents, guardians or carers supervising children aged between 5 to 9 years exceeds the ratio of 1:10.**

**Children aged 10 years and under must wear coloured wristbands:**

**1-to-4-year-old - pink**

**5-to-10-year-old – yellow.**

## **Getting There**

**Gippsland Regional Aquatic Centre is located at 49 Breed Street, Traralgon.**

**See Google Maps reference here.**

**<https://www.google.com/maps/place/49+Breed+St,+Traralgon+VIC+3844/@-38.1954317,146.5308737,17z/data=!3m1!4b1!4m5!3m4!1s0x6b291824020179f1:0x699dfb24fc1c54a0!8m2!3d-38.1954317!4d146.5330624>**

**Public Transport**

**The V/Line regional train from Southern Cross Station to Traralgon will get you there. The nearest railway station, Traralgon Station, is 1.3 kilometres from GRAC.**

## **Bus**

**The nearest bus stop, on the corner of Breed Street and Grey Street, is 250m from GRAC. The regional bus from Traralgon will get you there.**

**For further information on how to get to GRAC, please visit Public Transport Victoria. <https://www.ptv.vic.gov.au/journey>**

## **Parking**

**The most convenient parking is located within a designated carpark onsite.**

**There are:**

**4 accessible parking bays 25 metres from the main entrance**

**2 accessible parking bays 20 metres from exit door on front side of building**

**198 general parking bays with a 4-hour restriction**

**4 two-minute parking bays outside the main entrance.**

**Buses over 12.5m long are not permitted in the onsite carpark. Bus parking is available on Kay Street. Smaller buses are permitted to park onsite, near exit door on front side of building.**

**All day and 2-hour street parking are available nearby. Please check signage.**

**An overflow carpark is located across the road on Breed Street at the Latrobe Performing Arts Centre from early 2022.**

**Bike racks are located outside the main entrance.**

## **Welcome**

**Welcome to Gippsland Regional Aquatic Centre.**

### **Main Entry**

**Entry is via two sets of glass automated doors, both sets with a clearance of 1840mm.**

## **School/Group Entry**

### **Location**

**At the rear of the centre, just off Kay Street.**

**Entry is via automated doors opening outward with a clearance of 1800mm. Please use the buzzer located on the wall, to the right.**

**To exit, press green push button on the wall, to the right at a height of 1030mm AFFL.**

**For opening hours and contact details please visit our website.**

**<https://grac.ymca.org.au/visit/opening-hours>**

**Centre operating hours may vary depending on programs being run on a day-to-day basis. Please check before attending for availability of specific pools.**

**Seats with back and armrests are located outside the main entrance. Bench seating with no back or armrests are also available.**

**There is an undercover area directly outside the main entrance to the centre.**

## **Staff**

**Customer Service and Gymnasium staff wear dark grey polo shirts with Latrobe City logo on the front. The polo shirts have the word 'staff' and the branding wave on back. Staff wear black shorts or pants with the Latrobe City Council logo.**

**Lifeguards wear international standard uniform which comprises of a bright yellow and red shirt with red shorts. The word 'Lifeguard' is across the front and back of shirts. They carry a bum bag, a kickboard and a radio.**

**Swim instructors wear a red rash vest with the word 'Instructor' on the back.**

**Group fit instructors wear a grey singlet with the word 'Staff' on the back in white letters.**

## **Reception**

**Reception is located directly ahead of the entrance, to the left.**

**Staff are available to provide assistance with any enquiries, bookings, assist with payments or to provide directions.**

**There is a visual Communication Board at reception to support confident customer communication.**

## **Members**

- 1. Members can pick up a wristband at reception.**
- 2. Children report to reception to collect the appropriate coloured wrist band for the pool.**
- 3. Water slide, spa, sauna and steam room users report to reception to collect wristband 'colour of the day'.**
- 4. Swipe membership card or wristband at the scanner. This scanner is located on the member gate directly ahead of the entry doors. Scanner is at a height of 1010mm AFFL. Member gate automatically opens inward and has a clearance of 1000mm.**



## **Casual Guests**

- 1. Report to reception.**
- 2. Pay for visit. Discuss what program you would like to access. Cash or EFTPOS is accepted.**
- 3. Children report to reception to collect the appropriate coloured wrist band for the pool.**
- 4. Water slide, spa, sauna and steam room users report to reception to collect wristband 'colour of the day'.**
- 5. Enter through the automatic entry gate directly ahead of the entry doors. Gate opens inward with a clearance of 1000mm.**

**The main reception desk features a low height desk to the left as well as another low height desk through the gates.**

**Seating options in reception include stools with no back or armrests.**

**Audio-visual screens are located on the wall above the reception desk. Screens are captioned.**

**Manual water wheelchairs are available for use. These are located within the pool hall, next to the warm water program pool.**

## **Sensory Guide Reception**

### **Feel**

- **Change in ground surface**
- **Heating/Cooling**
- **Shared personal space**

### **Sounds**

- **Automated doors**
- **Café equipment**
- **Heating/Cooling**
- **People**
- **Splashing**

- **Telephones**

## **Sights**

- **Bright lights**
- **Glare**
- **People**

## **Smells**

- **Chlorine**
- **Food/Drink (café)**

## **Reception Foyer - Toilets**

**There is one accessible toilet in the reception foyer.**

### **Location**

- 1. Walk through the entry doors.**

- 2. Walk through the glass automated doors to the left. Doors have a clearance of 1810mm.**
- 3. Walk through this hallway.**
- 4. The toilet is located past the staircase, on the right-hand side.**

