



**Gurri  
Wanyarra**  
WELLBEING  
CENTRE

**Gurri Wanyarra Wellbeing Centre**  
9 Browning Street  
Kangaroo Flat Victoria  
Phone (03) 4431 1000  
[gurriwanyarrawc.com.au](http://gurriwanyarrawc.com.au)

# Access Key

A customised accessibility guide



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**Access Key** - A customised accessibility guide that provides accurate and convenient information about accessing venues, events and programs. Access Keys are universally designed and suitable for all people, regardless of ability.

**Actively Supervise** - Parents must have their children within eyesight at all times when actively supervising.

**AFFL** - Above finished floor level.

**Balance** - A biological system that enables us to maintain a body's desired position and requires a number of sensory systems to work together. Good balance builds better posture, helps to prevent falling over when standing or moving, improves coordination and increases muscular power.

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

**Casual Guest** - Visitors, non-members.

**Changing Places** - A facility for people who cannot use standard accessible toilets. They provide extra features and more space to meet the needs of people with disabilities or additional requirements.

**ESL** - English as a Second Language.

**Exercise Physiology** - For people with acute, sub-acute, or chronic medical conditions, injuries or disabilities. It involves qualified health professionals delivering and evaluating safe and effective exercise interventions.

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

**Gross Motor Skills** - Gross motor skills use the large muscles of the body. Commonly used gross motor skills include actions such as rolling, crawling, walking,

jumping, riding a bike, and climbing stairs. Gross motor skills are essential to movement and participating in activities at school and at home.

**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.

**HSSH** - Hand held shower hose.

**Members** - A person who has paid for membership to attend and use the facilities.

**NDIS** - National Disability Insurance Scheme.

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

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

**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.

**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.



# Guidelines

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

- Access Keys are available online to help you prepare for your visit in advance.
- Access Keys 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 [33](#).
- Safety information is located on page [34](#).
- Download Access Key in its entirety - 35 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 [survey](#) to help us ensure continuous improvement.

Access Keys  
.....unlocking  
your world!



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Access Ability Australia

# Communication Board

## Gurri Wanyarra Wellbeing Centre



November 2021 V1

I need help



How much?



Question



Yes



No



Something is wrong



Write it down



I dont speak English



Deaf/Hard of hearing



Name/Phone Number



Swim



Membership



Toilets



Accessible toilet



Changing Places



Spa



Gym



Change rooms



First aid



Excercise





# Did You Know?

- Gurri Wanyarra Wellbeing Centre is proudly supported by the City of Greater Bendigo.
- Gurri Wanyarra Wellbeing Centre means kangaroo water hole which references the creek close to the centre.
- View [City of Greater Bendigo's Council Plan 2021-2025](#).
- View [City of Greater Bendigo's Health and Wellbeing Plan](#).
- The City of Greater Bendigo is committed to ensuring that the way people move around the city, access information and buildings, and their overall experience within the community is inclusive and accessible. Gurri Wanyarra Wellbeing Centre's programs and services have been designed to allow people of all abilities to lead active and healthy lifestyles.
- All staff at Gurri Wanyarra Wellbeing Centre participate in training aimed at the development of inclusive cultures and practices within communities.
- Gurri Wanyarra Wellbeing Centre is a NDIS provider.
- Gurri Wanyarra Wellbeing Centre is an accredited [Watch around Water](#) centre.
- A range of [membership](#) options are available.
- Please visit our [website](#) for casual entry prices.
- Gurri Wanyarra Wellbeing Centre offers birthday parties for children. Qualified instructors set up the party, ensure all the kids have the best time and clean up all the mess, leaving you free to relax and enjoy your child's birthday celebrations.

For information on fees and booking times, please visit our [website](#).

- Follow us on [Facebook](#) and [Instagram](#).
- To provide feedback please visit our [website](#) or call us on (03) 4431 1000.
- Gurri Wanyarra Wellbeing Centre is a state-of-the-art health and leisure facility that includes:
  - Changing Places
  - warm water pool, including hydrotherapy
  - indoor 50m 8 lane heated pool with moveable boom
  - learn to swim and toddler's pool
  - infant's pool
  - zero-depth splash park area
  - change village
  - spa, sauna and steam rooms
  - aqua aerobics
  - café
  - accessible outdoor green spaces
  - fully equipped 560 square metre health club
  - land-based group exercise
  - wellbeing and allied health services
  - multipurpose room.

## Aquatic Supervision Rules

- Children under the age of 5 must remain within arm's reach of a parent/guardian at all times in the water.
- Children under the age of 10 will not be allowed entry without a parent/guardian at least 16 years or older and must be ACTIVELY supervised at all times when in the centre.

- Children 10 years and under must wear wristbands. Babies under 12 months wear pink wristbands, 1-to-4-year-olds wear red wristbands and 5-to-10-year-olds wear yellow wristbands.
- Only photography of immediate family is permitted. Other patrons not to be photographed.







# Getting There

Gurri Wanyarra Wellbeing Centre is located at 9 Browning St, Kangaroo Flat.

See Google Maps reference [here](#).

## Train

The V/Line regional train from Southern Cross Station to Bendigo will get you there. The nearest railway station is 900 metres away at Kangaroo Flat Railway Station.

## Bus

The nearest bus stop is 350 metres away on the corner of Mackenzie Street West and Browning Street. The Regional Bus from Bendigo will get you there.

## Walking

The Bendigo Creek Trail leads from the centre of Bendigo to Gurri Wanyarra Wellbeing Centre. The trail is a 4km walk.

For further information on how to get to Gurri Wanyarra Wellbeing Centre, please visit [Public Transport Victoria](#).





