

## Health and Wellness Center



## City of Everett ADA Transition Plan

July 2018



Institute for Human Centered Design

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## Health and Wellness Center

Year Renovated: 2014

### Background

The Health and Wellness Center is a City-owned gym opened in 2014 and located at the old Everett High School Field House. Everett residents and staff can use the gym. Programs include: strength and cardiovascular training, yoga, children's yoga, Zumba, children's Zumba, spinning, muscle conditioning, adult and children's personal training, classes for teenagers, basketball, soccer, boxing, jujitsu, babysitting, and nutrition.

The address of the Center is 584 Broadway, although the entrance to the Center is on Maple Avenue. Visitors can access the facility by stairs or a ramp. The center is one story and connected to the YMCA. Some emergency exits do have stairs.

There is no dedicated parking lot for the facility, but there is one accessible space that is provided by the YMCA on Maple Street that is included in the assessment.

### Key Accessibility Issues

#### Ramp

The exterior ramp to the main entrance has damage to the surface and had accumulated water on the day of the survey.

#### Doors

Three doors lacked adequate maneuvering clearance.

#### Service Counter

The main service counter is located higher than 36 inches above the finish floor.

#### Locker Rooms

Both men's and women's locker rooms lack compliant benches. The men's locker room also lacks an accessible locker.

#### Toilet Rooms

There are multi-user toilet rooms for men and women in the gym and lobby (4 in all). Toilet rooms have minor accessibility issues including lack of audible and visible alarms; exposed plumbing at accessible lavatories; dispensers, hooks and baby changing tables that are beyond the reach range; lack of grab bars in accessible compartments; toilet seats located higher than 19 inches above finished floor in wheelchair accessible compartments; and toilets with the flush control located on the opposite side from the open transfer area. Grab bars in the Lobby toilet room wheelchair accessible compartments have abrasive elements and should be replaced. The urinal in the men's toilet room in the Lobby lacks a urinal that is 17 inches or lower from the finished floor.

#### Additional Accessibility Issues

- Exterior accessible routes have issues with level changes and cross slopes.
- Some curb ramp landings have slopes greater than 1:50 (2.00%) or lack detectable warnings.
- Parking meters on Broadway are not on an accessible route or operable with a closed fist.
- There is noncompliant egress and designation signage throughout the building.
- One egress stair had stored items blocking the exit route. Another lacked compliant continuous handrails.

### Order of Magnitude Cost Estimates

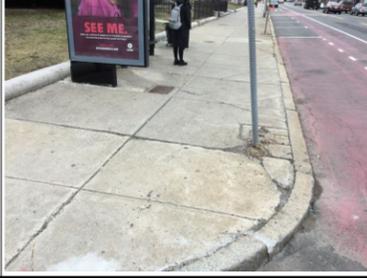
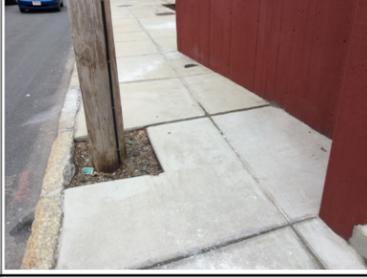
- Pedestrian access routes and curb ramp renovation: \$3,344
- Accessible parking spaces: \$1,693
- 3 automatic door openers: \$4,590
- Signage (egress, designation, directional): \$2,725
- Toilet room renovations: \$9,927
- Miscellaneous corrective actions (service counter, stanchions, ramp repair, locker room benches, accessible locker etc.): \$2,364

**Total: \$ 24,643**

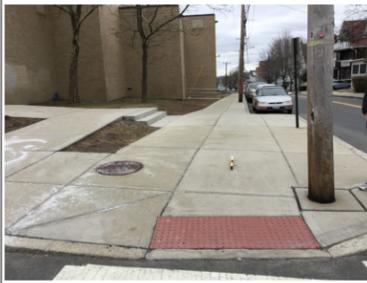
### Universal Design and Best Practice Recommendations

- For safety and to prevent falls, consider adding tactile contrast strips and handrails to stairs at the base of the exterior ramp.
- Signage by the old High School may mislead people to think that the Health and Wellness Center is located in the old High School. Consider removing sign or providing a sign directing people to the Maple Ave. entrance. An online Google search also directs people to the old High School. Correct and clarify online information.
- Consider repaving the exterior ramp from the fire stair exit on Linden Street so that the ramp is flush with the sidewalk. At minimum, install a detectable warning to stop people from tripping at the change in level.

