



Designing for Inclusivity

Student Knowledge and Usage for the Universal Change Rooms

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PURPOSE

Identify the levels of comfortability, demographic factors, and user experience with universal change-rooms at the ARC fitness facility at UBC

METHODS

Participants

Our sample population consisted of undergraduate students at the University of British Columbia between the ages of 19 and 23. In total we surveyed 58 participants.

Age ► 19% age 19, 26% age 20, 33% age 21, 19% age 22, 3%, age 23

Gender ► 65.5% female, 32.8% male, 1.7% prefer not to say

Sample Recruitment

Samples were recruited by posting and advertising the survey online through student social media groups. The online survey was open for two weeks. Paper surveys were also handed out on March 25 outside the ARC gym from 11am to 1pm. There was no exclusion criteria.

Data Collection & Analysis

Data was collected through a likert scale survey. Answers to questions were on a 1-5 scale with 1 being "strongly disagree" and 5 being "strongly agree" and 3 being "neither". The survey was offered both online and given out as a paper survey for one selected date. Participation consent was given in form of completing the survey with a consent disclaimer given on the survey. Data was analyzed by four researchers through statistical analysis of the responses from the surveys. Four researchers took part in analysis to ensure that all data was most accurately interpreted and the most meaningful conclusions were conducted.

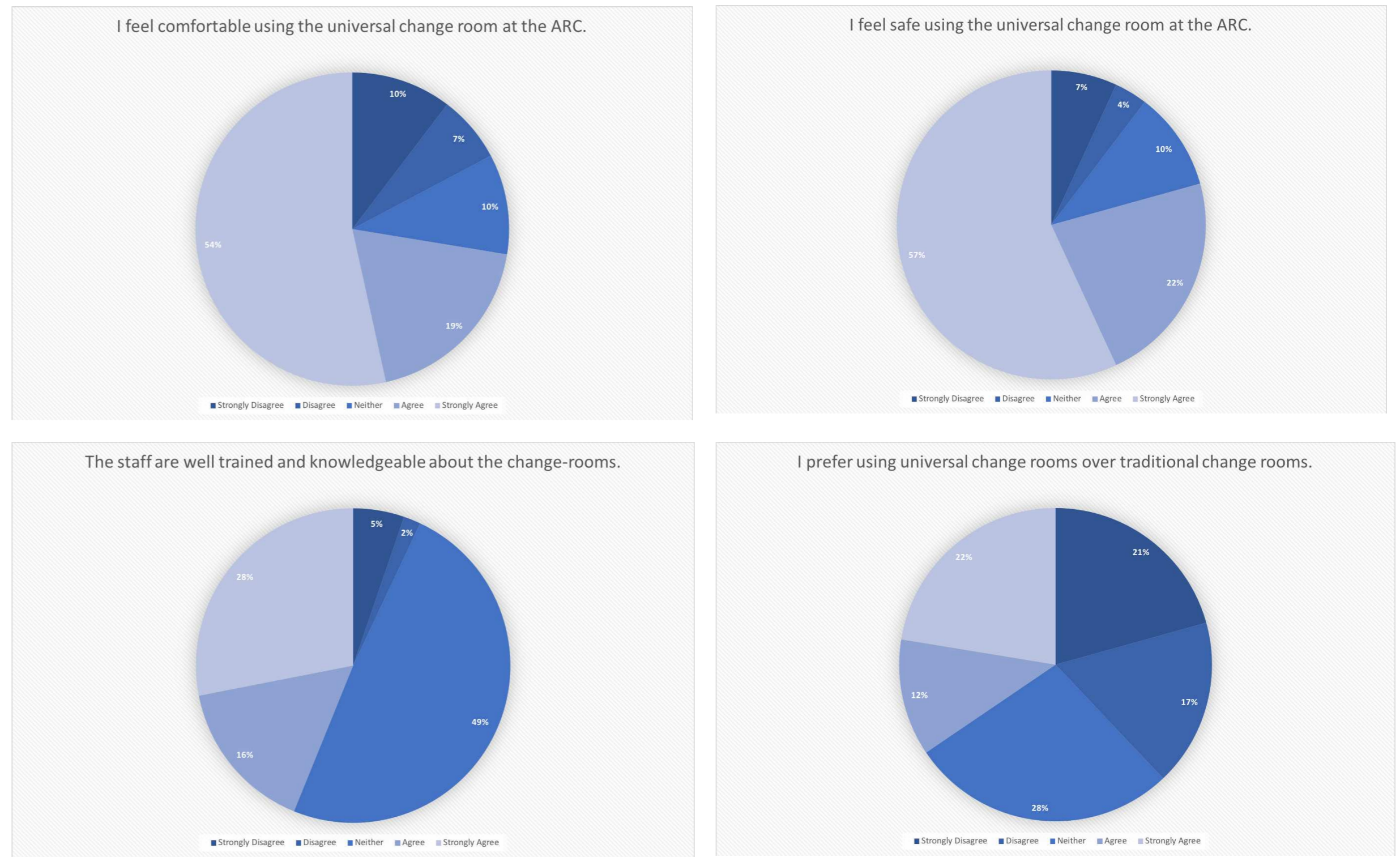
DISCUSSION & RECOMMENDATIONS

The overall strengths of the ARC universal change rooms is that students feel safe and comfortable entering and using the change room. Areas of improvement are the staff knowledge in regards to the change room and as well advertising for the universal change room in the ARC.

Recommendations to improve student usage are increasing the number of informative signs around universal change rooms, improve information advertisement to students regarding the use and purpose of universal change rooms and upgrading staff training to enhance the quality of student experience.

References

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RESULTS



Safety & Comfort

Safety

The majority of participants strongly agreed to feeling safe while using the universal change rooms at the ARC decreasing concerns regarding discrimination and abuse.

Comfort

According to our survey, majority of students feel comfortable while using universal change rooms which is a key element to developing a sense of community, belonging and self-acceptance at UBC.

Staff Knowledge

In line with information from our literature review, our survey results confirm that most staff in institutional settings lack adequate training in terms of promoting inclusiveness, hygiene, and having information regarding universal change-rooms.

Signage

In terms of signage, our results show that there is a lack of informative signs highlighting the presence and use of universal change rooms.

Knowledge



Preference

Student Choice

Our survey results show an almost even distribution regarding preference of using universal change rooms over traditional ones.

