

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 chits 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.