



Abilities Centre Reopening

Demographics Questions

1. Please provide your postal code (optional):

2. Please indicate your gender?

- Male
- Female
- Transgender
- Prefer not to answer
- Other

3. Please indicate your age?

- Under 18
- 19 – 34
- 35 – 49
- 50 – 64
- 65+

4. Do you identify as a person living with a disability?

- Yes
- No
- Prefer not to answer
- If yes, and you feel comfortable please specify

5. Do you identify as a parent/family member of a person living with a disability?

- Yes
- No
- Prefer not to answer
- If yes, and you feel comfortable please specify

6. Are you an Abilities Centre member?

- Yes
- No
- No, but I am a regular user (please specify e.g. Thrive, LiT, etc)

7. If yes, what type of membership do you have? (Select all that apply)

- Preschool (ages 2-5)
- Youth/Child (ages 6-15)
- Young Adult (ages 16-21)
- Family (1-2 adults and 1-3 young people ages 2-21)
- Adult (ages 22-59)
- Adult Couple (2 ages 22-59)
- Senior (age 60+)
- Senior Couple (2 ages 60+)
- Senior Walker (age 60+ weekday a.m. track access only)
- Not currently a member



Abilities Centre Reopening

General Questions

8. I am feeling ____ about coming back to the centre (please select all that apply)

- Happy
- Excited
- Nervous
- Scared
- Other (please specify)

9. As part of our reopening strategies, we will be monitoring the numbers of individuals within the facility to ensure we are complying with Government of Ontario standards and individual health and safety. This would require you to use your membership card to tap in and out of the facility - is this something you feel will be easy for you to implement?

- Yes
- Unsure

10. Please indicate what services you are interested in accessing at Abilities Centre upon reopening (select all that apply)

- General facility access (track, cardio equipment, weights etc.)
- Fitness classes
- Speciality classes (Bootcamp, TRX etc.)
- Abilities Centre programs (Camps, Dance, Improve etc.)
- Other (please specify)

11. What time of day are you likely to use the facility?

- 6am – 8am
- 8am – 10am
- 10am – noon
- Noon – 2pm
- 2pm – 4pm
- 4pm – 6pm
- 6pm – 8pm
- Other (please specify)

12. What day(s) of the week are you likely to use the facility? (check all that apply)

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

13. To ensure limited contact and/or interaction at the membership/front desk we will be providing various options for health and safety. Please select those options that would be helpful for you (all options will be accessible).

- Online registration/payment in advance
- Telephone registration
- Debit/Credit Tap
- Prepaid Abilities Centre card
- All of the above
- Other (please specify)

14. Keeping our members and participants informed is important. What communication channel do you prefer to learn more about Abilities Centre activities, news and updates?

- Website
- Social Media (Facebook, Twitter, Instagram)
- Email
- Phone
- Print material



Abilities Centre Reopening

Health and Safety Questions

15. Abilities Centre has always adhered to stringent hygiene and cleanliness standards. Upon reopening Abilities Centre will be implementing additional cleanliness and physical distancing protocols that align with Durham Region Health department and the Government of Ontario guidelines and recommendations. Which of the following health and safety measures do you think will best provide a safe and enjoyable experience while at the centre? (please select all that apply)

- Arrows on the floor indicating direction
- Lines or dots indicating 6ft distance
- Hand sanitizer stations at three main points in the centre
- Handwashing signage throughout the centre
- All of the above
- Is there anything else you would expect to see to ensure your health and safety?

16. Do you currently use a mask, reusable or disposable, in public settings?

- Yes
- No
- No, but I will be getting one

17. As a courtesy we may ask visitors to wear a mask, if so, would the potential to wear a mask while in the centre negatively or positively impact your decision to come to the centre?

