## Gymnasium

School Type: 1123456789101112

## EM(H)

## Functional Area Descriptions

The focus of physical education has evolved to include all aspects of the healthy lifestyle of individuals. Physical education is therefore directed toward fitness and wellness through activity and theory-based instruction for nutrition and healthy lifestyle choices. Gym spaces should accommodate the evolving curriculum of physical education.

The gymnasium is an area that may be used for afterschool events, so it should be able to function discretely from the remainder of the school building. Provide an interior gathering/meeting space directly adjacent to the gymnasium functions. The area should connect to both interior and exterior school circulation-it may be the common shared space, or a separate lobby area. Public restrooms should be located near the gymnasium and accessible for after school events.

## 1 Gymnasium

The gymnasium provides a dedicated space for physical education. Provide a clear ceiling height of 24 feet ( 7.32 m ). Windows, light fixtures, and mechanical equipment must withstand the impact abuse of balls. Include recessed alcove with drinking fountains. A divider curtain is desirable to allow two activities to occur simultaneously.


## Elementary Schools - ES

The gymnasium at the elementary school does not require space for competition sports. The curriculum at this age is more skills-based. If basketball court markings are provided, the largest court that can be accommodated is 42 feet $\times 74$ feet ( $12.8 \mathrm{~m} \times 22.6 \mathrm{~m}$ ). Six basketball goals shall be provided. At least two shall be adjustable in the $6-8$ foot ( $1.8-2.4 \mathrm{~m}$ ) range and two shall be adjustable in the $8-10$ feet ( $2.4-3.1 \mathrm{~m}$ ) range. Positioning of these goals should allow for concurrent use by small groups of students. Multiple colored activity lines shall be provided.

## Middle Schools and High Schools - MS/HS

The gymnasium at the middle school or high school level should accommodate a 50 feet $\times 84$ feet ( 15.2 m x 25.6 m ) basketball court and a regulation volleyball court. Provide a minimum of 10 feet ( 3.1 m ) out-ofbounds at the ends of the court and 6 feet ( 1.8 m ) at the sides. Six basketball goals shall be provided. There is no requirement for these goals to be adjustable. Depending on the arrangement of spectator seating, retractable goals may be required on the cross courts. Supply additional lines to accommodate the educational program.

## Spectator Seating

A small amount of seating, even in elementary school (non-competition) gymnasiums, allows for community use of the facility. A minimum of 200 seats of telescoping bleachers shall be provided in all gymnasiums. Where no additional area is provided in the Planning Requirements table, the bleachers will extend onto the court area when open. In gymnasiums
intended for competition sports, additional area for spectator seating is indicated and the bleachers may not encroach on the safety area of the court when fully extended.

## 2 Auxiliary Gym

This space may be used for dancing classes, exercise, gymnastics, table tennis, wrestling, and other activities. For middle schools and high schools the auxiliary gym should accommodate a 38 feet x38 feet ( $11.6 \mathrm{~m} \times 11.6 \mathrm{~m}$ ) wrestling mat and overhead mat storage should be provided. The ceiling should be 24 feet ( 7.32 m ) high if possible, or a minimum of 16 feet ( 4.9 m ).

## 3 Physical Education Storage

The storage area provides storage for PE equipment The room should include a pair of doors for a minimum 6 -feet ( 1.8 m ) wide opening, directly adjacent to the main gymnasium. Where possible it should also include doors to the exterior for storage of equipment used on the fields.

## 4 Physical Education Teacher Office

This space should be near the entry to the gymnasium with a view window from the office into the gymnasium.

## 5 Physical Education Teacher Restroom

For middle school and high school, provide male and female teacher restrooms with showers and changing area near the gymnasium. For elementary school, provide a single unisex restroom, shower and changing area. These restrooms should be easily accessible to all


- Gymnasium and Athletic Seating: Grayslake North High School, FGM Architects, Grayslake, IL

- Gymnasium and Athletic Seating: St. Joseph School, FGM Architects, St. Joseph, IL

NOTE: Images shown are intended to provide realworld examples and spark design creativity.
staff members without entering the teacher office. Where only one PE teacher is assigned, provide one uni-sex teacher restroom with shower. If these restroom/shower facilities are accessible to all staff, they will fulfill the shower requirement for the alternative transportation LEED credit; bicycle storage and changing rooms.

