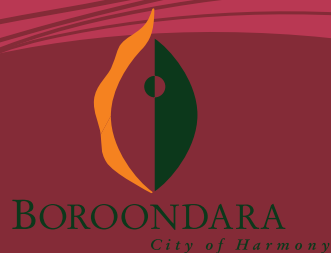


# BOROONDARA SPORTS COMPLEX

271c Belmore Road  
Balwyn North Vic 3104  
Phone (03) 9851 0444  
[bsc.boroondaraleisure.com.au](http://bsc.boroondaraleisure.com.au)

## Access Key

A customised accessibility guide



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**Actively supervise** - Parents and carers must have their children within eyesight at all times.

**AFFL** - Above finished floor level.

**Agility** - The ability to move quickly and easily when faced with a challenge.

**Balance** - A biological system that enables us to maintain a body's desired position and requires a number of sensory systems to work together.

**Cardiovascular** - Relating to the heart and blood vessels.

**Coordination** - The ability to use different parts of the body together smoothly and efficiently.

**EVOLT 360** - A quick, non-evasive body composition scanner that can determine over 40 different metrics relating to body fat, lean muscle mass and visceral fat. This allows for a targeted diet, exercise and lifestyle plan to be developed.

**Flexibility** - The ability of joints to move through a range of motion while unrestricted and pain free.

**Futsal** - A modified form of soccer, typically played in smaller indoor courts, with five players per side.

**Gross motor skills** - Involves the use of the large muscles of the body.

**HSSH** - Hand held shower hose.

**Interpersonal and social skills** - Relating to relationships or communication between people and the ability to interact with them in the most efficient and proper manner.

**Mobility** - The ability to move or be moved easily and freely.

**MyZone heart rate tracking** - A wearable tracking system that sits on a person's chest and links up to

audio visual screens within the health club, allowing them to track various statistics such as their heart rate and intensity levels. Available for purchase at reception.

**NDIS** - National Disability Insurance Scheme.

**Personal Success Plan** - A service where members can book an appointment with a gymnasium staff member, who helps build a fitness program and guide members towards their goals.

**Proprioception** - Awareness of position and movement of the body.

**Sensory exploration** - The stimulation of one's senses: touch, smell, taste, movement, balance, sight and hearing.

**Sensory regulation** - Relates to an individual's ability to increase and decrease their alertness, or arousal, to match the situation or environment.

**Social interaction** - Consider the perspective of other people and understand their needs.

**TGSI** - Tactile ground surface indicators. A tactile ground surface to assist pedestrians who are visually impaired. Often found on footpaths, stairs and train station platforms.

**Vestibular** - Awareness of balance and spatial orientation in order to coordinate movement with balance.



# Guidelines

Thank you for choosing to use an Access Key for Boroondara Sports Complex. This customised accessibility guide provides convenient information for Boroondara Sports Complex. Access Keys are universally designed and suitable for all people, regardless of ability.

For your Access Key to be successful, we recommend you follow these guidelines.

- Access Keys are available online to help you prepare for your visit in advance.
- Access Keys can be read and shared in an environment free of distractions.
- Access Keys can be read independently or shared with a friend, family member, carer or support worker to prepare for the visit.
- If sharing the Access Key with participant, help the participant comprehend key points, consistently monitoring for level of understanding.
- If sharing the Access Key with participant, contextualised photographs can be used to summarise information and experiences.
- If using the Access Key as a reflective tool, make sure to enjoy the pivotal link between experience and recall after the visit has taken place.
- Once the visit has taken place, revisit the Access Key to celebrate success.
- Accessibility information is located on page [34](#).
- Safety information is located on page [35](#).
- Download Access Key in its entirety - 36 pages in total.



**Access  
Ability  
Australia**

Access Keys are designed and developed by AccessAbilityAustralia.

To view the full range of free Access Keys available, go to [AAA Library](#).  
For Access Keys in Braille or audio, please [Contact Us](#).

Please complete our short [feedback form](#) to help us ensure continuous improvement.



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Accessible toilet



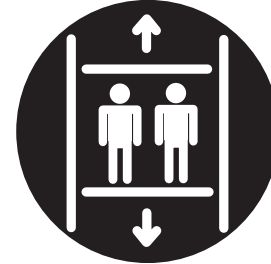
Toilet



Change rooms



Lift



Stairs



I need help



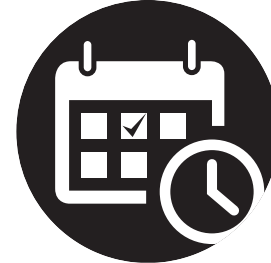
I don't speak English



Write it down



Booking



Membership



Gymnastics



Stadium



Swim



Exercise class



Gym



Café



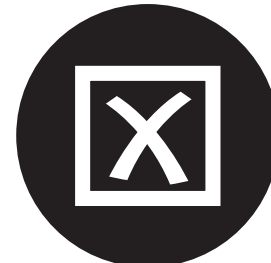
Question



Yes



No



First aid







## Did You Know?

- Boroondara Sports Complex (BSC) is proudly owned by the City of Boroondara and managed by [YMCA Victoria](#).
- View the City of Boroondara's [Disability Action Plan](#).
- City of Boroondara have lots of sport and recreation activities for people with disability. Visit council's [website](#) to learn more.
- [BindiMaps](#) installed to assist with navigation inside the centre. BindiMaps is a mobile app suitable for all users but is optimised for users with vision impairment.
- BSC is an accredited [Watch Around Water](#) centre.
- A range of [membership](#) options are available including options specifically to support young members aged 12 to 17 years and members aged over 50 years.
- Please visit our [website](#) for casual entry prices.
- [Flexible school programs](#) are available.
- BSC offers a [nutrition program](#) which is free as part of your membership.
- [School Holiday Programs](#) are available for children aged between 5 and 12 years.
- [Birthday parties](#) for children are available.
- BSC has a meeting room available for hire. For more information, please call us on (03) 9851 0444.
- BSC helps people experiencing disadvantage by subsidising the costs of YMCA programs and services through the YMCA Open Doors program. For information on eligibility and how to apply, please visit our [website](#).
- Follow us on [Facebook](#) and [Instagram](#).
- To provide feedback please visit our [website](#) or call us on (03) 9851 0444.
- Boroondara Sports Complex has a wide range of facilities to help you achieve your fitness goals.