**Includes:**

**unisex, accessible toilet with sensor lighting**

**door opening inward. Door clearance of 870mm. Twist lock at 1040mm AFFL**

**cubicle space 1920mm x 2580mm**

**grab bars to the right and behind toilet**

**colour contrast toilet seat at height 470mm AFFL with right-hand transfer**

**padded backrest to toilet**

**emergency button located 620mm from toilet**

**sink height 810mm AFFL with knee clearance 510mm and lever tap at 1000mm AFFL**

**baby change**

## **Sensory Guide Reception Foyer - Toilets**

### **Feel**

- **Heating/Cooling**

### **Sounds**

- **Echo**
- **Heating/Cooling**
- **Toilet flushing**
- **Water running**

### **Sights**

- **Bright lights**
- **Mirror/Reflection**

## **Smells**

- **Air Freshener**
- **Bathroom smells**
- **Disinfectants**

## **Reception Foyer - Café and Retail**

**Café and retail are located through the main entry doors on the right-hand side.**

**The café offers a wide range of fresh, tasty and nutritious options. The café follows the Victorian Government's Healthy Choices Guidelines Traffic Light System to help guide patrons to make healthy food choices.**

**<http://heas.health.vic.gov.au/healthy-choices/guidelines/traffic-light-system>**

**Includes:**

- **serving counter at 900mm AFFL**
- **secondary serving counter, accessed from the wet area of the pool hall at 1060mm AFFL**

- **cash and EFTPOS**
- **tables and chairs with backs, no armrests. A bench with stools and backs is also available**
- **entry to café outdoor area is via glass automated doors with a clearance of 1840mm. Push button at 1020mm AFFL**
- **merchandise stalls are located on the left-hand side of reception.**

**A visual menu is available on an audio-visual screen above the main serving counter, as well as in large print on a menu near the cash register.**

**Highchairs are available.**

## **Sensory Guide Reception Foyer - Café and Retail Precinct**

### **Feel**

- **Change in ground surface (to outdoor eating areas)**
- **Heating/Cooling**
- **Shared personal space**

## **Sounds**

- **Automated door**
- **Café equipment**
- **Heating/Cooling**
- **People**

## **Sights**

- **Bright lights**
- **Glare**

## **Smells**

- **Food/Drink**
- **Chlorine**

## **Therapeutic Benefits**



**Being involved in regular moderate physical activity can provide numerous advantages including the support of regulation through sensory pathways. It is important for children and adults to meet their daily sensory requirements in order to remain regulated and support attention and participation in all daily activities.**

**Listed below are the associated therapeutic benefits of participating in activities available at Gippsland Regional Aquatic Centre.**

### **Aquatic activities**

**develops interpersonal and social skills**

**develops understanding of winning and losing**

**encourages cooperation**

**encourages sensory exploration**

**facilitates development of gross motor skills**

**improves cardiovascular health**

**improves muscular strength**

**improves overall mental health and wellbeing**

**improves proprioception**

**promotes improvement in range of movement**

**reduces pain and inflammation**

**reduces stiffness**

**relaxation and calming benefits**

**supports injury rehabilitation**

**Spa, Sauna and Steam Room**

**helps relieve muscle and joint pain**

**improves immune system**

**assists with relaxation and stress relief**

**improves circulation and blood flow**

**assists with sleep disorders**

**Aqua Aerobics**

**improves physical fitness**

**improves endurance**

**increases flexibility**

**exercises the body without putting stress on joints**

**increases muscle strength**

**reduces pain and stiffness**

**assists in the management of injuries and rehabilitation**

**encourages social interaction and community participation**

**Gymnasium**

**improves cardiovascular fitness**

**encourages social interaction and community participation**

**increases energy levels**

**helps reduce joint and muscle pain**

**assists with balance and flexibility**

**helps improve posture**

**assists with stress relief, decreased anxiety and better sleep**

**helps improve brain functionality and memory**

**helps improve mood**

**decreases risk of chronic disease**

**Group Fitness**

**helps improve physical fitness**

**improves muscle strength in legs (spin classes)**

**gentle exercises for joints (spin and low impact classes)**

**encourages social interaction and community participation**

**improves energy levels**

**working out in a group assists with fitness motivation and accountability**

**fitness instructors help to ensure exercises are executed in the correct way**

**Did you know that sport and active recreation can fit into four different NDIS funding categories?**

**The NDIS Sports Guide will walk you through how to include sport and recreation into your NDIS planning goals.**

**<https://dssr.org.au/ndis-sports-guide/>**

**Pool Hall**

**The pool hall is located directly ahead of the reception entry gates.**

**Entry is via a set of glass automated doors with a clearance of 2150mm.**

**Includes:**

- **two Changing Places**
- **change facilities**
- **manual water wheelchairs**
- **warm water program pool**
- **indoor 50m pool**
- **learn to swim pool**
- **toddler pool**
- **AquaPlay area**
- **water slides**
- **spas**
- **sauna and steam rooms**

- communal showers
- bench seating, some with armrests
- lockers
- access to café and seating as well as café outdoor area.

## **Pool Hall - Changing Places**

**There are two dedicated Changing Places.**

**Changing Places toilets have extra features and more space to meet the needs of people with disabilities or additional requirements.**

**Location: Both next to the warm water program pool, on the far wall.**

**Each includes:**

**unisex, fully accessible toilet and adult change facility with sensor lighting**

**push button entry at 1000mm AFFL**

**Sliding door. Door clearance of 950mm. Push button lock at 1170mm AFFL**

**cubicle space 4650mm x 3170mm**

**retractable grab bars on both sides of toilet**

**colour contrast toilet seat at height 470mm AFFL with right- and left-hand transfer**

**emergency button located 870mm from toilet**

**padded backrest to toilet**

**sink height 810mm AFFL with knee clearance 510mm AFFL and lever tap at 1040mm  
AFFL**

**shower with HSH, grab bars and shower bench**

**privacy screen**

**signage detailing operating instructions for the safe use of the change table and  
ceiling hoist located on wall behind change table**

