113 - ACESSIBILITY IN THE RECREATIONAL SPORTS CLUBS IN THE CITY OF CASCAVEL – PARANÁ

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INTRODUCTION

This study intend to identify if the main recreational sports clubs in the city of Cascavel – Paraná have accessibility to disabled people (wheelchair users) on their facilities.

Based on this assumption, we sought to analyze if the clubs are adequate according to the norms of the NBR/90 (2003/2004) that describes the correct architectural structure when it comes to clubs, hotels, schools, among others, that must be able to host disabled people (wheelchair users).

Since 2004 was created a manual for accessibility to buildings, the furniture, the spaces and urban facilities, which aims to establish criteria and parameters that deal with the buildings and urban spaces about accessibility conditions. The manual was created from the edict No. 09, in September 30 of 2003, with the number of NBR 9050, project that replaced the ABNT NBR 9050 (1994).

According to Amiralian et al (2000), the World Health Organization (WHO), on its more recent classification, started to use the term “restriction” to indicate the level of difficult that a person has to make an activity. This restriction may or may not arise from a deficiency, increasing the number of individuals that permanently or temporarily have limitations.

With this definition, can be observed that a person considered deficient need some special factors to be able to fit on the environment which they live, and for this, we need to adequate ourselves to these necessities, enabling and shaping all the architectonical structures: clubs, buildings, houses, among others, to the deficient not feel segregated on the environment, being able to enjoy their rights.

According to Dischinger e Bins Ely (2006), the deficiencies, environmental characteristics and the restrictions are directly related. It means that the presence of a deficiency implies in the existence of certain levels of limitations to perform some activities. However, the level of difficulty can be minimized by achievable solutions and the presence of assistive technology equipment; on the other hand, it can be aggravated by environmental characteristics.

The accessibility conditions are fundamental to disabled people, especially to the wheelchair users, because they need ramps, priority parking, wide doors and adapted bathrooms that allow them to have more autonomy and be contemplated with the right to come and go, which benefits their access to the workspace, study areas and recreation spaces.

According to Sbardelotto (2010), nowadays disabled people are not isolated anymore, or accepting the social inequality, they are seeking equality, which is the right of the whole population. They are looking for gyms, clubs, parks, squares, with the goal of finding places with accessibility and professionals who are qualified and prepared to receive them and propitiate an improvement on the life quality of these people by sports and recreation.

According to Amiralian et al (2000), a paraplegic person, user of wheelchair, has a physical motor deficiency, as a result of a physiological dysfunction. In consequence, this person has some limitations while trying to climb stairs, reach higher objects and to walk through irregular places. However, a person that had the lower limbs traumatized and it's temporarily using a wheelchair, also shows some restrictions while doing some activities, for example when trying to get around.

As reported by the Brazilian Institute of Geography and Statistics (Instituto Brasileiro de Geografia e Estatística, IBGE), more than 45,6 million of Brazilians declared themselves as carriers of some deficiency, according to the data of the 2010 Census. The number represents 23,9% of the country's population. The motor deficiency appeared as the second most carried by the population, with more than 13,2 million of people that reported themselves as holders of some degree of the problem, which is equivalent to 7% of Brazilians. The severe motor disability was declared by over 4,4 million of people. In the same census, more than 734,400 said they really cannot walk or climb stairs and over 3,6 million reported a great difficulty to walk.

Conforming to the authors, we can see that deficiency is now being treated differently, given the fact that these people are not totally disconnected to the world, they are interacting more and being active, by the achievement of some benefits or because many paradigms were overcome. It emphasizes the assertive that they have, indeed, won their spaces and proven that limitations are not going to segregate them.

By these statements, we can see the value of disabled people. In agreement with Sbardelotto (2010), it was observed in the last years that disabled people, or someone with some kind of special need, seek for interaction with people who are not disabled, whether physical, intellectual, among others, finding in that sense, a better and more active life by integrating themselves in clubs, gyms and in places of greater social involvement.

When it comes to accessibility, it's important to clarify that this phenomenon is understood as the possibilities and conditions of range, of perception and understanding of how to use safely and autonomy, buildings, spaces, furniture, equipment and urban elements.

The accessibility is a right of every individual, and we should feel uncomfortable, and even unable to act when, for example, we can't achieve a product on the shelf of the supermarket, if we're standing in front of it or even if we're sited (in a wheelchair for example).

It's known that nowadays, an adjustment of architectural works to better serve people with special needs is necessary, especially for wheelchair users. It's necessary to offer them the necessary comfort, because then they can enjoy their right to come and go.