### Aquatic Supervision Rules

#### Children under 5 years old

- All children must be accompanied into the centre by a person over the age of 18 and supervised within arms' reach, at all times in the water.
- All children must wear a pink wristband supplied by staff to help identify their age while swimming.
- Children will not be admitted without a full fee paying parent/guardian who must also be in the water at all times.

- Groups will not be admitted entry where the number of parents/guardians supervising a group of children under 5 years exceeds the ratio of 1:2.

#### Children under 10 years old

- All children under the age of 10 must be accompanied into the centre by a person over the age of 18.
- All children must be constantly and actively supervised by an adult over the age of 18 at all times. The adult must have a clear and active view of the child with no physical or structural barriers between them (this includes tech and devices).
- All children must wear a yellow wristband supplied by staff to help identify their age while swimming. Groups will not be admitted entry where the number of parents/guardians supervising a group of children under 10 years exceeds the ratio of 1:4.
- No photography permitted in the centre.



# Getting There

Boroondara Sports Complex is located at 271c Belmore Road, Balwyn North.

See Google Maps reference [here](#).

## Train

The Mernda and Lilydale train lines will take you to Boroondara Sports Complex.

## Bus

The nearest bus stop, directly outside the centre on Belmore Road, is 80 metres from the centre. Bus route 302 will get you there.

For further information on how to get to BSC, please visit [Public Transport Victoria](#).







## Parking

The most convenient parking for Boroondara Sports Complex is located within a designated carpark on site.

There are:

- Four accessible parking bays located 3 metres from the entrance to the centre
- 200 general parking bays with no restrictions
- 2-minute parking bays at the front of the centre
- an overflow carpark facing Carrington Street
- nearby street parking with no restrictions in some side streets.

Coach buses are required to drop off outside the entrance. They are not permitted to park in the carparks. Community buses are permitted to park in the carparks.

Bike racks are available.



# Welcome

Welcome to Boroondara Sports Complex.

The entrance to Boroondara Sports Complex faces Carrington Street.

Entry is via two sets of glass automated doors; both sets with a clearance of 1700mm.

For opening hours and contact details please visit our [website](#).

Operating hours may vary depending on programs being run on a day-to-day basis. Please check before attending for availability of specific pools.

For further details please call (03) 9851 0444 or email [bsc@ymca.org.au](mailto:bsc@ymca.org.au).

There is an undercover area directly outside the entrance to the centre.





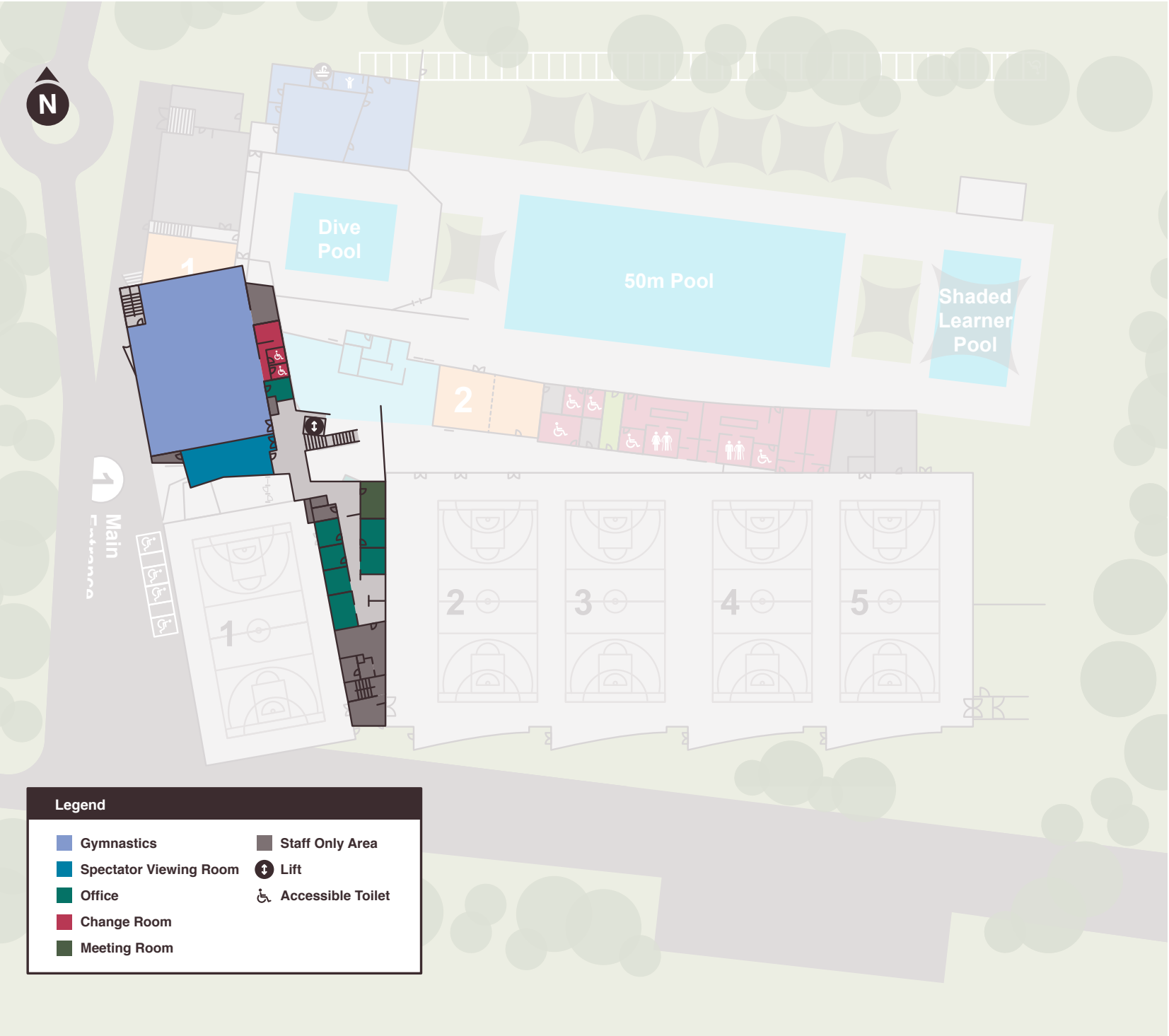
# BOROONDARA SPORTS COMPLEX

Ground Floor



**BOROONDARA  
SPORTS  
COMPLEX**

**Level 1**



**Legend**

Gymnastics	Staff Only Area
Spectator Viewing Room	Lift
Office	Accessible Toilet
Change Room	
Meeting Room	