**adult change table – electronically height adjustable and manual foldable table with  
maximum load 200kg**



**C450 ceiling hoist with hoist/carry bar with maximum load 200kg**

**exit door push button at 1000mm AFFL.**

**Slings are located in the first aid room and available upon request. Slings are sprayed with disinfectant, wiped down and dried after each use. Patrons can use their own sling, as long as it is compatible with hoist.**

## **Sensory Guide Changing Places**

### **Feel**

- **Heating/Cooling**

### **Sounds**

- **Echo**
- **Hand dryer**
- **Heating/Cooling**
- **Splashing**

- Toilet flushing
- Water running

## **Sights**

- Bright lights
- Mirror/Reflection

## **Smells**

- Air Freshener
- Bathroom smells
- Chlorine
- Disinfectants
- Shower products

## **Pool Hall - Change and Toilets Set One**

**There are three sets of toilets and a host of unisex family friendly change facilities within the pool hall.**

### **Set One**

**Location: Through the pool hall entry doors, on the left, past the communal showers.**

**Accessible toilet includes:**

**unisex toilet with sensor lighting**

**manual door opening inward. Door clearance of 870mm. Twist lock at 1040mm AFFL**

**cubicle space 2920mm x 2800mm**

**grab bars to the left and behind toilet**

**colour contrast toilet seat at height 470mm AFFL with left hand transfer**

**padded backrest to toilet**

**emergency button located 870mm from toilet**

**sink height 840mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL**

**HSHH with curtain, shower bench and grab bars**

**baby change.**

**Other Facilities:**

- **five unisex change rooms with bench and hooks. Entry is through manual doors opening inward. Door clearances 730mm**
- **one unisex accessible change room with bench and hooks. Entry is through a manual door opening inward. Door clearance 880mm.**
- **male and female toilets including ambulant toilet and showers. Communal area with bench seating and hooks**
- **lockers within the entryway to both male and female toilets. Lockers are coded by patrons and free to hire.**

# **Sensory Guide Pool Hall - Change and Toilets Set One**

## **Feel**

- **Heating/Cooling**
- **Shared personal space (excl accessible)**

## **Sounds**

- **Echo**
- **Hand dryers (excl accessible)**
- **Heating/Cooling**
- **People (excl accessible)**
- **Splashing**
- **Toilet flushing**
- **Water running**

## **Sights**

- **Bright lights**
- **Mirror/Reflection**
- **People (excl accessible)**

## **Smells**

- **Air freshener**
- **Bathroom smells**
- **Chlorine**
- **Disinfectants**
- **Shower products**

## **Pool Hall - Toilets | Change Set Two**

**There are two accessible toilets.**

**Location: Next to the warm water program pool.**

**Each accessible toilet includes:**

**unisex toilet with sensor lighting**

**manual door opening inward. Door clearance of 860mm. Twist lock at 1070mm AFFL**

**cubicle space 3010mm x 2840mm**

**grab bars to the left and behind toilet**

**colour contrast toilet seat at height 470mm AFFL with left hand transfer**

**padded backrest to toilet**

**sink height 830mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm  
AFFL**

**HSH with shower curtain, bench and grab bar**

**Baby change.**

## **Sensory Guide Pool Hall - Change and Toilets Set Two**

**Feel**

- **Heating/Cooling**

## **Sounds**

- **Echo**
- **Heating/Cooling**
- **Splashing**
- **Toilet flushing**
- **Water running**

## **Sights**

- **Bright lights**
- **Mirror/Reflection**

## **Smells**

- **Air freshener**
- **Bathroom smells**
- **Chlorine**
- **Disinfectants**
- **Shower products**



## **Pool Hall - Change and Toilets Set Three**

**Location: Opposite the indoor 50m pool, between the two sections of spectator seating.**

**Accessible Toilet includes:**

**unisex toilet with sensor lighting**

**manual door opening inward. Door clearance of 870mm. Twist lock at 1080mm AFFL**

**cubicle space 3870mm x 2670mm**

**grab bars to the right and behind toilet**

**colour contrast toilet seat at height 470mm AFFL with right-hand transfer**

**padded backrest to toilet**

**emergency button 870mm from toilet**

**sink height 820mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL**

**HSHH with shower curtain, bench and grab bars**

**baby change.**

**Other facilities include male and female toilets with ambulant toilet and showers.**

**Communal area with bench seating and hooks.**

## **Sensory Guide Pool Hall - Change and Toilets Set Three**

### **Feel**

- **Heating/Cooling**
- **Shared personal space (excl accessible)**

### **Sounds**

- **Echo**

- **Hand dryers (excl accessible)**
- **Heating/Cooling**
- **People (excl accessible)**
- **Splashing**
- **Toilet flushing**
- **Water running**

## **Sights**

- **Bright lights**
- **Mirror/Reflection**
- **People (excl accessible)**

## **Smells**

- **Air freshener**
- **Bathroom smells**
- **Chlorine**
- **Disinfectants**

- **Shower products**

## **Pool Hall - Warm Water Program Pool**

**The warm water program pool is located through the pool hall entry doors, at the far left of the pool hall, just after the first aid room.**

**It is utilised for rehabilitation and gentle exercise, which is optimal for recovery and relaxation. It is also used for aquatic group fitness classes. Lap and recreational swimming are not permitted in this pool.**

**It is available for public access, including during aquatic classes. However, there may be limited room for public use when classes are running.**

**Includes:**

- **pool access ramp with handrails on both sides. Ramp length 17m with gradient 1:14 (7%)**
- **one stepped entry point with handrails on both sides**
- **ladder entry points with handrails on both sides**

- pool hoist
- depth 1.1 to 1.4 metres
- pool temperature 34 degrees Celsius.

