

## Facility Assessment Checklist – Outdoor

*Low socioeconomic status (LSES) mothers are disadvantaged with respect to accessibility of physical activity and sport opportunities.*

### 1. *Is parking available?*

- On-site or nearby?  YES  NO
- Is parking free?  YES  NO
- Is there specified parking for pregnant or new mothers?  YES  NO

### 2. *Are these areas bright and safely lit at night?*

- Walkways leading to and from parking lot?  YES  NO
- Bike parking and/or racks?  YES  NO
- Car parking, garage and/or facility entrances?  YES  NO

### 3. *Is the facility/program space/venue accessible by public transport and pathways?*

- Is facility on a public transportation route?  YES  NO
- Is site serviced by special (disabled) transport services?  YES  NO
- Is site accessible by walking and/or bicycle pathways?  YES  NO
- Are bike racks available?  YES  NO

### 4. *Is the outdoor area surrounding the facility SAFE for walking?*

- Are entrances and walkways level or even?  YES  NO
- Are snow and ice removed from entrance areas in winter?  YES  NO
- Are there stairs up to the entrance?  YES  NO
- Is there a friendly stroller entrance (i.e. ramps)?  YES  NO
- Are entrance doors wide enough to allow a double stroller inside?  YES  NO
- Is the area considered safe for walking alone and/or with children?
  - Daytime  YES  NO
  - Nighttime  YES  NO

## **SOLUTIONS** to make your outdoor facilities LSES mother-friendly:

### 1. *AVAILABILITY of PARKING*

- Offer free or “pay what you can” approach for those on low/limited incomes.
- Reserve/specify closest parking spaces for mothers.

### 2. *ACCESSIBILITY of FACILITY by PUBLIC TRANSPORTATION and/or PATHWAYS*

- Provide a variety of transportation options for LSES mothers such as free bus tickets, taxi cabs and car pooling.

### 3. *ACCESSIBILITY of FACILITY*

- Ensure that walkways are stroller-friendly.
- Ensure that outdoor facilities are safe for mothers and their children.

## Facility Assessment Checklist – Indoor

Mothers need change rooms and gathering areas that can accommodate children of all ages, including infants and toddlers.

### 1. Are change rooms or locker rooms available for mothers?

- Do the change rooms or locker rooms get crowded?  YES  NO
- Are change rooms and exercise areas kept clean?  YES  NO
- Are playpens provided in the change room?  YES  NO
- Is there a baby table change area provided in change room?  YES  NO
- Are washrooms nearby change room(s)?  YES  NO
- Are children's toilets/training toilets available?  YES  NO
- Are washrooms large enough to bring a stroller in?  YES  NO
- Is a drinking fountain or cooler nearby?  YES  NO

### 2. Is there a gathering area for families?

- Is there seating available for breastfeeding mothers?  YES  NO
- Is there seating available for family snacking?  YES  NO
- Is there an area with games and/or play structures for children?  YES  NO

### 3. Is there stroller parking inside the facility?

- Is there a secure area for mothers to leave strollers?  YES  NO
- Is this area close to or inside the change facilities/program room?  YES  NO

## **SOLUTIONS** to make your indoor facilities LSES mother-friendly:

### 1. AVAILABILITY of CHANGE ROOMS for mothers and their children

- Spacious areas with benches, playpens and baby table change areas.
- Washrooms in change rooms.

### 2. ACCESSIBILITY of CHANGE ROOMS for mothers and their children

- Doors wide enough to accommodate strollers.
- Washrooms wide enough to accommodate mothers and strollers.

### 3. AVAILABILITY of GATHERING Areas

- Breastfeeding friendly space for new mothers to sit.
- Large enough space for families to snack together and socialize.
- Play area for young children where mothers can watch their children.