

— SAINT JAMES'S GATE —
HEALTH & FITNESS CLUB
—— WATLING STREET DUBLIN ——

ACCESSIBILITY GUIDE

Welcome

This is a guide to make your visit to Saint James's Gate Health and Fitness Club more accessible. This guide explains the different parts of the building, and describes where there are high sensory areas. We offer sensory kits that include ear plugs at our reception should you need them. You can also wear your own sensory equipment, or leave whenever you like. Just ask a member of staff and they can assist you in leaving or finding a quieter area to sit. We look forward to seeing you!

General information

Our building is used for exercise and sports. Members come and go as they like. Some periods can be quite busy, particularly around 4-8pm on weekdays, with more noise at these times. All areas are brightly lit, and there are no dimmer switches. Most of the building always smells of chlorine, and many areas can have other smells. The temperature and wetness can change from one room to another.



Staff

Our staff can be identified by clothing that says St James's Gate Health and Fitness Club. You can speak to them if you need help with anything. They are all fully trained in understanding Autism and coaching people who are Neurodivergent.



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Building Exterior

To enter the building, you will need to go through a black metal gate on the street and then another metal gate to get into the gym building. There is usually a security guard at the gate between 6:15am – 10:15pm. Once you have your membership card, you can use this to open the gates. If you don't have a membership card, you can press the intercom button at the entrance and someone in reception will let you in.



Car Park

You will go past a small parking lot which is normally quiet, but sometimes there are moving vehicles. There is a ramp for wheelchairs leading to the main entrance, but there are no lifts in the building, so the different floors are not wheelchair accessible.



Reception

When you go inside the building, you will be in the reception area. Some of the walls are bright red. When it's sunny, it can get hot here. There is a desk where you can talk to staff, ask for a tour, or pay for membership. Our manager, Rachel, or a member of the team will welcome you to the club.

If you're already a member, you can show your membership card to enter the building.



Moving through the building

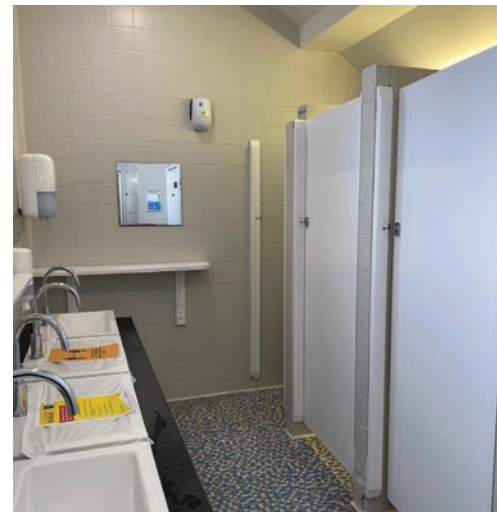
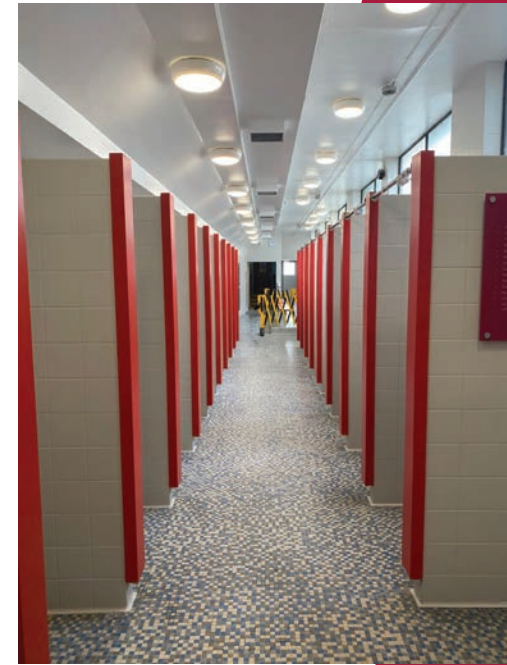
1. From the reception, you will find a staircase going down to the male and female changing rooms.
2. From the changing rooms, you can then access the pool area by passing the showers and walking up two set of steps.
3. Or, you can leave the changing rooms and pass along a small corridor past the pool and up a small staircase to enter the gym. You can ask any member of staff if you need help finding anything



The Changing Rooms

Men and women have separate changing rooms. Here you can store your belongings in lockers, using a €1 coin that will be returned to you at the end. You can also use one of the five showers to wash, or use the bathrooms. The showers have curtains for your privacy, and use a push button to start the water.

