Cook + Phillip Park Pool Access Key

A customised accessibility guide

4 College Street (Corner William Street)

Sydney, NSW, 2000

Phone 1300 198 412

Website https://cookandphillip.org.au/

Version 1.0

Updated June 2025

# Acknowledgements

The City of Sydney acknowledges the Gadigal of the Eora Nation as the Traditional Custodians of our local area.

# Glossary

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

AFFL - Above finished floor level.

Cardiovascular - Relates to the network of organs and blood vessels that carries blood, oxygen, nutrients, and other substances throughout the body.

Endurance - The ability to continue with a task, despite feelings of fatigue or stress over a prolonged duration.

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

GOswim - Swimming lessons which focus on contemporary, experiential, activity-based learning as a fun and engaging way for kids to learn to swim and be safe around water. GOswim swimming lessons empower students to think, discuss and decide whilst having fun in and around water.

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

HHSH - 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.

NDIS - National Disability Insurance Scheme.

Proprioception - Awareness of position and movement of the body.

Range of Motion - The distance a joint or muscle can move in different directions.

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

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

Social interaction - The process of people communicating and acting with each other.

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 Cook + Phillip Park Pool.

This customised accessibility guide provides convenient information about accessing this centre.

Access Keys are universally designed and suitable for all people, regardless of ability.

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

Access Keys are available online to help you prepare for your visit in advance.

Access Keys to 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.

Download Access Key in its entirety - 59 pages in total.

Did You Know?

Cook + Phillip Park Pool is in the heart of Sydney, within Cook + Phillip Park.

The centre is spread over two levels.

Cook + Phillip Park Pool is managed by Belgravia

Leisure on behalf of the City of Sydney. Belgravia

Leisure support persons using the NDIS via

Participant and Third-party Plan Management.

View the Inclusion (Disability) Action Plan. https://www.cityofsydney.nsw.gov.au/strategiesaction-plans/inclusion-disability-action-plan

A variety of 360 memberships are available. Sign up in centre or online

https://360card.com.au/membership

Our 360 memberships give you access to six City of Sydney leisure centres in the local government area. https://abcpool.org/360-membership

A customer portal is available for 360 members to manage all aspects of their membership online. https://cookandphillip.org.au/customer-portal

Cook + Phillip Park Pool facilities include:

* indoor 50-metre heated pool
* indoor heated leisure pool with water features and wave sessions
* indoor hydrotherapy pool
* health club
* AirGym
* group exercise areas
* indoor stadium with multipurpose sports court.

Children and adult swimming lessons are available.

Group or individual. https://cookandphillip.org.au/swimming-andaquatics/learn-to-swim-kids https://cookandphillip.org.au/swimming-andaquatics/adult-swimming-lessons

We offer a fast-track school holiday intensives program.

https://cookandphillip.org.au/swimming-andaquatics/fast-track-school-holiday-intensives

Swim squads are available to join.

https://cookandphillip.org.au/swimming-andaquatics/swim-squads

Cook + Phillip Park Pool operates under the Royal Life Saving “Keep Watch” supervision guidelines for parents and carers.

https://www.royallifesaving.com.au/Aquatic-Riskand-Guidelines/safety-programs/childsupervision/keep-watch-at-public-pools

Group exercise classes are available. https://cookandphillip.org.au/health-andfitness/group-fitness

We offer personal training and exercise physiology.

https://cookandphillip.org.au/health-andfitness/personal-training https://cookandphillip.org.au/health-andfitness/exercise-physiology

We offer Therapy Max - rehabilitation and sports injury services using both mainstream and alternative practices.

http://www.therapymax.com.au/?gclid=Cj0KCQjw0oC DBhCPARIsAII3C\_Gg8VVf6NHjUdUUeD1DFl9FxPzbc u8lmD5uc8LRHcDvR4iw\_VqhSRkaAn77EALw\_wcB

Residents can apply for a City Access Card that provides a reduced rate to our aquatic and fitness centres. For information on eligibility and how to apply, please visit our website.

