

Community Activity Checklist

This checklist is meant to help you plan and organize activities that you want to participate in within your community.

1. Identify activity of interest?

- a. What do you want to do? _____
- b. Is the activity an organized or 1-1 activity? _____
- c. What day of the week is the program(s) offered? _____
- d. What is the length of the program? _____
- e. How should you dress? _____
- f. Is the activity in a group format or on your own? _____

2. Where is the activity being held?

- a. Address: _____
- b. Phone Number(s): _____
- c. Website: _____
- d. Email Address: _____

3. What are my transportation needs?

- a. Bus route: _____
- b. HandyDart: _____
- c. Disabled parking spots: _____
- d. Parking: _____
- e. Taxi: _____
- f. Volunteer Driver: _____
- g. Family or friend ride: _____

4. Cost of Program? (inclusive of total cost for program is transportation)?

- a. Cost of whole program or drop-in fee: _____
- b. Equipment rental: _____
- c. Transportation: _____
- d. Food/refreshments: _____
- e. Instructor fee: _____
- f. Subsidies available: _____
- g. Other costs: _____

h. Total cost of program: _____

5. What equipment/supplies do I need to participate in program?

a. Arts/Crafts supplies: _____

b. Fitness Equipment: _____

c. Yoga Matt: _____

d. Writing Material: _____

e. Other (ie. medications): _____

6. Find out about the accessibility of the building (both outside and inside)

a. Parking lot (distance to front door); _____

b. Disabled parking spots: _____

c. Entrance (automatic doors): _____

d. Signage: _____

e. Lighting: _____

f. Front reception: _____

g. Washrooms/accessible washrooms: _____

h. Change rooms/accessible change rooms: _____

i. Location of program area to washrooms: _____

j. Railings/Grab bars: _____

7. Needing assistance in building or participating in program?

a. Instructor: _____

b. Front reception: _____

c. Volunteers: _____

d. Maintenance: _____

e. Other patrons: _____

f. Emergency Plan of site: _____

g. Location of exit doors: _____

h. Staff trained in first aid: _____

Never hesitate to ask for help. Have fun!