



## AGENDA

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### FACILITY ACCESSIBILITY DESIGN SUBCOMMITTEE OF THE MISSISSAUGA ACCESSIBILITY ADVISORY COMMITTEE

THE CORPORATION OF THE CITY OF MISSISSAUGA

[www.mississauga.ca](http://www.mississauga.ca)

**MONDAY, NOVEMBER 30, 2015 – 1:30 PM**

**Committee Room D – 2<sup>nd</sup> Floor, Civic Centre  
300 City Centre Drive, Mississauga L5B 3C1**

#### **MEMBERS**

Clement Lowe, Citizen Member (CHAIR)

Mashkoor Sherwani, Citizen Member

Melanie Taddeo, Citizen Member

Asim Zaidi, Citizen Member

Carol-Ann Chafe, *ex-officio*

#### **Contact:**

Karen Morden, Legislative Coordinator

Legislative Services, 905-615-3200 ext. 5471

[karen.morden@mississauga.ca](mailto:karen.morden@mississauga.ca)

## **CALL TO ORDER**

## **ITEMS FOR CONSIDERATION**

### **1. P519 Union Park Development**

Lori-anne Bonham, Project Manager - Landscape Architecture, Paul Marsala and Courtney Likins, Terraplan Landscape Architects with respect to P519 Union Park development located at 6627 Tenth Line West, Mississauga.

### **2. Off Road Trail (ORT) #7**

Alana Evers, Project Manager - Landscape Architecture, with respect Off Road Trail (ORT) #7.

### **3. Off Road Trail (ORT) #11 – FADS Follow-Up**

Email dated November 19, 2015 from Alana Evers, Project Manager – Landscape Architecture with respect to follow-up information regarding Off Road Trail (ORT) #11, as discussed at the October 26, 2015 FADS meeting.

## **RECOMMEND RECEIPT**

## **DATE OF NEXT MEETING**

**Facility Accessibility Design Subcommittee** – Monday, January 25, 2016; 1:30 PM, Civic Centre, Committee Room D – 300 City Centre Drive, Mississauga

**Accessibility Advisory Committee** – Monday, February 8, 2016; 2:00 PM, Mississauga Valley Community Centre, Program Room 1 – 1275 Mississauga Valley Boulevard, Mississauga