https://www.cityofsydney.nsw.gov.au/facilitybookings-outdoor-events/apply-for-access-card

Please visit our website for casual entry prices. https://cookandphillip.org.au/admission-fees

Cook + Phillip Park Pool is part of ACON’s Welcome Here Project. It is recognised as being welcoming, supportive and engaged with LGBTIQA+ communities. https://www.welcomehere.org.au/

The centre features services designed to suit all members of our diverse community.

https://cookandphillip.org.au/more/accessibility-andinclusion

Follow us on Facebook and Instagram. https://www.facebook.com/cookphillippool https://www.instagram.com/cookphillipparkpool/?hl= en

To provide feedback please visit our website or call us on 1300 198 412 or email us at askbelgravia@belgravialeisure.com.au

Aquatic Supervision Rules:

Children aged 5 years and under must remain within arm’s reach of a parent/guardian aged 16 years or older at all times in the water.

Children aged 5 years and under must wear a yellow wristband.

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

Children aged 6 to10 years must be ACTIVELY supervised by a parent/guardian aged 16 years or older.

Non swimmers are required to identify themselves at reception and wear an orange wristband.

No photography is permitted unless authorised by staff in advance.

The City of Sydney hereby acknowledges the support and assistance provided by Access Ability Australia in helping to prepare the Cook + Phillip Park Pool Access Key.

We express our sincere appreciation to Access

Ability Australia for their pivotal role in assisting the City of Sydney to highlight its commitment to accessibility and inclusion through this comprehensive guide. Their expertise and support have played a vital role in ensuring that Cook + Phillip Park Pool is welcoming to all individuals in our community. https://accessabilityaustralia.com

# Getting There

Cook + Phillip Park Pool is located at 4 College Street (Corner William Street), Sydney.

See Google Maps. https://www.google.com.au/maps/place/4+College+St

,+Sydney+NSW+2010/@-

33.8728738,151.2106062,17z/data=!3m1!4b1!4m6!3m5 !1s0x6b12ae1452cfbdb7:0x6c7295d7959bdc7c!8m2!3 d-

33.8728738!4d151.2131811!16s%2Fg%2F11lk1n2hn8?

entry=ttu

Train

St James Station is 400 metres or a 5-minute walk to the centre.

Light Rail

Town Hall light rail stop is 710 metres or an 11minute walk to the centre.

Bus

The nearest bus stop is at Hyde Park, Park Street, 480 metres from the centre. Bus 504 and 506 will get you there.

For further information on how to get to Cook +

Phillip Park Pool by public transport, please visit

Transport NSW. https://transportnsw.info/

# Parking

The City of Sydney encourages the use of public transport to facilities.

There is a covered car park located at 2 Cathedral Street, Sydney.

Within Cathedral Street car park, there are:

nine accessible parking bays, 155 metres from the entrance to the centre general parking. Restrictions apply. Please see link for more information. https://enacon.com.au/parking-locations/cathedralstreet-car-park/

There is also parking in surrounding streets.

Restrictions apply.

There is a drop-off zone in front of Cathedral Street car park.

# Welcome

Welcome to Cook + Phillip Park Pool.

For office hours and contact details please visit our website. https://cityofsydneyleisure.com.au/contactus

Centre operating hours may vary, please visit our website for more information.

https://cityofsydneyleisure.com.au/visit/cook-phillippark-pool

There is an undercover area outside the main entrance.

# Entry

The main entry point to Cook + Phillip Park Pool is on level 2.

There is a pathway from Cathedral Street car park to the main entry doors.

There is ramp and stepped access from College Street to the main entry doors.

There is also lift access from College Street to level 2. Users need to press the lift buzzer and request that the lift be sent up. When arriving on level 2, please report to reception.

There is also a pathway from William Street to the main entry doors.

Entry to the centre is through wide, glass automated sliding doors. Staff

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

Centre and Regional Managers wear a black, longsleeve collared shirt with tan or black coloured pants.

Duty Managers wear a blue polo shirt with “Duty Manager” on the front and back, and black shorts or pants. They also carry a radio.