According to Dischinger and Bins (2006) the accessibility isn't just related to physical-spatial factors, but also with political, social and cultural aspects, that might influence on the realization of the desired activities. In order to identify the priority areas to disabled people an international symbol was created.

The (ISA) International Symbol of Access was adopted in 1969, during a congress held by the International Commission on Technology and Accessibility (ICTA), International Rehabilitation Committee that has the consultative body status of the United Nations (UN). The design was the work of the Danish Susanne Koefoed in 1968 and is widely used to identify buildings, public parks and facilities that are free of architectural barriers, or physical obstacles (stairs, uneven floors, narrow door

plates, holes, etc.) that wouldn't allow the movement and access for handicapped people, the elderly, obese and pregnant women, basically, all the people that can't go around without difficulty, temporary or permanent, in common use spaces, enforcing their right to come and go (CBC-CLUBES, 2012).

As mentioned, the ISA has been used since 1969 and, even nowadays, is the hallmark of the global accessibility, considering that it identifies the priority access for mobility of people who for some reason cannot move properly due to their current condition.

According to Marcelino,

> the management of leisure, as an own and concrete sphere, takes place, paradoxically, since the Industrial Revolution, with the technological advances that enhance the division of labor and the alienation of man from your process and your product. Leisure is a result of this new historical situation - the technological process, allowed a greater productivity with less work time. They rose in this context as a response to social demands for the distribution of the free time, although, at first, this share was seen only as a time for rest, to recover the labor force (Marcelino, 1983, p. 14).

According to Awad (2011), the leisure time should happen as an individual behavior, in which the person must have the freedom to choose between the different activities in a critical and creative perspective, inside it's free time; these activities shouldn't be motivated by social, economic, political and ideological commitments.

Considering the appointments of the mentioned authors, it can be said that leisure is the time that we are free of daily obligations and that we can dedicate ourselves to do activities, be they social, motivational, free and independent of any reasons, opting for its performing in an individual and particular way.

According to Magnani (1982), the topic “leisure” is not, in general, associated to serious objectives and important issues, it gets worse when it comes to disabled people. Through leisure we can appreciate more deeply the culture, customs and needs of some specific nation, especially when it becomes plausible to experience them with the studied group.

There is not a real discussion about recreation and accessibility when it is related to disabled people. Even the term leisure has some discussion about its definition. There are authors who disagree and others who agree about the real goal of leisure time. Also in relation to the accessibility, the studies distance themselves even more, seen that the discussion are more about accessibility focused on inclusive education and medical relations.

According to Silva (2007), the recreational sports clubs are an example of the specific Brazilian characteristic: the privatization of spaces in the condominium format, as an option for fun experiences in the free time. Each association has its own peculiarities that were formed from tensions and conflicts experienced in this scenario, despite similar qualities on the training, goals and administrative scenario structure.

In this study, the social inclusion aspect are related to the architectural issues; specifically the factors related to the spatial conditions of accessibility to wheelchair users.

On the following study, we analyzed if the observed recreational sport club is or is not appropriate, compared to what the club has with the standards of ISO / 90, that requires for reforms or architectural constructions. Thus, we analyzed and discussed the differences or equalities imposed by the rules.

In this context, emerged the interest to identify if the main recreational sports clubs from the city of Cascavel-PR have accessibility features in their structures for disabled people (especially wheelchair users).

MATERIALS AND METHODS

This study can be characterized as descriptive field research conducted in a recreational sport club in the city of Cascavel - PR

The study was made according to the resolution 196/96, which regulates the researches involving human being.

Before starting the research, the research project and the terms of consent were referred to the Ethics Committee of the Faculty Assisi Gurgacz.

With the acceptance number 234/2012 of the Ethics Committee, the field research began, by collecting data in accordance with the sampling.

This study, in the very beginning, would have the sample of three clubs from Cascavel – Paraná, but, two of them gave up about the idea. In this context, we're going to present the accessibility conditions of just one recreational sport club.

The data were collected through a technical visit conducted by researchers along with a physically disabled person (wheelchair user) that moved through the whole structure of the club to point out the architectural difficulties encountered along the physical environment and its architectural peculiarities, for example, reception, toilets, gym, sauna, party rooms, parking, soccer fields, tennis courts, kiosks, among others.

An observation card was used to report the limitations encountered by handicapped during the visit procedure. During the research in the club was used also a tape from the brand 3m to make the measurement of certain physical structures and also a digital camera, from the brand Sony Carl Zeiss Optical 4x 12.1 mega pixels, for photographic record.