# Parking

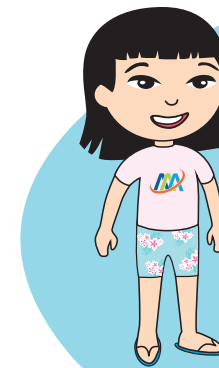
The most convenient parking for Gurri Wanyarra Wellbeing Centre is located within a designated carpark on site.

There are:

- ten accessible parking bays located 50 metres away from the entrance to the centre
- eighty general parking bays with no restrictions
- three 10-minute parking bays
- two bus drop off zones located at the front of the entrance. Buses are not permitted to park on site.

There is also nearby street parking with no restrictions.

Bike racks are located at the front of the centre adjacent to Browning Street and next to the front entry door.



The City of Greater Bendigo has a [Walk, Cycle Greater Bendigo Strategy](#) which encourages residents to walk or cycle to facilities within 10 kilometres.





# Welcome

Welcome to Gurri Wanyarra Wellbeing Centre.

Entry is via two sets of glass automated doors with a clearance of 1730mm.

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

Centre 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) 4431 1000.

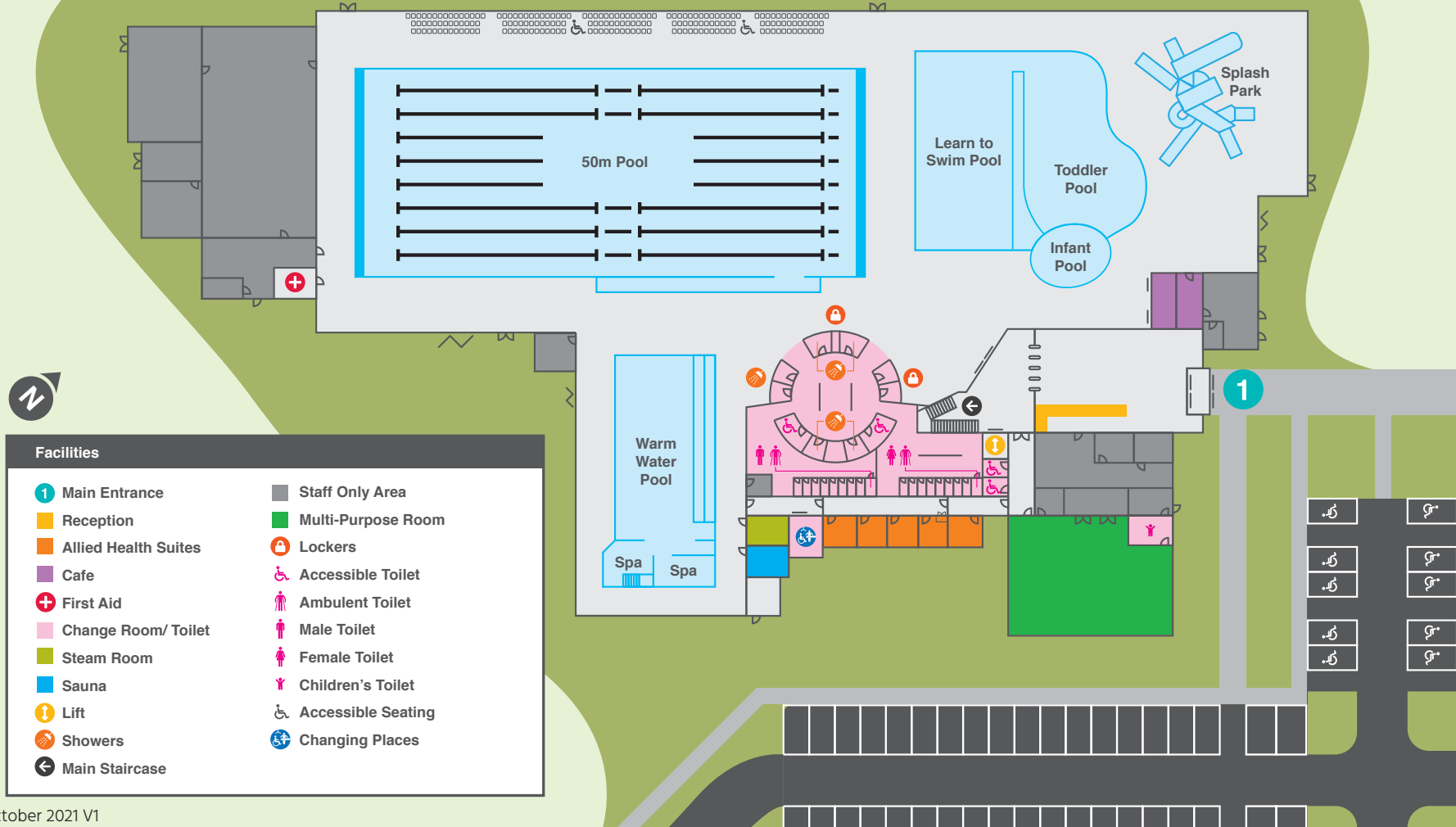
There is a shaded area directly outside the main entrance to the centre. This area includes seats with back and armrests.