# Staff



Customer service, gymnasium, stadium, gymnastics, childcare and café staff wear blue polo shirts with the YMCA and Boroondara logos on the front, along with name badges. Staff wear black shorts.



Lifeguards wear international standard uniform which comprises of a bright yellow and red long sleeve shirt with red shorts. The word 'Lifeguard' is across the front and back of shirts. They carry a bum bag, a rescue tube and a radio.



Swim instructors wear red rashies with “swim teacher” on the back.

Group fitness instructors wear active wear.



# Reception

Reception is located ahead of the main entrance doors, to the left.

Staff are available to provide assistance with any enquiries, bookings, assist with payments or to provide directions.

A low height reception counter is to the left of the main reception desk. A seat with backrest is available at this counter.

A second low height reception counter is on the far right of the main reception counter, after the entry gate. A seat with backrest is available at this counter.

There is a visual Communication Board at reception to support confident customer communication.

Audio-visual screens display pricing.

A drinks fridge is located at reception.

There is merchandise stand near reception with sporting apparel, swimwear and essential accessories.

## Members

1. Children are required to collect and wear an appropriate coloured wrist band for the pool. Bands can be collected from reception.
2. Patrons requiring a carer with them are required to wear a blue wristband, or alternatively their carer must wear a blue wristband.
3. Swipe membership card.
4. Enter through an automatic swing gate. It is located next to the reception counter. This gate opens inward with a clearance of 1060mm.

## Casual Guests

1. Report to reception.
2. Pay for visit. Discuss what program you would like to access. Cash or EFTPOS is accepted.

3. Children are required to collect and wear an appropriate coloured wrist band for the pool. Bands can be collected from reception.
4. Patrons requiring a carer with them are required to wear a blue wristband, or alternatively their carer must wear a blue wristband.
5. Casual basketball shooters to collect and wear wrist band.
6. Enter through the automatic swing gate next to the reception counter. This gate opens inward with a clearance of 1060mm.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Automated doors  
Heating/Cooling  
People  
Phones



### Sights

Bright lights  
People  
Glare



### Smells

Chlorine



# Reception Toilets

Boroondara Sports Complex has one set of public toilets in the reception area.

## Location

1. Enter through the centre entry doors.
2. Go past reception.
3. Go through the entry turnstiles.
4. Go past Stadium Court 1 and turn right immediately into a hallway.
5. Toilets are on the right.

## Separate men/boys and women/girl's toilets

### Includes:

- private shower cubicles, including one ambulant
- toilets, including one ambulant
- benches and hooks.



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Echo | Hand dryers  
Heating/Cooling  
People  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection  
People



### Smells

Air freshener  
Bathroom smells  
Disinfectants  
Shower products

## SENSORY GUIDE



# Therapeutic Benefits

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in activities available at Boroondara Sports Complex.

## Stadium Ball Sports

- Encourages socialisation
- Encourages team-work and cooperative play
- Improves gross motor skills
- Improves hand/eye coordination
- Improves physical fitness

- Improves agility
- Improves coordination
- Improves muscle strength
- Improves physical fitness
- Improves posture
- Increases flexibility

## Gymnasium

- Assists with balance and flexibility
- Assists with stress relief, decreased anxiety and better sleep
- Decreases risk of chronic disease
- Encourages social interaction and community participation
- Helps improve brain functionality and memory
- Helps improve mood
- Helps improve posture
- Helps reduce joint and muscle pain
- Improves cardiovascular fitness
- Increases energy levels
- Promotes sensory and emotional regulation

## Aquatic activities

- Develops interpersonal and social skills
- Develops understanding of winning and losing
- Encourages cooperation
- Encourages sensory exploration
- Facilitates development of gross motor skills
- Improves cardiovascular health
- Improves muscular strength
- Improves overall mental health and wellbeing
- Improves proprioception
- Promotes improvement in range of movement
- Promotes sensory and emotional regulation
- Reduces pain and inflammation
- Reduces stiffness
- Relaxation and calming benefits
- Supports injury rehabilitation

## Group Fitness

- Encourages social interaction and community participation
- Fitness instructors help to ensure exercises are executed in the correct way
- Gentle exercises for joints (spin and low impact classes)
- Helps improve physical fitness
- Improves energy levels
- Improves mental health
- Improves muscle strength in legs
- Promotes sensory and emotional regulation
- Working out in a group assists with fitness motivation and accountability

## Gymnastics

- Assists with balance
- Encourages social interaction and community participation

## Aquatic Group Fitness

- Assists in the management of injuries and rehabilitation
- Encourages social interaction and community participation
- Exercises the body without putting stress on joints
- Improves endurance
- Improves physical fitness
- Increases flexibility
- Increases muscle strength
- Promotes sensory regulation
- Reduces pain and stiffness



Did you know that sport and active recreation can fit into four different NDIS funding categories?

The [NDIS Sports Guide](#) will walk you through how to include sport and recreation into your NDIS planning goals.



# Stadium

Boroondara Sports Complex has five stadium courts.

Each court is numbered. Numbers are displayed above the entry doors.

Includes:

- playing surface of floorboards
- bench seating with no back or armrests
- 2-tiered spectator seating with no steps (courts 1 and 5). Seats with no back or armrests
- 4-tiered spectator seating (court 2). Seats with back, no armrests
- electronic score boards.