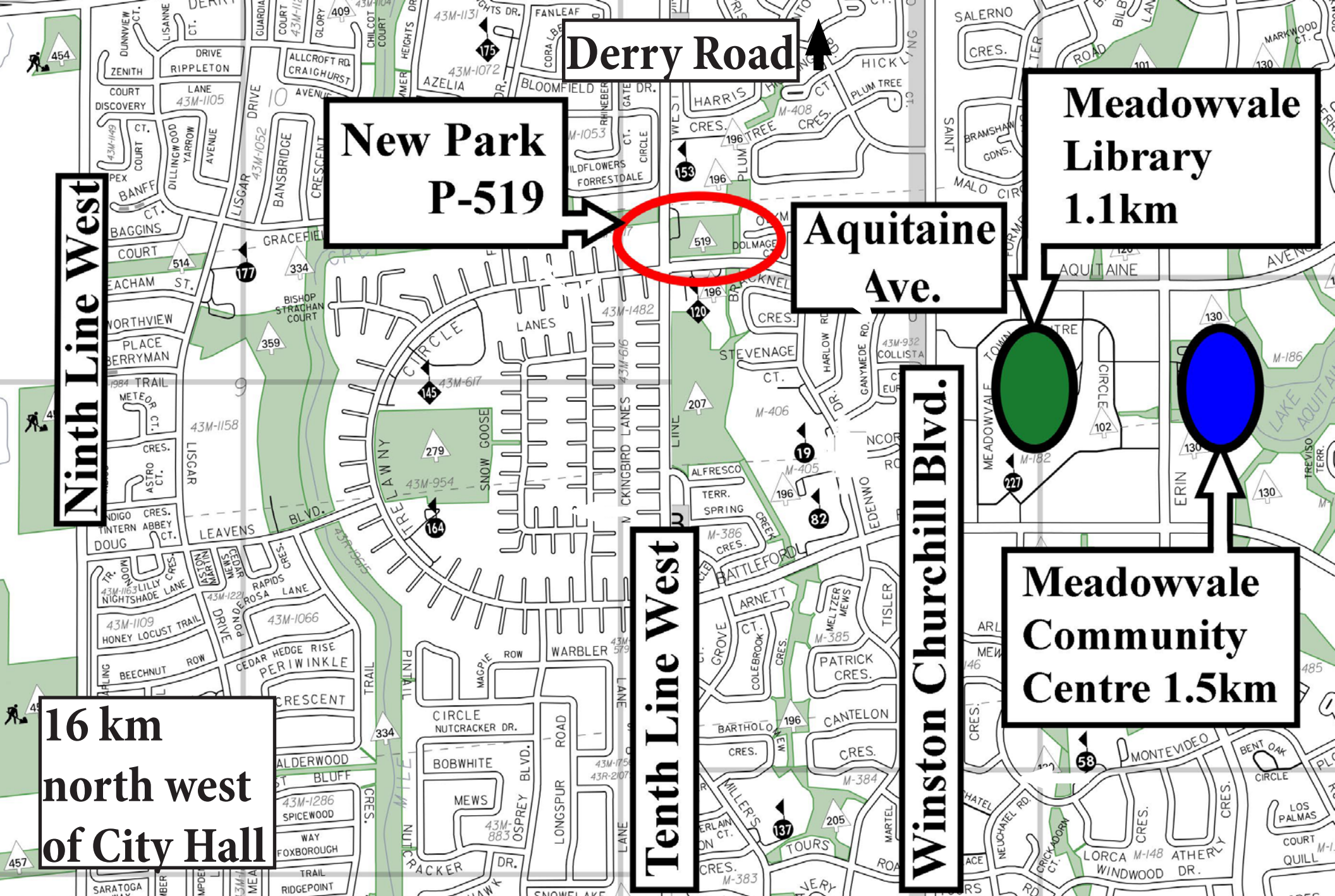
## **ADJOURNMENT**

# P-519

## 6627 Tenth Line West

A new park, not yet named in  
the north west of Mississauga  
Ward 9













**Plum Tree Park  
Public School**

**Union Gas  
Easement**

**10th Line Ave**

**Trelawny  
Plaza**

**Aquitaine Avenue**

**Millgrove  
Trail**





10th Line Ave

Berm /  
Hill

Millgrove  
Trail

Aquitaine Avenue



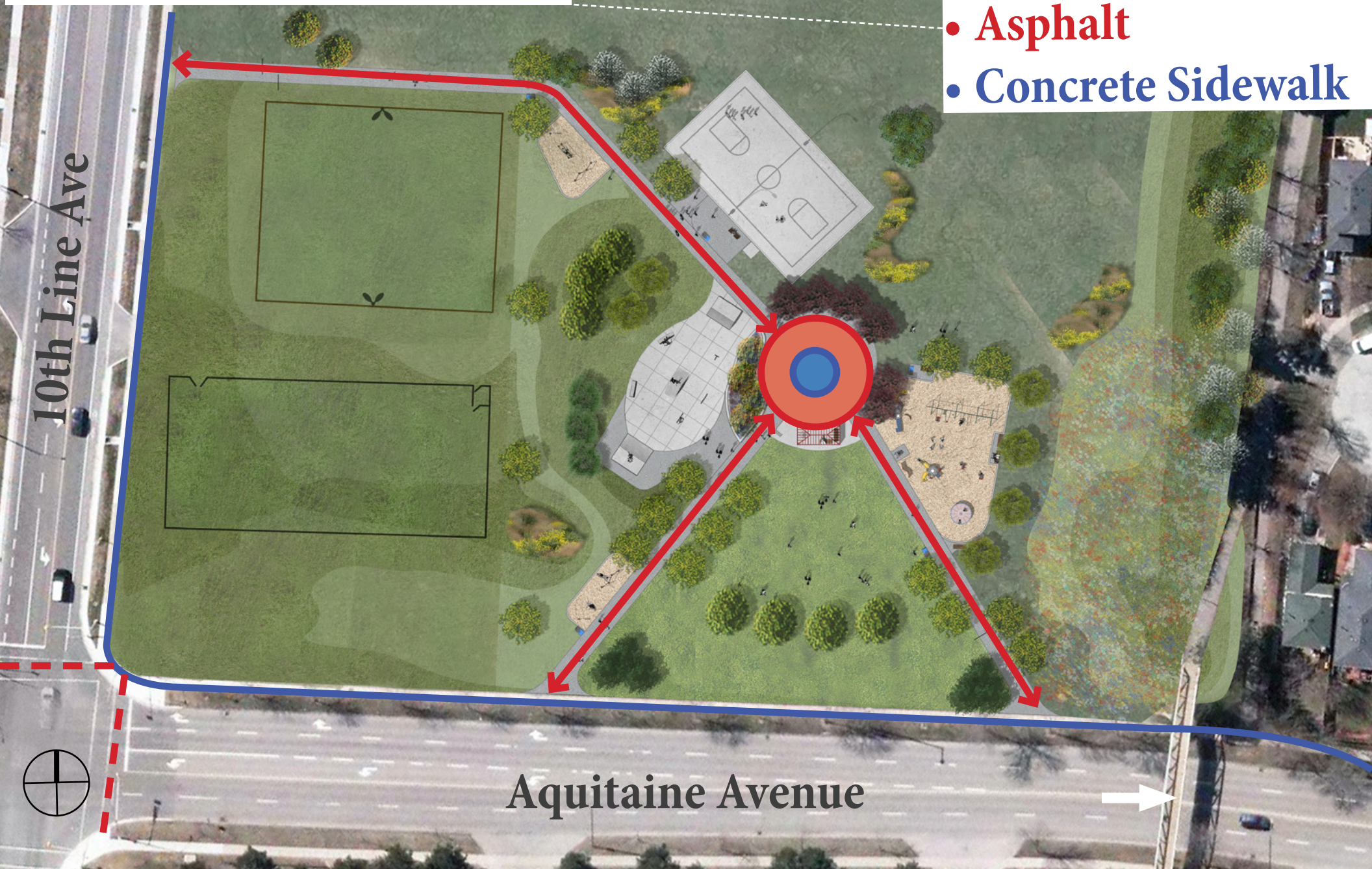




# Main Circulation Walkways

3 Meters Wide