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ID	Location	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
<b>Pedestrian Access Routes</b>										
<b>Walking Surface</b>										
1	Maple Avenue Near Broadway	Walking Surface	Sidewalk		Cross slope > 1:50 (2.00%)	2.9%	Reduce cross slope to be no steeper than 1:50 (2.00%). (Cost estimate for 6' of concrete.)	1	120	\$120
2	Pleasant St.	Walking Surface	Sidewalk		Cross slope > 1:50 (2.00%)	5.5%	Reduce cross slope to be no steeper than 1:50 (2.00%). (Cost estimate for 10' of concrete.)	1	200	\$200
3	39 Pleasant St.	Walking Surface	Sidewalk		Level changes > 1/4"	3"	Alter change in level to be 1/4" high max.	1	206	\$206
4	Broadway Near Pleasant St.	Walking Surface	Sidewalk		Level changes > 1/4"	1"	Alter change in level to be 1/4" high max.	1	103	\$103
5	Maple Avenue Main Entrance	Walking Surface	Sidewalk		Level changes > 1/4"	2"	Alter change in level to be 1/4" high max. Infill area around post.	1	69	\$69

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ID	Location	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
6	Pleasant St.	Walking Surface	Sidewalk		Beveled changes in level > 1/2"	1"	Alter surface so that bevel height is 1/4" min. Provide a tree grate and repair concrete.	1	1557	\$1557
<b>Curb Ramps and Blended Transitions</b>										
<b>Perpendicular Curb Ramp</b>										
7	Broadway and Hampshire St.	Perpendicular Curb Ramp	N/A		Landing > 1:50 (2.00%)	6.7%	Reduce slope to be no steeper than 1:50 (2.00%).	1	123	\$123
8	Maple Avenue	Perpendicular Curb Ramp	N/A		Landing > 1:50 (2.00%)	3%	Reduce slope to be no steeper than 1:50 (2.00%).	1	123	\$123
9	Maple Avenue	Perpendicular Curb Ramp	N/A		Landing > 1:50 (2.00%)	4.1%	Reduce slope to be no steeper than 1:50 (2.00%).	1	123	\$123
10	Broadway and Hampshire St.	Perpendicular Curb Ramp	N/A		Detectable warning not provided	-	Provide a detectable warning on the curb ramp.	1	180	\$180

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ID	Location	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
<b>Detectable Warnings</b>										
11	Broadway and Pleasant St.	Detectable Warnings	Perpendicular		Detectable warnings not provided	-	Provide a detectable warning on curb ramp/platform edge.	1	180	\$180
12	Pleasant St. and Linden St.	Detectable Warnings	Perpendicular		Detectable warnings not provided	-	Provide a detectable warning on curb ramp.	2	180	\$360
<b>Off-Street Parking Lot or Garage</b>										
<b>Parking Lots</b>										
13	Maple Avenue Parking	Parking Lots	Vistor		Total # of parking Total # of designated accessible parking spaces Total # of designated van accessible spaces Running or cross slope at access aisle > 1:50 (2.00%) Sign does not have the designation "Van Accessible"	20 1 0 5.2% -	Reduce running or cross slope to be no steeper than 1:50 (2.00%). Add the designation "Van Accessible" to the sign located at the van accessible space.	1	640	\$640
<b>On-Street Parking</b>										
<b>Parking Space</b>										
14	Broadway	Parking Space	Marked		Total # of parking spaces per block Total # of designated accessible parking spaces per block Vehicle space < 13' wide Running or cross slope at space > 1:50 (2.00%)	9 0 125" 5%	Provide at least 1 accessible space per block. Provide an accessible space that is at least 13' wide. Reduce running or cross slope to be no steeper than 1:50 (2.00%).	1	925	\$925

