# Access Key

#### Eildon Park Tennis Club

Eildon Parade Rowville 3178 play.tennis.com.au/eildonparktennisclub





Updated March 2022 V2.0

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#### Glossary

**AFFL** Above Finished Floor Level.

#### Agility

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The ability to move quickly and easily when faced with a challenge.

#### Balance

A biological system that enables us to maintain a body's desired position and requires a number of sensory systems to work together.

#### **Bubbler** On court drinking taps.

**Cardiovascular** Relating to the heart and blood vessels.

#### Endurance

The ability to continue with a task, despite feelings of fatigue or stress.

#### EPTC

Eildon Park Tennis Club.

#### Flexibility

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

#### Gross motor skills

Involves the use of the large muscles of the body.

#### Interpersonal and social skills

Relating to relationships or communication between people.

#### Motor planning

The ability to remember and perform steps to make a movement happen.

#### PIN

Personal Identification Number.

#### Range of movement

Refers to how far a person can stretch or move a part of their body.

#### RSA

Responsible Service of Alcohol.

#### Social interaction

Consider the perspective of other people and understand their needs.

#### Strength building

Refers to the force that a muscle can produce.

#### 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 Eildon Park Tennis Club. This customised accessibility guide provides convenient information about accessing Eildon Park Tennis Club. 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 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.
- Accessibility information is located on page 21.
- Safety information is located on page <u>22</u>.

Access

Ability

Australia

• Download Access Key in its entirety - 22 pages in total.

Access Keys are designed and developed by AccessAbilityAustralia.

To view the full range of free Access Keys available, go to <u>AAA Library</u>. For Access Keys in Braille or audio, please <u>Contact Us</u>. Please complete our short <u>survey</u> to help us ensure continuous improvement.

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### Did You Know?

- EPTC is proudly supported by Knox City Council.
- View the City of Knox Community <u>Access and Equity</u> <u>Implementation Plan 2017-2022</u>.
- <u>Membership</u> is available.
- EPTC has nine synthetic grass courts available for <u>hire</u> for members and non-members.
- EPTC is very active in participating in various organised <u>competitions</u> including Tennis Victoria Pennant, Waverley District Tennis Association (WDTA) and Knox District Night Tennis Association (KDNTA) competitions.
- EPTC run <u>senior social tennis</u> on a Wednesday night. People of all abilities are welcome. There is a small associated cost. Bookings are not required; arrive at 7:25pm and the EPTC organiser will arrange for you to join the tennis.
- <u>Tennis coaching</u> is available for people of all ages and abilities.
- The EPTC Clubhouse is also available for <u>hire</u>. For more information, please contact the Secretary.
- EPTC is a non-smoking facility.
- Follow us on Facebook, Instagram and Twitter.
- To provide <u>feedback</u> please contact any of the committee members or send us a message via <u>Facebook</u>.





Please don't wear cross trainers with deep or sharp sole ridges.



# My Tennis Kit

When visiting Eildon Park Tennis Club, please remember to bring:

- tennis balls
- water bottle
- sunscreen
- appropriate ripple soled tennis runners
- comfy sports clothes
- hat
- towel.



# Getting There

EPTC is located at Eildon Parade, Rowville.

See Google Maps reference here.

The nearest bus stop is located approximately 100 metres away on Eildon Parade.

For further information on how to get to EPTC, please visit <u>Public Transport Victoria</u>.



### Parking

The most convenient parking is located directly behind the clubhouse.

There is:

- One accessible parking bay located approximately 25 metres away from the clubhouse.
- General parking with no restrictions.

Overflow parking is located on the street along Eildon Parade. There are no restrictions.



### Welcome

Welcome to Eildon Park Tennis Club.

Our courts are available 7 days a week.

Please visit our <u>website</u> for information on our services and programs.

There is an undercover area located at the entry to the clubhouse.



# Entry/Exit

Please enter through the gate on the left of the clubhouse.

If you have booked a court for casual tennis, this gate can be unlocked by entering the PIN number (provided to you with your booking confirmation) into the number pad. This number pad is located on the right-hand side of the gate.

Guests can exit the facility via this gate. Alternatively, there is an additional gate on the opposite side of the building which can be used as an exit during competition or coaching hours. See map on <u>page 15</u>.