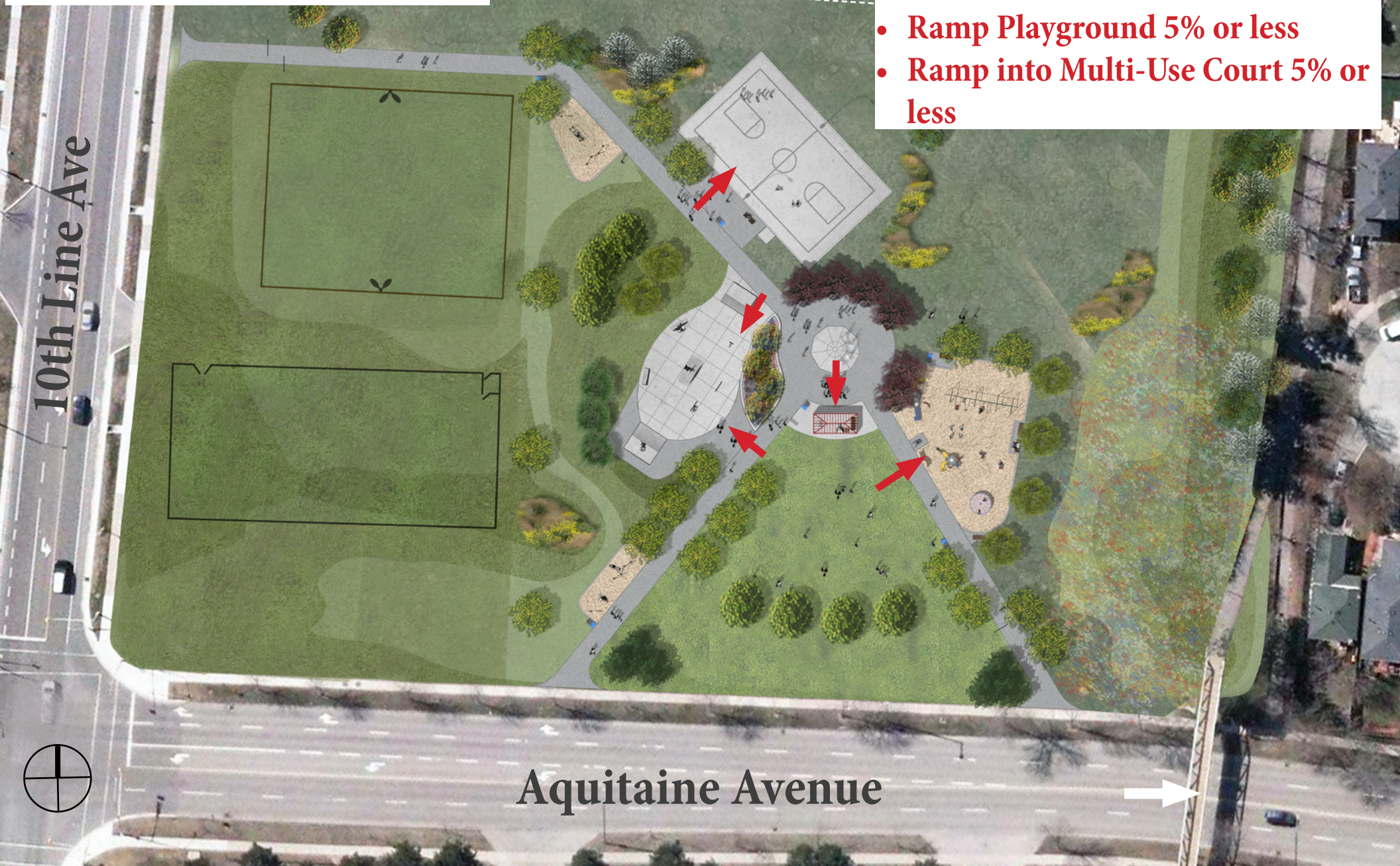
- Asphalt
- Concrete Sidewalk





# Access to Park Features

- Level Crossing across Skate Park and Central Plaza
- Ramp Playground 5% or less
- Ramp into Multi-Use Court 5% or less

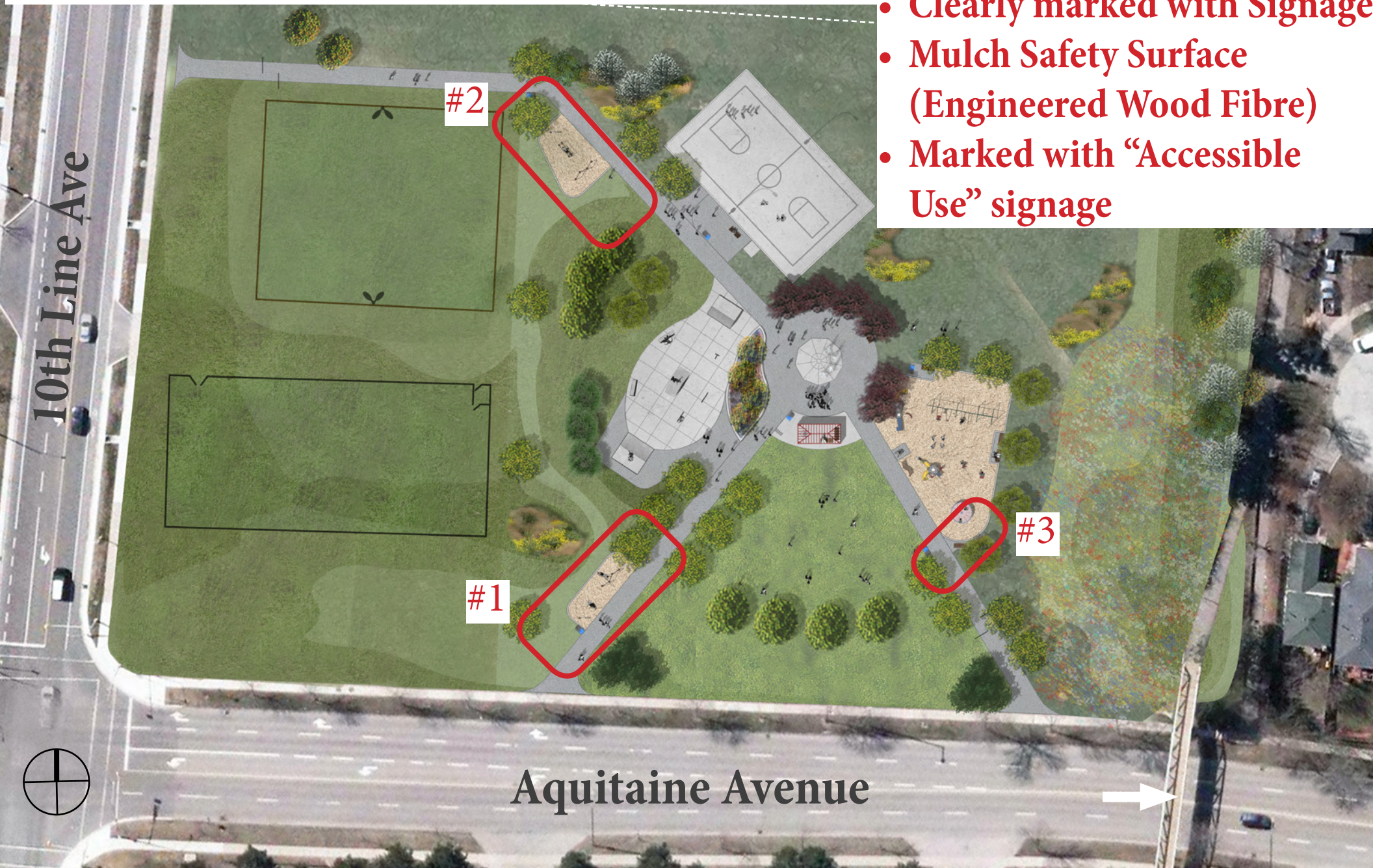


Aquitaine Avenue



# Park Features - Exercise Stations

- Located next to Walkways
- Clearly marked with Signage
- Mulch Safety Surface (Engineered Wood Fibre)
- Marked with “Accessible Use” signage