The studied club is from the city of Cascavel - Paraná, and was founded in 1963. The place aims to provide to their associated activities as physical education and the practice of amateur sports, and also to perform socially-oriented activities, recreational, cultural and civic through a system that encourages the spirit of comprehension and fellowship among its members.

RESULTS AND DISCUSSIONS

In this section, it's showed the result of the collected data, with the objective to identify if the main recreational sports clubs from the city of Cascavel - PR have accessibility to disabled people (wheelchair users) on their structures, according to the norms present on the NBR/90 de 2003/2004, that mentioned the correct structure of architectural buildings for accessibility to people with special needs.

To analyze the accessibility conditions of the recreational sport club from Cascavel - PR, a person with special needs (wheelchair user) was invited to transit the whole structure of the club and to point out the difficulties encountered.

In this regard, we could find these aspects:

To reach the club, the wheelchair user has two options of transportation: by car or public transportation. In the first case, the club has its own parking space, but we couldn't find any demarcated places for disabled people or even for loading and unloading. If the wheelchair user had to use the public transport, the nearest landing place is located two blocks from the club, and then the wheelchair user would find it difficult to use not in good conditions and do not have lowered spaces.

On the entrance, the wheelchair user faced some difficulties to reach the secretary's desk, because there are no

lowered spaces; because of this situation he had to ask for some help. In the analyzed place was found a step of 6 centimeters, making the progression difficult to the wheelchair user. The solution to this problem would be lowering the guide to 8.33% with minimum width of 1.20 meters, or building a ramp, that in the case of a 7.5 cm step, must be multiplied by 8, so, 8x6 cm = 48 centimeters. Then, the ramp should have a length of 48 cm, which would allow the full wheelchair user access to the secretarial services.

The entrance to the office has two doors, which also presented difficulties for the wheelchair user, given that there is a 5 cm step at the front door, then it was necessary to help the disabled person to get to the office. In this case the solution would be to downgrade the floor or to construct a ramp which must have 8x5 cm = 40 cm.

When he entered the secretariat, he went to the counter and there were difficulties to keep the conversation with the clerk because the desk has height of 1.30 m, but the best size would be a height of 90 cm and length of 90 cm.

Leaving the office, the wheelchair passed, without difficulty, beside the roulette on a side access with a width of 1 meter, where the minimum is 80 centimeters, kept to the access door to the club with a width of 4.80 m (the minimum is 1.50 m for circulation of two wheelchairs or a wheelchair and a person).

Then, he got down a ramp with 10 m without difficulties because the gap is 50 cm and follow the specifications from ABNT which recommends that until 80 cm must be multiplied by 12, thus, 12x0,50 m = 6 m length. However, was identified a lack of handrails on the sides of the ramp and at the end of it, there is no curb cuts to access to sports courts, the party room and the pool hall, however, the ramp allows the access to the restaurant.

In the restaurant, was observed a step of 8 cm on the 3 doors, there could be a gap or an access ramp. In this case it passes the 7.5 cm so it must be calculated to 20 cm, multiplied by 10 cm, then 10x8 cm = 80 cm in length for the construction of a ramp that gives access to the wheelchair user to the restaurant. Regarding the bathrooms, the wheelchair entered without problems, but we could not find an exclusive sanitary for wheelchair users, nor an inclined mirror, but the sink height is 80 cm, respecting the minimum requirements.

Returning to the ramp for the sports courts of the club, there is not a curb cut in the end of the ramp, so the wheelchair user needed some help to get off, however, after the help he could move freely for the club and watch the games in the soccer fields, basketball fields and volleyball fields. This is possible because they are side by side, since there is an access corridor with 3,5 meters.

Between the sports courts, there is an access to the tennis court that has only a staircase with a height of 1,45 meters. For full access, the place could have a ramp, therefore, they should multiply the height of the stairs, which is 1.45 meters by 20 m, which is the recommendation for cases of unevenness (whether for stairs or ramp) of 1.5 m. The access should have a ramp 20x1,45 m = 29 m length so then the wheelchair user would have the possibility of frequenting the tennis court .

In the party room the main entrance is by stairs, however, the club has a secondary side access. On this space the wheelchair had no trouble to enter the room, because he found a recessed guide. However, the guide does not meet standards, because it should be at least 1.20 meter length, but the wheelchair could pass over to the side access, given that the door from that access measures 2.5 m and is accessible to the wheelchair.