# Map Level 1

## Gurri Wanyarra Recreation Centre

Level 1



October 2021 V1

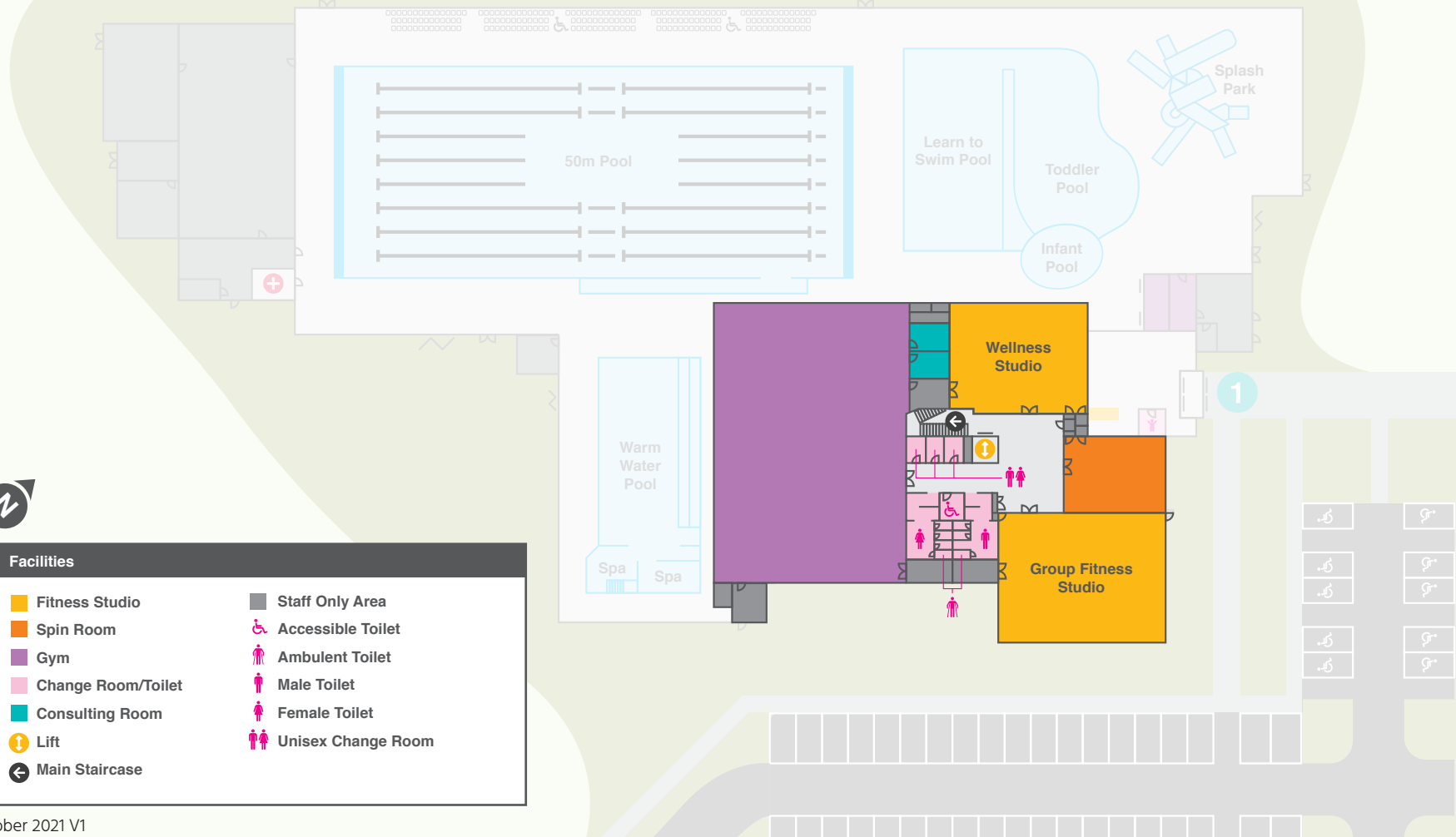
# Map Level 2

## Gurri Wanyarra Recreation Centre

Level 2



Facilities	
Fitness Studio	Staff Only Area
Spin Room	Accessible Toilet
Gym	Ambulant Toilet
Change Room/Toilet	Male Toilet
Consulting Room	Female Toilet
Lift	Unisex Change Room
Main Staircase	



October 2021 V1



# Staff

Customer Service staff wear blue polo shirts branded with the Gurri Wanyarra logo with black shorts or pants.

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 kickboard and a radio.

Swim instructors wear orange rash vests with 'Teacher' on the back.

Group fit instructors wear active wear.





**CHILDREN UNDER 5**  
**GUARDIAN**  
be accompanied into the  
rest in the pool and within

**CHILDREN UNDER 10**  
**GUARDIAN**  
be accompanied into the  
convexed by maintaining visual  
to children at all times.

with their knowledge of the  
to ability to determine the  
personnel required.

Starline

**Access**  
**Ability**  
**Australia**

PLEASE BE ADVISED THAT A PHOTOGRAPHER FROM  
ACCESS ABILITY AUSTRALIA WILL BE PRESENT AT THIS  
VENUE TODAY TAKING PHOTOS FOR A PRODUCT  
CALLED AN 'ACCESS KEY'.

Access Keys are essential accessibility guides. They include details  
about venue layout, seating, entrance access, parking, amenities,  
entry and exit points as well as safety and accessibility features. They  
feature professional photography and are designed to be  
easy to use and understand.

THE PURPOSE OF THE VISIT IS TO TAKE PHOTOS OF  
THE PREMISES. IN SOME INSTANCES, IT MAY BE  
UNAVOIDABLE TO VISIT PERSONS IN PARTICULAR  
AREAS. IF YOU FEEL UNCOMFORTABLE WHILE THE  
PHOTOGRAPHER IS TAKING IMAGES, PLEASE FEEL  
FREE TO TURN YOUR BACK TO THE CAMERA OR  
REMOVE YOURSELF FROM THE AREA FOR A SHORT  
TIME.

THIS SHOULD NOT AFFECT YOUR VISIT TO OUR  
VENUE TODAY.

WE GREATLY APPRECIATE YOUR COOPERATION.

**ADEN**  
**ES**

NO TOWEL  
NO TRAIN

PLEASE WAIT FOR A SAFE  
DISTANCE OF 1.5M  
BETWEEN ONE ANOTHER.

WASH YOUR HANDS  
BEFORE AND AFTER  
YOUR WORKOUT.

WIPE DOWN ALL  
EQUIPMENT AFTER  
USE.



# Reception



# Reception

Reception is located directly ahead of the entrance, to the left.

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

There is a visual [Communication Board](#) at reception to support confident customer communication.