# Park Features - Exercise Stations

#1



#2



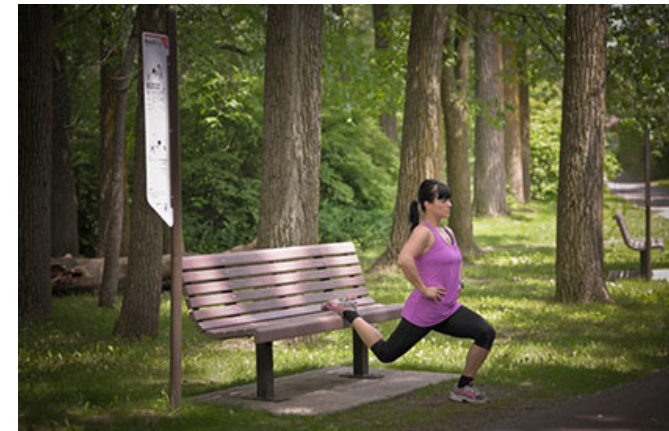
#3



Push-up Bars & Dip Bars



Pull-up & Parallel Bars



Bench Fit

# Park Features - Exercise Stations

**RECOMMENDATIONS FOR BAND EXERCISES WITH OR WITHOUT MOBILITY DEVICES**

- For use with personal elastic exercise bands.
- Ask a partner to:
  - Anchor the elastic band and hand it to you;
  - Stabilize the mobility device during movements;
  - Lock the mobility device in place when performing exercises;
  - Vary your distance to the post to modify the tension.

**WIDE GRIP ROW**

**Initial position**  
Hook the elastic band at shoulder height to the post in front of you. Take a handle in each hand, palms facing the ground and arms stretched out in front.

**Movement**  
Pull the handles towards you while keeping your arms horizontal and hands spaced out at a distance wider than shoulder width. Return to the starting position and repeat several times.

**Targeted Muscles**  
Shoulders and arms (deltoids – median trapezoids – rhomboids – biceps)

**BICEPS CURL**

**Initial position**  
Hook the elastic at shoulder height on the post in front of you. Take a handle in each hand and extend your arms in front.

**Movement**  
Bend the elbows simultaneously, while keeping the arms horizontal until the hands are near the head. Extend the elbows to return to the starting position, repeat several times.

**Targeted Muscles**  
Shoulders and arms (biceps – anterior deltoids)

**TORSO ROTATION**

**Initial position**  
Hook the elastic at shoulder height to the post to your right. Take the handle with clasped hands, then extend arms in front of you so that they are perpendicular to the stretched elastic.

**Movement**  
Rotate the trunk to the left keeping the arms straight ahead. Return to the right, then repeat several times these rotations. Switch sides and repeat.

**Targeted Muscles**  
Trunk (internal obliques – internal obliques)

**Alternative**  
Perform the exercise with double elastic holding both handles in your hands.

**EXTERNAL ROTATION OF THE SHOULDER**

**Initial position**  
Hook the elastic band on the post to your right elbow height. Grab the handle with your left hand, elbow held tight to the trunk and hand at 90 degrees.

**Movement**  
Create an arc by moving the hand upwards, the elbow held tight to the trunk. Return to starting position and repeat several times. Switch hand.

**Targeted Muscles**  
Rotators (infraspinatus – teres minor)

**Alternative**  
Perform with a single elastic holding one handle in the left hand.

Recommended for ages 12 years and older. Use at Own Risk. Open under supervision. Please read instructions with care and follow directions.