All courts are available for booking. Bookings are essential for large groups and sports, other than basketball. Bookings need to be made at least 24 hours in advance. For more information, please visit our [website](#).

Walk-in attendance is permitted for the use of basketball rings in the stadiums. Casual guests incur a fee. For further information, please visit our [website](#).





# Courts 1 - 5

Court 1

Location

- 1. Go through the entry turnstiles.
- 2. Turn right immediately.

Access is via manual doors, opening outward with a clearance of 900mm. These can be opened to double doors with a clearance of 1780mm.

A second entry is also available.

Location

- 1. Go through the entry turnstiles.
- 2. Turn right at the hallway after the stadium court reception desk.
- 3. Turn right again.

Access is via manual doors opening outward with a clearance of 850mm. These can be opened to double doors with a clearance of 1720mm.

Court 1 has a dimension of 808 square metres. It is utilised for basketball, netball, futsal and badminton.

Courts 2-5

Location

Past court 1, on the right.

Access to each court is via manual doors opening inward with a clearance of 750mm. These can be opened to double doors with a clearance of 1520mm.

Courts 2-5 have dimensions of 2622 square metres.

Courts 2-3 are utilised for basketball, netball and futsal.

Courts 4-5 are utilised for the above sports, as well as badminton and volleyball.



Feel

- Change in ground surface
- Fans (court 1 only)
- Heating/Cooling



Feel

- Increased body temperature
- Increased heart rate
- Shared personal space



Sounds

- Amplified voice
- Announcements
- Applause
- Balls bouncing
- Buzzers
- Echo



Sounds

- Feet stomping | People
- Seat bases flapping up (court 2)
- Shoes squeaking
- Sirens
- Whistles



Sights

- Bright lights
- Crowd movement
- Electronic scoreboard
- Fans oscillating (court 1)
- Rapid movement
- Activities



Smells

- Perspiration
- Deodorant
- Wooden floor finish



## Stadium

# Toilets and Change Facilities

The stadium has a variety of change facilities including three accessible toilets.

### Accessible Toilet One

Location  
Opposite court 3.

Includes:

- unisex, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1050mm AFFL
- cubicle space 2350mm x 2500mm
- grab bars to the left and behind toilet
- toilet seat at height 480mm AFFL with left hand transfer
- emergency button 400mm from toilet
- sink height 810mm AFFL with lever tap at 950mm AFFL
- baby change.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling



### Sounds

Balls bouncing  
Echo  
Hand dryer  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection



### Smells

Air freshener  
Bathroom smells  
Disinfectants



# Toilets and Change Facilities (cont)

## Men/boys and women/girl's toilets

### Location

Opposite stadium courts 3 and 4.

### Includes:

- open showers, including one ambulant shower with bench (excl men/boy's toilets) and grab bars
- private shower cubicles including one ambulant shower with bench (excl men/boy's toilets) and grab bars
- toilets
- communal area with benches and hooks
- lockers
- baby change.

## Accessible Toilet Two

### Location

Within women/girl's change facilities.

### Includes:

- manual door opening inward. Door clearance of 870mm. Twist lock at 1000mm AFFL
- cubicle space 1600mm x 1800mm
- grab bars to the right and behind toilet
- toilet seat at height 450mm AFFL with right hand transfer
- no sink within this cubicle
- sink in communal area with height 820mm AFFL and knee clearance 700mm AFFL
- twist tap at 880mm AFFL.

## Accessible Toilet Three

### Location

Within men/boy's change facilities.

### Includes:

- manual door opening inward. Door clearance of 870mm. Twist lock at 1000mm AFFL
- cubicle space 1700mm x 1940mm
- grab bars to the left and behind toilet
- toilet seat at height 460mm AFFL with left hand transfer
- no sink within this cubicle
- sink in communal area with height 830mm AFFL and knee clearance 700mm AFFL
- twist tap at 900mm AFFL.

There are additional men/boys and women/girl's toilets and change facilities located within the stadium near court 4.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Balls bouncing  
Clock ticking Echo  
Hand dryers | People  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection  
People