Customer service staff wear a white polo shirt with black shorts or tracksuit pants. They may also wear a black jacket with the Belgravia Leisure logo.

Swim teachers wear navy coloured rash vests with “Swim Teacher” across the front and back, and black shorts. There may be additional swim teachers on the pool deck wearing a white polo shirt.

Group exercise and health club instructors wear active wear or a white polo shirt.

All staff wear name tags with their role except swim teachers and group exercise staff.

# Reception

Reception is through the main entry doors, to the left.

The reception counter is at a height of 1210mm AFFL.

There is a wheelchair accessible counter at 860mm AFFL with a knee clearance of 800mm AFFL.

Staff can help with enquiries, bookings, payments or provide directions.

There is a visual communication board at reception to support customer communication.

In reception there is:

* an audio-visual screen
* a retail merchandise area.

Casual Guests

1. Report to reception.
2. Pay for visit. Cash or EFTPOS is accepted.
3. Children aged under 5 years are required to collect and wear a yellow wrist band for the pool.

Bands can be collected from reception.

Members

1. Children aged 5 years and under are required to collect and wear a yellow wrist band for the pool. Bands can be collected from reception.
2. Tap membership card at the scanner at the entry gates. The scanner is at a height of 1170mm AFFL.
3. The entry gates automatically open inward and have a 940mm space for you to pass through.

There is a seating area past the entry gates with tables and chairs with backrests. This area looks over the pool hall.

There is lift and stair access to both levels of the centre.

The lift is past the entry gates, to the left. The lift also takes you to College Street.

## Sensory Guide Reception

### Feel

* Heating/Cooling
* Shared personal space

### Sounds

* Announcements
* Music (aqua classes)
* People
* Phones

Sights

* Glare

Smells

* Chlorine

# Therapeutic Benefits of Activity

Being involved in regular moderate physical activity can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in activities available at Cook + Phillip Park Pool.

All areas:

Improves cardiovascular health

Improves muscular strength

Improves overall physical health, mental wellbeing and social connections

Improves proprioception

Promotes improvement in range of movement

Reduces pain and inflammation

Reduces stiffness

Relaxation and calming benefits

Supports injury rehabilitation

Pools:

Develops interpersonal and social skills

Develops social awareness

Develops understanding of winning and losing Encourages children to practice turn taking

Encourages cooperation

Encourages sensory exploration

Facilitates development of gross motor skills in children

Health Club and Group Exercise (wet and dry):

Assists in the management of injuries and rehabilitation

Develops interpersonal and social skills

Develops social awareness Encourages sensory exploration

Encourages social interaction and community participation

Facilitates development of gross motor skills

Exercises the body without putting stress on joints

Improves balance

Improves endurance

Improves muscle growth

Improve physical capabilities

Increases flexibility

Promotes sensory regulation Stadium Sports:

Encourages socialisation

Encourages team-work and cooperative play

Improves gross motor skills

Improves hand/eye coordination

Improves physical fitness

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. https://www.dsr.org.au/ndis-sports-guide Pool Hall (Introduction Page)

The pool hall is on level 1.

There is open entry to the pool hall.

Includes:

* toilets and changerooms, including accessible
* 50-metre pool
* leisure pool with water features and wave sessions
* hydrotherapy pool
* lockers at various heights
* showers for rinsing off
* water fountains.

Parents/guardians must remain within arm’s reach of any children aged 5 years and under with no more than 2 children per parent/guardian. For more information on active supervision, visit the Royal Lifesaving Australia website. https://www.royallifesaving.com.au/about/campaigns

-and-programs/keep-watch

# Pool Hall: Toilets and Changerooms

The pool hall has one all genders, accessible toilet.

Location: Next to the hydrotherapy pool.

Includes: one all genders, accessible toilet with sensory lighting manual door that you pull out to open with an 850mm space for you to pass through twist lock at 1120mm AFFL cubicle space 1950mm x 3980mm

grab bars to the left and behind toilet toilet height 470mm AFFL with left hand transfer sink height 800mm AFFL with lever tap 950mm AFFL emergency buttons 690mm from toilet and next to baby change table shower with HHSH, shower bench, grab bars, nonslip mat provided, separate hot and cold taps and shower chair baby change area.