**Trekfit**  
www.trekfit.ca

**WIDE GRIP ROW**

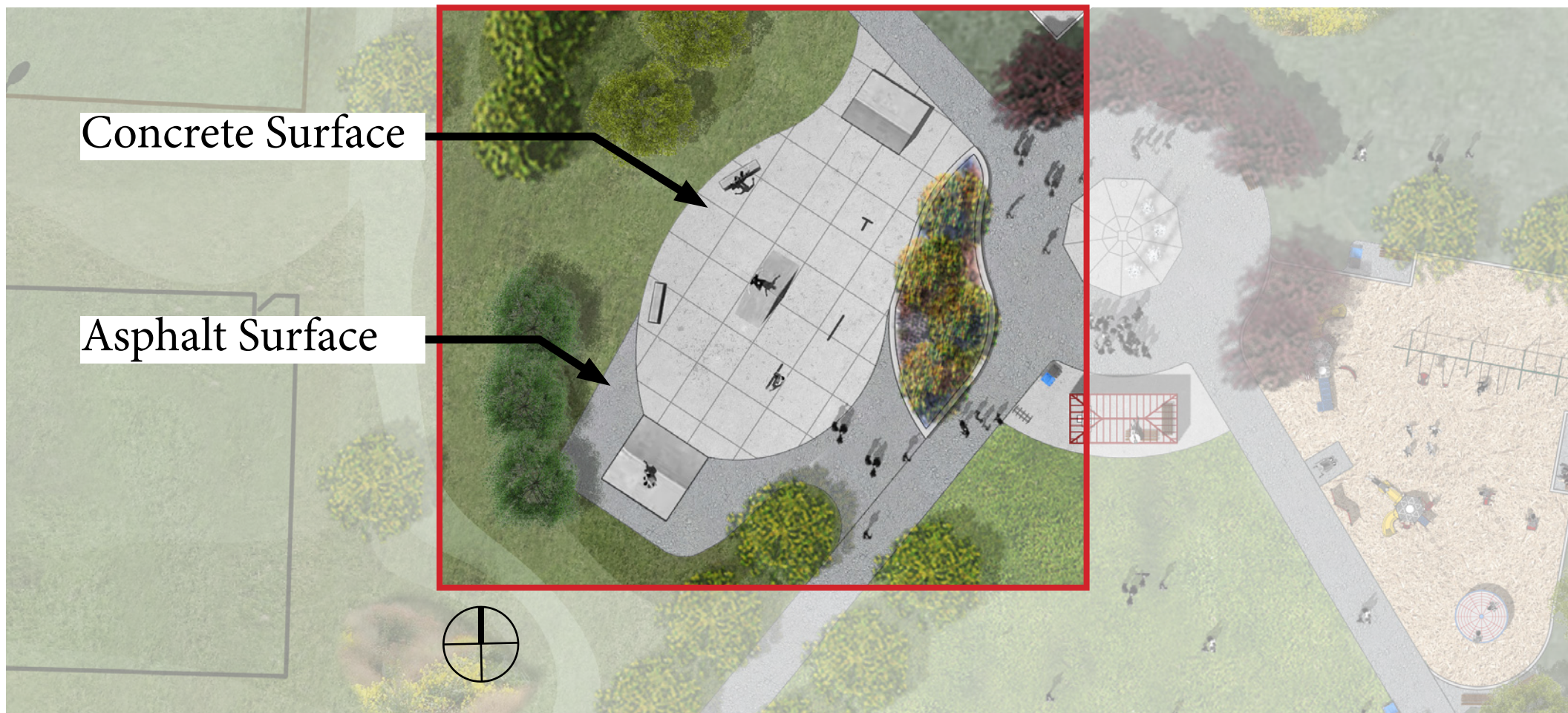
**Initial position**  
Hook the elastic band at shoulder height to the post in front of you. Take a handle in each hand, palms facing the ground and arms stretched out in front.

**Movement**  
Pull the handles towards you while keeping your arms horizontal and hands spaced out at a distance wider than shoulder width. Return to the starting position and repeat several times.