### Smells

Air freshener  
Bathroom smells  
Disinfectants  
Shower products

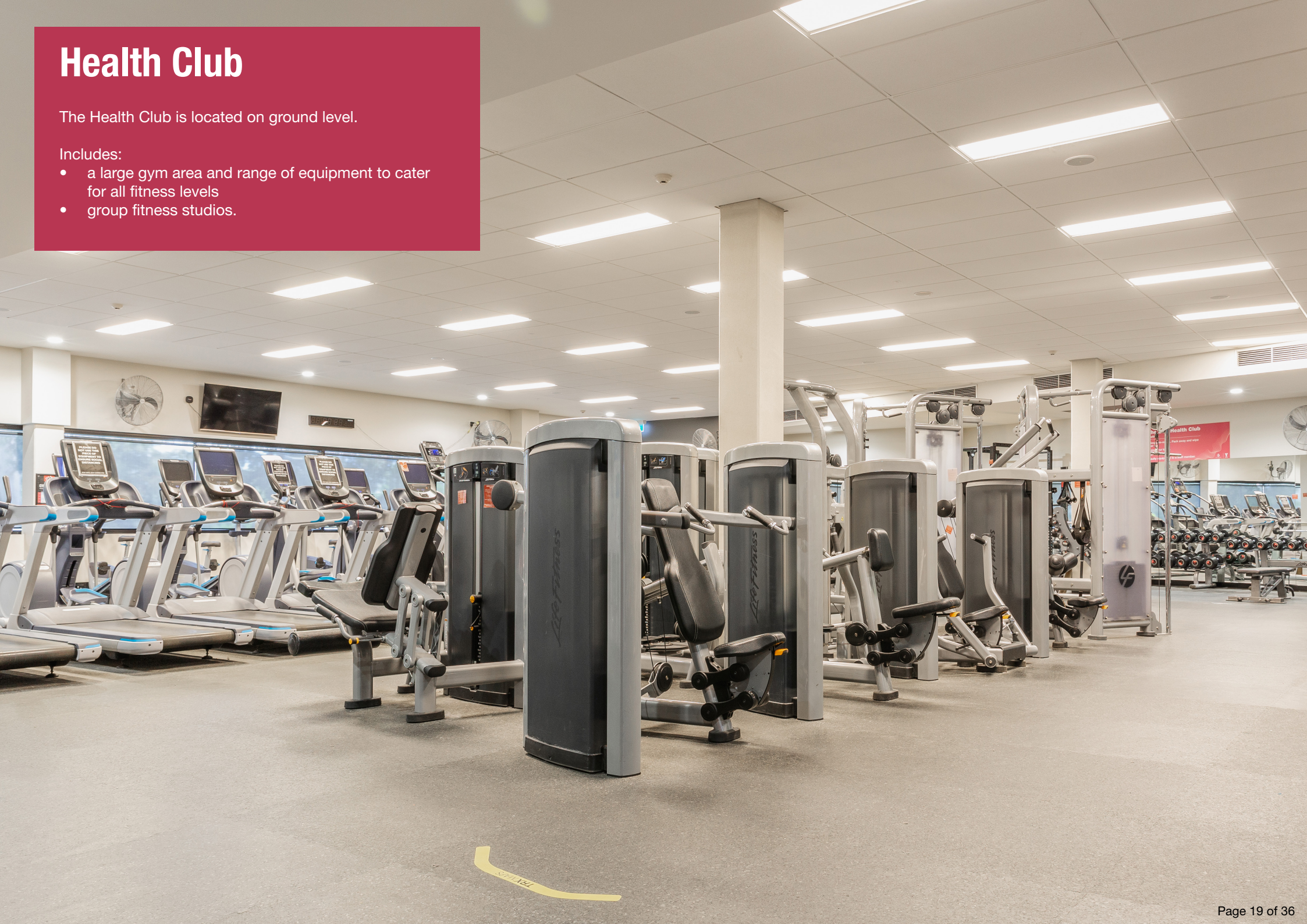


# Health Club

The Health Club is located on ground level.

Includes:

- a large gym area and range of equipment to cater for all fitness levels
- group fitness studios.





# Gymnasium

## Includes:

- modern electronic, pin-loaded and free weight equipment
- divided cardio and weights area
- designated functional training space
- individual personal training and small group [personal training sessions](#)
- EVOLT 360 and TRX mapping
- MyZone heart rate tracking
- Personal Success Plan
- a selection of accessible fitness equipment including, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines TheraBands and foam rollers.
- bench seating with no back or armrests
- open lockers
- sanitiser and wipes stations.

Members and guests are required to bring their own workout towel.

If you have any medical conditions, we advise that you speak to your doctor prior to commencing any physical activity.

Children under the age of 12 are not permitted to use gym equipment.



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temp  
Increased heart rate  
Shared personal space



### Sounds

Announcements  
Gym equipment  
Heating/Cooling  
Music | People  
Weights clanging



### Sights

Bright lights  
Fans oscillating  
Glare  
Mirror reflection  
People



### Smells

Deodorants  
Perspiration  
Rubber matting  
Sanitiser/Wipes

# Group Fitness Studios

Boroondara Sports Complex has a variety of popular group fitness classes for all ages and abilities. Over 60 classes are held each week, ensuring there is something for everybody to enjoy. For a full list of class descriptions, please see our [website](#). There are three fitness studios.



## Main Fitness Studio (Program Room 1)

### Location

1. Go through the entry turnstiles.
2. Turn left immediately into a hallway.
3. Go past the gymnasium.
4. The program room is on the left.

Access is via manual doors opening inward with a clearance of 850mm. This can be opened to double doors with a clearance of 1730mm.

Program Room 1 has a seated lounge area outside room with a coffee table and couches with back and armrests.



## Fifth Element Studio (Program Room 2)

### Location

1. Go through the entry turnstiles.
2. Go straight ahead, past the café.
3. The program room is on the left.

Access is via a sliding door with a clearance of 1050mm.

This studio is utilised as a cycle studio and for Challenge 45 classes.



Stadium Court 1 is also utilised for fitness classes, including Circuit, Step and Active Adults.

For further information on location and access details, please refer to [Stadium Courts page](#).





## Group Fitness Studios (cont)

Fitness studios include:

- mirrored walls (excl program room 2)
- audio-visual screens
- open lockers (excl program room 2)
- fans
- stage (program room 1)
- sanitiser and wipe stations
- variety of gym equipment relevant to each class.

Classes can be booked [online](#) using the online booking system available on our group fitness timetable page.

Classes have a duration of 45 minutes.

### Further Information

- Tell the instructor if you have any injuries before the class starts.
- Be early, late entry is not permitted.
- Be prepared with your workout gear, towel and water bottle.
- Let the instructor know if it's your first time in a group fitness class.
- Be respectful and supportive of your fellow participants and our instructors.
- Stay till the end of the class.
- Put equipment away after the class.
- The minimum age to attend most group fitness classes is 12 years old for members.
- The minimum age to attend Body Pump, Boxing, Circuit and HIIT 45 is 16 years of age.
- Youth members must attend a health planning session and induction with a parent/guardian before attending group fitness classes.



## SENSORY GUIDE



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temp  
Increased heart rate  
Shared personal space



### Sounds

Amplified voice  
Announcements  
Feet stomping  
Heating/Cooling  
Music  
People



### Sights

Bright lights  
Fans oscillating  
Glare (excl program rm 1)  
Mirror/Reflection (ex rm 2)  
Rapid movement



### Smells

Deodorant  
Perspiration  
Rubber matting  
(program room 2 only)



# Gymnastics Centre

Boroondara Sports Complex has a dedicated gymnastics centre. This centre is the home of the Balwyn Gymnastics Club, which offers a range of programs for all ages and abilities. The Club is run by a team of qualified gymnastics experts and is proudly affiliated with Gymnastics Victoria and Gymnastics Australia.

## Location

The gymnastics centre is on level one and can be accessed via lift or stairs.

Entry is via manual doors opening inward with a clearance of 850mm. These can be opened to double doors with a clearance of 1720mm.