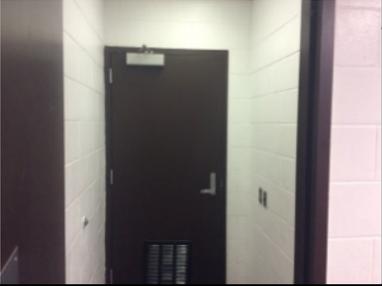
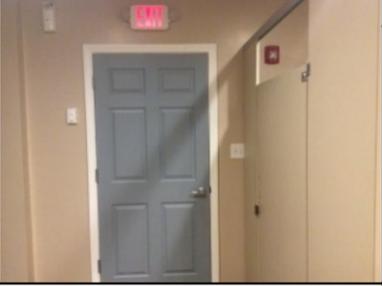
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ID	Location	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
<b>Parking Meters and Pay Stations</b>										
15	Broadway	Parking Meters and Pay Stations	N/A		Not operable with a closed fist Pay station not on accessible route	- 4.3% cross	Ensure operable parts can be operable with one hand and not require tight grasping, pinching or twisting of the wrist. Provide an accessible route to the pay station.	1	128	\$128

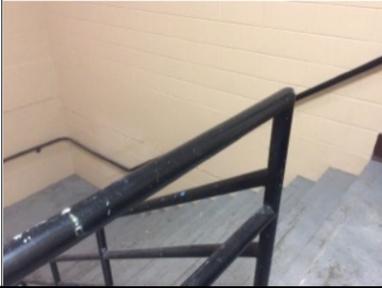
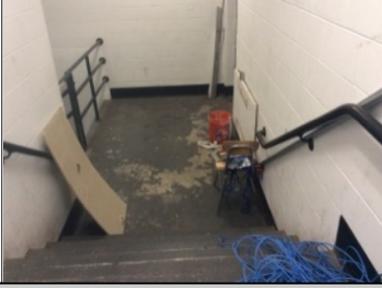
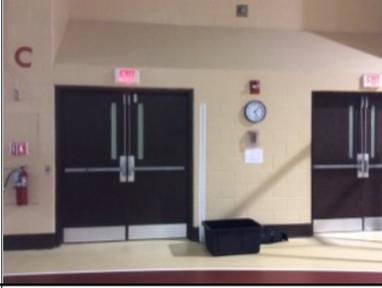
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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
<b>Approach and Entrance</b>												
<b>Entrance</b>												
16	Entry	Ext.		Entrance	Main Entrance		Directional sign to accessible entrance not provided		Provide a directional sign indicating the location of the nearest accessible entrance at the point where the route becomes inaccessible.	1	173	\$173
<b>Access to Goods and Services</b>												
<b>Means of Egress</b>												
17	Exit by Golf Room	1		Means of Egress	N/A		Tactile exit sign not provided		Ensure tactile exit signs with raised characters and braille are provided at exit doors leading to enclosed stairways. Mount signs between 48"-60" above finish floor located on the latch side of the door.	1	116	\$116
18	Fire Exit by Gym Toilet Rooms	1		Means of Egress	N/A		Tactile exit sign not provided		Ensure tactile exit signs with raised characters and braille are provided at exit doors leading to enclosed stairways. Mount signs between 48"-60" above finish floor located on the latch side of the door.	1	116	\$116
<b>Interior Access Route</b>												
19	Lobby Stanchions	1		Interior Access Route	N/A		Obstructed by protruding objects		Stanchions act as protruding objects. Provide ADA compliant cane detectable stanchions.	4	100	\$400