## **Sensory Guide Warm Water Program Pool**

### **Feel**

- Being splashed
- Heat/Humidity
- Increased body temperature
- Increased heart rate
- Shared personal space
- Warm water
- Water resistance
- Weightlessness

### **Sounds**

- Amplified voice (during classes)

- **Announcements**
- **Echo**
- **Heating/Cooling**
- **Music (during classes)**
- **People**
- **Running water**
- **Spa bubbling**
- **Splashing**

## **Sights**

- **Bright lights**
- **Glare**
- **People**
- **Splashing**

## **Smells**

- **Chlorine**

## **Pool Hall - Indoor 50m Pool**

**The indoor 50m pool is located through the pool hall entry doors, on the far-left end.**

**It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games and casual swimming.**

**Includes:**

- pool access ramp with handrails on both sides. Ramp length 19m, including flat area at base, with gradient 1:14 (7%)**
- one stepped entry point with handrails on both sides**
- ladder entry points with handrails on both sides**
- depth 1.1 to 2 metres**
- pool temperature 28 degrees Celsius**
- pool hoist available on request**
- moveable boom that can create 2 x 25m pools**
- tiered spectator seating with allocated accessible seating.**

**Lap Lane Etiquette:**

- **show courtesy and consideration to others at all times**
- **comply with poolside signage**
- **select a lane based on your swimming speed (slow, medium, fast)**
- **take care when passing another swimmer. Always pass to the right and return promptly to the left of the lane**
- **allow faster swimmers to pass**
- **to avoid congestion at the end of the lane, move to the corner of the lane**
- **avoid activities/drills that may disrupt other swimmers**
- **please co-operate with any requests made by the supervising lifeguard**
- **for your safety, please keep away from the moveable boom while it is being moved.**

## **Sensory Guide Indoor 50m Pool**

### **Feel**

- **Being splashed**
- **Cool water**
- **Humidity**
- **Increased body temperature**



- **Increased heart rate**
- **Shared personal space**
- **Water resistance**
- **Weightlessness**

## **Sounds**

- **Amplified voice**
- **Announcements**
- **Echo**
- **Heating/Cooling**
- **Music**
- **People**
- **Running water**
- **Splashing**
- **Starter guns (events)**

## **Sights**

- **Bright lights**
- **Glare**
- **People**
- **Splashing**

## **Smells**

- **Chlorine**

## **Pool Hall - Learn to Swim Pool**

**The learn to swim pool is located through the pool hall entry doors, past the AquaPlay area, on the right.**

**The learn to swim pool is utilised for swimming lessons for people of all ages and abilities.**

**For further information on swimming lessons, please visit our website.**

**<https://grac.ymca.org.au/swim/swimming-lessons>**

**This pool is also available for adults with disability and older children to use when the pool is not being used for lessons.**

**Includes:**

- **pool access ramp with handrails on both sides. Ramp length 15m with gradient 1:14 (7%)**
- **ledged entry around the perimeter of the pool**
- **depth 1 metre**
- **pool temperature 32 degrees Celsius**
- **pool hoist**
- **an emphasis on safety and survival skills.**

## **Sensory Guide Learn to Swim Pool**

**Feel**

- **Being splashed**
- **Humidity**
- **Increased body temperature**

- **Increased heart rate**
- **Shared personal space**
- **Warm water**
- **Water features**
- **Water resistance**
- **Weightlessness**

## **Sounds**

- **Amplified voice**
- **Announcements**
- **Echo**
- **Heating/Cooling**
- **Music**
- **People**
- **Running water**
- **Splashing**
- **Water features**

## **Sights**

- **Bright lights**
- **Glare**
- **People**
- **Splashing**
- **Water features**

## **Smells**

- **Chlorine**

## **Pool Hall - AquaPlay**

**The AquaPlay area is located directly ahead of the pool hall entry doors.**

**This is a vibrant aquatic play area, packed with exciting features to entertain people of all ages and abilities. Interactive water features such as spray nozzles, jets,**

**valves, slides, a spinning water wheel and a water bucket are just some of the attractions on offer.**

**The AquaPlay area also has an adjoining infant's pool.**

**Infant pool includes:**

- **stepped access points with handrails on both sides leading to two higher levels with more water play/slides**
- **ramp to the first level**
- **beach entry to adjoining infant pool**
- **infant pool depth 0.3 metres**
- **pool temperature 32 degrees Celsius**
- **water bucket that periodically splashes water over this area.**

**AquaPlay Rules:**

- **walking only**
- **wait until the person in front of you exits the slides before taking your turn**
- **slide feet first**

- **exit the slide once you have finished.**

**Operating times can be viewed on our website.**

**<https://grac.ymca.org.au/visit/opening-hours>**

## **Sensory Guide AquaPlay Area**

### **Feel**

- **Being splashed**
- **Humidity**
- **Increased body temperature**
- **Increased heart rate**
- **Shared personal space**
- **Water features**
- **Warm water**
- **Water resistance**
- **Weightlessness**

### **Sounds**

- **Amplified voice**
- **Announcements**
- **Heating/Cooling**
- **Echo**
- **Music**
- **People**
- **Running water**
- **Splashing**
- **Water features**

## **Sights**

- **Bright lights**
- **Glare**
- **People**
- **Splashing**
- **Water features**

## **Smells**



- Chlorine

## **Pool Hall - Water Slides**

**Gippsland Regional Aquatic Centre has two large water slides. They are located through the pool hall doors on the right. Access to the top of the slides is via a stairway next to the AquaPlay area.**

**Members and guests purchase wristbands for the water slides from reception.**

**Includes:**

- stepped entry to the top of the water slides. There are 55 steps up to the top of the slide
- 2 fully enclosed slides
- blue slide is 73m long, yellow slide 76m.