**Targeted Muscles**  
Shoulders and arms (deltoids – median trapezoids – rhomboids – biceps)



# Park Features - Skateboard Park





# Park Features - Skateboard Park

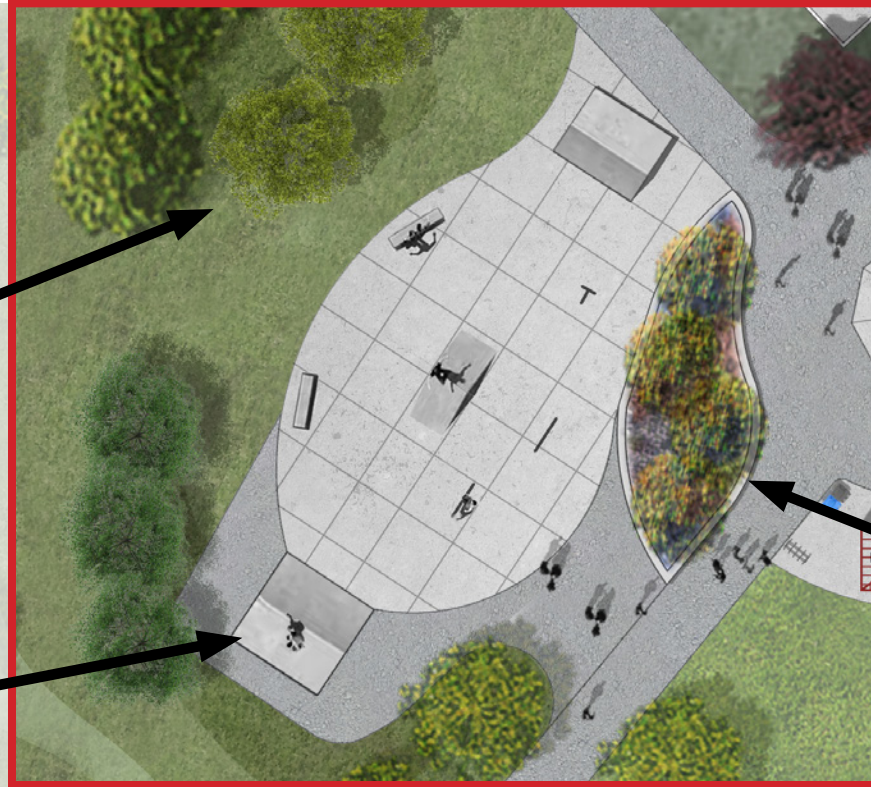
Berm / Hill with trees



Skate Ramp



Seatwall / Planter





# Park Features - Multi-Use Court

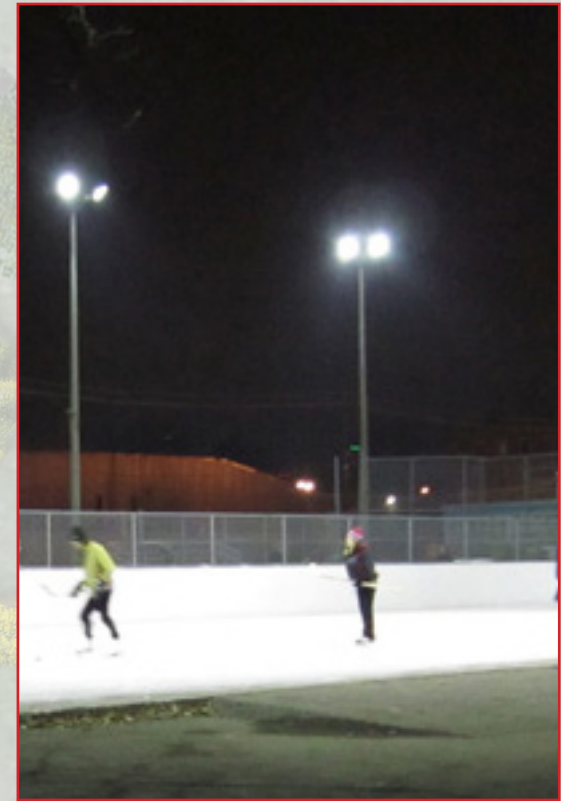
Transition Ramp



Bench



Multi-Use Court





# Park Features - Centre Plaza Cooling Station

Jets



Activator



Concrete and asphalt surfaces



# Park Features - Centre Plaza Shade Structure

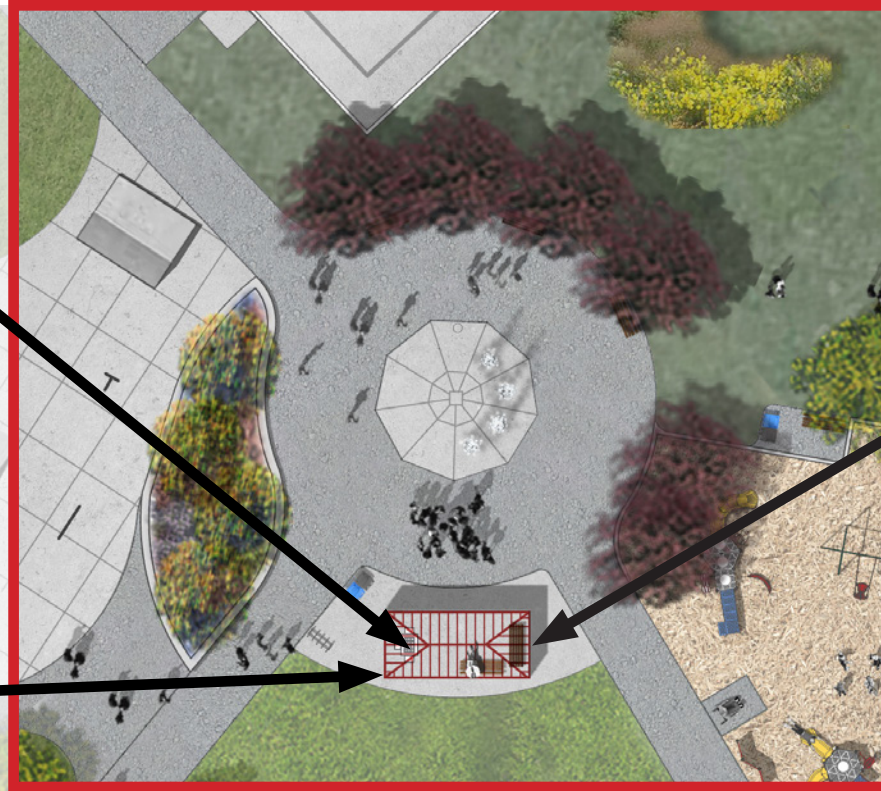
Games Table



Seating



Shade





# Park Features - Playground Equipment

Ramp



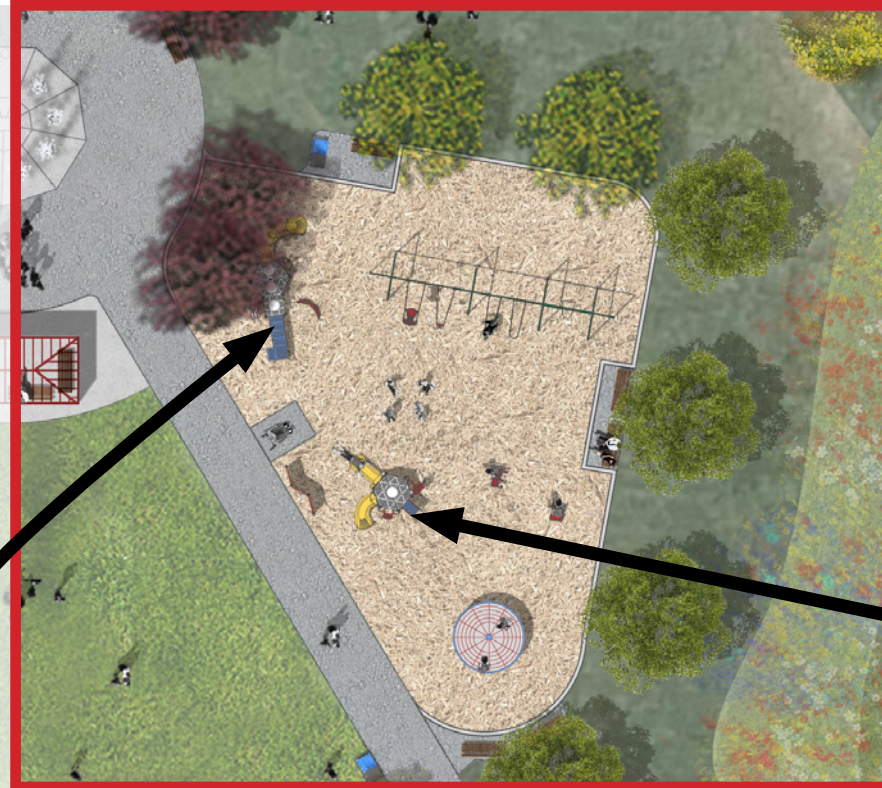
Seating





# Park Features - Playground Equipment

## Senior Playground



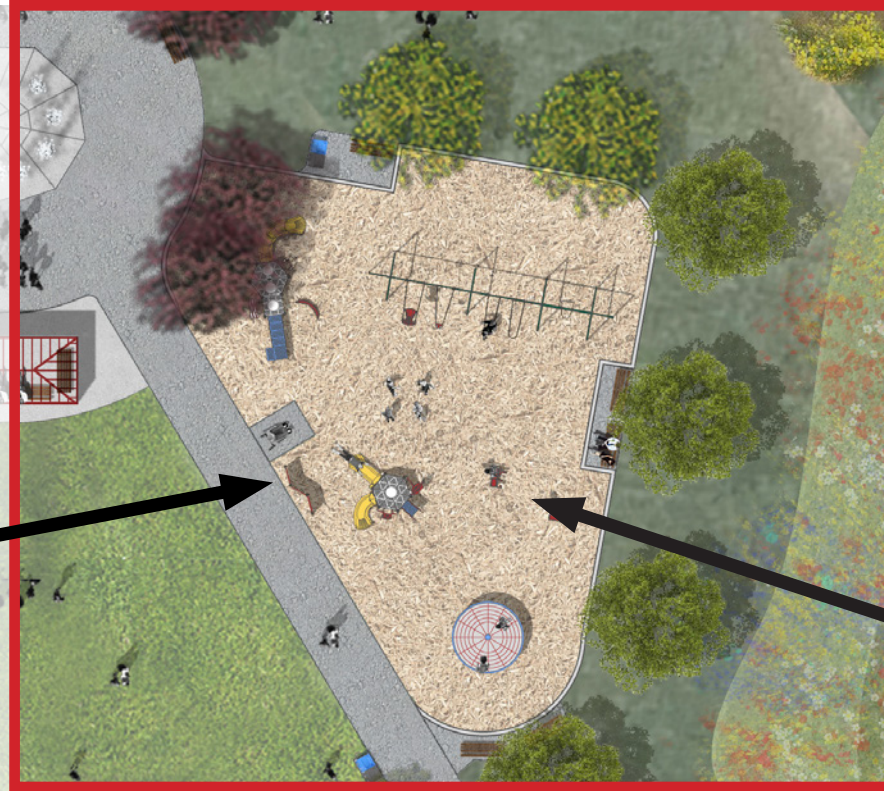
## Junior Playground





# Park Features - Playground Equipment

## Creative Panels



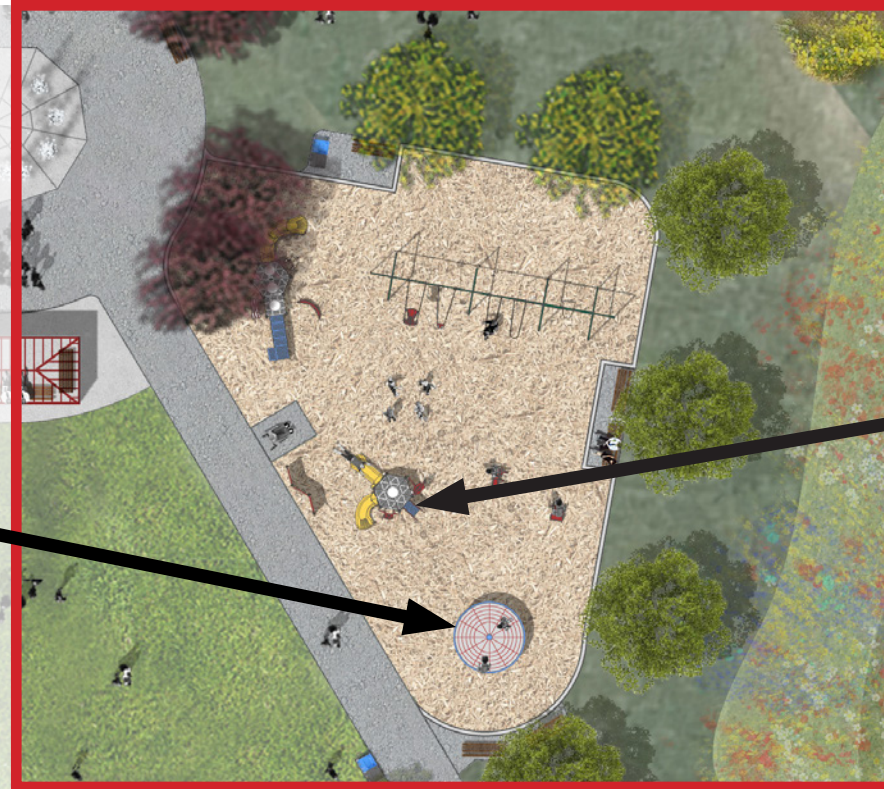
## Spring Toys





# Park Features - Playground Equipment

Apollo Spinner



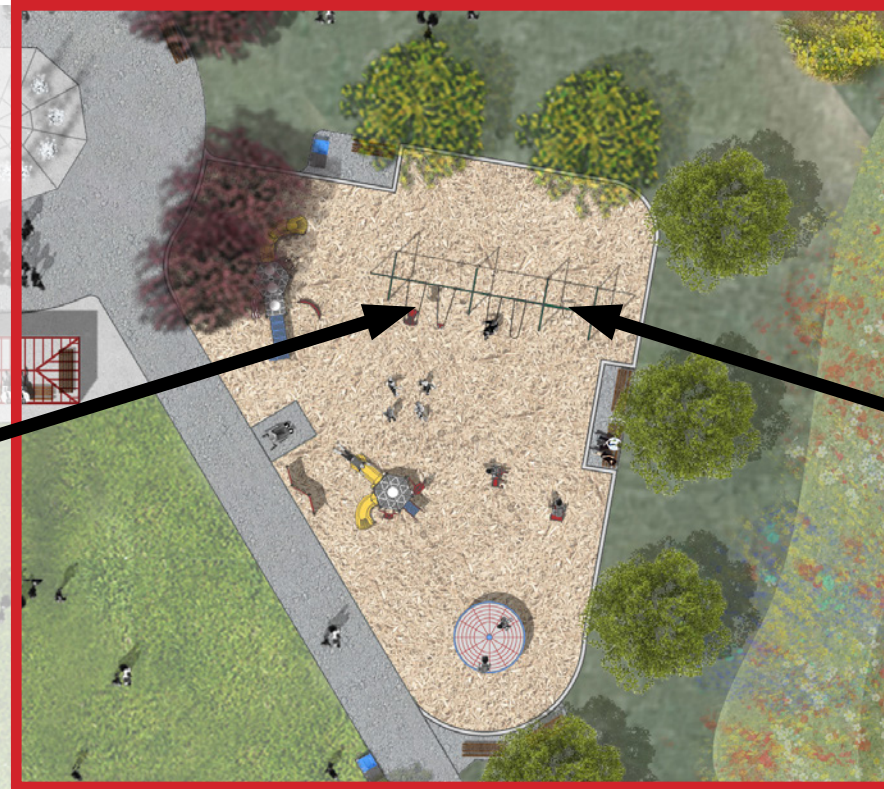
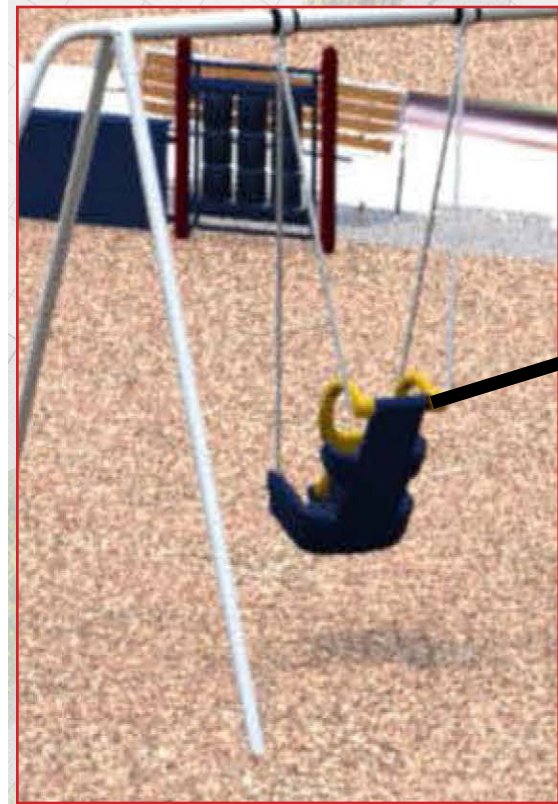
Transfer Station



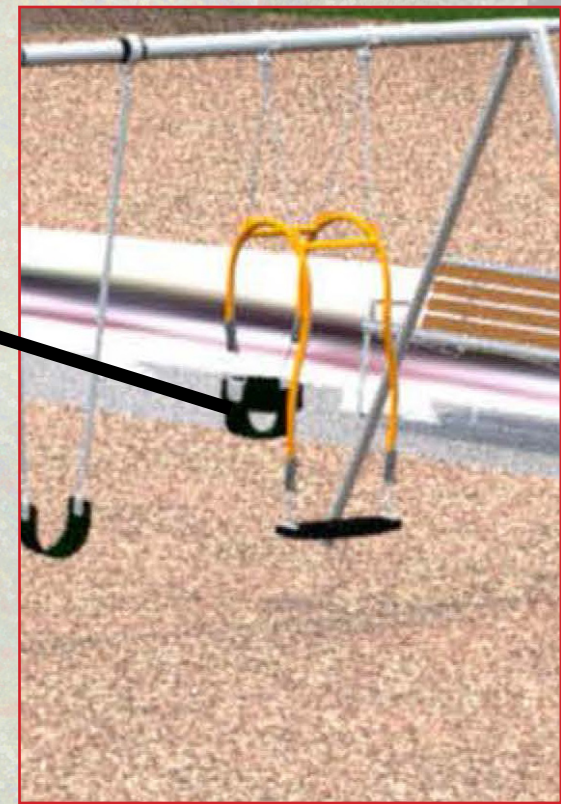


# Park Features - Playground Equipment

Accessible Swing



