



# GIPPSLAND REGIONAL AQUATIC CENTRE

49 Breed Street

Traralgon, Victoria, 3844

Phone 1300 444 722

[grac.ymca.org.au](http://grac.ymca.org.au)

## Access Key

A customised accessibility guide

# Contents and Glossary

Guidelines	<a href="#">3</a>
Communication Board	<a href="#">4</a>
Did you know?	<a href="#">5</a>
Getting There	<a href="#">6</a>
Parking	<a href="#">7</a>
Welcome	<a href="#">8</a>
Map	<a href="#">9</a>
Map	<a href="#">10</a>
Staff	<a href="#">11</a>
Reception / Foyer	<a href="#">12</a>
Reception	<a href="#">13</a>
Toilets	<a href="#">14</a>
Cafe and Retail	<a href="#">15</a>
Therapeutic Benefits	<a href="#">16</a>
Pool Hall	<a href="#">17</a>
Changing Places	<a href="#">18</a>
Toilets   Change - Set One	<a href="#">19</a>
Toilets   Change - Set Two	<a href="#">20</a>
Toilets   Change - Set Three	<a href="#">21</a>
Warm Water Program Pool	<a href="#">22</a>
50m Pool	<a href="#">23</a>
Learn to Swim Pool	<a href="#">24</a>
AquaPlay Area	<a href="#">25</a>
Water slide	<a href="#">26</a>
Spas	<a href="#">27</a>
Sauna and Steam Room	<a href="#">28</a>
Aqua Aerobics	<a href="#">29</a>
25m Outdoor Heated Geothermal Pool	<a href="#">30</a>
Health Club	<a href="#">31</a>
Gymnasium	<a href="#">32</a>
Fitness Studios	<a href="#">33</a>
Toilets	<a href="#">34</a>
Meeting Room	<a href="#">35</a>
Accessibility	<a href="#">36</a>
Safety	<a href="#">37</a>
Contact	<a href="#">38</a>

**Actively supervise** - The GSPO (Guidelines for Safe Pool Operations) states that depending on the age of a child, a parent, guardian or carer needs to be within arm's reach of the child.

**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.

**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.

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

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

**Flume** - A winding tubular water slide or chute at a swimming pool.

**GRAC** - Gippsland Regional Aquatic Centre.

**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.

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

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

**NDIS** - National Disability Insurance Scheme.

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

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

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

**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.

**TRX mapping** - A self-screening tool that analyses a person's movement and produces a customised exercise plan to improve form.

# Guidelines

**Thank you for choosing to use an Access Key for Gippsland Regional Aquatic Centre (GRAC). This customised accessibility guide provides convenient information about accessing Gippsland Regional Aquatic Centre.**

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 should 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 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 [36](#).
- Safety information is located on page [37](#).
- Download Access Key in its entirety - 38 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.



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Deaf/Hard of hearing



Toilet



Bus stop



Write it down



I don't speak English



Spa



Change Room



Taxi



How much?



Something is wrong



Water slide



First aid



Membership



I need help



Gym



Receipt



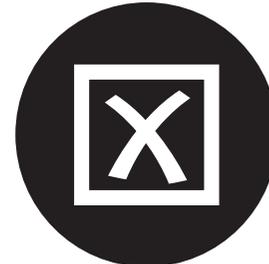
Excercise class



Yes



No



Changing Places



# Did you know?

- Gippsland Regional Aquatic Centre (GRAC) is proudly owned by Latrobe City Council and managed by [YMCA Victoria](#).
- Latrobe City Council is committed to ensuring that people with a disability have equitable access to infrastructure and services. [Latrobe City Council's Disability Action Plan](#) aims to help people feel valued and provides opportunities for everybody to participate in their community. It is about connecting with local communities, workmates, families, and friends to build relationships and networks, addressing isolation, and promoting social inclusion.
- GRAC is an accredited [Watch around Water](#) centre.
- At different times of the day, lap lane and pool availability may be limited or closed to accommodate programs and special events. You can check our social network pages for notifications or contact us on 1300 444 722.
- A range of [membership](#) options are available.
- Please visit our [website](#) for casual entry prices.
- Meeting room [hire](#) available. Room capacity 15 to 20 people (unless COVID restrictions apply).
- Flexible school programs available. Please see our [website](#) for more information.
- GRAC offers a nutrition program which is free as part of your membership. Please see our [website](#) for more information.
- Financial assistance is offered through the YMCA Open Doors Program. This program offers full or partially subsidised access to YMCA programs and services to people in need. For information on eligibility and how to apply, please click [here](#).
- Follow us on [Facebook](#) and [Instagram](#).
- To provide feedback please visit our [website](#) or call us on 1300 444 722.
- Gippsland Regional Aquatic Centre opened in March 2021. It is a state-of-the-art health and leisure centre that offers fantastic facilities including:
  - two Changing Places
  - warm water program pool
  - indoor 50m pool
  - learn to swim pool
  - AquaPlay area
  - water slides
  - spas
  - sauna and steam rooms
  - change facilities
  - aqua aerobics
  - 25m outdoor heated pool
  - gymnasium
  - group fitness classes
  - meeting room
  - wellness area
  - café and retail.
- No camera use without express permission from management. Jewellery and phones not recommended in wet areas.

- Fly Through Videos
  - <https://my.matterport.com/show/?m=ZwgsncE3UTN>
  - [https://www.youtube.com/watch?v=rB8OMBG\\_NSY](https://www.youtube.com/watch?v=rB8OMBG_NSY)

## 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 aged 6-10 years will not be admitted without a parent/guardian at least 16 years or older and must be ACTIVELY supervised at all times when in the centre.
- Groups will not be admitted where the number of parents, guardians or carers supervising children under 5 years exceeds the ratio 1:4.
- Groups will not be admitted where the number of parents, guardians or carers supervising children aged between 5 to 9 years exceeds the ratio of 1:10.
- Children aged 10 years and under must wear coloured wristbands:
  - 1-to-4-year-old - pink
  - 5-to-10-year-old - yellow.

# Getting There

Gippsland Regional Aquatic Centre is located at 49 Breed Street, Traralgon.

See Google Maps reference [here](#).

## Public Transport

The V/Line regional train from Southern Cross Station to Traralgon will get you there. The nearest railway station, Traralgon Station, is 1.3 kilometres from GRAC.

## Bus

The nearest bus stop, on the corner of Breed and Grey Streets, is 250m from GRAC. The regional bus from Traralgon will get you there.

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



# Parking

The most convenient parking is located within a designated carpark onsite.

There are:

- 4 accessible parking bays 25 metres from the main entrance
- 2 accessible parking bays 20 metres from exit door on front side of building
- 198 general parking bays with a 4-hour restriction
- 4 two-minute parking bays outside the main entrance.

Buses over 12.5m long are not permitted in the onsite carpark. Bus parking is available on Kay Street. Smaller buses are permitted to park onsite, near exit door on front side of building.

All day and 2-hour street parking are available nearby.

An overflow carpark is located across the road on Breed Street at the Latrobe Performing Arts Centre from early 2022.

Bike racks are located outside the main entrance.



# Welcome

Welcome to Gippsland Regional Aquatic Centre.

## Main Entry

Entry is via two sets of glass automated doors, both sets with a clearance of 1840mm.

