

How 'Fall Safe' is Your Recreation Facility?

Use this checklist to identify areas that could be improved to make your recreation facility safer and age-friendly. Please complete the checklist and share the results with your staff, supervisors, facility users, and volunteers. Consider having a senior who is a facility user complete the checklist with you. For more information on falls prevention contact Preventing Falls Together at (902) 422-0914, by email at info@preventingfallstogether.ca or visit our website at www.preventingfallstogether.ca

Outside the Building

Yes No N/A

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is the parking area level, smooth and free of potholes? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are all the pathways into the building level and clear? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are all the pathways and parking area clear of snow and ice in winter? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are there handrails on all the stairs into facility? (both sides) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the steps non-slip and in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the edges of steps marked in a contrasting colour and easy to see? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the parking area, paths and stairs well lit? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is the building accessible to walkers/wheelchairs, etc.? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is there accessible parking close to building entrance? |

Inside the Building

Yes No N/A

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the halls clear and free of equipment? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the halls and stairs well lit? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are there handrails on both sides of stairs? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the steps non-slip and in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the edges of steps marked in a contrasting colour and easy to see? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the floors clean, dry, with non-slippery surfaces? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the floors level and free from hazards—no cracks, loose mats, or cords across the floor? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is the seating sturdy, comfortable and not too low? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is there enough space between the furniture to allow for walking and easy passage for walkers and wheelchairs? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | At public events like health fairs, trade shows, and craft shows are electrical cords out of the way of walking areas? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | In the shower & pool areas where water accumulates is the floor non-slip, kept clean, and well marked? Are there railings or grab-bars nearby? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the areas that have a change in grade (a sloping surface or a change in height) well-marked and have a non-slip surface? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Is falls and injury prevention information available and promoted? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are the staff and volunteers familiar with the unique needs of older adults? |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Are falls and injury prevention part of the facility user/staff/volunteer training and orientation? |

How 'Fall Safe' is Your Recreation Facility?

In the Bathrooms and Locker Rooms

Yes No N/A

Are the washrooms accessible, well lit, and free of clutter?

Are there grab bars close to the toilet?

Are the floors clean, dry, with non-slippery surfaces?

Are the floors level and free from hazards (no cracks, loose mats, or cords across the floor)?

Are the light switches within reach of the doorway?

In the Kitchen/Canteen

Yes No N/A

Is the floor level, clean, and dry?

Are spills wiped up immediately?

Are heavy and often-used items stored in lower cupboards or shelves?

Is there a sturdy step stool with a handrail?

Are there reaching aids?

Is the area well lit?

Suggestions for improvements:

Name of Recreation Facility: _____

Date Checked: _____

The check was conducted by: _____

Senior facility user's comments: _____

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