Expression Swing





# Overall Plan





NOV 30 2015

**Karen Morden**

**From:** Alana Evers  
**Sent:** 2015/11/19 4:31 PM  
**To:** Karen Morden  
**Subject:** Off Road Trail #11 - FADS Follow-Up

**Follow Up Flag:** Follow up  
**Flag Status:** Flagged

Good afternoon Karen,

As you may recall, I was asked by FADS to follow up on a couple of items discussed at the October meeting. Please find my responses to their inquiries below. It took until now to get these answers, as my research involved responses from a couple external groups. Could you please circulate this to the sub-committee for their information?

**1) Tactile Warning Strips**

I have confirmed with Transportation & Works that tactile warning strips will indeed be required to be installed at areas where the trail intersects roads.

**2) High Power Hydro Corridors and Potential Medical/Personal Device Interference**

Canadian Hearing Society audiologist representative confirms that hearing devices used by individuals would not be negatively affected by use of a trail along a hydro corridor.

Cardiac Care Network clinical representative confirms that generally individuals with pacemakers or implantable cardioverter defibrillators (ICDs) would not be negatively affected by use of a trail along a hydro corridor. Proximity to hydro corridors/hydro lines would carry the same risks for such individuals as would apply to the general public; i.e., device interference may be experienced if an individual came within, say, a few metres of a live electrical line, but common sense dictates that coming this close would not be safe for any individual. Public safety, as always, is the foremost concern in the design of our trails. The hydro towers along the trail route will have permanent anti-climb barriers installed, rendering the risk of coming close to electrical wires improbable, *even* with the ill-advised intent to climb a hydro tower.

**3) Crosswalk**

Although I was under the impression at the time of the October FADS meeting that there would not be a crosswalk where the trail crosses Burnhamthorpe Road. I have since learned that it may in fact be possible and advisable, and am in the process of requesting that this be considered by Transportation & Works.

If any further information is required, please do let me know.

Kind regards,

Alana

**M** Mississauga

**Alana Evers**  
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M 289-242-6403  
alana.evers@mississauga.ca

City of Mississauga | Community Services Department,