



ACCESSIBLE LODGING CHECKLIST FOR ATHLETES

A practical tool for race and competition travel. Use this list to confirm real accessibility—not just ADA labels—before you book.

ENTRANCES + ROUTES



- Step-free main entrance
- Zero-entry curb cut directly in front of the doors
- Automatic or push-button entry
- No alternate/back entrance required
- Step-free path from lobby to room
- Doors on route not too heavy to open (fire-rated doors noted)
- All public areas reachable without barriers
- Accessible version of hotel shuttle confirmed

ROOM LAYOUT



- Bed height suitable for transfers
- At least 20 cm clearance under the bed for lifts
- Turning space on all sides of the bed
- Furniture can be removed or rearranged before arrival
- Elevator large enough for wheelchair, racing chair, or equipment
- Photos of the actual room provided

BATHROOM SETUP



- Verified roll-in shower (not a tub with grab bars)
- Bench positioned near shower controls
- Non-slip flooring
- Adequate turning radius inside bathroom
- Roll-under sink confirmed
- Mirror usable from seated position
- Free-standing toiletries available if needed
- Photos of shower layout received

LOCATION + TRANSIT



- Safe sidewalks and curb cuts near hotel
- No major construction blocking routes
- Accessible shuttle or transport available
- Realistic distance to competition venue

GYM ACCESS

- Step-free route into the gym
- Open floor space to maneuver
- Reachable free weights
- Stable bench for safe transfers
- No tight corners or blocked pathways



POOL + HOT TUB

- Working lift confirmed and accessible during stay
- Secure, reach-friendly railings
- Step-free route to pool or hot tub



STORAGE + EQUIPMENT

- Space to store wheelchair, racing chair, or handcycle
- Room dimensions support all equipment
- Secure storage available if needed
- Equipment photographed before travel
- Detachable parts packed in carry-on
- Hard case or bubble wrap prepared
- Air Carrier Access Act information saved



PARENT PLANNING

- Toolkit packed (allen keys, pump, zip ties)
- Extra cushion and spare parts
- Wipes and backup clothes
- Heating or cooling tools if needed
- Local DME provider contact saved
- Room configuration fits family and equipment needs



RED FLAGS

- "Accessible room on request"
- "ADA features vary by room"
- "Roll-in shower not guaranteed"
- "Accessible via alternate entrance"
- No photos or measurements available