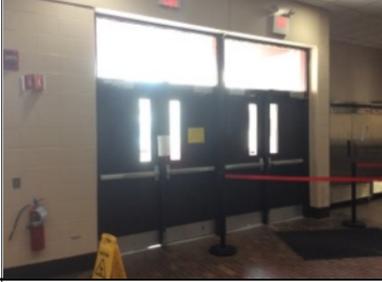
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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
<b>Doors, Doorways, &amp; Gates</b>												
20	Exit by Golf Room	1		Doors, Doorways, & Gates	Emergency Egress		Maneuvering clearance(s) not provided	2"	Provide an automatic door opener.	1	1530	\$1530
21	Men's Toilet Room in Lobby	1		Doors, Doorways, & Gates	Toilet Room		Maneuvering clearance(s) not provided	10"	Provide an automatic door opener.	1	1530	\$1530
22	Women's Toilet Room in Gym	1		Doors, Doorways, & Gates	Toilet Room		Maneuvering clearance(s) not provided	8.75"	Provide an automatic door opener.	1	1530	\$1530
23	Women's Toilet Room in Lobby	1		Doors, Doorways, & Gates	Toilet Room		Door requires > 5 lbs. of force to open	12 lbs.	Adjust closers so doors do not require more than 5 pounds of force to open.	1	Labor	\$0
<b>Ramps</b>												
24	Front Entrance Ramp	Ext.		Ramps	Exterior		Surface not stable, firm, and slip-resistant		Repair surface.	1	103	\$103

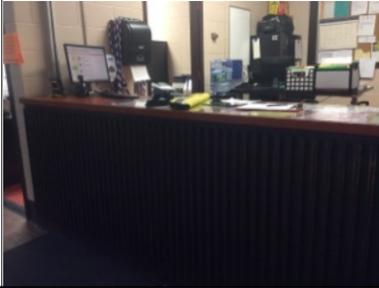
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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
25	Front Entrance Ramp	Ext.		Ramps	Exterior		Does not prevent accumulation of water		Repair ramp surface to prevent accumulation of water.	1	103 Labor	\$103
<b>Stairways</b>												
26	Fire Exit by Gym Toilet Rooms	1		Stairways	Interior		Handrails not continuous where required		Provide continuous handrails. Central handrail is not continuous.	1	660	\$660
27	Fire Exit by Lobby Counter	1		Stairways	Interior		Not maintained in operable working condition		Ensure stairs are maintained in operable working condition. Remove clutter and ensure that exit door to exterior is operable.	1	Labor	\$0
<b>Signage</b>												
28	Exits to YMCA Back of Gym	1		Signage	Egress		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	2	116	\$232
29	Exits to YMCA Before Basketball Courts by Weight Area	1		Signage	Egress		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	2	116	\$232

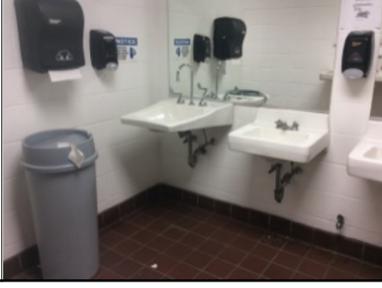
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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
30	Fire Exit by Lobby Counter	1		Signage	Egress		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	2	116	\$232
31	Fire Exits by Lobby	1		Signage	Egress		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	4	116	\$464
32	Group Fitness, Golf Room and Cardio Room	1		Signage	Designation		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	3	116	\$348
33	Lobby Exits	1		Signage	Egress		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille at 4 exit doors.	4	116	\$464
34	Spin Studio	1		Signage	Designation		Raised characters not provided Braille not provided		Provide text with raised characters duplicated in braille.	1	116	\$116