## Includes:

- toilets
- a variety of gymnastics equipment
- parent viewing room. Access via a manual door opening inward with a clearance of 860mm. This can be opened up to double doors with a clearance of 1550mm. Includes a kitchenette, tables, chairs with backrests and a TV screen.





# Toilets

The gymnastic has one set of toilets, comprising of two accessible toilets.

## Accessible Toilet One

Includes:

- all genders, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1100mm AFFL
- cubicle space 2350mm x 2670mm
- grab bars to the right and behind toilet
- colour contrasted toilet seat at height 490mm AFFL with right hand transfer
- sink height 820mm AFFL with lever tap at 950mm AFFL
- shower with HSHS, grab bars, curtain, bench and hooks.

## Accessible Toilet Two

Includes:

- all genders, accessible toilet with artificial lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1100mm AFFL
- cubicle space 2680mm x 2080mm
- grab bars to the left and behind toilet
- colour contrasted toilet seat at height 480mm AFFL with left hand transfer
- sink height 840mm AFFL with lever tap at 1000mm AFFL.



### Feel

Change in ground surface  
Heating/Cooling



### Sounds

Echo  
Gymnastics centre  
equipment  
Hand dryers  
Music



### Sounds

People  
(from gymnastics centre)  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection



### Smells

Air freshener  
Bathroom smells  
Disinfectants  
Shower products



# Equipment and Programs

Equipment includes:

- 432 square metre gymnasium
- competition sprung floors
- above-ground trampoline, mini trampoline and rebounders
- wedges
- boxes (varying sizes)
- crashmats, scatter mats and cartwheel mat
- beat boards
- tumble track
- rings, parallel bars (p-bars) and uneven bars
- benches, hoops, dots, skipping ropes, swinging rope, soft toys, soft balls and wobble boards/shape
- vault table, trapezium shapes and cylinder shapes
- floor bars, air track, shape cards and foam blocks
- mirrors with bars
- window walls
- fans.

Programs include:

- preschool programs
- school aged programs
- [accessible gymnastics programs](#). Balwyn Gymnastics Club is proudly an inclusive club that welcomes all children and adults that have a passion for gymnastics
- casual adult classes
- aerobic gymnastics
- recreational competitive gymnastics.

For a full description of all gymnastics programs on offer, please visit our [website](#).

For pricing and enrolment details, please visit our [website](#).



## SENSORY GUIDE



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temp  
Increased heart rate  
Shared personal space



### Sounds

Amplified voice  
Announcements  
Applause | Feet stomping  
Music  
People  
Weather



### Sights

Bright lights  
Crowd moving  
Fans oscillating  
Mirror/Reflection  
Rapid movement  
Activities



### Smells

Deodorant  
Perspiration



# Pool Area

All pools at Boroondara Sports Complex are outdoors.

## Location

1. Go through the entry turnstiles.
2. Go straight ahead, past the staircase.
3. Turn left before program room 2 and go through the café area.

Entry is via glass automated doors with a clearance of 1680mm.

## Includes:

- change facilities
- outdoor 50 metre lap pool
- outdoor shaded learner pool
- outdoor dive pool
- aquatic group fitness
- bench seating with no back or armrests
- shade sails.





## Pool Area

# Change Facilities

The pool area has family change facilities, including two accessible toilets and men/boys and women/girl's change facilities.

### Accessible Toilet One

Location

First toilet on the right after pool deck entry

Includes:

- all genders, accessible toilet with sensor lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1040mm AFFL
- cubicle space 3200mm x 2580mm
- grab bars to the right and behind toilet
- toilet seat at height 480mm AFFL with right hand transfer
- emergency button 1050mm from toilet
- sink height 820mm AFFL with lever tap at 880mm AFFL
- shower with HHSH, grab bars, hooks and bench
- baby change.

### Accessible Toilet Two

Location

Second toilet on the right after pool deck entry

Includes:

- all genders, accessible toilet with sensor lighting
- manual door opening inward. Door clearance of 850mm. Twist lock at 1030mm AFFL

- cubicle space 2620mm x 3190mm
- grab bars to the left and behind toilet
- toilet seat at height 480mm AFFL with left hand transfer
- emergency button 1000mm from toilet
- sink height 800mm AFFL with lever tap at 870mm AFFL
- shower with HHSH, grab bars, hooks and bench
- baby change.

Separate men/boys and women/girl's toilets are located on the pool deck near the accessible toilets. These toilets are shared with stadium courts.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space  
(excl accessible)



### Sounds

Echo  
Hand dryers  
People (excl accessible)  
Running water  
Toilet flushing



### Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



### Smells

Air freshener  
Bathroom smells  
Disinfectants  
Shower products



## Pool Area

# Outdoor 50 Metre Lap Pool

This pool is open to the public all year round.

It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games and casual swimming.

Includes:

- fixed pool hoist
- two stepped entry points with handrails on both sides
- ladder entry points with handrails on both sides
- depth 1.2 metres to 2.1 metres
- pool temperature 27.5 degrees Celsius
- eight full-sized lanes
- dive blocks.

For lap lane availability and private lane bookings, please visit our [website](#) or call us on 9851 0444.

### Lap Lane Etiquette

- Show courtesy and consideration to others at all times.
- Comply with poolside signage.
- Select a lane based on your swimming speed and stroke selection (slow, medium, fast). You may need to move to an alternate lane if you change strokes.
- Take care when passing another swimmer. Always pass to the right and return promptly to the left of the lane.
- Allow faster swimmers to pass.
- To avoid congestion at the end of the lane, move to the corner of the lane.
- During peak times avoid activities/drills that may disrupt other swimmers.
- Please co-operate with any requests made by the supervising lifeguard.



### Feel

Being splashed  
Cool water  
Flying insects  
Increased body temperature



### Feel

Increased heart rate  
Shared personal space  
Water resistance  
Weather  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Music (during classes)  
People



### Sounds

Splashing  
Starter guns  
(during competitions)  
Traffic



### Sights

Glare  
People  
Splashing



### Smells

Chlorine  
Sunscreen



## Pool Area

# Shaded Learner Pool

The shaded learner pool is utilised for swimming tuition for children of all abilities aged 4 and above. Swimming lessons are offered in the summer season. For further information on swimming lessons, please visit our [website](#).