### Our Team

Coaching staff wear black t-shirts or white, pink and aqua t-shirts.

EPTC committee members do not wear a dedicated EPTC uniform, however, they are always contactable if you require assistance.

Contact details are available.

- On our <u>website</u>.
- On the noticeboard inside the clubhouse.
- Displayed on a window near the entry door so it can be viewed externally.



# Clubhouse

Entry to the clubhouse is via a set of double manual glass doors opening outward.

Single door with a clearance of 920mm, double doors with a clearance of 1760mm.

If the clubhouse is locked, guests are able to open the clubhouse using the same PIN number that they used to open the gate.

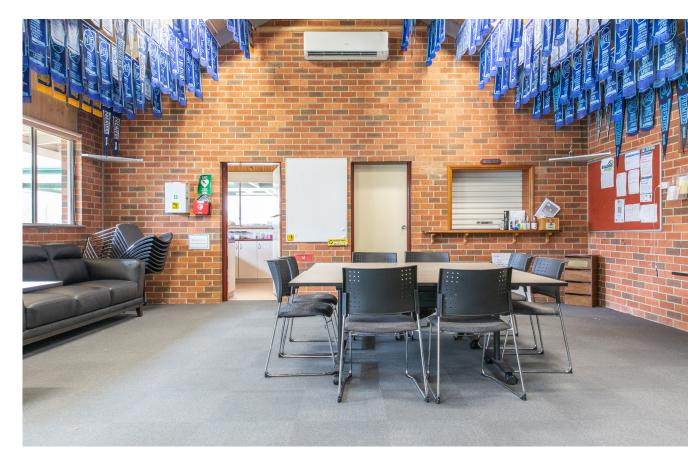
Members and guests are welcome to relax and socialise in the clubhouse before, between or after play.

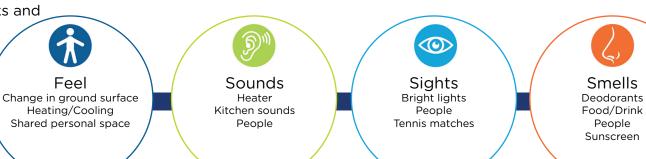
Inside the clubhouse there are:

- tables, chairs and sofas
- kitchen facilities
- shower and change facilities
- a table tennis table
- a stocked licensed bar.

Please note, the bar area will be locked unless there are competitions or programs being run. The bar prefers eftpos payments but will accept cash. Tea and coffee are available free of charge for all members and visitors.

There is a vending machine outside the clubhouse where you can buy drinks, snacks and tins of balls.





### Toilets

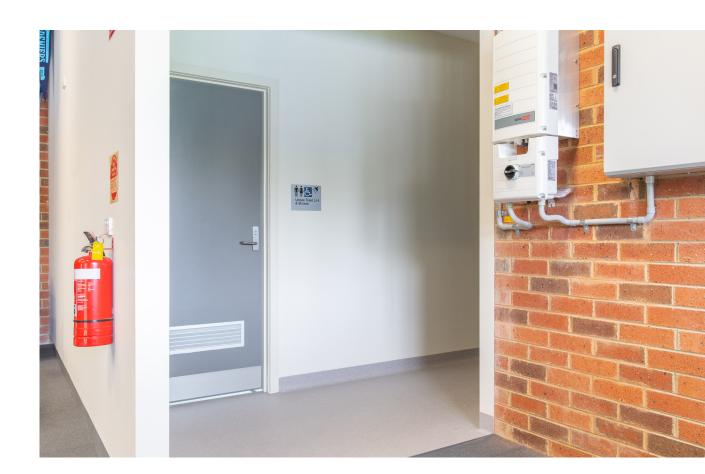
There is one accessible toilet.

Location: Within the clubhouse.

Includes:

- unisex, accessible toilet with sensor lighting
- manual door opening inward. Door clearance of 860mm. Twist lock at 1100mm AFFL
- cubicle space 2700mm x 2640mm
- grab bars to the left and behind toilet
- colour contrast toilet seat at height 470mm AFFL with left hand transfer
- toilet backrest
- sink height 830mm AFFL with lever tap at 960mm AFFL
- shower with HHSH, grab bars, shower curtain and shower bench
- baby change.