The Pool Hall has two sets of men/boy and women/girls’ changerooms.

Set 1:

Location: At the end of the 50-metre pool.

Includes: toilet cubicles, including ambulant shower cubicles sinks communal change area with benches and hooks hand dryers hair dryers.

Set 2:

Location: Next to the hydrotherapy pool.

Includes: toilet cubicles including ambulant shower cubicles sinks communal change area with benches and hooks baby change.

The Pool Hall has one parent room.

Location: Next to the hydrotherapy pool.

Includes: two baby change tables bench seat sink nappy disposal units.

## Sensory Guide Pool Hall Toilets and Changerooms

### Feel

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

### Sounds

* Echo
* Fans
* Hair dryers (50m women/girls’ changeroom)
* Siren (when waves session starts)
* Toilet flushing
* Water running

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Air Freshener
* Bathroom smells
* Chlorine
* Disinfectants

# Pool Hall: 50-metre Pool

The 50-metre pool is used for lap swimming and recreational use.

Includes:

* pool hoist. Please see staff at reception
* stepped access with handrails both sides
* pool access ladders with handrails both sides
* pool depth 1.2 metres to 2 metres
* eight full-sized lanes
* diving blocks
* pool temperature approximately 27 degrees Celsius
* concrete bench seating with no back or armrests
* tiered concrete seating with steps in the middle.

For lap lane availability information, please visit our website. https://cookandphillip.org.au/swimmingand-aquatics/lane-availability

Bookings are not required. However, if you would like to book a lane for exclusive use, please contact us on 1300 198 412, or email

askbelgravia@belgravialeisure.com.au. Charges apply.

There is an outdoor area opposite the 50-metre pool.

Entry is through wide, glass automated sliding doors. There are also wide, manual glass doors to the outdoor area that you push to open.

The outdoor area includes:

* tables
* chairs with backrests
* stools
* lounge seats
* pot plants
* multilevel areas with ramp and stepped access.

## Sensory Guide 50-metre Pool

### Feel

* Being splashed
* Heat/Humidity
* Increased body temperature
* Increased heart rate
* Water resistance
* Weightlessness

### Sounds

* Amplified voice

Announcements

* Echo
* Music
* Siren (when waves session starts)
* Splashing

### Sights

* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Pool Hall: Leisure Pool

The leisure pool is for recreational use.

There is ramp access to the leisure pool concourse.

Includes:

* beach entry
* stepped access, some with handrails both sides
* pool depth 0 - 1.2m maximum
* water jet features

slide

* pool temperature approximately 29 degrees Celsius
* tiered concrete seating.

The leisure pool includes a wave pool area. A wave pool uses machines to push the water to create waves.

The waves operate in the afternoons on weekends and school holidays. The first wave session generally starts at around 12:30pm, and then every hour from 1pm to 6pm.

The waves will not operate when swim school sessions are on.

A loud alarm will sound when the waves begin, and a blue flashing light will be seen.

Please do not go into the waves if you are pregnant or have a medical condition.

## Sensory Guide Leisure Pool

### Feel

* Being splashed
* Buoyancy (leisure pool wave sessions) Heat/Humidity
* Increased body temperature
* Increased heart rate
* Shared personal space
* Water jets
* Water resistance
* Wave motion
* Weightlessness

### Sounds

* Amplified voice
* Announcements
* Echo
* Music
* Siren (when waves session starts)
* Spa bubbling
* Splashing
* Water jets
* Waves crashing

### Sights

Blue, flashing light (wave sessions)

* Bright lights
* Glare
* Splashing
* Water features

Smells

* Chlorine

# Pool Hall: Hydrotherapy Pool

The hydrotherapy pool is used for gentle exercise, swimming lessons, aqua group exercise and relaxation.