## School/Group Entry

Located at the rear of the centre, just off Kay Street.

Entry is via a automated doors opening outward with a clearance of 1800mm. Please use the buzzer located on the wall, to the right. To exit, press green push button located on the wall, to the right at a height of 1030mm AFFL.

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, call 1300 444 722.

Seats with back and armrests are located outside the main entrance. Bench seating with no back or armrests are also available.

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



# GIPPSLAND REGIONAL AQUATIC CENTRE FLOOR MAP

## KEY

-  Toilet
-  Shower
-  Lockers
-  Seating
-  Change room
-  Accessible
-  Changing Places
-  First Aid
-  Stairs
-  Ambulant

# GROUND FLOOR



# GIPPSLAND REGIONAL AQUATIC CENTRE FLOOR MAP

FIRST FLOOR

## KEY

-  Toilet
-  Shower
-  Lockers
-  Accessible
-  Stairs
-  Ambulant



# Staff



Customer Service and Gymnasium staff wear dark grey polo shirts with the Latrobe City Council logo on the front. The polo shirts have the word 'staff' and the branding wave on back. Staff wear black shorts or pants with the Latrobe City Council logo.



Lifeguards wear international standard uniform which comprises of a bright yellow and red 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 a red rash vest with the word 'Instructor' on the back.

Group fit instructors wear a grey singlet with the word 'Staff' on the back in white letters.



# Reception Foyer

# Reception Foyer

## 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.

### Members

1. Members can pick up a wristband at reception.
2. Children report to reception to collect the appropriate coloured wrist band for the pool.
3. Water slide, spa, sauna and steam room users report to reception to collect the wristband 'colour of the day'.
4. Swipe membership card or wristband at the scanner. This scanner is located on the member gate directly ahead of the entry doors. Scanner is at a height of 1010mm AFFL. Member gate automatically opens inward and has a clearance of 1000mm.

### 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 report to reception to collect the appropriate coloured wrist band for the pool.
4. Water slide, spa, sauna and steam room users report to reception to collect the wristband 'colour of the day'.
5. Enter through the automatic "entry" gate directly ahead of the entry doors. Gate opens inward with a clearance of 1000mm.

The main reception desk features a low height desk to the left as well as another low height desk through gates. (pictured)

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

Audio-visual screens are located on the wall above the reception desk. Screens are captioned.

Manual water wheelchairs are available for use. These are located within the pool hall, next to the warm water program pool.



#### Feel

Change in ground surface  
Heating/Cooling  
Shared personal space



#### Sounds

Automated doors  
Café equipment  
Heating/Cooling  
People | Splashing  
Telephones



#### Sights

Bright lights  
Glare  
People



#### Smells

Chlorine  
Food/Drink (Cafe)

# Reception Foyer

## Toilets

There is one accessible toilet in the reception foyer.

### Location

1. Walk through the entry doors.
2. Walk through the glass automated doors to the left. Doors have a clearance of 1810mm.
3. Walk through this hallway.
4. The toilet is located past the staircase, on the right-hand side.

### Includes:

- unisex, accessible toilet with sensor lighting
- door opening inward. Door clearance of 870mm. Twist lock at 1040mm AFFL
- cubicle space 1920mm x 2580mm
- grab bars to the right and behind toilet
- colour contrast toilet seat at height 470mm AFFL with right-hand transfer
- padded backrest to toilet
- emergency button located 620mm from toilet
- sink height 810mm AFFL with knee clearance 510mm and lever tap at 1000mm AFFL
- baby change.



**Feel**  
Heating/Cooling



**Sounds**  
Echo  
Heating/Cooling  
Toilet flushing  
Water running



**Sights**  
Bright lights  
Mirror/Reflection



**Smells**  
Air Freshener  
Bathroom smells  
Disinfectants

# Reception Foyer

## Cafe and Retail

Café and retail are located through the main entry doors on the right-hand side.

The café offers a wide range of fresh, tasty and nutritious options. The café follows the Victorian Government's Healthy Choices Guidelines [Traffic Light System](#) to help guide patrons to make healthy food choices.

Includes:

- serving counter at 900mm AFFL
- secondary serving counter, accessed from the wet area of the pool hall at 1060mm AFFL
- cash and EFTPOS are accepted
- tables and chairs with backs, no armrests. A bench with stools and backs is also available
- Entry to café outdoor area is via glass automated doors with a clearance of 1840mm. Push button at 1020mm AFFL
- merchandise stalls are located on the left-hand side of reception.

A visual menu is available on an audio-visual screen above the main serving counter, as well as in large print on a menu near the cash register.

Highchairs are available.



### Feel

Change in ground surface  
(to outdoor eating areas)  
Heating/Cooling  
Shared personal  
space



### Sounds

Automated door  
Café equipment  
Heating/Cooling  
People



### Sights

Bright lights  
Glare



### Smells

Food/Drink  
Chlorine

# Therapeutic Benefits

Being involved in regular moderate physical activity can provide numerous advantages including the support of regulation through sensory pathways. It is important for children and adults to meet their daily sensory requirements in order to remain regulated and support attention and participation in all daily activities.

Listed below are the associated therapeutic benefits of participating in activities available at Gippsland Regional Aquatic 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
- reduces pain and inflammation
- reduces stiffness
- relaxation and calming benefits
- supports injury rehabilitation

## Spa, Sauna and Steam Room

- helps relieve muscle and joint pain
- improves immune system
- assists with relaxation and stress relief
- improves circulation and blood flow
- assists with sleep disorders

## Aqua Aerobics

- improves physical fitness
- improves endurance
- increases flexibility
- exercises the body without putting stress on joints
- increases muscle strength
- reduces pain and stiffness
- assists in the management of injuries and rehabilitation
- encourages social interaction and community participation

## Gymnasium

- improves cardiovascular fitness
- encourages social interaction and community participation
- increases energy levels
- helps reduce joint and muscle pain
- assists with balance and flexibility
- helps improve posture
- assists with stress relief, decreased anxiety and better sleep
- helps improve brain functionality and memory
- helps improve mood
- decreases risk of chronic disease

## Group Fitness

- helps improve physical fitness
- improves muscle strength in legs (spin classes)
- gentle exercises for joints (spin and low impact classes)
- encourages social interaction and community participation
- improves energy levels
- working out in a group assists with fitness motivation and accountability
- fitness instructors help to ensure exercises are executed in the correct way



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.



The pool hall is located directly ahead of the reception entry gates.

Entry is via a set of glass automated doors with a clearance of 2150mm.

Includes:

- two Changing Places
- change facilities
- manual water wheelchairs
- warm water program pool
- indoor 50m pool
- learn to swim pool
- toddler pool
- AquaPlay area
- water slides
- spas
- sauna and steam room
- communal showers
- bench seating
- lockers
- access to cafe and seating as well as cafe outdoor area.

# Pool Hall

# Pool Hall

## Changing Places

There are two dedicated Changing Places.

Changing Places toilets have extra features and more space to meet the needs of people with disabilities or additional requirements.

Location: Both next to the warm water program pool, on the far wall.