- I will be wearing a mask during my visits
- I will not be wearing a mask during my visits
- It will depend on the day and activity I participate in at the centre
- Due to other conditions I am unable to wear a mask
- Other (please specify)

18. Please indicate how important you feel the following items to be related to Abilities Centre Reopening:

	Not Important	Somewhat Important	Important	Very Important	Extremely Important
Contactless check-in to the facility (payment and entry via card tap)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Available hand wash/sanitize stations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Limiting numbers per classes based on social distancing guidelines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Certain number of individuals in the facility at a given time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please indicate below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)



Abilities Centre Reopening

Services

19. Would you be looking to access any of the below services? (please select all that apply)

- Neurochanges
- Participation House
- Ontario Basketball
- Rugby Ontario
- Vision Loss Rehabilitation (formally CNIB)
- Other (please specify)

* 20. Please indicate how you plan to use the Abilities Centre facility when open:

- As a participant in one of the various Abilities Centre programs (Youth programming, Thrive, Adult Social Club, Leaders in Training, etc.)
- As a member – fitness classes, training, walking/running/wheeling the track
- As a participant to speciality programs (Post-Rehab – TIME and Respiratory Cardiac Maintenance, etc.)
- As a tenant
- Other (e.g. drop-in or occasional user)



Abilities Centre Reopening

Programming Questions

Please answer the questions below if you participate or would like to participate in one of the main Abilities Centre programs

21. Please answer the following 3 questions related to the youth associated with you:

Which type of program would you prefer your youth to participate in:

- Drop in, unstructured programming
- Registered programming (with goals and outcomes)
- Both

22. Please indicate your interest in the following programs:

	Not Interested	Somewhat Interested	Interested	Very Interested	Extremely Interested
Camps (Summer, PA Day)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sport and Physical Activity (Wheelchair basketball, obstacle course challenge, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Virtual Programming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arts based programs (art, drama, dance)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. Based on your experience with Abilities Centre youth programming, is there any additional feedback on programming ideas you would like to provide?

24. Please answer the following question related to adult programming:

Please indicate your interest in the following programs:

	Not Interested	Somewhat Interested	Interested	Very Interested	Extremely Interested
Drop-in sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organized Leagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arts based programs (art, drama, dance)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (Options we currently do not offer) – please specify below	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

* 25. Do you have a participant who has or is interested in Thrive, Adult Day Program or Teen Thrive summer camp (youth with disabilities aged 13 – 17 years old).

- Yes
- No
- Do not participate

* 26. If yes, in Question 25 have you already completed a survey sent out by Kelsey Ford, Manager – Thrive Programs & Services and/or Christian Finch, Senior Coordinator – Thrive Programs & Services, regarding Thrive or Teen Thrive programs?

- Yes
- No



Abilities Centre Reopening

Thrive and Teen Thrive Questions

Abilities Centre has always Adhered to stringent hygiene and cleanliness standards. Upon reopening Abilities Centre will be implementing additional cleanliness and social distancing protocols that align with Durham Region Health department and the Government of Ontario guidelines and recommendations. In preparation for in-person programming, please take a moment to answer the questions below related to Thrive and Teen Thrive summer camp.

27. Please indicate which program you participate in?

- Thrive
- Teen Thrive

28. Does the participant understand what is required to maintain and practice physical distancing as recommended by the Government of Ontario?

- Yes
- No
- They need a reminder every once and a while
- They need consistent reminding
- Other (please specify)

29. Is the participant able to independently answer questions related to COVID-19 symptoms as outlined by the Government of Ontario?

- Yes
- No
- Other (please specify)

35. In preparation for reopening to in person programming, Abilities Centre is exploring offering programming through multiple means (in person, virtual and a combination of in person and virtual).

What is the most amount of time you/the participant would like to spend on an electronic device in the virtual Thrive or Teen Thrive summer camp per day? (Computer, Tablet, Phone, etc.)