Low height accessible reception counters are available.

All visitors and members entering the centre are required to scan their ticket or wristband on entry gate located at reception. Automated glass swing gates open inward with a clearance of 1000mm. Scanners are located on each gate at a height of 1020mm AFFL.

## Members

1. Members have a wristband or card which is scanned at the gate.
2. Children report to reception to collect the appropriate coloured wristband for the pool.
3. Enter through the gates to the centre.

## Casual Guests

1. Please pay for visit at reception. Discuss what program you would like to access. Cash or EFTPOS is accepted.
2. Children report to reception to collect the appropriate coloured wristband for the pool.
3. Enter through the gates to the centre.

Seating options in reception include tables and stools with no back or armrests.

Manual water wheelchairs are available for use. Please enquire with reception or staff in the pool hall.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Automated doors  
Café sounds  
Heating/Cooling  
Music  
People  
Phones



### Sights

Bright lights  
Glare  
People



### Smells

Chlorine  
Food/Drink

# Reception

## Toilets

There are two accessible toilets located past reception, in a hallway on the left.

Includes:

- unisex, accessible toilet with sensor lighting
- push button entry at 1000mm AFFL
- door opening inward. Door clearance of 860mm. Push button lock at 1150mm AFFL
- cubicle space 1850mm x 2650mm
- grab bars to the right and behind toilet
- colour contrast toilet seat at height 460mm AFFL with right hand transfer
- emergency button located 320mm from toilet
- sink height 840mm AFFL with full knee clearance and lever tap at 980mm AFFL
- sharps unit
- baby change.

Includes:

- unisex, accessible toilet with sensor lighting
- push button entry at 1000mm AFFL
- door opening inward. Door clearance of 860mm. Push button lock at 1150mm AFFL
- cubicle space 1850mm x 2650mm
- grab bars to the left and behind toilet
- colour contrast toilet seat at height 470mm AFFL with left hand transfer
- emergency button located 370mm from toilet
- sink height 840mm AFFL with full knee clearance and lever tap at 980mm AFFL
- sharps unit
- baby change.



## SENSORY GUIDE



### Feel

Change in ground surface



### Sounds

Echo  
Hand dryer  
Music/Radio  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection



### Smells

Air Freshener  
Bathroom smells  
Disinfectants



# 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 Gurri Wanyarra Wellbeing Centre.

## 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 regulation.
- Reduces pain and inflammation.
- Reduces stiffness.
- Relaxation and calming benefits.
- Supports injury rehabilitation.

## Hydrotherapy

- Functional retraining for work.
- Increased flexibility.
- Increased aerobic fitness.
- Increased muscular strength.
- Promotes sensory regulation.
- Relief of muscular tension and decreased pain.

## Spa, Sauna and Steam Room

- Assists with relaxation and stress relief.
- Assists with sleep disorders.
- Helps relieve muscle and joint pain.
- Improves immune system.
- Improves circulation and blood flow.
- Promotes sensory regulation.

## Aqua Aerobics

- 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.

## Gymnasium

- Assists with balance and flexibility.
- Can decrease risk of chronic disease.
- Assists with stress relief, decreased anxiety and better sleep.
- 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 regulation.

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.



## 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 muscle strength in legs (spin classes).
- Promotes sensory regulation.
- Working out in a group assists with fitness motivation and accountability.

# Changing Places

There is a dedicated Changing Places at Gurri Wanyarra Wellbeing Centre. Changing Places toilets have extra features and more space to meet the needs of people with disabilities or additional requirements.

## Location:

1. Enter through reception swing gates.
2. Enter the pool hall through glass automated doors with a clearance of 1600mm. Doors are located directly past reception swing gates, to the right.
3. Head past the change village and turn left.
4. Enter a hallway on the left of the warm water pool. Signage is available above the hallway door. Hallway automated door opening inward with push button height 1000mm AFFL and a clearance of 1060mm.
5. Changing Places is located in this hallway on the right.

## Includes:

- unisex, fully accessible toilet and adult change facility with sensor lighting
- sliding door. Door clearance 1070mm. Push button lock at 950mm AFFL. MLAK (Master Locksmiths Access Key) is not required for access
- cubicle space 4230mm x 3160mm

- retractable grab bars on both sides of the toilet
- colour contrast toilet seat at height 470mm AFFL with left- and right-hand transfer
- emergency button located 970mm from toilet
- sink height 830mm AFFL with a knee clearance of 730mm AFFL and lever tap at 1000mm AFFL
- shower with HHSH, grab bars and shower bench
- privacy screen
- wipes dispenser 1180mm AFFL
- Signage detailing operating instructions for the safe use of the change table and ceiling hoist located above change table
- adult change table – electronically height adjustable and manual foldable table with maximum load 200kg
- Prism Medical C625 ceiling hoist with hoist/carry bar with maximum load 283kg
- Hallway exit door push button at 1000mm AFFL.

Users are required to provide their own sling. Please ensure it is compatible with the hoist. If there is any uncertainty, please do not use hoist.



## SENSORY GUIDE



**Feel**  
Heating/Cooling



**Sounds**  
Echo  
Hand dryer  
Music/Radio  
Toilet flushing  
Water running



**Sights**  
Bright lights  
Mirror/Reflection



**Smells**  
Air Freshener  
Bathroom smells  
Disinfectants  
Shower products





## Pool Hall

The pool hall is an impressive and accessible area for people of all ages and abilities to enjoy a range of aquatic activities, both fun and therapeutic.

The pool hall is located past the reception swing gates, to the right.

Entry is via a set of glass automated doors with a clearance of 1600mm.

Includes:

- warm water pool and hydrotherapy
- indoor 50m 8 lane heated pool
- learn to swim pool
- infant pool
- zero depth splash park area
- a change village and lockers
- spa, sauna and steam room
- aqua aerobics
- café.