Each includes:

- unisex, fully accessible toilet and adult change facility with sensor lighting
- push button entry at 1000mm AFFL
- Sliding door. Door clearance of 950mm. Push button lock at 1170mm AFFL
- cubicle space 4650mm x 3170mm
- retractable grab bars on both sides of toilet
- colour contrast toilet seat at height 470mm AFFL with right- and left-hand transfer
- emergency button located 870mm from toilet
- padded backrest to toilet

- sink height 810mm AFFL with knee clearance 510mm AFFL and lever tap at 1040mm AFFL
- shower with HHSH, grab bars and shower bench
- privacy screen
- signage detailing operating instructions for the safe use of the change table and ceiling hoist located on wall behind change table
- adult change table - electronically height adjustable and manual foldable table with maximum load 200kg
- C450 ceiling hoist with hoist/carry bar with maximum load 200kg
- exit door push button at 1000mm AFFL.
- slings are located in the first aid room and available upon request. Slings are sprayed with disinfectant, wiped down and dried after each use. Patrons can use their own sling, as long as it is compatible with hoist.



  
**Feel**  
 Heating/Cooling

  
**Sounds**  
 Echo | Hand dryer  
 Heating/Cooling  
 Splashing  
 Toilet flushing  
 Water running

  
**Sights**  
 Bright lights  
 Mirror/Reflection

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

# Pool Hall

## Toilets | Change - Set One

There are three sets of toilets and a host of unisex family friendly change facilities within the pool hall.

### Set One

Location: Through the pool hall entry doors, on the left, past the communal showers.

Accessible Toilet Includes:

- unisex with sensor lighting
- manual door opening inward. Door clearance of 870mm. Twist lock at 1040mm AFFL
- cubicle space 2920mm x 2800mm
- grab bars to the left and behind toilet
- colour contrast toilet seat at height 470mm AFFL with left hand transfer
- padded backrest to toilet
- emergency button located 870mm from toilet
- sink height 840mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL
- HSHS with curtain, shower bench and grab bars
- baby change.

Other facilities:

- five unisex change rooms with bench and hooks. Entry is through manual doors opening inward. Door clearances 730mm
- one unisex accessible change room with a bench and hooks. Entry is through a manual door opening inward. Door clearance 880mm
- male and female toilets including ambulant toilet and showers. Communal area with bench seating and hooks
- lockers within the entryway to both male and female toilets. Lockers are coded by patrons and free to hire.



### Feel

Heating/Cooling  
Shared personal space  
(excl accessible)



### Sounds

Echo  
Hand dryers  
(excl accessible)  
Heating/Cooling



### Sounds

People (excl accessible)  
Splashing  
Toilet flushing  
Water running



### Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



### Smells

Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

# Pool Hall

## Toilets | Change - Set Two

There are two accessible toilets.

Location: Next to the warm water program pool.

Each accessible toilet includes:

- unisex toilet with sensor lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1070mm AFFL
- cubicle space 3010mm x 2840mm
- grab bars to the left and behind toilet
- colour contrast toilet seat at height 470mm AFFL with left hand transfer
- padded backrest to toilet
- sink height 830mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL
- HSH with shower curtain, bench and grab bar
- baby change.



**Feel**  
Heating/Cooling



**Sounds**  
Echo  
Heating/Cooling  
Splashing  
Toilet flushing  
Water running



**Sights**  
Bright lights  
Mirror/Reflection



**Smells**  
Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

# Pool Hall

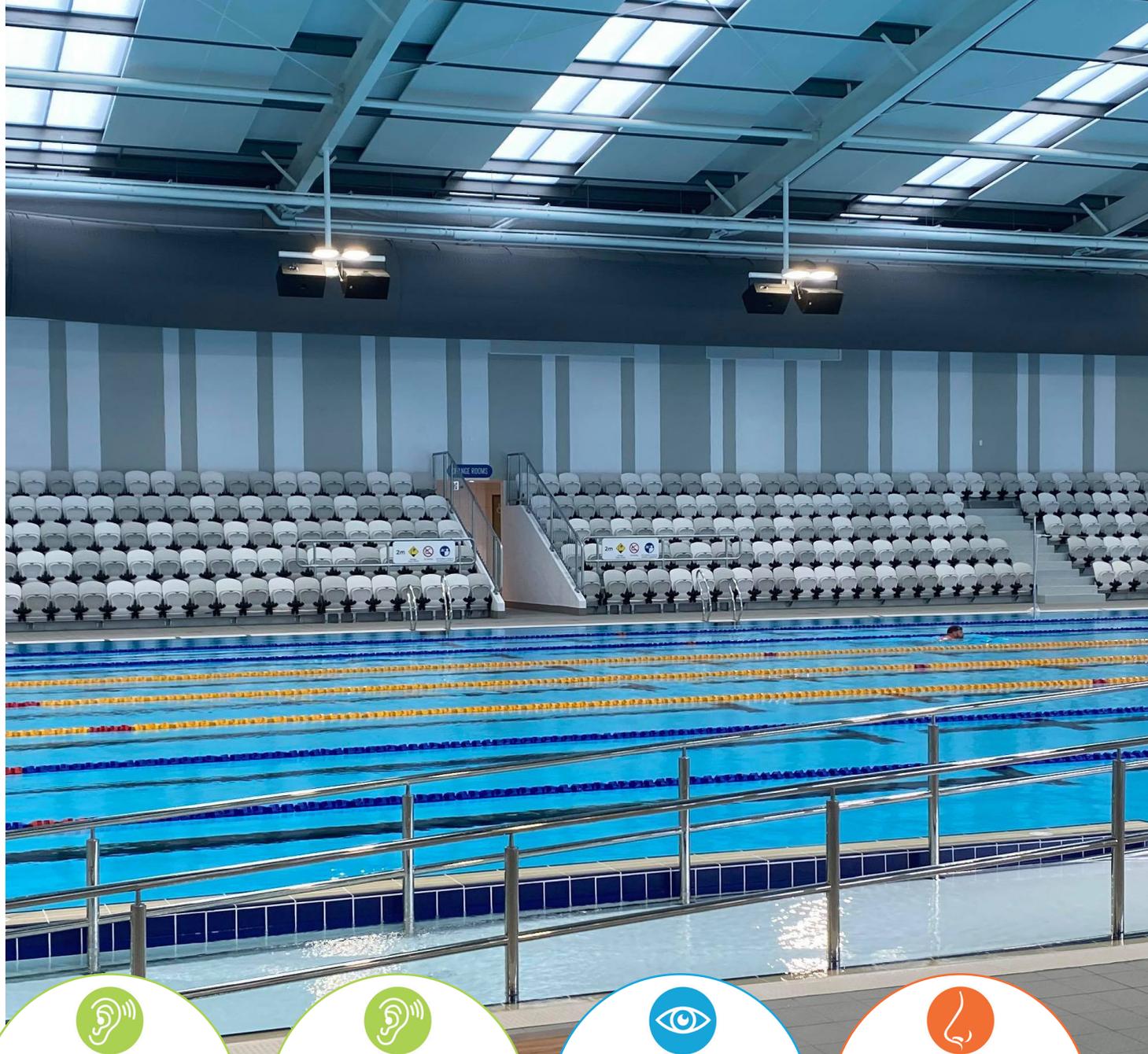
## Toilets | Change - Set Three

Location: Opposite the indoor 50m pool, between the two sections of spectator seating.