**To use the water slide**

- 1. Enter via steps with handrails.**

- 2. Meet a lifeguard at the top of the steps.**
- 3. A lifeguard will check that you are over 1.2m tall.**
- 4. A lifeguard will advise when it is safe to slide down.**
- 5. Step up into the slide tube. Feet first only! Lie down on your back with your arms across your chest.**
- 6. You will reach the bottom in as little as 20 seconds.**
- 7. The ride will finish in the flume which has a shallow depth.**
- 8. Take a moment to control your balance and then exit immediately.**
- 9. A lifeguard at the bottom of the slide will assist you to exit in a timely manner.**

**For water slide operating hours, please visit our website.**

**<https://grac.ymca.org.au/visit/opening-hours>**

**Water slide rules:**

- riders should be a minimum of 1.2m in height**
- 120kg maximum weight**

- please walk up the stairs and stay to the left-hand side
- one rider at a time
- no stopping in the slide
- lifeguard will tell you when to go
- please do not re-enter the slide exit area.

**Water slides may not be suitable for persons who:**

- are pregnant
- have heart conditions
- have pre-existing medical conditions
- have leg or back weakness
- are under the influence of alcohol or drugs.

## **Sensory Guide Water Slide**

### **Feel**

- **Balance**
- **Being splashed**
- **Cool water**
- **Enclosed space**
- **Humidity**
- **Increased heart rate**
- **No resistance**
- **Stomach drop**
- **Shared personal space**
- **Weightlessness**

## **Sounds**

- **Echo**
- **Fans oscillating**
- **People**
- **Running water**
- **Splashing**

## **Sights**

- **Bright lights**
- **Dim lighting**
- **Glare**
- **Running water**
- **View**

## **Smells**

- **Chlorine**

## **Pool Hall - Spas**

**The spas are within the warm water program pool.**

**The spas are utilised for relaxation and indulgence.**

**Members and guests collect wristbands for the spas from reception.**

## **Includes:**

- **one of the spas can be accessed via the warm water program pool ramp. This ramp has handrails on both sides**
- **one spa with stepped entry and handrails on both sides**
- **maximum depth 0.95 metres**
- **push operated water and air jets. Buttons located on a pole next to the spas. Patrons must leave the spas to operate the buttons**
  - Green START button**
  - Red STOP button**
  - Red and yellow emergency button.**

## **Entry Conditions:**

- **shower before entering**
- **follow COVID restrictions regarding the amount of people permitted in these spaces**
- **limit use of these areas to a maximum of 15 minutes at one time**
- **bring a water bottle to stay well hydrated**

- do not use these areas if you are pregnant or suffering from a heart condition
- do not exercise in these areas
- do not put your head under water in the spa
- children under the age of 16 are not permitted to use the spa
- do not use while under the influence of drugs or alcohol
- if you are taking medication or are unwell, please seek medical advice before use.

## **Sensory Guide Spa**

### **Feel**

- Bubbles
- Heat/ Humidity
- Increased body temperature
- Shared personal space
- Warm water
- Water jets
- Weightlessness

## **Sounds**

- **Amplified voice**
- **Announcements**
- **Echo**
- **Music**
- **People**
- **Running water**
- **Water jets**

## **Sights**

- **Bright lights**
- **Bubbles**
- **Glare**
- **Steam**

## **Smells**

- **Chlorine**



# **Pool Hall - Sauna and Steam Room**

## **Sauna**

**The sauna is located next to the warm water program pool. Access is via a manual door opening outward with a clearance of 950mm. There is stepped access with two-tiered seating within the sauna.**

## **Steam Room**

**The steam room is located next to the warm water program pool. Access is via a manual door opening outward with a clearance of 900mm. There is stepped access with two-tiered seating within the steam room.**

**Members and guests collect wristbands for the spas from reception.**

## **Entry Conditions:**

- shower before entering**

- **follow COVID restrictions regarding the amount of people permitted in these spaces**
- **limit use of these areas to a maximum of 15 minutes at one time**
- **bring a water bottle to stay well hydrated**
- **do not use these areas if you are pregnant or suffering from a heart condition**
- **do not exercise in these areas**
- **no personal use of water to activate heat in sauna or oils to infuse steam room scent**
- **children under the age of 16 are not permitted to use the sauna or steam room**
- **do not use while under the influence of drugs or alcohol**
- **if you are taking medication or are unwell, please seek medical advice before use.**

## **Sensory Guide Sauna and Steam Room**

### **Feel**

- **Dry air (Sauna)**
- **Heat/ Humidity (Steam Room)**
- **Increased body temperature**

- **Moisture (Steam Room)**
- **Shared personal space**

## **Sounds**

- **People**
- **Steam**

## **Sights**

- **Bright lights (Steam Room)**
- **Dim lighting (Sauna)**
- **Steam (Steam Room)**

## **Smells**

- **Chlorine**
- **Heated wood (Sauna)**
- **People**

- **Scent (Steam room)**

## **Aqua Aerobics**

**Aqua aerobic classes are held in both the warm water program pool and 50m lane pool.**

**Aqua aerobics is a whole-body gentle conditioning workout to improve overall strength, particularly the core muscles. It is suitable for all fitness levels. Due to the in-water nature of aqua aerobics, this class reduces body weight and allows participants to complete movements in water that they wouldn't necessarily be able to do on land.**

**Members and casual guests can participate in aqua classes. Classes can be booked online. <https://grac.ymca.org.au/fitness/group-fitness-timetable>**

**You can also secure your place at the centre.**

- 1. Collect a ticket from reception.**

2. Ticket collection opens 90 minutes before the class start time and closes 5 minutes after the class start time (with the exception of off-peak classes).
3. One ticket per person, per class, until all tickets are allocated.
4. Hold onto your ticket until the instructor collects it.

Classes run for 45 minutes.

A timetable can be found on our website. <https://grac.ymca.org.au/fitness/group-fitness-timetable>

All classes have limited capacity. Please arrive early to ensure your spot in the class.