Separate male and female toilets, including ambulant.



Sensory Guide



Sounds Echo People Toilet flushing Water running Sights Bright lights Mirror/Reflection

People

Smells Bathroom smells Disinfectants

# Health and Wellbeing

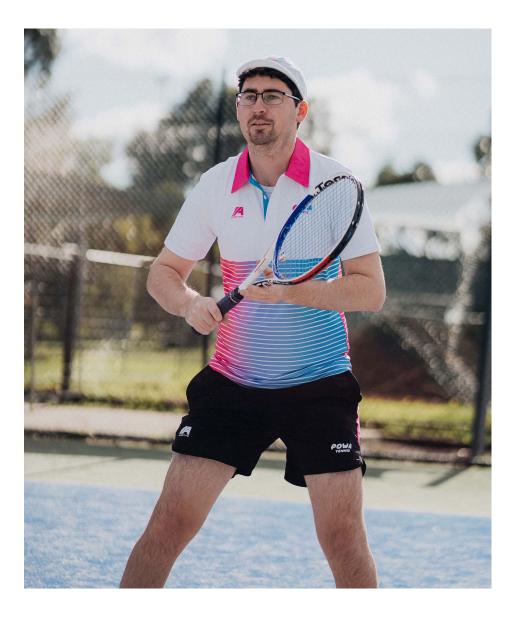
Participating in tennis can provide numerous advantages. Listed below are the associated therapeutic benefits of participating in tennis at Eildon Park Tennis Club.

- Assists with balance and flexibility
- Assists with stress relief
- Develops interpersonal and social skills
- Develops understanding of winning and losing
- Encourages social interaction and community participation
- Facilitates development of gross motor skills
- Improves agility
- Improves cardiovascular health
- Improves endurance
- Improves motor planning
- Improves muscular strength
- Improves overall mental health and wellbeing
- Improves physical fitness
- Increases exposure to Vitamin D
- Promotes improvement in range of movement



Did you know that sport and active recreation can fit into four different NDIS funding categories?

The <u>NDIS Sports Guide</u> will walk you through how to include sport and recreation into your NDIS planning goals.



### Outdoor Area

There is an outdoor picnic area where players and families can relax before, during and after games. This area is covered by shade sails.

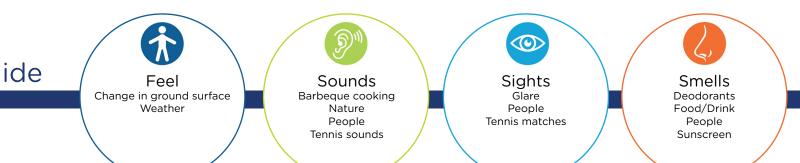
It is located directly outside the entrance to the clubhouse.

Includes:

- shaded area
- barbeque
- outdoor chilled drinking water fountain
- excellent viewing platform for courts 4 6
- plastic garden tables
- chairs with backs and armrests.



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# **Tennis Courts**

EPTC has nine tennis courts.

All courts are standard size courts with the following dimensions:

- Court length: 23.77 metres.
- Single court width: 8.23 metres.
- Double court width: 10.97 metres.

Each court is divided across the centre by a net.

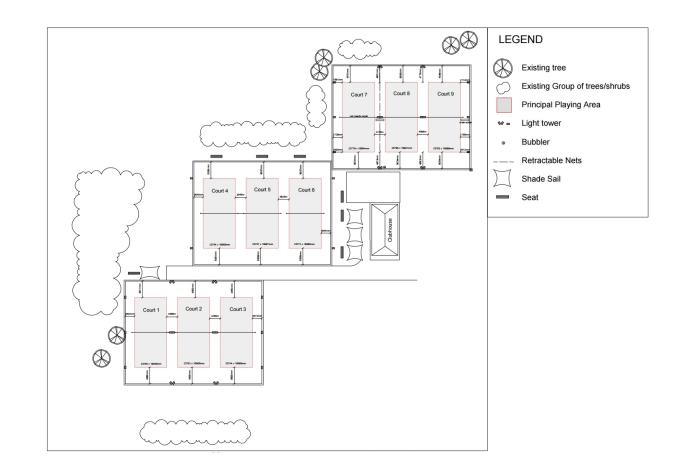
The playing surface is artificial grass.