Accessible toilet includes:

- unisex with sensor lighting
- manual door opening inward. Door clearance of 870mm. Twist lock at 1080mm AFFL
- cubicle space 3870mm x 2670mm
- grab bars to the right and behind toilet
- colour contrast toilet seat at height 470mm AFFL with right-hand transfer padded backrest to toilet
- emergency button 870mm from toilet
- sink height 820mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL
- HSHS with shower curtain, bench and grab bars
- baby change.

Other facilities include male and female toilets with ambulant toilet and showers. Communal area with bench seating and hooks.



#### Feel

Heating/Cooling  
Shared personal space  
(excl accessible)



#### Sounds

Echo  
Hand dryers  
(excl accessible)  
Heating/Cooling



#### Sounds

People (excl accessible)  
Splashing  
Toilet flushing  
Water running



#### Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



#### Smells

Air freshener  
Bathroom smells  
Chlorine  
Disinfectants  
Shower products

# Pool Hall

## Warm Water Program Pool

The warm water program pool is located through the pool hall entry doors, at the far left of the pool hall, just after the first aid room.

It is utilised for rehabilitation and gentle exercise, which is optimal for recovery and relaxation. It is also used for aquatic group fitness classes. Lap swimming and recreational swimming are not permitted in this pool.

It is available for public access, including during aquatic classes. However, there may be limited room for public use when classes are running.

Includes:

- pool access ramp with handrails on both sides. Ramp length 17m with gradient 1:14 (7%)
- one stepped entry point with handrails on both sides
- ladder entry points with handrails on both sides
- pool hoist
- depth 1.1 to 1.4 metres
- pool temperature 34 degrees Celsius.



### Feel

Being splashed  
Heat/Humidity  
Increased body temp  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Heating/Cooling  
Music



### Sounds

People  
Running water  
Spa bubbling  
Splashing



### Sights

Bright lights  
Glare  
People  
Splashing



### Smells

Chlorine

# Pool Hall

## 50m Pool

The indoor 50m pool is located through the pool hall entry doors, on the far-left end.

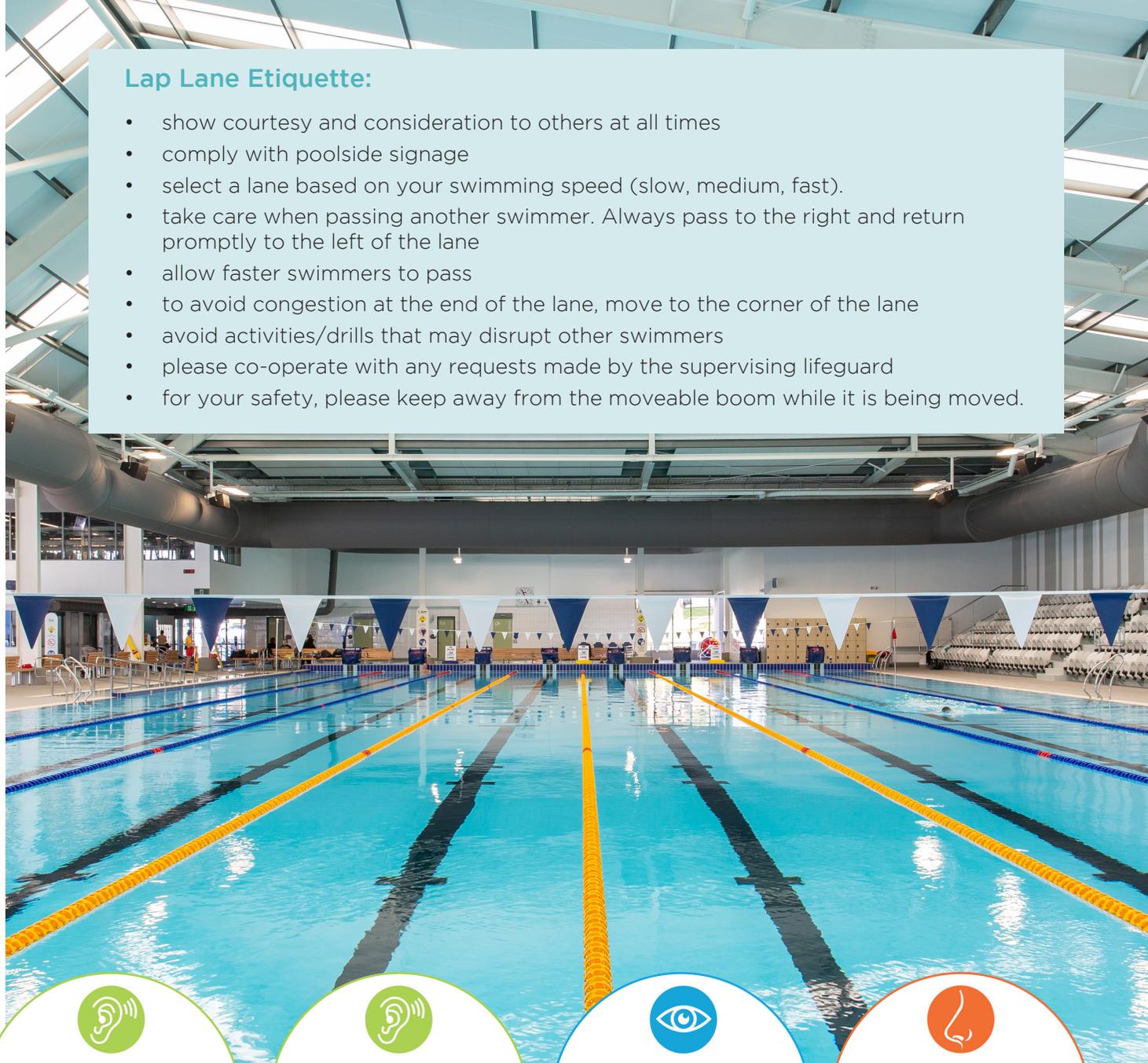
It is utilised for lap swimming, swimming lessons, group fitness classes, swimming carnivals, competitions, pool games and casual swimming.

Includes:

- pool access ramp with handrails on both sides. Ramp length 19m, including flat area at base, with gradient 1:14 (7%)
- one stepped entry point with handrails on both sides
- ladder entry points with handrails on both sides
- depth 1.1 to 2 metres
- pool temperature 28 degrees Celsius
- pool hoist available on request
- manual water wheelchairs
- moveable boom that can create 2 x 25m pools
- tiered spectator seating with allocated accessible seating.

### Lap Lane Etiquette:

- show courtesy and consideration to others at all times
- comply with poolside signage
- select a lane based on your swimming speed (slow, medium, fast).
- 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
- avoid activities/drills that may disrupt other swimmers
- please co-operate with any requests made by the supervising lifeguard
- for your safety, please keep away from the moveable boom while it is being moved.