About bathroom located on the party room, it does not have an exclusive toilet for disabled people, and every club is standard to have bathrooms with doors measuring 65 cm wide, and the mirrors are not inclined. To adapt, they must have a unisex bathroom for disabled people with a door at least 80 cm wide with outward opening, and inclined mirrors.

He could not enter the pools because there are two stairs with a total height of 60 cm. To resolve the problem, the club should build a side ramp, and it is necessary that the multiplication is done by 12. So to solve this problem, 12x0,60 cm = 7.2 m long. The access is lateral to the ballroom, so it can be done next to the wall of the hall, and reaching the entrance to the pool, you should have a level of 1,20 x 1,20 m plan. We could not verify the changing rooms, bathrooms and other structures in the pool area, because these places was being reformed and we had no access to these environments.

Following to the gym, the wheelchair does not have access because of some stairs with 33 cm on each step. If there was a direct access from the parking this problem wouldn't happen, because the parking and the gym are on the same level, and the gym access door is directed in the front of the sports courts, where it could be built an access ramp. The academy has restrooms with doors measuring 80 cm, which open to the outside.

To a wheelchair user be able to use the sauna club which is next to the restaurant, the only obstacle encountered is a step in the access entry that is 10 cm in height, and to resolve this case, they should make a downgrade in step or construct a ramp 60 cm length; the door measures 80 cm wide and the wheelchair did not find it difficult to move through the room.

At the end of the sports courts there is the shuttlecock gym club, that has two access gates measuring 3.10 m wide and one that measures 80 cm, however, were found two steps of 33 cm that obstruct the access of a wheelchair. For the problem be solved, a ramp should be constructed, as the total height 66 cm by multiplying by 12, so the ramp would measure 12x0,66 m = 7.92 m long. The ramp would end up entering the sports court, so the suggestion is to make the ramp in one of the doors and side walls of the gym, or to build a side ramp.

There is a side access to the opened tennis courts club, this access measures 1.15 m, however, the wheelchair needs some help to move around the environment by the fact that the sidewalk is not well conserved. It was found that it is possible to enter with the wheelchair and even use one of the tennis courts, where the access door measures 90 cm and has a ramp, which facilitates the entrance of a wheelchair.

Through the club we can find some trash cans measuring 65 cm high, which meant that the wheelchair would not find it difficult to use it. The standard measure for the bins is up to 80 cm.

There were no drinking fountains or public telephones inside the club, except in the gym, where a water cooler can be find, but it was not suitable for the use of a wheelchair user because the height should be no more than 90 cm, It should have a gap under the same space of 73 cm height and 30 cm depth for input of the legs, the cup holder must be within 1.20 m in height.

In the club were found four kiosks for conducting BBQ, however, is not possible the access for people with special needs (wheelchair user) because the only access is by stairs. To solve it, a winding ramp (a sequence of ramps) should be built.

FINAL CONSIDERATIONS

The accessibility on the recreational sports clubs in the city of Cascavel – PR was the main point of this study; we intended to analyze the difficulties found by a disabled person (wheelchair user) and the necessary adaptations the club has to do to make the access for members and visitors with disabilities easier.

With the investigation, it was found that the club needs some structural adaptations to receive people with physical disabilities (wheelchair users), since a lot of the clubs does not offer access conditions to allow a disabled person or someone with temporary physical limitation to enjoy the space. With these modifications, disabled people would be free to transit, to have autonomy and to enjoy the benefits and the infrastructure offered by the club.

It's important to emphasize that the described difficulties were probably found because it was built 49 years ago. In addition, the ABNT code is recent, which set the standards of civil buildings, among them, the accessibility. We cannot say that all clubs outside are not following the code, since the sample was reduced to only one club, due to rejection of the other clubs.

We believe that the studied club can make the necessary adjustments on the structure to respect all the people who wants to enjoy the club structures, including those with special needs (wheelchair users).

To conclude, we can say that the clubs built before 2003 are probably not adapted to accommodate people with special needs (wheelchair users) to participate in an autonomous way in the infrastructure of the clubs because of the limitations and structural inadequacies, which doesn't allow them to enjoy their right to move freely and to use directly or indirectly all the activities offered by the club.

We suggest that some researches should be conducted on the recreational sports clubs in western Paraná, leisure hotels and public places to check if they have accessibility in their physical structures.