The shaded learner pool is available for public access, when not being utilised for swimming lessons. It is open from October to March, based on temperature. Opening hours are extended to 10am to 6pm every day during the summer school holiday period. For more information, please visit our [website](#).

Includes:

- ladder entry points with handrails on both sides
- depth 0.7metres to 0.9 metres
- pool temperature 30 degrees Celsius.



### Feel

Being splashed  
Flying insects  
Increased body temperature  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water resistance  
Weather  
Weightlessness



### Sounds

Amplified voice (during classes)  
Announcements  
Music (during classes)  
People



### Sounds

Splashing  
Traffic  
Weather



### Sights

Glare  
People  
Splashing



### Smells

Chlorine  
Sunscreen



## Pool Area

# Dive Pool

The dive pool is open at scheduled times from December to March when the weather forecast is over 26 degrees Celsius. For more information on opening times, please visit our [website](#).

The dive pool is unheated.

It is utilised for diving and recreational jumping and is suitable for children aged 5 years and above who are competent swimmers.

Includes:

- 1 and 3 metre springboards
- 5 metre diving tower
- stepped entry with double handrails to springboards and diving tower
- ladder entry points to pool with handrails on both sides
- depth 4.7 metres.

People must wait for a lifeguard to instruct them when it is safe to dive or jump.



### Feel

Being splashed  
Cool water  
Flying insects  
Increased heart rate  
Sensation of flying



### Feel

Thrill  
Water resistance  
Weather/wind  
Weightlessness



### Sounds

Amplified voice  
(during classes)  
Announcements  
Music (during classes)  
People



### Sounds

Splashing  
Traffic  
Weather



### Sights

Glare  
People  
Splashing



### Smells

Chlorine  
Sunscreen



# Aquatic Group Fitness

Boroondara Sports Complex offers a variety of aquatic group fitness classes.

Classes include aqua aerobics, deep water running and squad swimming. Aquatic group fitness classes are held in the 50-metre pool.

To see a description of specific classes, please visit our [website](#).

Members and casual guests can participate in aquatic group fitness classes. Casual guests incur a fee. For information on prices, please visit our [website](#).

Classes can be booked [online](#) and have a duration of 45 to 50 minutes.

## Further Information

- Tell the instructor if you have any injuries before the class starts.
- Be early, late entry is not permitted.
- Be prepared with your workout gear, towel and water bottle.
- Let the instructor know if it's your first time in an aquatic group fitness class.
- Be respectful and supportive of your fellow participants and our instructors.
- Stay till the end of the class.
- Put equipment away after the class.
- The minimum age to attend aquatic group fitness classes is 12 years old for members.
- Youth members must attend a health planning session and induction with a parent/guardian before attending aquatic group fitness classes.



## Feel

Being splashed  
Cool water  
Flying insects  
Increased body temp  
Increased heart rate



## Feel

Shared personal space  
Water resistance  
Weather  
Weightlessness



## Sounds

Amplified voice  
Announcements  
Music  
People  
Traffic



## Sights

Glare  
Splashing



## Smells

Chlorine  
Sunscreen

## SENSORY GUIDE



# Creche

A childcare program is open to members and casual guests and is staffed by qualified childcare educators. Sessional care and occasional care are available. Members and casual sessions are available while you remain on the premises, as well as occasional care where you can leave the premise.

The creche is located past reception and left into a hallway.

Access is via a manual door opening outward with a clearance of 860mm. This can be opened to double doors with a clearance of 1620mm.

## Includes:

- indoor area with variety of toys, developmentally appropriate play equipment, arts and crafts
- rotating educational program on a fortnightly basis
- kitchenette
- children's toilet; one with grab bars on either side. An adult toilet is available
- baby change area within children's toilet
- open lockers
- undercover outdoor area with a variety of play equipment and a herb garden.

For more information on childcare services and bookings, please see our [website](#).



## Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



## Sounds

Children playing  
Hand dryer (children's toilet)  
Phones  
Toys  
Singing



## Sights

Glare  
People



## Smells

Chlorine (outdoor area)  
Disinfectants  
Floorboards  
Food/Drink  
Glue  
Paint

## SENSORY GUIDE



# BSC Café

The café is located past reception on the left.

The café offers a range of fresh food, hot and cold snacks, cool drinks and barista-made coffee. The café follows the Victorian Government's [Healthy Choices Guidelines](#) Traffic Light System to help guide people to make healthy food choices.

Includes:

- serving counter at 910mm AFFL
- secondary serving counter facing outdoor pool area at 970mm AFFL
- visual menu located on an audio-visual screen
- tables and chairs with backs, no armrests
- coffee table and couches with back and armrests
- bench tables and stools with no back or armrests
- high chairs.

EFTPOS preferred.



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space



### Sounds

Automated door  
Coffee machine  
Fans  
Fridges  
People



### Sights

Bright lights  
Glare



### Smells

Food/Drink  
Chlorine



# Accessibility

## Throughout

- Clear path of travel from outdoor to indoor areas.
- Path from accessible parking bay to main entry doors with gradient 1:35 (2.8%).
- Varied outdoor terrain of concrete, grass, and asphalt.
- Varied internal terrain of carpet, floorboards, tiles, non-slip flooring, soft fall matting and rubber matting.
- Wayfinding signage.
- Wide, clear internal and external walkways.
- Clear wheelchair circulation space.
- Spaces for a person using a wheelchair to sit with friends.
- Assistance animals welcome.
- Staff available to read information.
- Pen and paper for exchanging information.
- Discounted entry prices for holders of government issued pension cards and Companion cards.
- Storage available for mobility aids. Please inquire at reception.
- Lockers placed throughout centre with varying operational heights. Casual users incur a small fee. Please inquire at reception.
- Accessible guided tours are available.
- Pram parking.
- Quiet areas can be made available on request.