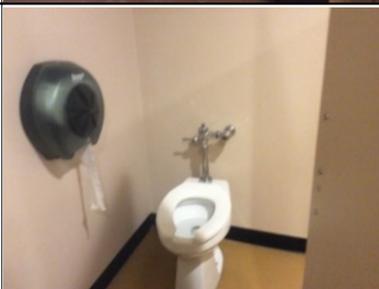
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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
35	Women's Toilet Room in Lobby	1		Signage	Designation		Raised characters not provided Braille not provided Sign not located on the latch side of the door		Provide text with raised characters duplicated in braille. Locate sign at permanent rooms alongside the door on the latch side.	1	116 Labor	\$116
36	Men's Toilet Room in Lobby	1		Signage	Designation		Raised characters not provided Braille not provided International Symbol of Acc. not compliant		Provide text with raised characters duplicated in braille. Replace sign with a sign containing the International Symbol of Accessibility.	1	116	\$116
<b>Service Counter</b>												
37	Front Counter	1		Service Counter	N/A		Counter > 36" high	42.5"	Provide a counter that is 36" max. above the ground or finish floor.	1	440	\$440
<b>Operable Parts</b>												
38	Women's Toilet Room in Lobby	1		Operable Parts	Equipment		Reach < 15" or > 48"(forward/side approach)	57"	Relocate baby changing station so that controls are between 15"- 48" above finish floor. In order to pull down baby changing station with a closed fist, one must reach over the top of the baby changing station. This should be located 15"- 48" above finish floor. Best practice: Provide a baby changing station in the lobby men's toilet room as well.	1	128	\$128
<b>Locker Room</b>												
39	Men's Toilet Room in Gym	1		Locker Room	N/A		Total # of locker Total # of accessible locker 5% of lockers are not accessible Storage > 48" high	10 0 - 58"	Provide at least 1 accessible locker (or ensure 5% of all lockers are accessible) . Ensure that at least 5% of lockers are accessible, and no higher than 48 inches above the floor.	1	330	\$330

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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
40	Women's and Men's Toilet Room in Gym	1		Locker Room	N/A		Bench is not 17"-19" high	21"	Install a bench with the top of the seat between 17"- 19" above finish floor.	2	100	\$200
<b>Toilet &amp; Bathing Rooms</b>												
<b>Overall Access</b>												
41	Women's and Men's Toilet Rooms in Lobby	1		Overall Access	Toilet Room		Audible and visible alarms not provided	-	When fire system is updated, ensure that a visible and audible fire alarm is installed.	2	346	\$692
<b>Lavatory</b>												
42	Men's Toilet Room in Gym	1		Lavatory	N/A		Plumbing underneath is exposed		Insulate or otherwise configure pipes to prevent contact, for at least one lavatory. Currently the lavatory with the PVC pipes lacks 27" high knee clearance. The easiest solution would be to wrap the pipes at the sink to the left, which has the proper knee clearance.	1	46	\$46
43	Women's Toilet Room in Gym	1		Lavatory	N/A		Plumbing underneath is exposed		Insulate or otherwise configure pipes to prevent contact, for at least one lavatory. Currently the lavatory with the PVC pipes lacks 27" high knee clearance. The easiest solution would be to wrap the pipes at the sink to the left, which has the proper knee clearance.	1	46	\$46
44	Women's Toilet Room in Lobby	1		Lavatory	N/A		Plumbing underneath is exposed		Insulate or otherwise configure pipes to prevent contact, for at least one lavatory. Elongated lavatory is mounted too high to be used as the accessible lavatory. Wrap pipes of one of the other lavatories.	1	46	\$46