#### Feel

Being splashed  
Cool water  
Humidity  
Increased body temp



#### Feel

Increased heart rate  
Shared personal space  
Water resistance  
Weightlessness



#### Sounds

Amplified voice  
Announcements  
Echo  
Heating/Cooling  
Music



#### Sounds

People  
Running water  
Splashing  
Starter guns (events)



#### Sights

Bright lights  
Glare  
People  
Splashing



#### Smells

Chlorine

# Pool Hall

## Learn to Swim Pool

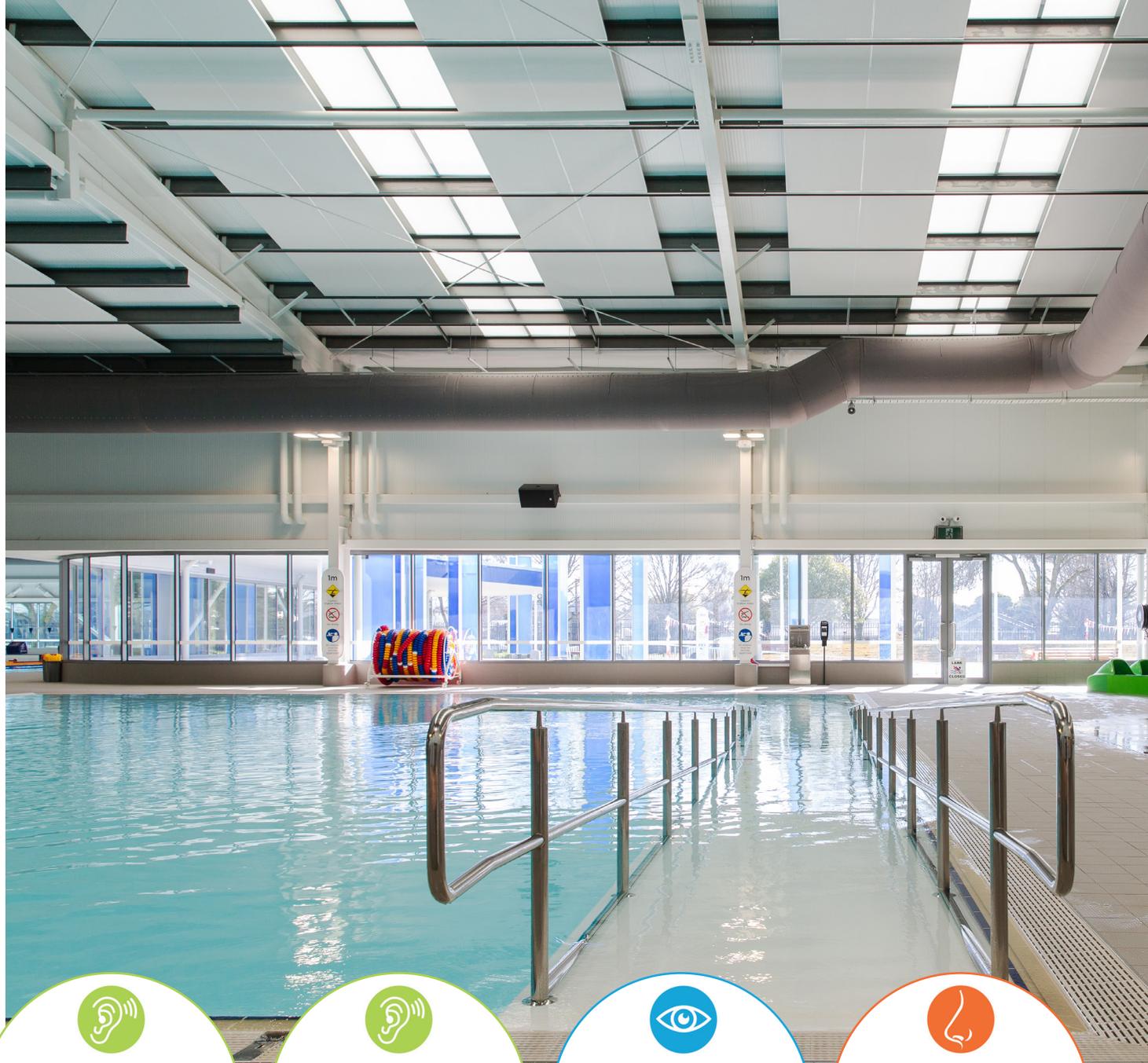
The learn to swim pool is located through the pool hall entry doors, past the AquaPlay area, on the right. The learn to swim pool is utilised for swimming lessons for people of all ages and abilities.

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

This pool is also available for adults with disability and older children to use when the pool is not being used for lessons.

Includes:

- pool access ramp with handrails on both sides. Ramp length 15m with gradient 1:14 (7%)
- ledged entry around the perimeter of the pool
- depth 1 metre
- pool temperature 32 degrees Celsius
- pool hoist
- an emphasis on safety and survival skills.



### Feel

Being splashed  
Humidity  
Increased body temp  
Increased heart rate



### Feel

Shared personal space  
Warm water  
Water features  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo  
Heating/Cooling  
Music  
People



### Sounds

Running water  
Splashing  
Water features



### Sights

Bright lights  
Glare  
People  
Splashing  
Water features



### Smells

Chlorine

# Pool Hall

## AquaPlay Area

The AquaPlay area is located directly ahead of the pool hall entry doors.

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

The AquaPlay area also has an adjoining infant's pool.

Infant pool includes:

- stepped access points with handrails on both sides leading to two higher levels with more water play/slides
- ramp to the first level
- beach entry to adjoining infant pool
- infant pool depth 0.3 metres
- pool temperature 32 degrees Celsius
- water bucket that periodically splashes water over this area.

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

### AquaPlay Rules:

- walking only
- wait until the person in front of you exits the slides before taking your turn
- slide feet first
- exit the slide once you have finished.



### Feel

- Being splashed
- Warm water
- Humidity
- Increased body temp



### Feel

- Increased heart rate
- Shared personal space
- Water features
- Water resistance
- Weightlessness



### Sounds

- Amplified voice
- Announcements
- Echo
- Heating/Cooling
- Music
- People



### Sounds

- Running water
- Splashing
- Water features



### Sights

- Bright lights
- Glare
- People
- Splashing
- Water features



### Smells

- Chlorine

# Pool Hall

## Water slides

Gippsland Regional Aquatic Centre has two large water slides. They are located through the pool hall doors, on the right. Access to the top of the slides is via a stairway next to the AquaPlay area.

Members and guests purchase wristbands for the water slides from reception.

Includes:

- stepped entry to the top of the water slides. There are 55 steps up to the top of the slide
- 2 fully enclosed slides
- blue slide is 73m long, yellow slide 76m long.

### To use the water slide

1. Enter via steps with handrails.
2. Meet a lifeguard at the top of the steps.
3. A lifeguard will check that you are over 1.2m tall.
4. A lifeguard will advise when it is safe to slide down.
5. Step up into the slide tube. Feet first only! Lie down on your back with your arms across your chest.



6. You will reach the bottom in as little as 20 seconds.
7. The ride will finish in the flume which has a shallow depth.
8. Take a moment to control your balance and then exit immediately.
9. A lifeguard at the bottom of the slide will assist you to exit in a timely manner.

For water slide operating hours, please visit our [website](#).



### Water slide rules:

- riders should be a minimum of 1.2m in height
- 120kg maximum weight
- please walk up the stairs and stay to the left-hand side
- one rider at a time
- no stopping in the slide
- lifeguard will tell you when to go
- please do not re-enter the slide exit area.

Water slides may not be suitable for persons who:

- are pregnant
- have heart conditions
- have pre-existing medical conditions
- have leg or back weakness
- are under the influence of alcohol or drugs.