## Pool Hall

# Warm Water Pool

The warm water pool is located in the left of the pool hall, after the change village.

It is utilised for gentle exercise which is optimal for recovery and relaxation. It is also used for aquatic group fitness classes, private bookings and is available for public use.

The warm water pool will be unavailable for public access during group fitness or private booking times. It is recommended that patrons call ahead or check online for availability of the pool before attending. Our group fitness timetable is available [online](#) or call us on (03) 4431 1000 to check if the pool is available prior to attending.

Includes:

- pool access ramp with handrails on both sides. Ramp length 17.2m with gradient 1:15
- ladders with handrails on both sides
- pool pod which allows wheelchairs to be placed inside the pod in order to lower a person safely into the water
- maximum depth 1.4 metres
- handrail around interior perimeter of pool
- bench seating around perimeter wall
- manual water wheelchairs.

Warm water pool access is restricted to persons aged 16 years and over, unless part of a program or with management approval.



## SENSORY GUIDE



### Feel

Being splashed  
Heat/ Humidity  
Increased body temperature  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
People



### Sounds

Running water  
Spa water bubbling  
Splashing  
Splash park bucket alarm



### Sights

Glare  
People  
Splashing



### Smells

Chlorine

# Indoor 50 metre Pool

The indoor 50 metre 8 lane heated pool is located in the middle of the spacious pool hall. It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games and casual swimming.

Includes:

- pool access ramp with handrails on both sides. Ramp length 20.5m with gradient 1:15
- ladders with handrails on both sides
- depth 1.3 metres to 2.0 metres
- moveable boom that can create 16 x 25 metre lanes
- tiered spectator seating with backs, no armrests
- allocated accessible seating - signed

For lap lane availability and private lane bookings, please visit our [website](#) or call us on (03) 4431 1000.

## 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.



## SENSORY GUIDE



### Feel

- Being splashed
- Cool water
- Humidity
- Increased body temp
- Increased heart rate



### Feel

- Shared personal space
- Water resistance
- Weightlessness



### Sounds

- Amplified voice
- Announcements
- Echo
- Music
- People



### Sounds

- Running water
- Splashing
- Splash park bucket alarm
- Starter guns



### Sights

- Glare
- People
- Splashing



### Smells

- Chlorine



## Pool Hall

# Learn to Swim and Infant Pools

The learn to swim pool and infant pool are located past the pool hall entry doors on the right, opposite the Swell Café.

### Learn to Swim Pool

The learn to swim pool is utilised for swimming tuition for people of all ages and abilities.

For further information on swimming lessons, please visit our [website](#).

This pool is also great for toddlers to use when the pool is not being utilised for swimming lessons. Please contact us on (03) 4431 1000 for pool availability.

Includes:

- accessible beach entry when entering from the splash park side of the pool
- ladders with handrails on both sides
- maximum depth 0.9 metres
- water fountains and water guns
- bench seating around the perimeter of the pool.

### Infant Pool

The infant pool is utilised as a shallow 0-1m water pool for infants aged 0-12 months to crawl, splash and enjoy the water.

Includes:

- beach entry
- four water fountains.

## SENSORY GUIDE



### Feel

Being splashed  
Humidity  
Increased body temperature  
Increased heart rate



### Feel

Shared personal space  
Water features  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Music  
People



### Sounds

Running water  
Splashing  
Splash Park Bucket Alarm  
Water features



### Sights

Bright lights  
Glare  
People  
Splashing  
Water features



### Smells

Chlorine

Please note that children are to be at arm's-length of their parent/carer at all times while utilising these pools.



## Pool Hall

# Zero-Depth Splash Park

The zero-depth splash park area is located past the pool hall entry doors to the right, opposite the [Swell Café](#).

This is a vibrant water play area, packed with exciting features to entertain children of all ages and abilities. Interactive water features such as spray nozzles, jets, valves, slides, a spinning water wheel and a giant water bucket are just some of the great attractions on offer.

Includes:

- accessible water play features on the ground level of this area
- ladders with handrails on both sides leading to more water play/slides
- giant water bucket that periodically sounds a bell before splashing water over this area
- bench seating with no back or armrests.

### Rules

- walking only
- wait until the person in front of you exits the slides before taking your turn.

Operating times can be viewed on our [website](#).



Parents and carers are required to actively supervise their children in the zero-depth splash park.



## SENSORY GUIDE



### Feel

Being splashed  
Humidity  
Increased body temperature  
Increased heart rate  
Shared personal space



### Feel

Water features  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Children playing  
Echo  
Music  
People



### Sounds

Splashing  
Splash Park Bucket Alarm  
Water features



### Sights

Bright lights  
Glare  
People  
Splashing  
Water features



### Smells

Chlorine



# Change Village

Gurri Wanyarra Wellbeing Centre has a Change Village with two accessible toilets and a host of family friendly unisex change facilities.

The Change Village is located past the entry doors to the pool hall, on the left.

Entry is via an accessible open entrance.

## Accessible Toilets - Cubicles 3 and 7

Each includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance of 820mm. Twist lock at 1060mm AFFL
- cubicle space 2700mm x 2300mm
- colour contrast toilet seat at 460mm AFFL padded backrest behind toilet
- emergency button located 360mm from toilet
- sink height 830mm AFFL with knee clearance of 740mm AFFL and lever tap at 1000mm AFFL
- shower with HSH, grab bars, shower bench and shower rail
- baby change
- cubicle 3 - grab bars to the right and behind toilet with right hand transfer
- cubicle 7 - grab bars to the left and behind the toilet with left hand transfer.