Includes:

* ramp entry. Length 15m with gradient 3.4 degrees
* pool depth 0.9 - 1.2m maximum
* handrails along inside perimeter of pool on three sides
* seated area inside pool with bubble water features

pool temperature approximately 34 degrees Celsius

* tiered concrete surrounding seating.

The hydrotherapy pool is not available when aqua classes aqua classes and programmed swimming lessons are operating. See our website. https://cityofsydneyleisure.com.au/

## Sensory Guide Hydrotherapy Pool

### Feel

* Being splashed
* Heat/Humidity
* Increased body temperature
* Increased heart rate
* Shared personal space
* Warm water
* Water jets
* Water resistance
* Weightlessness

### Sounds

* Amplified voice

Announcements

* Echo
* Music
* Siren (when waves session starts)
* Spa bubbling
* Splashing
* Waves crashing (wave sessions)

### Sights

* Blue, flashing light (wave sessions)
* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Pool Hall: Swimming Lessons

Children (Infant to Intermediate)

The lessons are held in all pool and based on child level; hydrotherapy pool for infants, leisure pool for lower levels and 50-metre pool for higher levels.

Other locations offering the same all year-round swim programs are Gunyama and Ian Thorpe Aquatic Centre.

https://gunyamapark.com.au/swimming-andaquatics/learn-to-swim-kids https://itac.org.au/swimming-and-aquatics/learn-toswim-kids

Lessons follow the GOswim curriculum.

Cook + Phillip Park Pool is an approved Active Kids Provider. https://www.service.nsw.gov.au/transaction/applyactive-kids-voucher

Lessons run weekly for 30 minutes.

Enrol at any time.

Fast track clinics are available during school holidays.

For more information, please visit our website. https://cookandphillip.org.au/swimming-and-aquatics

Adults and teenagers

Adult lessons are held in the leisure pool for beginners and intermediate levels. Advanced levels are held in the 50-metre pool.

Lessons run weekly for 30 minutes and some higherlevel lessons run for 45 minutes. Lessons are available 48 weeks of the year.

Lessons are designed for adults and teenagers aged over 16 years and cater for all levels, including beginners.

There is a maximum of six students per swimming instructor for a tailored experience.

Enrol at any time.

You can also book private lessons. Please contact phone 1300 198 412 or email askbelgravia@belgravialeisure.com.au.

For more information on adult swimming lessons, please visit our website.

A membership card is provided with all swim school enrolments. Cards to be scanned at reception.

# Pool Hall: Aqua Group Exercise

A variety of aqua group exercise classes are available for members and casual users. A timetable can be found on our website.

https://cookandphillip.org.au/group-fitness-classdescriptions https://cookandphillip.org.au/health-andfitness/group-fitness

All aqua group exercise classes are free for people who have a 360 membership. For casual users, group exercise classes incur a fee.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you to the appropriate pool.
3. Give your ticket to the instructor who is operating the class.

Members

1. Book a class online or at reception.
2. Staff will direct you to the appropriate pool.
3. The instructor will mark your name off the attendance list.

All group exercise classes have a limited capacity. Please book online and refer to our group exercise booking policy.

https://cookandphillip.org.au/health-andfitness/group-fitness

It is recommended participants arrive five minutes early to class.

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket or join the class.

## Sensory Guide Aqua Group Exercise

### Feel

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

### Sounds

Amplified voice

* Announcements
* Echo
* Music
* Siren (when waves session starts)

### Sights

* Bright lights
* Glare
* Splashing

Smells

* Chlorine

# Health and Wellbeing (Introduction Page)

The Health and Wellbeing areas are spread over levels 1 and 2.

Includes:

* health club
* AirGym – the AirGym is an outdoor gymnasium space with exercise equipment

group exercise areas (located within health club and in a separate yoga/Pilates studio)

* toilets and changerooms, including accessible.

Don’t forget your towel and drink bottle.

# Health and Wellbeing: Health Club

The health club is available for workouts for both members and casual users. https://cookandphillip.org.au/health-and-fitness

The health club is on level 2.

For casual entry, please pay at reception.

Users are required to tap their membership cards on the scanner, located to the right of the entry doors.

