

Accessibility Guide for Selkirk Leisure Centre

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Welcome

Selkirk Leisure Centre is located in the South Riverside area of Selkirk, adjacent to Victoria Park.

Selkirk is a small town in the central Borders, some six miles from Galashiels. Selkirk is a historic town with a rich history which includes the Common Ridings, Sir Walter Scott, textile manufacturing and of course the famous Selkirk Bannock.

We are fully accessible for wheelchair users and can cater for anyone with other specific access requirements. Much of the gym equipment can be used from a seated position in a wheelchair.

Please get in touch if you require any further information about specific access or would like advice on planning your visit.

We have a small café area (vending only) and welcome children. Selkirk Leisure centre does not have a baby pool. We do have high chairs and family and baby changing facilities.

Facilities at a Glance



There is level access from the car park to the main entrance and onwards to all areas. Doors at the main entrance are push button operated for automated opening.



General Information

We provide a complimentary ticket for carers / personal assistants.

Getting here:

Selkirk Leisure Centre
Buccleuch Road
Selkirk
TD7 5DN

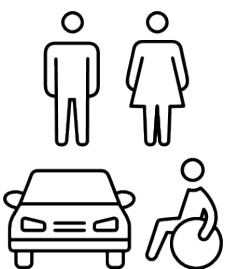


Travel by Public Transport

- You can get to the Selkirk Leisure Centre by bus. The 73 runs from Galashiels through Selkirk town centre and down to Bannerfield, returning to the town centre. The closest bus stop is on the Dunsdale Road B7014. The bus is some 500 meters from the leisure centre by road. There is a slight incline down to Buccleuch Road, there after the route is level. There is a map showing the bus route at the end of this leaflet.
- The nearest train station is Carlisle to the south and Galashiels to the North. Onward journey to Selkirk from Galashiels on the 73 bus, from Hawick take the X95 bus and change bus in Selkirk town centre to the 73.

Travel by Taxi

- Accessible taxis should be booked in advance. Drop offs can be made at the disabled parking space, from where access is level and there is a dropped kerb; or from the caravan park round at the back of the building, from whence there is a slight ramp up to the building.

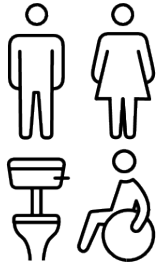


Parking

- There are two disabled parking space in the car park giving level access, there is a further convenient parking space at

the far end of the car park. See page 18.

- There is a car park adjacent to the building.
- On street and car park lighting will illuminate these areas at the appropriate time of day.



Accessible Toilets and Changing

- We have visitor toilets including one unisex accessible changing room with toilet, with shower, grab rails, electronic height adjustable changing bed and pull cord alarm. The accessible changing gives access direct to poolside.



View of push button main door

Arrival at Selkirk Leisure Centre

Route to Main Entrance

- The surface from the parking to the venue tarmac and paving slabs with a concrete ramp giving access to the main door.
- The route from the bus stop has a slight incline, then levels out. The car park adjacent to the building provides level access, with no gradient.

Main Entrance

- The main entrance is accessed by a gradual ramp.
- The main door is opens outward and is automatic. There are two sets of push button operated doors to access the reception and café area.
- The floor is level and covered with a combination of laminate, tiles in the changing areas and matting in the entrance foyer.
- The reception counter is low level and accessible.
- There is an electronic kiosk in the reception area for members to check in with their membership card.



Low level counter in reception



The cafe area is light and airy, it provides access to the studio and to the gym, There is vending for tea, coffee and snacks. The pool can be viewed through glass partitions.