## Sensory Guide Aqua Aerobics

### Feel

- Being splashed
- Humidity

- **Increased body temperature**
- **Increased heart rate**
- **Shared personal space**
- **Water resistance**
- **Weightlessness**

## **Sounds**

- **Amplified voice**
- **Announcements**
- **Echo**
- **Music**
- **People**
- **Running water**
- **Splashing**

## **Sights**

- **Splashing**

## **Smells**

- **Chlorine**

## **25m Outdoor Heated Geothermal Pool**

**The 25m outdoor heated geothermal pool is located outside the pool hall, opposite the AquaPlay area.**

**Entry is via a manual door opening outward with a clearance of 890mm. This can open to a double door with a clearance of 1640mm. A push button to open this door is at a height of 1090mm.**

**There is a second entry to this pool, next to the 50m indoor pool. Entry is via a manual door opening outward with a clearance of 940mm. This can open to a double door with a clearance of 1770mm. A push button to open this door is at a height of 1090mm.**

**This pool is utilised for lap swimming, recreational swimming, school carnivals and competitions. Includes:**

- **pool access ramp and handrails on both sides with a length of 17m and gradient 1:14 (7%)**
- **ladder entry points**
- **pool hoist (available on request)**
- **manual water wheelchairs**
- **depth 1.2 to 1.8 metres**
- **pool temperature 27.6 degrees Celsius**
- **bench seating with backs, some with armrests.**

**Please check our website for opening hours. <https://grac.ymca.org.au/visit/opening-hours>**



# **Sensory Guide 25m Outdoor Heather Geothermal Pool**

## **Feel**

- **Being splashed**
- **Cool water**
- **Increased body temperature**
- **Increased heart rate**
- **Shared personal space**
- **Water resistance**
- **Weather**
- **Weightlessness**

## **Sounds**

- **Amplified voice**
- **Announcements**
- **People**
- **Running water**
- **Splashing**

- **Starter guns (events)**
- **Traffic**

## **Sights**

- **Flying insects**
- **Glare**
- **People**
- **Splashing**
- **Sunlight**

## **Smells**

- **Chlorine**
- **Sunscreen**

## **Health Club**

**The health club is located on level 1.**

**To access the health club**

- 1. Enter the centre via the main entrance.**
- 2. Casual guests need to report to reception to pay for their visit.**
- 3. Walk through the glass automatic doors, located on the left after the main entry.  
This will lead you to a walkway.**
- 4. The stairs and lift to the health club are on the right.**

**Includes:**

- cardio, strength and functional areas within the gymnasium**
- group personal training**
- individual personal training <https://grac.ymca.org.au/fitness/personal-training>**
- disability friendly gymnasium equipment**
- group fitness studios**
- lockers**
- toilets and change facilities.**

# **Health Club - Gymnasium**

**The gymnasium is located on level one. If using the lift, turn right after you exit. If using the stairs, turn left at the top.**

**Entry is via a manual door opening inward with a clearance of 900mm. Members need to scan their card or wristband to enter. Scanner at 1080mm AFFL.**

**Casual guests are required to go to reception to pay for their visit. Cash or EFTPOS is accepted. A ticket will be issued that needs to be scanned at the door.**

**Includes:**

- a variety of equipment including cardio, strength and functional training equipment**
- a selection of accessible fitness equipment including a hand cycle machine, kinesis machine, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines, wind rower, Thera Bands and foam rollers. There are also a number of weight assisted gym machines that can be accessed**
- TRX mapping**

- mirrored walls
- open lockers
- sanitiser and wipes stations
- fans
- two consulting rooms.

**Members can book in for a 45 to 60-minute group induction session. These sessions provide an overview of the gymnasium equipment as well as initial guidance to getting started.**

**For more information, or to make a booking, please visit our website.**

**<https://grac.ymca.org.au/fitness/gym>**

**Members and guests are required to bring their own workout towel.**

**If you have any medical conditions, we advise that you speak to your doctor prior to commencing any physical activity.**

**Children under the age of 12 are not permitted to use gym equipment.**

## **Sensory Guide Health Club Gymnasium**

### **Feel**

- **Change in ground surface**
- **Fans**
- **Heating/Cooling**
- **Increased body temperature**
- **Increased heart rate**
- **Shared personal space**

### **Sounds**

- **Announcements**
- **Fans oscillating**
- **Gym equipment**
- **Heating/Cooling**
- **People**

- **Weights clanging**

## **Sights**

- **Bright lights**
- **Fans oscillating**
- **Glare**
- **Mirror/Reflection**
- **People**

## **Smells**

- **Deodorants**
- **Perspiration**
- **Rubber matting**
- **Sanitiser/Wipes**

## **Health Club - Fitness Studios**

**The fitness studios are located on level one. If using the lift, turn right after you exit. The group fitness studios are then on the left. If using the stairs, turn right at the top. A variety of popular group fitness classes are available. Classes cater to a range of ages and abilities. Please see our website for a description of each class available.**

**<https://grac.ymca.org.au/fitness/group-fitness-classes>**

**There are three fitness studios:**

- **fitness room 1 is a group fitness studio**
- **fitness room 2 is a cycle studio**
- **fitness room 3 is a mind body studio.**

**Entry to all fitness rooms is via manual doors, opening inward with a clearance of 880mm.**

**Fitness studios include:**

- **wipe stations**



- mirrored walls
- windowed walls
- audio-visual screens
- open lockers
- fans
- stages (fitness rooms 1 and 3)
- cycle equipment (fitness room 2)
- variety of gym equipment relevant to each class.

Members and casual guests can participate in fitness classes. Classes can be booked online. <https://grac.ymca.org.au/fitness/group-fitness-timetable>

You can also secure your place at the centre.

1. Collect a ticket from reception.
2. Ticket collection opens 90 minutes before the class start time and closes 5 minutes after the class start time (with the exception of off-peak classes).

3. One ticket per person, per class, until all tickets are allocated.
4. Hold onto your ticket until the instructor collects it.

Group fitness classes vary in times from 30 to 45-minutes. Class descriptions are on the group fitness timetable located on our website.