**Feel**  
Balance  
Being splashed  
Cool water  
Enclosed space  
Humidity

**Feel**  
Increased heart rate  
No resistance  
Stomach drop  
Shared personal space  
Weightlessness

**Sounds**  
Echo  
Fans oscillating  
People  
Running water  
Splashing

**Sights**  
Bright lights  
Dim lighting  
Glare  
Running water  
View

**Smells**  
Chlorine

# Pool Hall Spas

The spas are within the warm water program pool.

The spas are utilised for relaxation and indulgence.

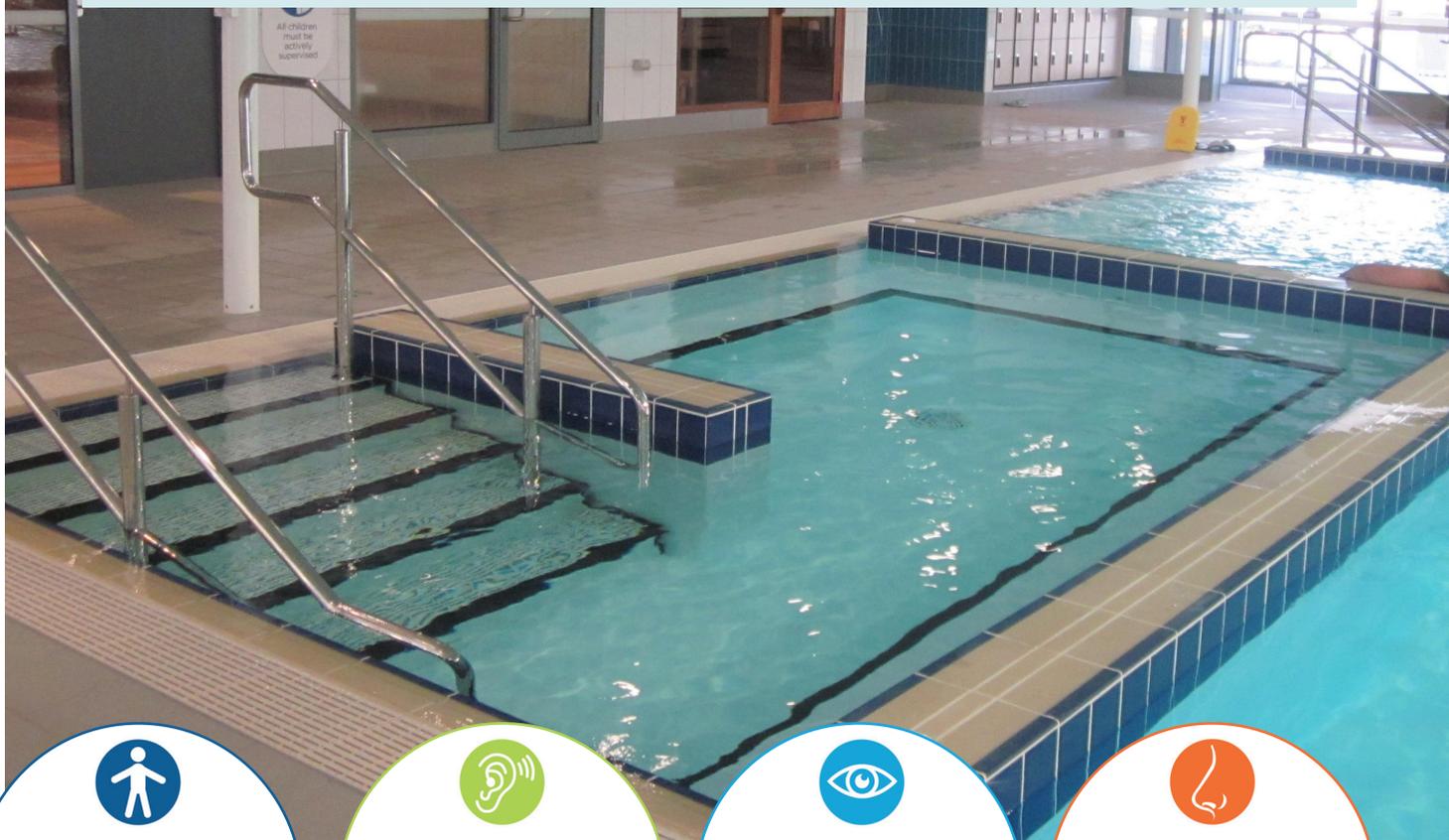
Members and guests collect wristbands for the spas from reception.

Includes:

- one spa can be accessed via the warm water program pool ramp. This ramp has handrails on both sides
- one spa with stepped entry and handrails on both sides
- maximum depth 0.95 metres
- push operated water and air jets. Buttons located on a pole next to the spas. Patrons must leave the spas to operate the buttons
- Green START button
- Red STOP button
- Red and yellow emergency button.

## Entry Conditions:

- shower before entering
- follow COVID restrictions regarding the amount of people permitted in these spaces
- 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 in the spa
- children under the age of 16 are not permitted to use the spa
- 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.



### Feel

Bubbles  
Heat | Humidity  
Increased body temp  
Shared personal space



### Feel

Warm water  
Water jets  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music  
People  
Running water  
Water jets



### Sights

Bright lights  
Bubbles  
Glare  
Steam



### Smells

Chlorine

# Pool Hall

## Sauna and Steam Room

### Sauna

The sauna is located next to the warm program water pool. Access is via a manual door opening outward with a clearance of 950mm. There is stepped access with two-tiered seating within the sauna.

### Steam Room

The steam room is located next to the warm water program pool. Access is via a manual door opening outward with a clearance of 900mm. There is stepped access with two-tiered seating within the steam room.

Members and guests collect wristbands for the spas from reception.

Entry Conditions:

- shower before entering
- follow COVID restrictions regarding the amount of people permitted in these spaces
- 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 in the sauna 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 while under the influence of drugs or alcohol
- if you are taking medication or are unwell, please seek medical advice before use.



#### Feel

Dry Air (Sauna)  
Heat | Humidity (Steam Rm)  
Increased body temp  
Moisture (Steam Rm)  
Shared personal space



#### Sounds

People  
Steam



#### Sights

Bright lights (Steam Rm)  
Dim lighting (Sauna)  
Steam (Steam Rm)



#### Smells

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

# Pool Hall

## Aqua Aerobics

Aqua aerobic classes are held in both the warm water program pool and 50m pool.

Aqua aerobics is a whole-body gentle conditioning workout to improve overall strength, particularly the core muscles. It is suitable for all fitness levels. Due to the in-water nature of aqua aerobics, this class reduces body weight and allows participants to complete movements in water that they wouldn't necessarily be able to do on land.

Members and casual guests can participate in aqua classes. Classes can be booked [online](#).

You can also secure your place at the centre.

1. Collect a ticket from reception.
2. Ticket collection opens 90 minutes before the class start time and closes 5 minutes after the class start time (with the exception of off-peak classes).
3. One ticket per person, per class, until all tickets are allocated.
4. Hold onto your ticket until the instructor collects it.

Classes run for 45 minutes. A timetable can be found on our [website](#).