## Other Change Facilities

Includes:

- four unisex change rooms with benches and hooks. No toilets or showers. Door opening inward with a clearance of approximately 820mm

- four unisex showers with a recessed bench against wall, baby change and sink. Door opening inward with clearance of 820mm
- female and male toilets including ambulant toilets with shower cubicles, hooks and benches
- communal open area with bench seats, four sinks and hand dryers
- communal open showers on the exterior wall of the change village, adjacent to the warm water pool.



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space  
(excl accessible)



### Sounds

Echo  
Hand dryers  
People  
(excl accessible)  
Running water



### Sounds

Toilet flushing



### Sights

Bright lights  
Mirror/Reflection  
People  
(excl accessible)



### Smells

Air freshener  
Bathroom smells  
Disinfectants  
Shower products

# Spas

Two spas are located at the warm water pool.

The spas are utilised for relaxation and indulgence. Users can enjoy the specialist health benefits associated with these areas or simply “chill out” in the aquatic environment.

Wristbands must be worn at all times when using the spa.

Casual users will be issued with a blue disposable wristband at reception.

Members are required to wear their blue member bands. If a member does not have a blue member band please obtain a blue disposable wristband from reception.

Includes:

- one spa with accessible entry directly from the warm water pool
- a second spa with stepped access only. Handrail on both sides
- maximum depth 1m
- push operated water and air jets. Buttons located on a silver plate on the pillar between the window near the spas.
  - green START button
  - red STOP button
  - red and yellow emergency button.

### Entry Conditions

- Shower before entering.
- Limit use of these areas to a maximum of 15 minutes at one time.
- Bring a water bottle to stay well hydrated.

- Do not use these areas if you are pregnant or suffering from a heart condition.
- Do not exercise in these areas.
- Do not put your head under water of the spa.
- Children under the age of 16 are not permitted to use the sauna or steam room.
- Do not use while under the influence of drugs or alcohol.
- If you are taking medication or are unwell, please seek medical advice before use.



## SENSORY GUIDE



### Feel

Bubbles | Heat | Humidity  
Increased body temperature  
Shared personal space  
Warm water  
Water jets  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music  
People  
Running water  
Water jets



### Sights

Bubbles  
Glare  
Steam



### Smells

Chlorine



# Sauna and Steam Room

### Sauna

The sauna is located opposite the warm water pool. Access is via a manual door opening outward with a clearance of approximately 850mm. There is stepped access to the seating area within the Sauna.

### Steam Room

The steam room is located opposite the warm water pool. Access is via a manual door opening outward with a clearance of approximately 800mm. There is stepped access to the seating area within the Steam Room.

### Entry Conditions

- Shower before entering.
- Limit use of these areas to a maximum of 15 minutes at one time.
- Bring a water bottle to stay well hydrated.
- Do not use these areas if you are pregnant or suffering from a heart condition.
- Do not exercise in these areas.
- No personal use of water to activate heat or oils to infuse steam room scent.
- Children under the age of 16 are not permitted to use the sauna or steam room.
- Do not use the while under the influence of drugs or alcohol.
- If you are taking medication or are unwell, please seek medical advice before use.



## SENSORY GUIDE



### Feel

Dry air (Sauna)  
Heat | Humidity (Steam Rm)  
Increased body temperature  
Moisture (Steam Room)  
Shared personal space



### Sounds

People  
Steam



### Sights

Dim Lighting (Sauna)  
Steam (Steam Room)



### Smells

Chlorine  
Heated wood (Sauna)  
People  
Scent (Steam Room)

# Aqua Aerobics

Aqua aerobics classes are held in both the warm water pool and 50 metre pool.

A variety of classes are available for members and guests. Group fitness classes are included in Platinum membership. Aquatic memberships do not include Aqua classes or any other group fitness and will incur a fee.

1. Present at reception to indicate which class you would like to participate in.
2. Obtain ticket from reception. For casual guests, cash and EFTPOS facilities are available.
3. If you are a member, you can scan your wristband or card at the entry gate. If you are a casual guest, scan your ticket at the entry gate.
4. Present ticket to instructor on arrival to the aqua class.

Includes:

- standard aqua aerobic classes
- “floatfit”, an innovative water-based fitness session designed to maximise your workout while minimising the impact. It is a low impact, high intensity 30-minute aquatic class
- classes vary from thirty minutes to forty-five minutes.

A timetable can be found on our [website](#).

All classes have limited capacity. Please arrive early to ensure your spot in the class.



## SENSORY GUIDE



### Feel

Being splashed | Humidity  
Increased body temperature  
Increased heart rate  
Shared personal space  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music  
People  
Running water  
Splashing



### Sights

Splash Park Bucket Alarm  
Splashing



### Smells

Chlorine



# Swell Café

The Swell Cafe is located in the pool hall, opposite the zero-depth splash park.

Entry is via a sliding doors with a clearance of approximately 900mm. Exit sliding door is push button operated with button at height 1000mm AFFL.

The café is a spacious, indoor/outdoor eating area offering a wide range of fresh, tasty and nutritious options. The centre has a partnership with the Victorian Healthy Eating Advisory Service which has helped shape and maintain healthy food and drink offerings.

Includes:

- accessible serving counter
- cash and EFTPOS are accepted
- tables and chairs with backrests
- outdoor area with picnic tables and bench seats
- secondary serving counting facing the reception area
- visual menu located on entry door as well as on and above serving counter.



## SENSORY GUIDE



### Feel

Heating/Cooling  
Shared personal space



### Sounds

Automated door  
Bell | Coffee machine  
Fridges | Music  
People  
Splash Park Bucket  
Alarm



### Sights

Bright lights  
Glare



### Smells

Food/Drink  
Chlorine





## Health Club

The Health Club is located on level one.

Access is via steps with handrail on both sides. The steps are located past the reception entry gates.

Lift access is also available.

Includes:

- cardio, strength and functional zones within the gymnasium
- [group personal training sessions](#)
- [individual personal training](#)
- [youth fitness teen membership program](#) for ages 13 - 15
- wheelchair accessible equipment
- open lockers
- sanitisation centres
- wipes stations
- group fitness classes
- toilets and change facilities.