<https://grac.ymca.org.au/fitness/group-fitness-timetable>

All classes have limited capacity. Please arrive early to ensure your spot in the class.

## **Sensory Guide Health Club Group Fitness Studios**

### **Feel**

- Change in ground surface
- Fans
- Heating/Cooling
- Increased body temperature
- Increased heart rate
- Shared personal space

## **Sounds**

- **Amplified voice**
- **Announcements**
- **Feet stomping**
- **Music**
- **People**

## **Sights**

- **Bright lights**
- **Fans oscillating**
- **Mirror/Reflection**
- **Rapid movement**

## **Smells**

- **Deodorant**
- **Perspiration**

## **Health Club - Toilets**

**Health club toilets are located on level one. If using the lift, exit and proceed straight ahead. If using the stairs, the toilets are at the top, on the right.**

**Includes:**

**unisex, accessible toilet with sensor lighting**

**manual door opening inward. Door clearance 850mm. Twist lock at 1070mm AFFL**

**cubicle space 3740mm x 2890mm**

**grab bars to the left and behind toilet**

**colour contrast toilet seat at height 470mm AFFL with left hand transfer**

**emergency button located 500mm from toilet**

**padded backrest to toilet**

**sink height 840mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL**

**HSHH with shower curtain, bench and grab bar**

**baby change.**

**Other facilities include male and female toilets with ambulant toilets and showers.**

**There are also communal areas with bench seating and hooks within the male and female toilets.**

## **Sensory Guide Health Club Toilets**

### **Feel**

- **Change in ground surface**
- **Heating/Cooling**
- **Shared personal space (excl accessible)**

### **Sounds**

- **Echo**
- **Hand dryer (excl accessible)**
- **Heating/Cooling**
- **Music**
- **People (excl accessible)**
- **Toilet flushing**
- **Water running**

## **Sights**

- **Bright lights**
- **Mirror/Reflection**
- **People (excl accessible)**

## **Smells**

- **Air Freshener**
- **Bathroom smells**
- **Disinfectants**

- **Shower products**

## **Meeting Room**

**Gippsland Regional Aquatic Centre has a meeting room available for hire.**

### **Location**

- 1. Enter the centre via the main entrance.**
- 2. Walk through the glass automatic doors to the left. This will take you to a walkway.**
- 3. The meeting room is on the right, after the lift.**

**Entry is via a manual door opening inward with a clearance of 880mm. This door can also open to a double door with a clearance of 1740mm.**

### **Includes:**

- **seating for 15-20 people**
- **tables and chairs with backs, no armrests**

- **audio-visual screen**
- **whiteboard**
- **fridge**
- **sink**
- **hydro tap**
- **microwave.**

**For enquiries and bookings, please contact us on 1300 444 722.**

## **Accessibility**

**Throughout**

**Taped phone service about general memberships.**

**Clear path of travel from outdoor to indoor areas.**

**Varied outdoor terrain of bitumen, concrete and grass.**

**Water fountain outside main entrance. Lower fountain with height 780mm AFFL.**

**Higher fountains on each side at 1060mm AFFL.**



**Step free access to centre.**

**Varied internal terrain of non-slip concrete, tiles, floor boards, carpet and rubber matting.**

**Wayfinding signage throughout.**

**Wide, clear internal and external walkways.**

**Clear wheelchair circulation space.**

**Spaces for a person using a wheelchair to sit with friends.**

**Assistance animals welcome.**

**Staff available to read information to patrons if required.**

**Pen and paper available for exchanging information.**

**Locker instructions available.**

**Hearing loop available throughout the centre, programmed for each area, requested at reception.**

**Scooter recharge station located to the left of the main entrance.**

**Discounted entry prices for holders of Companion, Carer and Seniors Cards.**

**Use the National Relay Service to contact Gippsland Regional Aquatic Centre on 1300 444 722. Find the right contact number or access point for your NRS channel of choice at [communications.gov.au/accesshub/nrs](https://communications.gov.au/accesshub/nrs). For help using the NRS, contact the NRS helpdesk: [communications.gov.au/helpdesk](https://communications.gov.au/helpdesk).**

## **Reception**

**Main counter at 1150mm AFFL.**

**Lower height counter at 850mm AFFL with knee clearance 810mm AFFL. Room for a chair.**

## **Café and Adjoining Outdoor Area**

**Tables height 740mm AFFL with knee clearance 720mm AFFL.**

**Bench table height 950mm AFFL with knee clearance 840mm AFFL.**

## **Pool Hall**

**Water fountain next to First Aid room. Higher fountain 1100mm AFFL. Lower fountain 880mm AFFL with knee clearance 680mm AFFL.**

**Emergency exit door on left of 50m pool with push button at 1040mm AFFL.**

**Water fountain near 50m pool. Higher fountain 1170mm AFFL. Lower fountain 900mm AFFL with knee clearance 690mm AFFL.**

**Water fountain near AquaPlay area. Higher fountain 1170mm AFFL. Lower fountain 900mm AFFL with knee clearance 690mm AFFL.**

**Water slide stairway steps with nosing and handrails on both sides.**

**Water slide stairway with exit push button at 1310mm AFFL.**

**Seats within tiered spectator seating area may be removed during major events to allow room for wheelchair users.**

**Motorised scooters permitted on pool deck. Staff can assist with further information at time of visit if required.**

**Access from café wet area to café outdoor area via a manual door opening inward with a clearance of 820mm. These doors can open to a double with a clearance 1460mm. Push button to open this door at 1010mm AFFL.**