## Reception

- Low height counter 740mm AFFL with knee clearance 710mm AFFL.
- Second low height counter after reception turnstiles 760mm AFFL with knee clearance 710mm AFFL.
- Main reception desk 940mm AFFL with no knee clearance.
- Reception automatic swing gate located at the far right of the member turnstiles opens inward with a clearance of 900mm.
- Exit gate from centre swings outward with a clearance of 1570mm.

- Both centre entry doors with exit push buttons at 1100mm AFFL.

## Health Club

- Program Room 1 with water fountain at 850mm AFFL with knee clearance 670mm AFFL. Bottle fill sensor at 1000mm AFFL.
- Program Room 1 equipment space with open entry with clearance 1720mm.

## Stadium Courts

- Reception counter outside court 1 at 740mm AFFL. No knee clearance.

## Lifts

- Door clearance 980mm.
- Entry button operating height 940mm AFFL.
- Internal buttons with varying operating heights at 880mm to 1060mm AFFL.
- Cubicle space 2380mm X 1390mm.
- Lift buttons in Braille.
- Handrail inside lift.
- Audio enabled.

## Gymnastics Centre

- Water fountain 850mm AFFL with knee clearance 670mm AFFL. Bottle fill sensor 1000mm AFFL.
- Parent viewing room with tables 720mm AFFL and knee clearance 690mm AFFL.

## Outdoor Pool Area

- Water fountain 850mm. No knee clearance.

## Creche

- Manual latch gate after entry opens outward with clearance 840mm. Latch 1650mm AFFL.
- Children's toilet with manual door opening outward with clearance 800mm.
- Manual doors to outdoor area open outward with clearance 920mm.
- Sandpit edging 250mm AFFL with width 190mm.



- Manual door from outside area to child toilet opens outward with clearance 920mm.
- Push button to exit creche 1600mm AFFL.

## Café

- Tables height 730mm AFFL with knee clearance 700mm AFFL.

## Meeting Room 2 (Level One)

- Available for public hire
- Manual entry door opens inward with clearance 850mm.
- Tables 720mm AFFL with knee clearance 685mm AFFL. Chairs with backrests.



# Safety

## Throughout

- Entrance to Carrington Street with pedestrian crossing and pram ramps. No TGSI.
- Steps to centre with single handrail and TGSI top and bottom.
- Main entry doors and surrounding glass panels with contrast safety bands 930mm to 1010mm AFFL.
- Main entry with inground floor matting. Colour contrasted.
- Centre surrounding windows with contrast safety bands 930 to 1010mm AFFL.
- Defibrillators located at reception and in the first aid room.
- First aid room and lifeguard station located in outdoor pool area. Can also be accessed from hallway next to stadium courts.
- Bins and planter boxes placed against walls.
- Wet floor signage.
- All staff with Working with Children Checks.
- Evacuation maps.
- Fire wardens on site.
- Children to be actively supervised at all times.
- Walking only.
- No smoking.
- Illuminated exit signs.
- Audible alerts in the case of an emergency.
- Sanitisation stations.
- Emergency exits located outside stadium courts with stepped access only.
- In the event of an emergency, staff will help and direct visitors. If there is to be an evacuation, visitors will be directed to the nearest exit and designated assembly area.
- For updated information on our COVID policy, please visit our [website](#).

## Health Club

- Gymnasium entry doors and surrounding panels with contrast safety bands 930mm to 1010mm AFFL.
- Gymnasium with raised edge on floor at entry.

- Program Room 1 entry doors and surrounding panels with contrast safety bands 740mm to 1250mm AFFL.
- Program Room 1 with wipes station 1490mm AFFL.
- Program Room 1 with steps to stage with no handrail or TGSI.
- Program Room 1 with stage and tape definition on surrounding edges.
- Program Room 2 with contrast safety bands on entry doors 680mm to 1900mm AFFL.
- Program Room 2 with no contrast safety bands on glass panels next to entry doors.
- Program Room 2 with no contrast safety bands on exit doors to outdoor pool area.
- Program Room 2 with raised edge on floor at entry.
- Program Room 2 with floor to ceiling windows overlooking pool area with no contrast safety bands.

## Stadium Courts

- Court 1 with entry doors with contrast safety bands 740mm to 1230mm AFFL.
- Court 1 with raised edge on floor at entry.
- Court 1 with wipes station 920mm AFFL.
- Court 2 -5 with metal frames on glass entry doors and surrounding hallway windows. No contrast safety bands.
- Court 2 with tiered spectator seating with steps with nosing. No handrails or TGSI.
- Court 2 with tiered folding spectator seats

## Gymnastics Centre

- Entry doors with no contrast safety bands.
- Parent viewing room doors with contrast safety bands 940mm to 1020mm AFFL.

## Outdoor Pool Area

- Entry door left of café to outdoor pool area with frosting 140mm to 1280mm AFFL.

- Entry doors from right of café to outdoor pool area with contrast safety bands 1060mm to 1660mm AFFL. Surrounding panels with contrast decal 1 metre.
- Motorised scooters permitted in outdoor pool area.
- Fully fenced.
- Accessible toilets with raised edge on floor at entry.
- Dive pool steps to all spring/diving boards with double handrails.
- Flood lighting at night.

## Creche

- Entry doors with contrast safety bands 930mm to 1010mm AFFL.
- Sanitiser station at 1050mm AFFL.
- Children's toilet door with contrast safety bands 630mm to 990mm AFFL.
- Staff kitchen with glass door with no contrast safety bands.
- Doors to outdoor area and surrounding windows with contrast safety bands 930mm to 1010mm AFFL.
- Doors from outside area to child toilet with contrast safety bands 250mm to 1000mm AFFL.
- Outdoor area fully fenced.
- First aid kit.

## Café

- Open entry past reception area to café with display cabinets and planter boxes.

## Meeting Room 2 (Level One)

- Frosting on surrounding windows 830mm to 1830mm AFFL.



# BOROONDARA SPORTS COMPLEX



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<https://bsc.boroondaraleisure.com.au/>

## BOROONDARA LEISURE AND AQUATIC FACILITIES

