

# SWEAT SANCTUARY

## A Guide to LGBTQ+ Friendly Gyms

### **Assessing Gym Safety**

- Located in a diverse and inclusive community.
- No visible signs of discrimination or harassment.
- Feel comfortable and respected upon entering the gym.

### **Physical Environment**

- Gym layout provides privacy and space during workouts.
- Atmosphere is inclusive and welcoming to all members.
- Staff members are trained in LGBTQ+ sensitivity and inclusivity, with visible allyship signage displayed.

### **Staff Training and Policies**

- Gym staff received training on LGBTQ+ inclusivity and sensitivity.
- Clear policies in place regarding anti-discrimination and harassment.
- Staff members actively address and intervene in instances of discrimination or harassment.

### **Membership and Community**

- Gym offers LGBTQ+-specific programming or events.
- Visible LGBTQ+ members or staff within the gym community.
- Opportunities for LGBTQ+ individuals to connect and socialize within the gym environment.

### **Feedback and Advocacy**

- Members can provide feedback or suggestions for improving LGBTQ+ inclusivity.
- Transparent process for addressing concerns or incidents of discrimination.
- Opportunities for members to advocate for more inclusive policies or programming.