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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
45	Men's Toilet Room in Lobby	1		Lavatory	N/A		Plumbing underneath is exposed Dispensers not within reach range	- 45.8"	Insulate or otherwise configure pipes to prevent contact, for at least one lavatory. Elongated lavatory is mounted too high to be used as the accessible lavatory. Wrap pipes of one of the other lavatories. Relocate soap dispenser to 42" max. above the floor.	1	399	\$399
<b>Toilet Compartment</b>												
46	Women's Toilet Room in Lobby	1		Toilet Compartment	Accessible Compartment		Door has incorrect swing Door has inadequate maneuvering clearance	- 7"	Reverse swing at door and replace keeper. (Note: 7" clear on the push side is still not compliant with the MAAB, but it is a better solution than swinging the door out.)	1	128	\$128
47	Women's Toilet Room in Lobby	1		Toilet Compartment	Accessible Compartment		Door has malfunctioning self-closing hinge Toilet seat <17" or > 19" high Flush control not on open side Coat hook > 48"	- 23.5" - 62.8"	Repair hinge. Install a toilet with a seat height 17"- 19" above the floor. Provide the flush control on the open side of the toilet (transfer side). Lower coat hook so that it is no higher than 48".	1	Labor 1345	\$1345
48	Men's Toilet Room in Lobby	1		Toilet Compartment	Accessible Compartment		Door has malfunctioning self-closing hinge Toilet seat <17" or > 19" high Coat hook > 48"	- 23.5" 62.8"	Repair hinge. Install a toilet with a seat height 17"- 19" above the floor. Lower coat hook so that it is no higher than 48".	1	Labor 1158	\$1158
49	Women's Toilet Room in Gym	1		Toilet Compartment	Accessible Compartment		Grab bars not provided Flush control not on open side Coat hook > 48"	- - 52"	Provide one grab bar on the side wall of the water closet and one on the rear wall. Provide the flush control on the open side of the toilet (transfer side). Ensure that toilet paper is not mounted above the grab bars. Lower coat hook so that it is no higher than 48".	1	711	\$711

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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
50	Men's Toilet Room in Gym	1		Toilet Compartment	Accessible Compartment		Grab bars not provided Coat hook > 48"	- 52"	Provide one grab bar on the side wall of the water closet and one on the rear wall. Lower coat hook so that it is no higher than 48". Ensure that toilet paper is not mounted above the grab bars.	1	524	\$524
51	Women's Toilet Room in Lobby (Same in Men's)	1		Toilet Compartment	Accessible Compartment		Grab bar is not compliant		Provide a new grab bar that is free of sharp or abrasive elements with rounded edges.	4	449	\$1796
<b>Urinal</b>												
52	Men's Toilet Room in Lobby	1		Urinal	N/A		Rim > 17" high	19.5"	Provide at least one urinal with the rim no higher than 17" above the finish floor.	1	1624	\$1624
<b>Dispensers</b>												
53	Women's Toilet Room in Gym	1		Dispensers	Paper Towel Dispenser		Controls > 42" high	52"	Relocate so the operable part is 42" max. above the finish floor.	1	353	\$353
54	Women's Toilet Room in Lobby	1		Dispensers	Soap Dispenser		Controls > 42" high	46.9"	Relocate so the operable part is 42" max. above the finish floor.	1	353	\$353

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ID	Location	Floor	Room	Element	Type	Photo	Issues	Current Measure	Recommendations	Quantity	Price	Cost Estimation
55	Women's and Men's Toilet Room in Lobby	1		Dispensers	Paper Towel Dispenser		Controls > 42" high Dispenser acts as a protruding object	48"	Relocate so the operable part is 42" max. above the finish floor. Relocate dispenser out of the circulation path.	2	353	\$706
<b>Universal Design</b>												
56	Main Entrance (Steps at the Bottom of Ramp)	Ext.							Universal Design: For safety and to prevent falls, consider adding tactile contrast strips and handrails to stairs.	1	-	\$0
57	Signage on Broadway by Old High School	Ext.							Universal Design: Signage by the old High School may mislead people to think that the Health and Wellness Center is located in the old High School. Consider removing sign or providing a sign directing people to Maple Ave. An online Google search also directs people to the old High School. Correct online information.	1	173	\$173
<b>Best Practice</b>												
58	Linden Street Exit From Stairs with Step	Ext.						8"	Best Practice: Consider repaving ramp to remove step. Install compliant handrails. (Cost provided for this solution.) At minimum install a detectable warning to stop people from tripping at this change in level.	1	2468	\$2468