Each set of courts are enclosed spaces surrounded by steel fencing. This helps to keep tennis balls within the playing area.

Both double and single matches can be played on these courts.

For casual players who have made an online night-time court booking, lights will be paid for at the time of booking.

Courts are available for hire by members and non-members. Please see <u>page 18</u> or click <u>here</u> for bookings.



Please don't interfere with nets or climb on umpire's chair.



# Courts 1 - 3

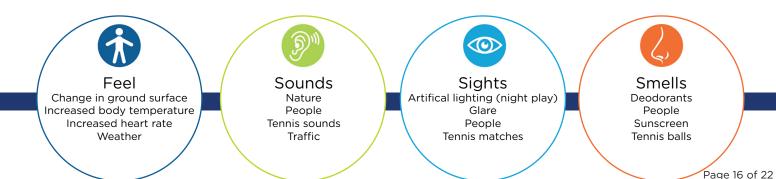
Courts 1 – 3 are located to the left when exiting the clubhouse and along a concrete pathway.

There are two access gates that open inward and have a clearance of 1160mm.

During night games, bright artificial lights may be switched on.

There is a shaded area with bench seating for people to sit and watch next to court 3. White plastic chairs with back and armrests can be relocated to this area for spectators if required. After use please return the seats to the area outside the Clubhouse.





Please don't interfere with nets or climb on umpire's chair.



# Courts 4 - 6

Courts 4 – 6 are located directly opposite the entrance to the clubhouse.

There are three access gates to courts 4 - 6.

The first is located opposite the outdoor area and down a set of steps. Access is via a manual gate which opens inward with a clearance of 1040mm.

Gates number two and three are located along the concrete pathway, opposite courts 1 - 3. These gates are both manual and open inward with a clearance of 1030mm.

During night games, bright artificial lights may be switched on.

There is a viewing platform with tables and chairs with back and armrests within the outdoor area. Bench seats are located next to these courts.



Sounds Sights Feel Smells Change in ground surface Nature Artificial lighting (night play) Deodorants Increased body temperature People Glare People Increased heart rate Tennis sounds People Sunscreen Weather Tennis matches Tennis balls

Please don't interfere with nets or climb on umpire's chair.



### Courts 7 - 9

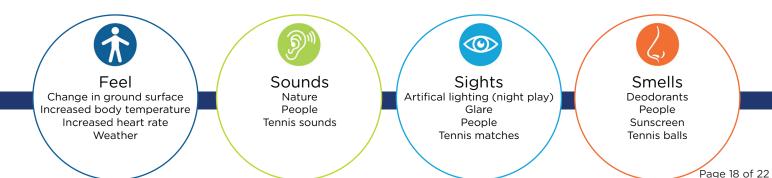
Courts 7 – 9 are located to the left when facing the clubhouse.

Access into the playing area is via a manual gate opening inward with a clearance of 1190mm. The gate is located opposite the public barbeque in the outdoor area.

During night games, bright artificial lights may be switched on.

There is a bench seat with back and armrests outside the tennis club, next to the carpark area.





# Court Hire

Private court hire is available for casual tennis.

In order to book a court:

- 1. Visit the EPTC <u>website</u>.
- 2. Click on 'Book A Court' in the top menu.
- 3. View the online booking sheet to choose an available time and court.
- 4. Select your preferred date and time from those available. Payments can be made online using most major credit cards. If it is your first time booking, you will be prompted to register an account first. EPTC members are not required to pay when booking a court.
- 5. Confirmation will be sent via email and text message. This confirmation notice includes a PIN to unlock the gate and clubhouse. Codes activate 15 minutes prior to the booking commencement time. The access gate is located to the left of the clubhouse.

Please do not leave belongings in the clubhouse after your booking time has finished. The doors will lock and you will be unable to access the clubhouse with your PIN.

For casual players, used tennis balls can be found to the left of the clubhouse doors.



# Clubroom Hire

The EPTC clubhouse is available for hire. This space is perfect for social functions, corporate events and training.