**Exit gates from pool hall to reception area opening inward with a clearance of 1000mm.**

**Exit doors from warm water program pool to car park with push button at 1040mm AFFL.**

### **Outdoor Geothermal Heated Pool**

**Water fountains. Higher fountains 1060mm AFFL. Lower fountains 770mm AFFL with knee clearance 730mm AFFL.**

## **Health Club**

**Lift door clearance of 1000mm.**

**Lift entry button operating height 1150mm AFFL.**

**Lift internal button operating height 920mm AFFL.**

**Lift cubicle space 1330mm x 2010mm.**

**Lift buttons raised with Braille.**

**Lift audio enabled.**

**Water fountain with higher fountain 1080mm AFFL. Lower fountain 870mm AFFL with knee clearance 680mm AFFL.**

**Gymnasium with two consulting rooms with manual doors, opening inward. Door clearances 850mm.**

**Gymnasium with push button to exit door 1030mm AFFL.**

**Fitness Room 1 with push button to exit door 1080mm AFFL.**

**Fitness Room 2 (cycle room) with push button to exit door 1030mm AFFL.**

**Fitness Room 3 with push button to exit door 1090mm AFFL.**

**Water fountain between fitness rooms 1 and 2. Higher fountain 1080mm AFFL. Lower fountain 870mm AFFL with knee clearance 680mm AFFL.**

## **Meeting Room**

**Table height 750mm AFFL with knee clearance 720mm AFFL.**

**Push button to exit door 850mm AFFL.**

**Hydro tap operating button 1140mm AFFL.**

**Microwave operating height 600mm AFFL.**

## **Safety**

### **Throughout**

**Entrance to carpark with pedestrian crossing and TGSi.**

**Main entry door with contrast safety band at 900mm to 990mm AFFL and side glass panels with contrast safety band 890mm to 960mm AFFL.**

**Main entry with inground mat on floor. Not colour contrasted.**

**Surrounding centre windows with contrast safety bands 900mm to 980mm AFFL.**

**Defibrillators located at reception, in the gymnasium and in the first aid room.**

**Bins and plants placed against walls throughout.**

**Wet floor signage.**

**All staff with Working with Children Checks.**

**Evacuation maps located throughout.**

**Fire wardens on site.**

**Children to be actively supervised at all times.**

**No smoking.**

**Hand sanitiser stations throughout. Height 1070mm AFFL.**

**Accessible guided tours are available.**

**Illuminated exit signs.**

**Audible alerts in the case of an emergency.**

**In the event of an emergency, staff will help and direct visitors. If there is to be an evacuation, visitors will be directed to the nearest exit and designated assembly area.**

**For updated information on our COVID policy, please visit our website.**

**<https://grac.ymca.org.au/covid-19-updates>**

**Reception**

**Merchandise stalls displayed in front of reception, to the left.**

**Structural pole near reception toilet. Not colour contrasted.**



## **Café and Adjoining Outdoor Area**

**Door from café to outdoor eating area with contrast safety band 900mm to 990mm AFFL.**

**Pool hall café outdoor area fully fenced.**

## **Pool Hall**

**Entry doors with contrast safety band 920mm to 1000mm AFFL.**

**Structural poles throughout pool hall. Not colour contrasted.**

**Windows surrounding 50m pool with contrast safety bands 920mm to 1010mm AFFL.**

**Tiered spectator seating with stair nosing.**

**50m pool with water polo goals stored against far-right wall.**

**Door and side panels from AquaPlay area to outdoor geothermal pool with contrast safety band 880mm to 960mm AFFL.**

**Door from 50m pool to outdoor geothermal pool with contrast safety band 880mm to 960mm AFFL.**

**Glass entry door to water slide steps with no contrast safety bands.**

**Water slide steps with stair nosing.**

**Sauna and steam room doors with contrast safety bands 900mm to 970mm AFFL.**

**Outdoor Geothermal Heated Pool**

**Structural poles against outdoor undercover area.**

**Outdoor area fully fenced.**

**Health Club**

**Glass doors from reception area to access stairs/lift with contrast safety bands 900mm to 980mm AFFL.**

**Stairs to gymnasium with handrails on each side, stair nosing and TGSi at top and bottom.**

**Entry doors to gymnasium with no contrast safety band.**

**Raised rubber mat in weights area and on weights platform.**

**Fitness rooms 1-3 with contrast safety band on doors 900mm to 980mm AFFL.**

**Fitness room 1-3 with no contrast safety bands on windows.**

**Meeting Room**

**Meeting room door with contrast safety band 900mm to 990mm AFFL**

## **Contact**

**Gippsland Regional Aquatic Centre**

**49 Breed St, Traralgon, VIC, 3844**

**Phone 1300 444 722**

**<https://grac.ymca.org.au/>**

**Access Ability Australia**

**To view the full range of free Access Keys available, go to AAA Library by clicking the following link.**

**<https://accessabilityaustralia.com/access-keys-2/>**

**For Access Keys in Braille or audio, please Contact Us by clicking the following link.**

**<https://accessabilityaustralia.com/contact-us/>**

**To help us ensure continuous improvement please complete our short survey by clicking the following link.**

**<https://www.surveymonkey.com/r/F666XYK>**

**© Access Ability Australia, All Rights Reserved. 2021 DISCLAIMER: All materials have been compiled from information available at time of production. They are not intended to replace professional advice including; but not limited to, access audits. All necessary care has been taken to design and produce Work(s). All measurements provided are within an approximate range. Full implementation guidelines are**

**supplied in accordance with Work(s) in its entirety. You acknowledge and agree that you are using all services and facilities provided by Access Ability Australia at your own risk and you agree to defend, indemnify, save and hold Access Ability Australia harmless from any and all demands, liabilities, costs, losses and claims, howsoever suffered, including but not limited to legal fees that may arise directly or indirectly from any service provided or agreed to be provided by Access Ability Australia. You agree that this indemnification extends to all aspects of the Work(s), including but not limited to implementation and usage. Access Ability Australia are indemnified of all claims, liability, and expenses that may arise from use of Work(s) as per usage and acceptance of these terms and conditions. This Access Key is not to be altered by any parties without express permission of Access Ability Australia.**

**The End.**