

[7 Principles of Universal Design](#)[Bicycle and Micromobility Plan](#)[UCSF Lactation Room Planning Guidelines](#)[NHPH Project Requirements- Healthy Materials](#)

Shared Spaces

Building Amenities



FUNCTION

A wide range of building amenities cater to a diverse array of users. These spaces support employee satisfaction, health, and productivity by providing conducive spaces for relaxation, collaboration, and personal well-being. Building amenities serve either the public or staff, depending on the program. Building amenities are shared spaces that should be dispersed across the building to encourage use and create a supportive and inclusive environment. Evaluate existing amenities and contemplate the addition of requisite ones to your project to ensure alignment with facility goals.



SPATIAL COMPONENTS

- Programmatic elements may include: respite, wellness, meditation and lactation rooms in addition to bike storage, showers, mail rooms, locker rooms, and coffee stations.
- Proximity to public circulation and staff work areas are key contributors to a positive experience.
- Staff-oriented respite, meditation and wellness rooms can serve multiple purposes, including yoga, stretching.
- Public-facing respite, meditation and wellness rooms tend to be more intimate and boast premium finishes reminiscent of hospitality settings. These rooms might offer a qibla to support prayer.
- When considering the location of wellness and meditation rooms, ensure they are positioned away from restrooms and noisy areas to prevent disruptions.
- If program allows, consider locating bike storage rooms near entries to minimize dirt tracking and simplify facility maintenance.
- If program allows, position showers near bike storage areas to improve accessibility for commuters and promote sustainable transportation practices.
- If program allows, place public-facing coffee stations along long corridors to provide brief moments of respite.

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Architect: Mark Cavagnero Associates

Location: UCSF Joan and Sanford I. Weill Neurosciences Building

Respite is bolstered by warm lighting and natural materials.



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EXPERIENTIAL QUALITY

Consider safety and security

- If part of program, access to staff-facing amenity spaces are restricted to individuals with key card authorization. Ensure visibility of room occupancy status to avoid disruptions.
- Ensure shower rooms are equipped with lockers and private changing rooms for users' convenience. Provide bench seating for comfort.
- Inclusive shower rooms should be properly partitioned, secured with locking mechanisms, and equipped with seating.
- Place locker rooms and mail rooms near break rooms and working areas for convenience and security purposes.

Activate staff amenities

- Incorporate biophilic design elements, natural materials, and warm, adjustable lighting in respite, wellness and meditation rooms to promote relaxation and well-being.
- Prioritize comfort when selecting furniture for wellness and meditation rooms.
- Consider versatility of lactation rooms and offer a work desk furniture option.
- In clinical spaces, prioritize usability and cleaning needs. Ensure flexibility in lactation rooms to avoid excess built in casework and refrigerators which require frequent cleaning.



MATERIALITY

Floor

- Hard surface flooring is chosen for areas with food or sinks, while spaces dedicated to meditation and wellness may incorporate low-nap carpeting.
- Opt for resilient flooring over carpets to minimize maintenance and enhance durability in wellness, lactation and meditation rooms.

Walls

- Wellness and meditation rooms benefit from acoustical wall and ceiling treatments to create a tranquil environment conducive to relaxation.
- Consider the use of wall protection in heavy use areas such as bike storage and mail rooms.



LESSONS LEARNED

- Consider maintenance and efficiencies across amenity spaces. If program allows, install floor drains in bike storage rooms to enable efficient power washing of soiled areas.
- Refrain from incorporating alcoves or built-in accessories, such as trash bins or paper towel holders. These items change size over time.
- Specify lockers to match specific program needs, ensuring quantity and sizes correspond to intended use.
- Consider cleaning needs in material selections, avoiding those requiring harsh cleaners that impact health and durability when possible.

Consider maintenance.