## 6 Locker Rooms - MS/HS

Locker rooms provide space for students to change clothing and store personal belongings while engaging in physical education or athletic events. Provide separate facilities for male and female students. Access the locker rooms directly from the court area or a supervised corridor. The locker rooms should also provide easy access to the exterior play fields. Consider privacy as well as easy supervision in the layout of the whole space.

The following spaces shall be provided in high schools with competitive athletic programs. Middle schools with approved athletic programs (DoDEA-Americas) may also include these athletic spaces.

## 7 Athletic Locker Rooms - HS

A separate area for athletic lockers shall be provided adjacent to the main locker room areas. These spaces can be contiguous, but the athletic lockers should all be grouped together in one area. Provide 48-15 inch $\times 15$ inch ( $38 \mathrm{~cm} \times 38 \mathrm{~cm}$ ) athletic lockers for boys and the same for girls.

## 8 Athletic Team Room - Football - HS

Where the school has a competitive football team, a
separate team locker room shall be provided to accommodate the larger equipment required for football. This space can be accessed from the main locker room, but should be able to be secured separately. Provide $30-24$ inch $\times 18$ inch ( $61 \mathrm{~cm} \times 46$ cm ) athletic lockers at the perimeter of three sides of the room. Provide a marker board and bulletin board on the fourth wall for use in team meetings and strategy sessions.

## 9 Athletic Weight Room - HS

The weight room contains weight lifting apparatus and fitness equipment. Weight training consists of iron weights, barbells, dumbbells, flat benches, incline benches, squat machines, and other equipment. Fitness area consists of treadmills, stationary bikes, step machines, floor mats for stretching, calisthenics and aerobics, and other equipment. Free weight training or heavy lifting is delimited apart from fitness and may be in separate spaces. Provide adequate maneuvering clearance around equipment for safety.

## 10 Athletic Office - HS

Provide a shared office space for coaching staff.

## 11 Athletic Storage - HS

This storage area provides storage for equipment used by the athletic programs. The room may be divided with wire mesh partitions for separate storage areas for different sports. Additional storage may be provided at the concession/restroom facility near the athletic fields. This storage should be easily accessible to the athletic coaches.


- Fitness Area: Mason High School, VSWC Architects, Mason, OH


## 12 Athletic Laundry - HS

Provide a small laundry facility for the cleaning of towels and uniforms. This area should be separate from the locker room area.

## 13 Athletic Training Room - HS

A training room may be provided adjacent to the locker rooms. The training room contains injury treatment facilities. This space houses the trainer's area, whirlpool, treatment table, and related items.

## Specialized Features (include as required)

## All Schools

- Basketball hoops (6)
- Wall padding - 6 feet ( 1.83 m ) high—main court area, auxiliary gym
- Chinning bars
- Volleyball standards
- Acoustical panels
- Gym divider curtain

- Professional Development/Instruction: Mason High

NOTE: Images shown are intended to provide realworld examples and spark design creativity.

## MS/HS

- Main court basketball lines
- Main court volleyball lines
- Side court basketball lines
- Side court volleyball lines
- Side court badminton
- Lockers
- Benches
- Overhead mat storage

Gymnasium Concept Perspective
(Elementary School)

Schools with athletic program - HS and some MS

- Scoreboard (2 each min)
- Basketball shot clocks
- Hydrotherapy tubs
- Fitness equipment
- Mirrors in locker room and weight room
- Interlocking rubber tiles under weight equipment


- Health Classroom: Ford Middle School, Grand Rapids,

NOTE: Images shown are intended to provide realworld examples and spark design creativity.