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ACESSIBILITY IN THE RECREATIONAL SPORTS CLUBS IN THE CITY OF CASCAVEL – PARANÁ

ABSTRACT

This study intend to identify if the main recreational sports clubs in the city of Cascavel – PR have accessibility to disabled people (wheelchair users) on their facilities. The study is a field descriptive research. The data was collected through a technical visit conducted by the researchers along with a physically disabled person (wheelchair user) to point out the difficulties found in the environment. An observation card was used to report the limitations found by the handicapped during the visit at the analyzed club. With the investigation, it was found that the club needs a lot of structural changes in order to receive people with physical disabilities. Given that, much of the clubs does not offer good access conditions to allow a person with physical disability (wheelchair user) to transit through the place with autonomy, hindering this person to enjoy the benefits and the infrastructure offered to the club members on the leisure time.

KEYWORDS: recreational sports clubs, physical disabilities (wheelchair users), leisure.

ACCESSIBILITÉ AUX PERSONNES DE MOBILITE REDUITE DANS LES CLUBS SOCIO-RECRÉATIFS DE LA VILLE DE CASCAVEL – PARANÁ

RÉSUMÉ

Cette étude visait à identifier si les principaux clubs socio-récréatifs de la ville de Cascavel - PR présentent une accessibilité pour les personnes handicapées (fauteuil roulant) dans leurs structures. Cette étude est caractérisée comme une recherche descriptive. Les informations ont été recueillies au travers d'une visite technique menée par les chercheurs avec une personne handicapée (fauteuil roulant) pour identifier les difficultés rencontrées dans l'environnement. Une carte d'observation a été utilisée pour signaler les limites rencontrées par les personnes handicapées au cours de la visite dans les clubs étudiés. Avec l'enquête, il a été constaté que le club a besoin des différents ajustements structurels afin de recevoir les personnes handicapées car une grand partie du club n'offre pas les conditions d'accès pour permettre à une personne handicapée de se déplacer de façon indépendante et de profiter des avantages et des infrastructures offertes aux membres en leur temps de loisir.

MOTS-CLÉS: clubs socio-récréatifs, handicap (fauteuil roulant), loisir.

ACESIBILIDAD A LOS CLUBES SOCIO RECREATIVOS DE LA CIUDAD DE CASCAVEL- PR.

RESUMEN

Este estudio tuvo como objetivo identificar si los principales clubes socio recreativos en la ciudad de Cascavel – PR presentan característica de accesibilidad en sus estructuras para las personas con discapacidad física (silla de ruedas). El estudio se caracteriza como una investigación descriptiva. Los datos fueron recolectados a través de la visita técnica realizada por los investigadores junto con una persona con discapacidad física (silla de ruedas) para apuntar a las dificultades encontradas en el ambiente. Fue utilizada una tarjeta de observación para informar de las limitaciones que encuentran los discapacitados durante el procedimiento de visitas a los clubes estudiados. Con la investigación, fue posible constatar que el club necesita de diferentes ajustes estructurales, con el fin de recibir a las personas con discapacidades físicas (sillas de ruedas), porque gran parte del club no ofrece las condiciones de acceso para permitir que una persona con discapacidad física (silla de ruedas) transite de manera independiente y disfrute de los beneficios y la infraestructura que ofrece a sus miembros en su tiempo libre.

PALABRAS CLAVE: clubes socio recreativos, discapacidad física (silla de ruedas), momento de ocio.

ACESSIBILIDADE AOS CLUBES SOCIORRECREATIVOS DO MUNICÍPIO DE CASCAVEL – PARANÁ

RESUMO

Este estudo objetivou identificar se os principais clubes sociorrecreativos do município de Cascavel – PR apresentam acessibilidade, em suas estruturas, para as pessoas com deficiência física (cadeirantes). O estudo caracteriza-se como pesquisa descritiva de campo. Os dados foram coletados por meio de visita técnica realizada pelos pesquisadores juntamente com uma pessoa com deficiência física (cadeirante) para apontar as dificuldades encontradas no ambiente. Foi utilizada uma ficha de observação para relatar as limitações encontradas pelo deficiente físico durante o procedimento de visita aos clubes pesquisados. Com a investigação, foi possível constatar que o clube necessita de diversas adequações estruturais para poder receber as pessoas com deficiência física (cadeirantes), tendo em vista que grande parte do clube não oferece condições de acessibilidade para permitir que uma pessoa com deficiência física (cadeirante) possa transitar com autonomia e desfrutar dos benefícios e das infraestruturas oferecidas aos seus associados nos momentos de lazer.

PALAVRAS-CHAVE: clubes sociorrecreativos, deficiência física cadeirante, lazer.