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



### Feel

Being splashed  
Humidity  
Increased body temp  
Increased heart rate



### Feel

Shared personal space  
Water resistance  
Weightlessness



### Sounds

Amplified voice  
Announcements  
Echo | Music | People  
Running water  
Splashing



### Sights

Splashing



### Smells

Chlorine

# 25m Outdoor Heated Geothermal Pool

The 25m outdoor heated geothermal pool is located outside the pool hall, opposite the AquaPlay area.

Entry is via a manual door opening outward with a clearance of 890mm. This can open to a double door with a clearance of 1640mm. A push button to open this door is at a height of 1090mm.

There is a second entry to this pool next to the 50m indoor pool. Entry is via a manual door opening outward with a clearance of 940mm. This can open to a double door with a clearance of 1770mm. A push button to open this door is at a height of 1090mm.

This pool is utilised for lap swimming, recreational swimming, school carnivals and competitions.

Includes:

- pool access ramp and handrails on both sides with a length of 17m and gradient 1:14 (7%)
- ladder entry points
- pool hoist available on request
- manual water wheelchairs
- depth 1.2 to 1.8 metres
- pool temperature 27.6 degrees Celsius
- bench seating with backs, some with armrests.

Please check our [website](#) for opening hours.



## Feel

Being splashed  
Cool water  
Increased body temp  
Increased heart rate



## Feel

Shared personal space  
Water resistance  
Weather  
Weightlessness



## Sounds

Amplified voice  
Announcements  
People | Running water  
Starter guns (events)  
Splashing  
Traffic



## Sights

Flying insects  
Glare  
People  
Splashing  
Sunlight



## Smells

Chlorine  
Sunscreen



The health club is located on level 1.

To access the health club

1. Enter the centre via the main entrance.
2. Casual guests need to report to reception to pay for their visit.
3. Walk through the glass automatic doors, located on the left after the main entry. This will take you to a walkway.
4. The stairs and lift to the health club are on the right.

Includes:

- cardio, strength and functional areas within the gymnasium
- group personal training
- [individual personal training](#)
- disability friendly gymnasium equipment
- group fitness studios
- lockers
- toilets and change facilities.

# Health Club

# Health Club Gymnasium

The gymnasium is located on level one.

If using the lift, turn right after you exit. If using the stairs, turn left at the top.

Entry is via a manual door opening inward with a clearance of 900mm. Members need to scan their card or wristband to enter. Scanner at 1080mm AFFL.

Casual guests are required to go to reception to pay for their visit. Cash or EFTPOS is accepted. A ticket will be issued that needs to be scanned at the door.

Includes:

- a variety of equipment including cardio, strength and functional training equipment
- a selection of accessible fitness equipment including a hand cycle machine, kinesis machine, free weights, bar bells, kettle bells, medicine balls and dumb bells, cable machines, wind rower, Thera Bands and foam rollers. There are also a number of weight assisted gym machines that can be accessed
- TRX mapping

- mirrored walls
- open lockers
- sanitiser and wipes stations
- fans
- two consulting rooms.

Members can book in for a 45 to 60-minute group induction session. These sessions provide an overview of the gymnasium equipment as well as initial guidance to getting started.

For more information, or to make a booking, please visit our [website](#).

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 the gym equipment.



## SENSORY GUIDE



### Feel

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



### Sounds

Announcements  
Fans oscillating  
Gym equipment  
Heating/Cooling  
People



### Sounds

Weights clanging



### Sights

Bright lights  
Fans oscillating  
Glare  
Mirror/Reflection  
People



### Smells

Deodorants  
Perspiration  
Rubber matting  
Sanitiser/Wipes

# Health Club

## Fitness Studios

The fitness studios are on level one.

If using the lift, turn right after you exit. The group fitness studios are then on the left. If using the stairs, turn right at the top.

A variety of popular group fitness classes are available. Classes cater to a range of ages and abilities. Please see our [website](#) for a description of each class available.

There are three fitness studios:

- fitness room 1 is a group fitness studio
- fitness room 2 is a cycle studio
- fitness room 3 is a mind body studio.

Entry to all fitness rooms is via manual doors, opening inward with a clearance of 880mm.

Fitness studios include:

- wipe stations
- mirrored walls
- windowed walls
- audio-visual screens
- open lockers
- fans
- stages (fitness rooms 1 and 3)
- cycle equipment (fitness room 2)
- variety of gym equipment relevant to each class.

Members and casual guests can participate in fitness classes. Classes can be booked [online](#). You can also secure your place at the centre.

1. Collect a ticket from reception.
2. Ticket collection opens 90 minutes before the class start time and closes 5 minutes after the class start time (with the exception of off-peak classes).
3. One ticket per person, per class, until all tickets are allocated.
4. Hold onto your ticket until the instructor collects it.

Group fitness classes vary in times from 30 to 45-minutes. 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.



### Feel

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



### Sounds

Amplified voice  
Announcements  
Feet stomping  
Music  
People



### Sights

Bright lights  
Fans oscillating  
Mirror/Reflection  
Rapid Movement



### Smells

Deodorants  
Perspiration

# Health Club Toilets

Health club toilets are located on level one.

If using the lift, exit and proceed straight ahead. If using the stairs, the toilets are at the top on the right.

Includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance 850mm. Twist lock at 1070mm AFFL
- cubicle space 3740mm x 2890mm
- grab bars to the left and behind toilet
- colour contrast toilet seat at height 470mm AFFL with left hand transfer
- emergency button located 500mm from toilet
- padded backrest to toilet
- sink height 840mm AFFL with 510mm AFFL knee clearance and lever tap at 1040mm AFFL
- HSHS with shower curtain, bench and grab bar
- baby change.

Other facilities include male and female toilets with ambulant toilets and showers. There are also communal areas with bench seating and hooks within male and female toilets.



## Feel

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



## Sounds

Echo | Hand dryer(ex acc)  
Heating/Cooling  
Music | People (ex acc)  
Toilet flushing  
Water running



## Sights

Bright lights  
Mirror/Reflection  
People (excl accessible)



## Smells

Air Freshener  
Bathroom smells  
Disinfectants  
Shower products

# Meeting Room

Gippsland Regional Aquatic Centre has a meeting room available for hire.

## Location

1. Enter the centre via the main entrance.
2. Walk through the glass automatic doors to the left. This will take you to a walkway.
3. The meeting room is on the right, after the lift.

Entry is via a manual door opening inward with a clearance of 880mm. This door can also open to a double door with a clearance of 1740mm.

## Includes:

- seating for 15-20 people
- tables and chairs with backs, no armrests
- audio-visual screen
- whiteboard
- fridge
- sink
- hydro tap
- microwave.

For enquiries and bookings, please contact us on 1300 444 722.



# Accessibility

## Throughout

- Taped phone service about general memberships.
- Clear path of travel from outdoor to indoor areas.
- Varied outdoor terrain of bitumen, concrete and grass.
- Water fountain outside main entrance. Lower fountain with height 780mm AFFL. Higher fountains on each side at 1060mm AFFL.
- Step free access to centre.
- Varied internal terrain of non-slip concrete, tiles, floor boards, carpet and rubber matting.
- Wayfinding signage throughout.
- 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 to patrons if required.
- Pen and paper available for exchanging information.
- Locker instructions available.
- Hearing loop available throughout the centre, programmed for each area, requested at reception.
- Scooter recharge station located left of the main entrance.
- Discounted entry prices for holders of Companion, Carer and Seniors Cards.
- Use the National Relay Service to contact Gippsland Regional Aquatic Centre on 1300 444 722. Find the right contact number or access point for your NRS channel of choice at [communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs). For help using the NRS, contact the NRS helpdesk: [communications.gov.au/helpdesk](http://communications.gov.au/helpdesk).