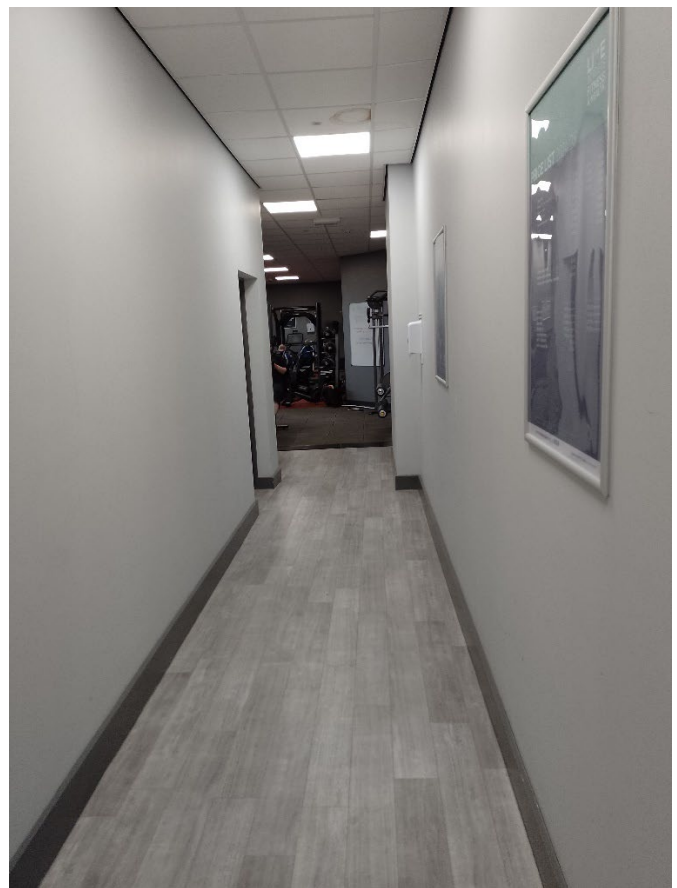
There are tables, chairs and high chairs in this area.

Getting around Inside

- The café area affords views of the pool.
- The floors are various hard surfaces and corridors are wide
- Lighting levels are good and can be adjusted to meet visitor's needs.
- Spin bikes are stored in the café area when the studio is being used for non-spin classes.
- There is a non automated door to access the corridor to the gym, staff will be happy to assist you if required.



Spin bikes in café area



Corridor access to the gym

Accessible changing

We have a fully equipped accessible changing room offering direct access to the poolside. Access to the gym is via reception, café area and a wide corridor.



Electronic height adjustable changing bed



Accessible changing room toilet with grab rails



Shower with fold down seat, grab rail and alarm in the accessible changing area

Accessing the pool

The accessible changing gives access directly to poolside.

The pool can be accessed via steps with a double handrail. We also have a hoist for those with less mobility.



View from accessible changing to poolside



Hoist and wheeled chair for those with reduced mobility

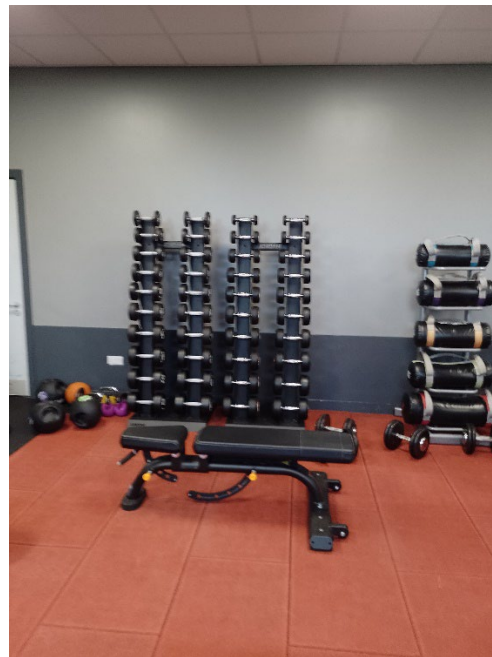
Sauna

Selkirk Leisure centre has a sauna which is located on the poolside. The sauna can only be accessed at public swim times as a lifeguard is required to be on duty. There is a poolside cold shower for sauna users.



Gym

- The gym is accessed via the café area adjacent to reception, there is a manual push door leading to a wide corridor with a wide door opening into the gym.
- Many of the pieces of equipment can be used from a seated position in a wheelchair
- The gym has clear floor area to allow easy access and maneuverability.
- There are free weights in addition to the pieces of equipment



A number of our pieces of equipment facilitate seated exercise



The floor in the gym is soft rubber tiles and is smooth.

Studio

Selkirk Leisure Centre also has a studio for group exercise classes including spin classes. The studio is accessed directly from the café area.



General changing

The changing village offers individual cubicles for changing, ample lockers and also family larger changing cubicles. There are cubicles with fold down baby changing stations.



Changing cubicles are furnished with benches. Benches in the family changing cubicles are longer. Showers are poolside. There are separate male and female toilets. There is a shoe rack in the reception area for customers to leave outdoor shoes before entering the changing village.