The clubhouse has a capacity of 80 - 100 people with the following inclusions:

- A kitchen for catering or reheating food.
- Tables and seating.
- BBQ facilities.
- 120 square metres of artificial grass with outdoor terrace area looking over the courts.
- Television.
- 2 split systems for heating/cooling
- Sealed car park for 80 cars adjoining the clubhouse.
- Toilet and shower facilities.
- CCTV.
- A stock licensed bar.

For bookings, visit our <u>website</u> and download our Facilities Hire form. Terms and conditions as well as fees can be found on the Facilities Hire Form.

Completed forms can be returned via email by sending it to <u>secretary@eptc.org.au</u>.

If you have any questions regarding hiring our clubhouse, please contact our secretary via email on <u>secretary@eptc.org.au</u>. The clubhouse is unavailable for 18th or 21st birthday parties.



# Accessibility

- Internet tennis court booking system.
- Manual entry gate opening inward with a clearance of 1620mm.
- Gate combination lock at 1290mm AFFL.
- Assistance animals welcome.
- Acceptance of Companion cards.
- Varied outdoor terrain of concrete and artificial grass.
- Varied internal terrain of carpet and concrete.
- Chairs with backrests and couch seating within clubhouse.
- Tables within clubhouse with height 720mm AFFL and knee clearance 690mm AFFL. Depth 420 mm.
- Open entry to toilet area. Clearance 1660mm.
- Access to the kitchen via manual door opening inward. Door clearance of 765mm.
- Bar service counter at a height of 1060mm AFFL.

- Table tennis table in clubhouse with height 750mm AFFL and knee clearance 680mm AFFL.
- Picnic tables with attached bench seating within outdoor area with height 760mm AFFL. No knee clearance.
- Outdoor area with chairs with back and armrests.
- Courts 1 3 and 4-6 viewing bench seats some with back and armrests, some without.
- Accessible ramp on ground at entry to courts 1-3.
- Courts 4-6 viewing seats with back and armrests.
- Courts 4-6 entry gate one latch 920mm AFFL.
- Courts 4-6 entry gates two and three latches 1080mm AFFL.
- Courts 7 9 viewing bench seat with back and armrests.
- Pathway from the clubrooms to courts 1-3 at a 1:15 gradient.

- Pathway leading to courts 1-3 with 1:83 crossfall.
- Drinking fountain located next to the public barbeque at an operating height of 1060mm AFFL.
- Drinking fountain next to gate 3 of courts 4-6 1020mm AFFL.
- Guest are encouraged to park prams or mobility aids within, or at the entrance, to the clubhouse if required.
- Space for wheelchair user to sit with friends.
- Court surfaces are not ideal for wheelchairs.
- Clear space between furniture for a person to manoeuvre a mobility aid.
- Additional exit gate with a clearance of 1100mm.
- Electric wheelchair/scooter charging point located inside the Clubhouse to the right-hand side of entrance doors.

### Safety

- Wide solid contrast beam at 885mm to 935mm AFFL on clubhouse entry doors.
- Sanitiser station on outside wall next to clubhouse entry doors 1400mm AFFL.
- Sanitiser station on wall after entry to clubhouse 1030mm AFFL.
- Unsecured door mats along pathway from outdoor area to entrance of clubhouse.
- All coaches and committee members have Working with Children Checks.
- Children must be supervised at all times.
- Curb ramps at each access gate into all courts.
- No TGSI's prior to steps down to courts 4 6 from outdoor area.
- No handrail on steps to courts 4 6.
- Bright yellow contrast band on each step leading from outdoor area to courts 4 6.

- Steel grate on ground at gate three entry to courts 4-6.
- Flood lighting at exits.
- There is a first aid kit and a defibrillator located near the kitchen entry door within the clubhouse should any first aid be required.
- Please refer to the evacuation plan at the clubhouse entry for evacuation procedures and emergency contact information. It is visitor's responsibility to contact the relevant Emergency Services if there are no coaching staff onsite.
- Evacuation map located inside the clubroom door.
- To view updated information on our COVID policy:
- <u>https://www.tennis.com.au/vic/news-and-events/latest-covid-updates-for-victoria</u>
- <u>https://play.tennis.com.au/</u> <u>eildonparktennisclub/court-hire/</u> <u>CoVidSafety</u>