- 30 minutes
- 1 hour
- 2 hours
- 3 hours

36. *Please note this question is specific to Thrive only participants. In order to abide by Government of Ontario requirements and ensure the health and safety of everyone, Abilities Centre is proposing that Thrive begin opening in small, rotating groups. Which days would you/the participant be available to attend Thrive at Abilities Centre? (Please select all that apply)

- Monday (9am – 12pm)
- Tuesday (1pm – 4pm)
- Wednesday (9am – 12pm)
- Thursday (1pm – 4pm)
- Friday (9am – 12pm)

37. When Thrive has fully returned to Abilities Centre, in addition to in-person day programming, would virtual programming such as Thrive Connection interest you throughout the week?

- Yes
- No



Abilities Centre Reopening

38. Would you also be using the facility as a member (fitness classes, use of the track, etc.)?

Yes

No



Abilities Centre Reopening

Fitness Questions

Please answer the below questions if you participate in the fitness classes or would like to participate in the fitness classes when Abilities Centre reopens to in-person programming. Group fitness and small group training will be set up as per physical distancing recommendations and guidelines.

39. Have you accessed the personal training (1:1) or small group training (4-6 max) in the past?

- Yes
- No

40. Would you be interested in personal training or small group training when we reopen?

- Personal training
- Small group training
- Both
- Neither

41. Have you participated in group fitness classes in the past?

- Yes
- No

42. Would you be interested/comfortable in participating in group fitness or specialty fitness classes when we reopen?

- Yes
- No
- Depends on the class

43. If you have previously participated in TIME or Respiratory Cardiac program, would you be interested/comfortable in participating in the class when we reopen?

- Yes
- No
- Did not participate

44. Which classes would you be interested in participating in, please select all that apply:

- Spin
- Stretch and Strength
- Bootcamp
- TRX classes
- Body Sculpt
- Dance Fit
- Yoga
- Speciality Fitness
- Other (please specify)

45. What would make you feel safe when participating in fitness classes? (please select all that apply)

- Clean the equipment before and after classes
- Have a cleaning/disinfectant log visible to all attending the fitness class
- A sign in/out sheet for equipment required for the class
- Maintain set physical distancing from other classmates
- Other (please specify)

46. What is your biggest health and wellbeing concern (non-COVID related) right now (e.g. regression on walking progress, strength, flexibility, etc.)?

47. If you had to pick a time of day to come and work out or join a class would it be:

- Morning
- Afternoon
- Evening
- It will vary depending on my schedule
- I don't know

48. When attending Abilities Centre what would your desired duration be?

- 45 minutes
- 60 minutes
- 90 minutes
- Other (please specify)

49. When in-person fitness classes are running at the centre, would you still be interested in attending virtual classes (fitness classes or specialty fitness classes)?

- Yes
- No

If yes, what types of classes:

50. As part of your membership, would you be interested in having access to both virtual and in person programs?

- I would like access to both virtual and in person
- I would only use virtual
- I would only use in person

51. Would you require your child or children to participate in kids programming while you exercise (personal training, small group training, group fitness)?

- Yes
- No
- Possibly
- I'm not sure

52. Please indicate what rooms and activities you will want to participate in?

	Not Interested	Somewhat Interested	Interested	Very Interested	Extremely Interested
HUR machines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking/running/wheeling on track	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Group fitness classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cardio equipment in the field house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Movestrong and/or training area (squat racks, sled, kettle bells) in the field house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heavy dumbbells, cable machines,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoga Studio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please indicate below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

53. On average how many amenities do you typically use during a visit (e.g. free weights, cardio, group classes, a combination)?

- Free weights only
- Cardio only
- Group classes only
- Free weights and Cardio
- Group class and Cardio
- Another combination
- Other (please specify)

54. How would you feel if you were restricted to only one type of activity per visit when Abilities Centre reopens?

- I only do one type (fitness class or cardio machine or free weights) of activity currently
- I can make that work for me
- That would be challenging
- That would not work for me
- Other (please specify)

55. Would you be interested in family-based fitness programming (e.g. Family Bootcamp, Family yoga, Family sports, etc.)

- Yes
- No
- Depends on the programming (please provide examples)