Gymnasium Concept Perspective (Middle and High School )

NOTE: 3D illustrations are shown for informational purposes and are not intended to limit design options.


Planning Requirements, Detailed
Imperial (English) Units

| Spectator Seating |  | 0-99 | 100-199 | 200-299 | 300-399 | 400-499 | 500-599 | 600-699 | 700-799 | 800-899 | 900-999 | 1,000+ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | ES - Spectator Seating | - | - | - | - | - | - | - | - | - | - | - |
| 1 | MS - Spectator Seating | - | - | 800 | 800 | 800 | 800 | 800 | 800 | 800 | 800 | 800 |
| 1 | HS - Spectator Seating | 800 | 800 | 960 | 1,280 | 1,600 | 1,920 | 2,240 | 2,560 | 2,880 | 3,200 | 3,520 |

## Metric Units

| Spectator Seating |  | 0-99 | 100-199 | 200-299 | 300-399 | 400-499 | 500-599 | 600-699 | 700-799 | 800-899 | 900-999 | 1,000+ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | ES - Spectator Seating | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 | MS - Spectator Seating | 0 | 0 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 | 74 |
| 1 | HS - Spectator Seating | 74 | 74 | 89 | 119 | 149 | 178 | 208 | 238 | 268 | 297 | 327 |

Notes
ES - Provide telescoping bleachers for 200 students. Bleachers will extend onto the court when open. This gym is not intended for competition sports.
MS - Provide telescoping bleachers for 200 students. Where additional area is indicated, bleachers shall not encroach on the safety area around the court when fully extended.
HS - Minimum \# of bleacher seats

| 240 | 320 | 400 |
| :--- | :--- | :--- |

$\qquad$ 560

Locker Calculation Table

|  |  | type of lockers | locker size |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0-99 | 60 | 30 double tier | $12 \times 12$ | 23x8 | 184 | 2 | 105 | 2 | 105 | 394 | 400 | 800 | 74 |
| 100-199 | 120 | 60 double tier | $12 \times 12$ | $23 \times 16$ | 368 | 3 | 145 | 3 | 150 | 663 | 675 | 1,350 | 125 |
| 200-299 | 180 | (36) 5-tier/full | (2) $12 \times 12$ | 26x16 | 416 | 4 | 185 | 4 | 195 | 796 | 800 | 1,600 | 149 |
| 300-399 | 240 | (48) 5-tier/full | (2) $12 \times 12$ | $34 \times 16$ | 544 | 5 | 225 | 5 | 240 | 1,009 | 1,025 | 2,050 | 190 |
| 400-499 | 300 | (30) 5-tier/5-tier/full | (3) $12 \times 12$ | $33 \times 16$ | 528 | 6 | 265 | 6 | 285 | 1,078 | 1,100 | 2,200 | 204 |
| 500-599 | 360 | (36) 5-tier/5-tier/full | (3) $12 \times 12$ | 26x24 | 624 | 8 | 345 | 8 | 375 | 1,344 | 1,350 | 2,700 | 251 |
| 600-699 | 420 | (42) 5-tier/5-tier/full | (3) $12 \times 12$ | $33 \times 24$ | 792 | 9 | 385 | 9 | 420 | 1,597 | 1,600 | 3,200 | 297 |
| 700-799 | 480 | (48) 5-tier/5-tier/full | (3) $12 \times 12$ | $36 \times 24$ | 864 | 10 | 425 | 10 | 465 | 1,754 | 1,775 | 3,550 | 330 |
| 800-899 | 540 | (54) 5-tier/5-tier/full | (3) $12 \times 12$ | $39 \times 24$ | 936 | 11 | 465 | 11 | 510 | 1,911 | 1,925 | 3,850 | 358 |
| 900-999 | 600 | (60) 5-tier/5-tier/full | (3) $12 \times 12$ | $42 \times 24$ | 1,008 | 12 | 505 | 12 | 555 | 2,068 | 2,075 | 4,150 | 386 |