## Reception

- Main counter at 1150mm AFFL.
- Lower height counter at 850mm AFFL with knee clearance 810mm AFFL. Room for a chair.

## Café and Adjoining Outdoor Area

- Table height 740mm AFFL with knee clearance 720mm AFFL.
- Bench table height 950mm AFFL with knee clearance 840mm AFFL.

## Pool Hall

- Water fountain next to First Aid room. Higher fountain 1100mm AFFL. Lower fountain 880mm AFFL with knee clearance 680mm AFFL.
- Emergency exit door on left of 50m pool with push button at 1040mm AFFL.
- Water fountain near 50m pool. Higher fountain 1170mm AFFL. Lower fountain 900mm AFFL with knee clearance 690mm AFFL.
- Water fountain near AquaPlay area. Higher fountain 1170mm AFFL. Lower fountain 900mm AFFL with knee clearance 690mm AFFL.
- Water slide stairway steps with nosing and handrails on both sides.
- Water slide stairway with exit push button at 1310mm AFFL.
- Seats within tiered spectator seating area may be removed during major events to allow room for wheelchair users.
- Access is from cafe wet area to cafe outdoor area via a manual door opening inward with a clearance of 820mm. These doors can open to a double with a clearance of 1460mm. Push button to open this door at 1010mm AFFL.
- Motorised scooters permitted on pool deck. Staff can assist with further information at time of visit if required.
- Exit gates from pool hall to reception area opening inward with a clearance of 1000mm.
- Exit doors from warm water programme pool to car park with push button at 1040mm AFFL.

## Outdoor Geothermal Heated Pool

- Water fountains. Higher fountains 1060mm AFFL. Lower fountain 770mm AFFL with knee clearance 730mm AFFL.

## Health Club

- Lift door clearance of 1000mm.
- Lift entry button operating height 1150mm AFFL.
- Lift internal button operating height 920mm AFFL.
- Lift cubicle space 1330mm x 2010mm.
- Lift buttons raised with Braille.
- Lift audio enabled.
- Water fountain with higher fountain 1080mm AFFL. Lower fountain 870mm AFFL with knee clearance 680mm AFFL.
- Gymnasium with two consulting rooms with manual doors, opening inward. Door clearances 850mm.
- Gymnasium with push button to exit door 1030mm AFFL.
- Fitness Room 1 with push button to exit door 1080mm AFFL.
- Fitness Room 2 (cycle room) with push button to exit door 1030mm AFFL.
- Fitness Room 3 with push button to exit door 1090mm AFFL.
- Water fountain between fitness rooms 1 and 2. Higher fountain 1080mm AFFL. Lower fountain 870mm AFFL with knee clearance 680mm AFFL.

## Meeting Room

- Table height 750mm AFFL with knee clearance 720mm AFFL.
- Push button to exit door 850mm AFFL.
- Hydro tap operating button 1140mm AFFL.
- Microwave operating height 600mm AFFL.

# Safety

## Throughout

- Entrance to carpark with pedestrian crossing and TGSI.
- Main entry door with contrast safety band 900mm to 990mm AFFL and side glass panels with contrast safety band 890mm to 960mm AFFL.
- Main entry with inground mat on floor. Not colour contrasted.
- Surrounding centre windows with contrast safety bands 900mm to 980mm AFFL.
- Defibrillators located at reception, in the gymnasium and in the first aid room.
- Bins and plants placed against walls throughout.
- Wet floor signage.
- All staff with Working with Children Checks.
- Evacuation maps located throughout.
- Fire wardens on site.
- Children to be actively supervised at all times.
- No smoking.
- Hand sanitiser stations throughout. Height 1070mm AFFL.
- Accessible guided tours are available.
- Illuminated exit signs.
- Audible alerts in the case of an 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 displayed in front of reception, to the left.
- Structural pole near reception toilet. Not colour contrasted.

## Café and Adjoining Outdoor Area

- Door from café to outdoor eating area contrast safety band 900mm to 990mm AFFL.
- Pool hall cafe outdoor area fully fenced.

## Pool Hall

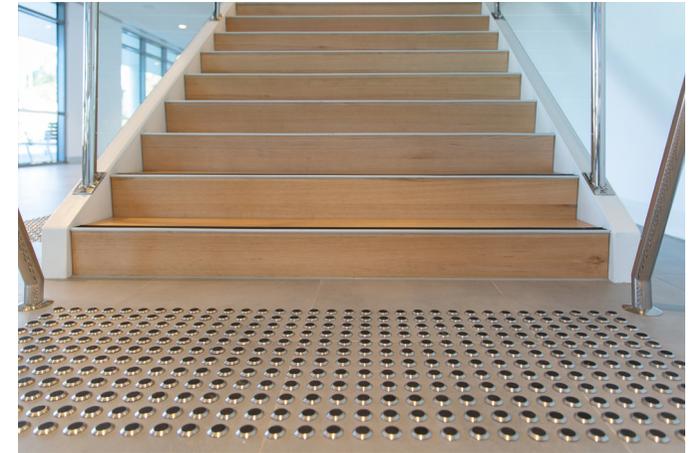
- Entry doors with contrast safety band 920mm to 1000mm AFFL.
- Structural poles throughout pool hall. Not colour contrasted.
- Windows surrounding 50m pool with contrast safety bands 920mm to 1010mm AFFL.
- Tiered spectator seating with stair nosing.
- 50m pool with water polo goals stored against far-right wall.
- Door and side panels from AquaPlay area to outdoor geothermal pool with contrast safety band 880mm to 960mm AFFL.
- Door from 50m pool to outdoor geothermal pool with contrast safety band 880mm to 960mm AFFL.
- Glass entry door to water slide steps with no contrast safety band.
- Water slide steps with stair nosing.
- Sauna and steam room doors with contrast safety bands 900mm to 970mm AFFL.

## Outdoor Geothermal Heated Pool

- Structural poles against outdoor undercover area.
- Outdoor area fully fenced.

## Health Club

- Glass doors from reception area to access stairs/lift with contrast safety bands at 900mm to 980mm AFFL.
- Stairs to gymnasium with handrails on each side, stair nosing and TGSI at top and bottom.



- Entry doors to gymnasium with no contrast safety band.
- Raised rubber mat in weights area and on weights platform.
- Fitness rooms 1-3 with contrast safety band on doors 900mm to 980mm AFFL.
- Fitness room 1-3 with no contrast safety bands on windows.

## Meeting Room

- Meeting room door with contrast safety band 900mm to 990mm AFFL

# GIPPSLAND REGIONAL AQUATIC CENTRE

## Contact

Gippsland Regional Aquatic Centre  
49 Breed St, Traralgon, VIC, 3844  
Phone 1300 444 722  
[grac.ymca.org.au](http://grac.ymca.org.au)