The scanner is at a height of 1260mm.

Entry to the health club is then through a glass, manual door that you push to open, with a 900mm space for you to pass through.

There is a reception desk directly ahead of the entry door at 1060mm AFFL.

Includes:

* dedicated cardio and stretch areas. Group exercise classes are held in the stretch area functional training room
* a variety of gym equipment including cardio machines, pin loaded machines, barbells, dumbbells and functional training equipment
* arm cycle machine
* mirrored walls and window walls
* fans
* water fountains
* lockers
* wipe stations.

## Sensory Guide Health Club

### Feel

* Heating/Cooling
* Increased body temperature
* Increased heart rate
* Shared personal space

### Sounds

* Amplified voice (group exercise)
* Announcements
* Beeping
* Echo

Heating/Cooling

* Music (group exercise)
* Weights clanging

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Deodorant
* Perspiration
* Rubber matting

# Health and Wellbeing: AirGym

The AirGym is located on level 1, next to the indoor stadium and opposite the yoga/Pilates studio.

For casual entry, please pay at reception.

Entry to the AirGym is through a manual glass door, that you push to open, with an 840mm space for you to pass through.

Includes:

* free weights and functional training equipment
* multi-level, stepped spaces.

## Sensory Guide AirGym

### Feel

* Change in ground surface
* Flying insects
* Increased body temperature
* Increased heart rate
* Shared personal space
* Weather

### Sounds

* Amplified voices (from yoga/Pilates studio)
* Announcements
* Flying insects
* Music (from yoga/Pilates studio)
* People
* Weights clanging

Sights

* Glare

### Smells

* Deodorant
* Nature
* Perspiration

# Health and Wellbeing: Group Exercise

Group exercise classes are held in two different locations within the centre.

Resistance and cardio group exercise classes are held in the stretch area of the health club on level 2.

Yoga and Pilates group fitness exercises are held in the fitness studio on level 1, opposite the AirGym.

Entry to the exercise studio is through a manual door that you push to open with a 780mm space for you to pass through. This can be opened to double doors with a 1580mm space.

A variety of classes are available for all fitness levels.

A timetable can be found on our website.

https://cookandphillip.org.au/group-fitness-classdescriptions https://cookandphillip.org.au/health-andfitness/group-fitness

The exercise studio on level 1 includes:

* variety of gym equipment relevant to each class; steps, mats, weight plates, barbells and stretch bands
* fans (stretch area of health club)
* water fountain (health club)
* open lockers
* wipe stations.

All group exercise classes are free for people who have a 360 membership. For casual users, group exercise classes incur a fee.

Casual

1. Purchase a ticket from main reception service desk.
2. Staff will direct you to the appropriate exercise studio.
3. Give your ticket to the instructor who is operating the class.

Members

1. Book a class online or at reception.
2. Staff will direct you to the exercise space.
3. The instructor will mark your name off the attendance list.

All group exercise classes have a limited capacity. Please book online and refer to our group exercise booking policy.

https://online.cookandphillip.org.au/public/session/cl asses/555/2024-05-28

It is recommended participants arrive five minutes early to class.

Due to health and safety reasons, people who arrive after the class has started will not be able to purchase a ticket or join the class.

## Sensory Guide Group Exercise

### Feel

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

### Sounds

* Amplified voice
* Announcements
* Beeping (health club)
* Echo (exercise studio)
* Feet stomping
* Music
* People
* Weights clanging (health club)

### Sights

* Adjustable lights (exercise studio)
* Bright lights (health club)
* Rapid movement

### Smells

* Deodorant
* Perspiration

# Health and Wellbeing: Toilets and Changerooms

The fitness area has one all genders, accessible toilet.

Location: Level 2, near the health club, through a hallway. Includes:

one all genders, accessible toilet with sensor lighting manual door that you pull out to open with an 860mm space for you to pass through twist lock at 1120 mm AFFL cubicle space 2465mm x 1960mm grab bars to the right and behind toilet toilet height 480mm AFFL with right hand transfer toilet with padded backrest sink height 790mm AFFL with lever tap 930mm AFFL emergency buttons 650mm from toilet and next to entry door

Shower with HHSH, shower bench, grab bars, nonslip mat provided, separate hot and cold taps and shower chair.