# Gymnasium

Entry is via a manual door opening outward. Single door clearance of 860mm. This can also be made into a double door with a clearance of 1730mm.

Members and casual guests need to scan wristbands/cards/tickets on a scanner located on entry swing gate at an operating height of 1000mm AFFL. Swing gates with a clearance of 1050mm.

### Members

1. Scan your wristband or card at reception entry swing gate.
2. Then, scan your wristband or card at the health club entry gate.

### Casual Guests

1. Present to reception.
2. Payment for a health club visit is required. Cash and EFTPOS facilities available.
3. Obtain a ticket from reception. This ticket is scanned at a reception entry gate.
4. Then, scan your ticket at the health club entry gate.

Includes:

- a variety of gym equipment including cardio machines, pin loaded machines, barbells, dumbbells and functional training equipment
- a selection of accessibility fitness equipment including hand cycle machine, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines, wind rower, TheraBands and foam rollers. Depending on individual levels of mobility there are a number of weight assisted gym machines that can be accessed within the Health Club.

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.



## SENSORY GUIDE



### Feel

Change in ground surface  
Fans | Heating/Cooling  
Increased body temperature  
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

Body odour  
Deodorants  
Rubber  
Sanitiser/Wipes

# Group Fitness Studios

Gurri Wanyarra Wellbeing Centre has a variety of popular group fitness classes and studios.

Studios include a group fitness, a wellness and a spin studio. Classes cater to a range of ages and capabilities.

Group fitness classes are included in Platinum membership. For casual guests classes incur a fee.

Entry to each studio is via accessible double glass doors.

1. Present at reception to indicate which class you would like to participate in.
2. Obtain ticket from reception. For casual guests, cash and EFTPOS facilities are available.
3. If you are a member, you can scan your wristband or card at the entry gate. If you are a casual guest, scan your ticket at the entry gate.
4. Present ticket to instructor on arrival to class.

Alternatively, members can scan blue wristband or card at the reception entry gate and collect a ticket from the LINKS machine located on level one.

To operate LINKS machine

1. Scan blue wristband or member card.
2. Select class and a ticket will be issued.
3. Present ticket to instructor.

Virtual classes are available. Members and guests can choose a class from one of the two operating panels located outside the spin or group fitness studio

(operating height of panels at 1540mm AFFL). This allows members and guests to follow an exercise class on a big screen at any time.

Portable hearing loop for patrons to use in classes. Collect at reception.

Group fitness classes vary in times from 30mins, 45mins and 50mins. Class descriptions are on the group fitness timetable located on our [website](#).

All classes have limited capacity. Please arrive early to ensure your spot in the class.



## SENSORY GUIDE



### Feel

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



### Sounds

Amplified voice  
Announcements  
Feet stomping  
Music  
People



### Sights

Bright lights  
Fans oscillating  
Glare  
Mirror reflection  
Rapid movement



### Smells

Body odour  
Deoderant  
Rubber



# Toilets

Location: On level one, before the entry to the health club.

Includes:

- unisex, accessible toilet with sensor lighting
- push button door at 1000mm AFFL opening inward. Door clearance of 850mm
- push button lock at 1160mm AFFL
- cubicle space 2900mm x 2360mm
- grab bars to the right and behind toilet
- colour contrast toilet seat at 460mm AFFL with right hand transfer
- emergency button located 340mm from toilet
- sink height 840mm AFFL with knee clearance of 760mm AFFL and lever tap at 1000mm AFFL
- shower with HSHS, grab bars, shower bench and shower rail
- separate male and female toilets including ambulant toilet
- three unisex change rooms with a bench and hooks. One change room with baby change.



## SENSORY GUIDE



### Feel

Change in ground surface



### Sounds

Echo  
Hand dryer  
Music/Radio  
People (excl accessible)  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection  
People  
(excl accessible)



### Smells

Air Freshener  
Bathroom smells  
Disinfectants  
Shower products

# Wellbeing and Allied Health

Gurri Wanyarra Wellbeing Centre is committed to providing community health care support with Wellbeing and Allied Health Services. Their “Partners in Health” Program ensures disadvantaged members of the community can access support with disabilities, injuries and chronic medical conditions.

Accredited Exercise Physiologists are qualified health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions. These interventions can take place in private consulting rooms, within the warm water pool or in the Health Club. Please visit our [website](#) for more information on Exercise Physiology and the “Partners in Health” Program.

Patrons are assisted by staff members to the appropriate consulting room.

Funding schemes that are available to assist with the cost of Allied Health Services include:

- [National Disability Insurance Scheme](#)
- [Department of Veterans’ Affairs](#)
- [Medicare](#)
- [WorkCover](#)
- [Transport Accident Commission](#)





# Multi-Purpose Room

The multi-purpose room is located past reception and turn left into the hallway. The room is located at the end of this hallway.

Access is via double doors opening outward. Single doorway clearance of 840mm. Double doorway clearance of 1400mm.

The multi-purpose room which is used for various activities, including fitness sessions such as Yoga and Pilates.

Childcare services are also provided for members and guests in the multi-purpose room. For childcare session times and enrolment procedures, please visit our [website](#).

It is a space that can be hired by community groups. Please contact the centre on (03) 4431 1000 for enquiries regarding bookings.

Includes:

- tables and chairs, some with armrests
- parent/child toilet
- open lockers
- stage
- pulldown interactive screen for presentations
- access to a fully-fenced outdoor area
- convenient unisex accessible toilets located in hallway.