General Information

- The corridors are wide.
- Circulation and gym and meeting space floors are a variety of surfaces designed to be the most suitable for their purpose.
- The changing rooms have tiled floors and may be wet.
- Access to the car park is height restricted to 2.1 meters.
- There is disabled parking at the closest bit of the car park to the access route to the front door. There is a further area of car park round the corner of the building which gives a straight rout up a slight incline towards the front door.



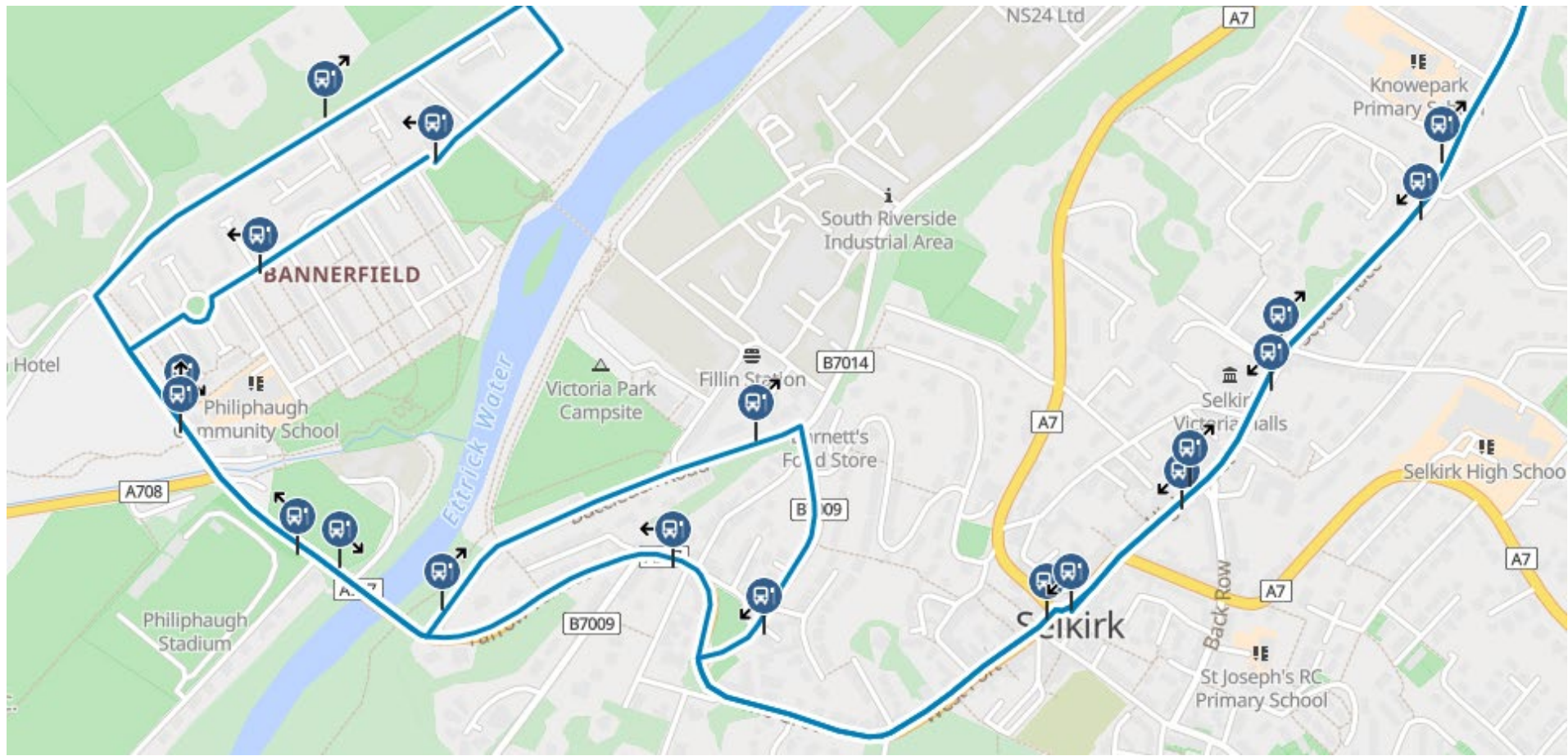
Disabled spaces, dropped kerb and paved access route from car park. Alternative access from the far end of the car park via ramp.



Vending and retail in the reception and café area

Emergency Evacuation

- We have emergency evacuation procedures for disabled visitors.
- In the case of an emergency, all customers inside the Selkirk Leisure Centre will be led to safety by a member of the team or by a member of the fire brigade.



Map showing the bus route of the 73 bus and its direction of travel for the various bus stops.