The fitness area has one set of men/boys and women/girls’ changerooms.

Location: Near the health club, through a hallway.

Includes: toilet cubicles including ambulant toilet shower cubicles sinks

communal change area with benches and hooks hand dryers hair dryers.

## Sensory Guide Fitness Area Toilets and Changerooms

### Feel

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

### Sounds

* Echo
* Fans
* Hair dryers
* Hand dryers
* Toilet flushing
* Water running

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Air Freshener
* Bathroom smells
* Disinfectants

# Indoor Stadium

Cook + Phillip Park Pool has an indoor stadium with a multipurpose sports court. The court is available for hire for teams, groups or schools. The court can be used for casual use or for competitions.

The indoor stadium is located on level 1.

There is open entry to the indoor stadium.

Sports played on the court include:

* basketball
* futsal
* badminton
* netball
* volleyball
* pickleball.

For more information on competition schedules and team fees for each sport, please visit our website. https://cookandphillip.org.au/sports-and-recreation

Includes:

foyer area

chairs with backrests in foyer area

* open pigeonholes in foyer area
* multipurpose sports court
* electronic score boards
* viewing area above courts (accessed from level

2)

* toilets and changerooms.

Netting may be installed around the sports court during use.

Please call our help desk on 1300 198 412 or go to our website to book a court. https://cookandphillip.org.au/sports-and-recreation

When attending booked sessions, please report to reception on arrival.

Casual walk-ins are permitted to use the indoor stadium. Please see reception for court availability.

For information on entry fees and the participants code of conduct, please see our website. https://cookandphillip.org.au/sports-and-recreation

## Sensory Guide Indoor Stadium

### Feel

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

### Sounds

* Amplified voice
* Announcements
* Applause
* Balls bouncing
* Buzzers
* Echo
* Feet stomping
* People
* Shoes squeaking
* Sirens
* Whistles

### Sights

* Bright lights
* Crowd movement

Electronic scoreboard

Rapid movement

* Sporting activities

### Smells

* Perspiration
* Deodorant

# Indoor Stadium: Toilets and Changerooms

The indoor stadium has one all genders, accessible toilet.

Location: Within the indoor stadium foyer, on the left. Includes:

one all genders, accessible toilet with sensor lighting manual door that you pull out to open with an 860mm space for you to pass through twist lock at 1150mm AFFL cubicle space 2460mm x 1600mm

grab bars to the left and behind toilet toilet height 480mm AFFL with left-hand transfer toilet with padded backrest

sink height 795mm AFFL with lever tap 950mm AFFL emergency buttons 1000mm from toilet and next to baby change table shower with HHSH, shower bench, grab bars, nonslip mat provided, separate hot and cold taps and shower chair baby change area.

The indoor stadium has one set of men/boys and women/girls’ changerooms.

Location: Within the indoor stadium foyer, on the left.

Includes: toilet cubicles including ambulant shower cubicles sinks communal change area with benches and hooks hand dryers.

## Sensory Guide Indoor Stadium and Changerooms

### Feel

• Change in ground surface

Heating/Cooling

Shared personal space (excl. accessible)

### Sounds

* Echo
* Fans
* Hand dryer
* Toilet flushing
* Water running

### Sights

* Bright lights
* Mirror/Reflection

### Smells

* Air Freshener
* Bathroom smells
* Disinfectants Accessibility

Throughout:

Internet booking system.

Accessible website.

College Street ramp to main entry doors length 55 metres with gradient 1:24 (4.1%).

William Street pathway to entry doors length 80 metres. Last 12 metres of pathway in front of entry doors with gradient 1:40 (2.5%).

Reception with wireless EFTPOS machine.

Concrete outdoor terrain

Varied indoor terrain of tiles, wooden floorboards, rubber matting, synthetic flooring and vinyl.

Clear wheelchair circulation space.