## SENSORY GUIDE



### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



### Sounds

Heating/Cooling  
People



### Sights

Bright lights  
Glare



### Smells

Food/Drink  
(when catering present)

# Accessibility

## Throughout

- Accessible website.
- Interpreter service available.
- Clear path of travel from outdoor to indoor areas.
- Step free access to centre.
- Wide, clear internal and external walkways.
- Overhead wayfinding signage throughout.
- Spaces for a person using a wheelchair to sit with friends.
- Assistance animals welcome.

## Reception

- Round tables. Height 750mm AFFL, knee clearance 715mm AFFL. Stools with no back or armrests.
- Accessible serving counters. Height 835mm AFFL, knee clearance 650mm AFFL.
- Secondary serving counter at 960mm AFFL.
- Portable EFTPOS machine.
- Discounted entry prices for holders of Companion, Carers and Seniors Cards.
- Pen and paper for exchange of information at reception.
- Staff available to read information to patrons if required.
- Scooter parking located under the stairs in the foyer, past reception, near lift. This space also provides a recharge point with an operating height of 600mm AFFL. Signed.

## Café and adjoining Outdoor Area

- Serving counter in reception area at 910mm AFFL.
- Accessible serving counter. Height 920mm AFFL, knee clearance 860mm AFFL, depth 770mm AFFL.
- Bell on counter for service.
- Portable EFTPOS machine.
- Tables with height 750mm AFFL and knee clearance of 680mm AFFL.

- Chairs with backs, no armrests.
- Highchairs available.
- Access to outdoor area opposite café via an accessible double door opening inward.
- Outdoor area with shelter.
- Outdoor area with four picnic tables and bench seating. No back or armrests.

## Pool Hall

- 50m pool with spectator seating with backs. No armrests.
- 50m pool with accessible seating area for wheelchair users.
- Warm water pool with Pool Pod to allow wheelchair users to be safely placed in the water.
- Warm water pool with manual wheelchairs for Pool Pod.
- Warm water pool with exit door to outside area opening inward with a push button to open at 1170mm AFFL and a clearance of 860mm.
- Bench seating between warm water and 50m pools. No back or armrests.
- Water fountain opposite zero-depth splash park area on external wall to café. Bottle filling only. Operating height 900mm AFFL, knee clearance 680mm AFFL.
- ESL swim lessons available.
- Lockers on exterior wall of Change Village, varying heights, free of charge with a digital password. Locker control panel operating height 1310mm AFFL.

## Health Club

- Lift door clearance of approximately 990mm.
- Lift entry button operating height of 940mm AFFL.



- Lift internal button operating height of 1080mm AFFL.
- Lift cubicle space of 2000mm X 1650mm.
- Lift buttons with Braille.
- Lockers outside health club for members only. Wristband required.
- Wipes station at operating height of 910mm AFFL.
- Water fountain at top of stair case outside health club for bottle filling only. Operating height 1000mm AFFL.
- Instructor voices amplified with surround sound during classes.
- Tables outside studios with height of 750mm AFFL and knee clearance of 680mm AFFL. Stools with no back or armrests.
- Wellness studio with Barre at height of 1040mm AFFL.

## Multi-Purpose Room

- Tables available. Height 750mm AFFL, knee clearance 710mm AFFL. Chairs with backs, some with armrests.



# Safety

## Throughout

- Carpark with pedestrian crossing and pram ramps with TGSI.
- Centre glass entry doors and glass side panels with safety contrast band from 1020mm AFFL to 1100mm AFFL.
- Varied internal terrain of carpet, tiles, concrete and rubber matting.
- Floor and ground surfaces may become slippery when wet. Walking only.
- Bins throughout the centre placed against interior walls.
- Defibrillators located in health club near the free weights area and pool hall opposite the infant pool.
- Evacuation maps located throughout.
- Children to be actively supervised at all times.
- No smoking.
- All staff with First Aid training.
- All staff with Working with Children's Checks.
- Hand sanitiser stations located throughout. Operating height 1000mm AFFL.
- Audible alerts in the case of emergency.
- 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](#).

## Reception

- Merchandise stalls sporadically displayed.
- Roped queue bollards.

## Change Village

- Open area with a structural pillar between the sinks. No colour contrast.

## Cafe and adjoining Outdoor Area

- Glass entry/exit doors with safety contrast band at 1030mm AFFL to 1110mm AFFL.
- Outdoor area next to café fully fenced.

## Pool Hall

- Audio reminders for the Watch around Water program.
- Pool hall glass entry doors and side panels with safety contrast band from 1050mm AFFL to 1125mm AFFL.
- Tiled concrete pillars throughout pool hall. No colour contrast.
- Warm water pool with exit door to outside area with safety contrast band from 1020mm to 1100mm AFFL.
- Sauna room door with safety contrast band at 900mm AFFL to 1000mm AFFL.
- Steam room glass door with no safety markings.
- Scooters permitted on pool deck. Please keep speed to walking pace.

## Health Club

- Steps with handrails on each side, illuminated handrails, TGSI and non-slip edging
- Gymnasium glass entry doors with safety contrast band at 1030mm AFFL to 1110mm AFFL.
- Gymnasium with small raised edge leading into the free weights area.
- Gymnasium glass windows. Safety contrast band at 1030mm AFFL to 1110mm AFFL.
- Wellness studio with glass doors. No safety markings.
- Wellness studio with two windowed walls with blinds. Safety contrast band at 1030mm AFFL to 1110mm AFFL.



- Wellness studio with two mirrored walls.
- Group fitness studio with two mirrored walls and two windowed walls with blinds. Safety contrast band at 1010mm AFFL to 1090mm AFFL.
- Stage located in all studios.

## Multi-Purpose Room

- Glass exit door. Safety contrast band at 1015mm AFFL to 1090mm AFFL.
- Centre exit doors with small raised edge.



## Contact

Gurri Wanyarra Wellbeing Centre

9 Browning St, Kangaroo Flat, VIC, 3555

Phone (03) 4431 1000

Website <https://www.gurriwanyarrawc.com.au/>