These areas have smells. The floors can be wet. You must go through the changing rooms to reach the bathrooms.



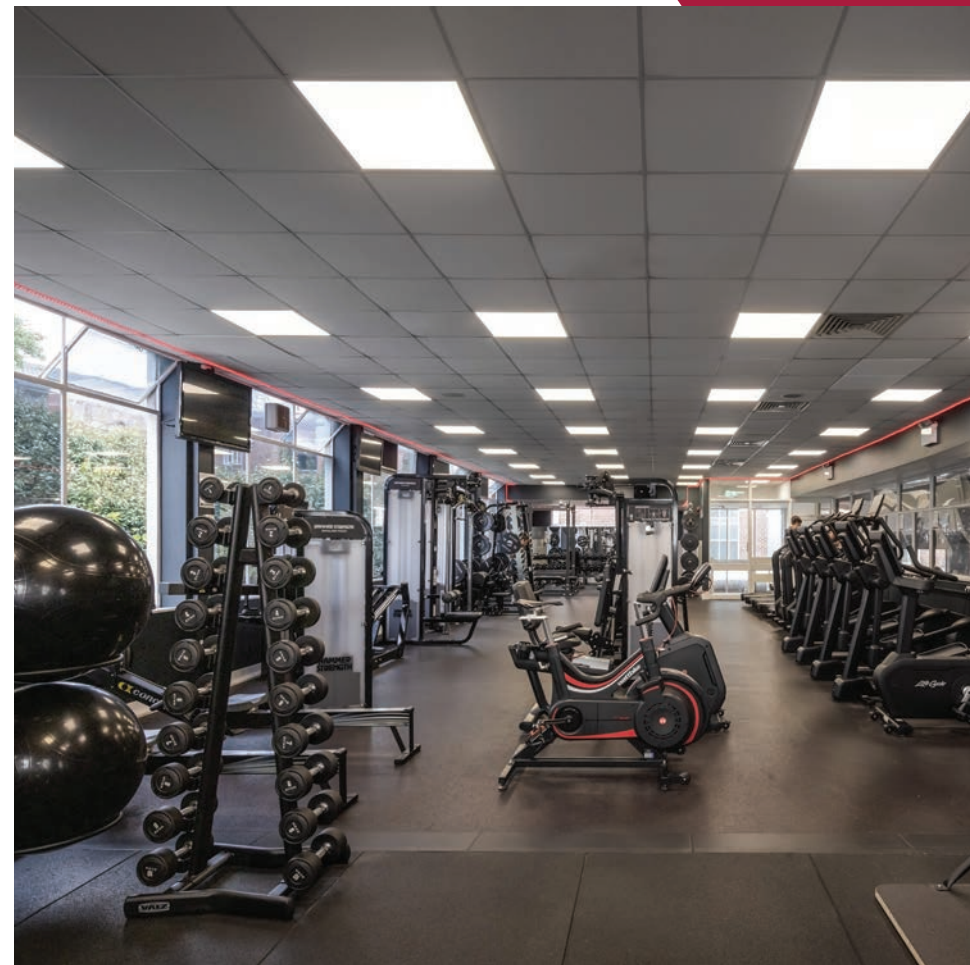
The Swimming Pool

1. The swimming pool is 25 meters long and is in a very large, open-plan room. The floors here are usually wet. Some of the floors have a complicated coloured tile pattern. There is a particularly strong smell of chlorine. There is often a lot of noise (especially during swimming lessons) and the sound echoes.
2. Our swim hours for children are between 11:00am – 5:00pm Monday to Friday, and 11:00am to 4:00pm on Saturday.
3. The pool has five lanes used for different speeds of swimming: slow, medium, fast, and two casual lanes. The pool has a deep end and a shallow end. If you are unsure of your ability, we recommend that you walk down to the shallow end to get into the pool. There is also a sauna and a steam room, which are very hot inside.



The Gym

The gym is used for exercise. There are many exercise machines here, and there are lots of sounds and smells. There is quite loud background music. There are videos on our website that show you how to use the machines. When you join the club, you can book a gym induction session, where a member of staff will give you a tour and explain how to use the gym safely.



The Studio

The studio is a mostly empty room that is often used for classes or group exercises. When it is not being used it is usually empty and quiet. You can join classes by signing up on our website. Classes have loud sounds and smells.



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**We look forward to welcoming
you to the St. James's Health
and Fitness Club soon**