Spaces for a person using a wheelchair to sit with friends.

Assistance animals welcome.

Interpreter service available at City of Sydney. Please call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone City of Sydney on 02 9265 9333. Opening hours 8:30am - 5pm Monday - Friday.

Friendly, helpful staff who have completed access and inclusion training.

Clear, large print name tags on staff.

Staff available to read information if required.

Pen and paper for exchanging information.

Discounted entry prices for holders of government issued pension cards and Companion cards.

Spaces throughout for pram parking.

Vending machines in Indoor Stadium foyer.

Accessible guided tours.

Reception:

Tables past reception at 735mm AFFL with knee clearance 700mm AFFL.

Lift:

Buttons outside lift with operating height 1200mm AFFL.

Door clearance 870mm.

Not audio enabled.

Cubicle space 1435mm X 2080mm.

Buttons inside lift with operating height 1160mm AFFL.

Buttons inside lift with Braille. Braille is written language for people with vision difficulties. Raised dots represent characters and are felt with a person’s fingertips.

Handrail.

Toilets:

Signage with Braille.

Pool Hall:

Aqua wheelchair.

50-metre pool with water fountain at 940mm AFFL.

Outdoor area with tables at 730mm AFFL and knee clearance 710mm AFFL. Not accessible for wheelchair users.

Ramp to leisure pool concourse length 10 metres with gradient 1:22 (4.4%).

Leisure pool with water fountain at 970mm AFFL.

Motorised scooters permitted in pool hall.

Learn to Swim sensory kits available during lessons and supplied by Learn to Swim instructor.

Exercise Area:

Health club with exit push button 910mm AFFL.

Health club with water fountain 1030mm AFFL.

# Safety

Throughout:

Cathedral Street car park pathway to main entry doors with uneven ground surface, metal grate on ground, low-hanging overhead tree branches and bench seats.

College Street ramp to main entry doors with handrails both sides, intermittent landing platforms with TGSI (see Glossary), uplighting, shoreline at edges, TGSI at top, no TGSI at bottom.

College Street stairs to main entry doors with handrail in the middle, TGSI top and bottom and no stair nosing.

William Street pathway to entry doors with lighting on side.

Main entry doors with contrast safety bands 830mm to 1010mm AFFL.

Stairway opposite entry gates with handrails each side and in the middle, stair nosing, no TGSI top or bottom.

Defibrillator located pool deck at 50-metre pool shallow end.

First Aid Kits located in first aid room, Duty Manager office, reception, pool deck and gym.

Bins placed against walls.

Wet floor signage.

All staff with Working with Children Checks.

Fire wardens on site.

Children to be actively supervised at all times.

Walking only.

No smoking or vaping.

Illuminated exit signs.

Audible alerts in the case of an emergency.

Evacuation maps located throughout.

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.

Pool Hall Accessible Toilet:

Shower area with raised flooring with no colour contrast.

Pool Hall:

Sloped concrete pillars with barriers. Not colour contrasted to ground.

Tiered concrete seating at 50-metre pool with steps and stair nosing, no handrails, no TGSI top or bottom.

50-metre pool concourse with low-hanging flags overhead.

Entry doors to outdoor area with contrast safety bands 930mm to 1010mm AFFL.

Ramp to leisure pool concourse with handrails both sides, shoreline at side, no TGSI top or bottom. Exercise Area:

Health club entry doors with no contrast safety bands.

Health club with mat at entry doors.

AirGym with contrast safety bands on entry doors 935mm to 1010mm AFFL.

AirGym with multilevel steps, no handrails, no TGSI and no stair nosing.

AirGym with emergency button 1180mm AFFL.

Indoor Stadium:

Level 2 viewing area above indoor stadium with viewing barrier at 1160mm AFFL and handrail at 900mm AFFL.

# Contact Us

Cook + Phillip Park Pool

4 College Street (Corner William Street)

Sydney, NSW, 2000

Phone 1300 198 412

Email askbelgravia@belgravialeisure.com.au

Website https://cityofsydneyleisure.com.au/contactus

The End.