

Canllawiau Hygyrchedd ar gyfer Canolfannau Accessibility Guidelines for Centres

Nodiadau • Notes

1 Amgylchedd • Environment



Allanol

Parcio Hygyrch

Cyrraedd y Ganolfan

External

Accessible Car Parking

Getting to the Centre

1 Amgylchedd • Environment



Mewnol

Dolen Anwytho Gludadwy

System Cyfeiriad Cyhoeddus

**Lifftiau / lifftiau platfform /
lifftiau grisiau cadair olwyn**

Internal

Portable Hearing Loop

Public Address System

**Lifts / platform lifts /
wheelchair stair lifts**

1 Amgylchedd • Environment



Mewnol

Cynllun lliw yn y cyfleuster

Rheiliau llaw

**Cyfarwyddiadau clywadwy a braille
/ dyrchafedig mewn lifftiau**

Internal

Colour scheme in the facility

Handrails

**Audible and braille / raised
instructions in lifts**



Mewnol

Uchder gosodiadau a ffitiadau

A yw pob desg pwynt cyswllt ar uchder eistedd/cadair olwyn?

Ydyn nhw'n glir o ddeunydd hyrwyddo, bwydydd neu unrhyw beth fyddai'n rhwystro llinell olwg i berson sy'n defnyddio cadair olwyn?

Internal

Height of fixtures and fittings

Are all point of contact desks at seated/wheelchair height?

Are they clear from promotional material, foods or anything that would block the line of sight for a person who uses a wheelchair?

2 Datblygu'r Gweithlu a Hyfforddiant Staff

Workforce Development and Staff Training



Hyfforddiant Cynhwysiant Anabledd

UK Disability Inclusion Training

**Hyfforddiant Ymwybyddiaeth
Awtistiaeth**

Austism Awareness Training

Archwiliad Hygyrchedd Mewnol

Internal Accessibility Audit

3 Rhaglenni • Programmes



Offer defnydd deuol

Dual use equipment

**Pedalau, liferi a botymau
lliw cyferbyniol**

**Colour contrasted pedals,
levers and buttons**

Botymau wedi'u codi ar gyfer consolau

Raised buttons for consoles

3 Rhaglenni • Programmes



Cynllun campfa rhesymegol

Logical gym layout

A yw pob desg gampfa ar uchder eistedd/cadair olwyn?

Are all gym desks at seated / wheelchair height?

Fformatau amgen ar gyfer cardiau campfa / rhaglen

Alternative formats for gym / programme cards

3 Rhaglenni • Programmes



Teclyn codi / lifft pwll

Pool hoists / lifts

Dewis o fannau mynediad i'r pwll

Choice of pool access points

Pennau dwfn a bas y pwll wedi'u nodi'n glir ac yn amlwg

Prominantly marked pool shallow and deep ends

3 Rhaglenni • Programmes



Ymylon pwll wedi'u diffinio'n glir

Clearly demarcated pool edges

Cadairau gawod symudol ar gael

Mobile shower chairs available

Amrywiaeth o ddosbarthiadau neu weithgareddau pwll hygrych

Accessible range of pool classes or activities

4 Toiledau, ystafelloedd newid a loceri

• Toilets, Changing and Locker Rooms



Ciwbiclau hygyrch unigol a toiledau hygyrch, yn agos at y gampfa a'r pwll

Individual accessible cubicles and toilets, close to gym and pool areas

Larwm brys ar gyfer ystafell newid

Emergency alarm for changing rooms

Mecanwaith fflysio ar gyfer y toiled fod yn hawdd i'w weithredu

Easy to use flushing mechanisms for toilets

4 Toiledau, ystafelloedd newid a loceri

• Toilets, Changing and Locker Rooms



Mainc / Meinciau newid hygyrch

Accessible changing bench(es)

Drychau a'r sychwyr gwallt fod ar uchder eistedd / cadair olwyn

Mirrors and hairdryers at seated / wheelchair height

Loceri hygyrch

Accessible lockers

5 Marchnata a Hyrwyddo • Marketing and Promotion



Hyrwyddo cynhwysiant anabledd

Promoting disability inclusion

Accessible website

Gwefan hygyrch

**Delweddau cadarnhaol o bobl anabl
mewn deunydd marchnata**

**Positive images of disabled people in
marketing material**

5 Marchnata a Hyrwyddo • Marketing and Promotion



Ffyrdd priodol lle gall pobl anabl roi adborth

Appropriate means for disabled people to provide feedback

A yw deunyddiau hyrwyddo ar gael mewn fformatau amgen (e.e. print mwy, braille, hawdd ei ddarllen)?

Are promotional materials available in alternative formats (e.g. large print, braille, easy read)?

6 Iechyd a Diogelwch • Health and Safety



Dealltwriaeth o sut i ddefnyddio'r, a lleoliad priodol o gadair gwacáu mewn tân

Understanding of how to use, and appropriate placement of a fire evacuation chair

Dylai pwynt lloches anabledd sy'n amlwg i'w adnabod fodoli

Clearly identifiable disability refuge point in the event of an emergency

System larwm sain a gweledol

Audio and visual alarm system