

Criteria	WCAG Version	WCAG Level	Recommendation	Conformance	Notes
1.1.1 Non-text Content	2	A	All img tags must have alt attributes.	Supports	All images have alt tags
1.1.1 Non-text Content	2	A	If short alt text is sufficient to describe an image, provide the short text via the image's alt attribute.	Supports	All images have alt tags
1.1.1 Non-text Content	2	A	If a short text alternative is not sufficient to describe an image (such as in a chart, graph, or diagram), provide short text via the image's alt attribute, and include a long description in nearby text.	Supports	Long description in text have been provided for images that convey more complicated concepts
1.1.1 Non-text Content	2	A	If an image or icon is used as a button or link, the image has a text alternative sufficient to describe the purpose of the button or link.	Supports	Buttons with icons also have descriptive text
1.1.1 Non-text Content	2	A	Images that are decorative, used for formatting, or contain content already conveyed in text have a null alt attribute or are implemented as CSS background images.	Supports	
1.1.1 Non-text Content	2	A	Frames and iframes have descriptive titles.	Supports	Frames and iframes have descriptive titles
1.1.1 Non-text Content	2	A	Minimize the number of adjacent links to the same destination by combining adjacent images and text into a single link, rather than creating a separate link for each element.	Supports	No adjacent links direct to the same desination

1.2.1 Audio-only and Video-only (Prerecorded)	2	A	For pre-recorded audio (without video), provide a descriptive transcript that includes dialogue and all other meaningful sound.	N/A	No pre-recorded audio is used
1.2.1 Audio-only and Video-only (Prerecorded)	2	A	For pre-recorded video (without audio), provided a text alternative or audio descriptions that provide the same information presented	Supports	All exercise pages contain both text and video instructions
1.2.2 Captions (Prerecorded)	2	A	Provide captions for prerecorded audio content in non-live synchronized media.	N/A	No pre-recorded audio is used
1.2.3 Audio Description or Media Alternative (Prerecorded)	2	A	For non-live video, provide a descriptive transcript or an audio description.	Supports	All exercise videos have accompanying text instructions
1.2.4 Captions (Live)	2	AA	Provide captions for live audio and video.	N/A	No live video is used
1.2.5 Audio Description (Prerecorded)	2	AA	Videos should include "radio style" narration so that content makes sense if someone is consuming just the audio track. Include any text elements in the narration.	Supports	The videos present on the website are short clips demonstrating exercises. These videos come after text that describes the exercise, and so the video is not required to understand the page content
1.3.1 Info and Relationships	2	A	Use semantic markup to designate headings, lists, figures, emphasized text, etc.	Supports	Semantic mark-up is used throughout
1.3.1 Info and Relationships	2	A	Organize pages using properly nested HTML headings.	Supports	Appropriate nested headings are used
1.3.1 Info and Relationships	2	A	Use ARIA landmarks and labels to identify regions of a page.	Supports	"Banner", "Navbar", "Heading", "Main" and "Footer" landmarks are used

1.3.1 Info and Relationships	2	A	Reserve tables for tabular data, use table headers appropriately, and use table captions.	N/A	No tables are used
1.3.1 Info and Relationships	2	A	When the appearance of text conveys meaning, also use appropriate semantic markup.	Supports	All content related text uses appropriate semantic mark up. Error messages use role "alert"
1.3.1 Info and Relationships	2	A	Avoid emulating links and buttons. Use the a and button tags appropriately. Avoid using a tags for buttons. Avoid using div, span, etc. tags for links or buttons.	Supports	All links are either <a> or buttons
1.3.1 Info and Relationships	2	A	Avoid using whitespace characters for layout purposes.	Supports	All layout is defined by CSS
1.3.2 Meaningful Sequence	2	A	Ensure that the source order presents content meaningfully. When the page is viewed without styles, all content on the page should still appear in a meaningful and logical order.	Supports	All pages can be meaningfully viewed without styles
1.3.3 Sensory Characteristics	2.1	A	Do not identify content based on its color, size, shape, position, sound, or other sensory characteristics.	Supports	Where content is identified, at least two sensory characteristics are used (eg identifying missing form fields using a red box)
1.3.3 Sensory Characteristics	2.1	A	Do not convey information solely through icons or symbols.	Supports	All icons accompany appropriate headings
1.3.4 Orientation	2.1	AA	All content and functionality should be available regardless of whether a mobile device is oriented vertically or horizontally, unless the orientation of the device is absolutely essential.	Supports	All content can be easily viewed on mobile devices

1.3.5 Identify Input Purpose	2.1	AA	If a form field asks for information about the user and if there is an appropriate HTML autocomplete attribute, include that autocomplete attribute.	Supports	Autocomplete is supported for forms
1.4.1 Use of Color	2	A	Links should always be easily identifiable through non-color means, including both default and hover states. The easiest and most conventional way to signify links is underlining.	Supports	Links are identified through underlining, and in many instances also underlining
1.4.1 Use of Color	2	A	Required fields and fields with errors must include some non-color way to identify them.	Supports	Pages with forms require responses to all fields, which is clearly described in both the instructions and error messages. In addition, any fields with out responses when submitted are highlighted with a red box.
1.4.1 Use of Color	2	A	When the color of words, backgrounds, or other content is used to convey information, also include the information in text.	N/A	The color of words, backgrounds and other content are not used to convey information - all information is conveyed within the text
1.4.2 Audio Control	2	A	Do not have audio that plays automatically on the page. When providing audio, also provide an easy way to disable the audio and adjust the volume.	N/A	No audio is used in the website
1.4.3 Contrast (Minimum)	2	AA	Text (including images of text) have a contrast ratio of at least 4.5:1. For text and images of that is at least 24px and normal weight or 19px and bold, use a contrast ratio that is at least 3:1.	Supports	All text has a contrast ration of at least 4.5:1

1.4.4 Resize text	2	AA	Ensure that there is no loss of content or functionality when text resizes.	Supports	Text can be resized to atleast 400% without loss of content or functionality
1.4.4 Resize text	2	AA	Define texts and text containers in relative units (percents, ems, rems) rather than in pixels.	Supports	All text size is defined in rems
1.4.5 Images of Text	2	AA	Avoid images of text, except in cases such as logos.	Supports	The only image of text used is the banner logo
1.4.10 Reflow	2.1	AA	Provide responsive stylesheets such that content can be displayed at 320px wide without horizontal scrolling. (Content which must be displayed in two dimensions, such as maps and data tables, may have horizontal scrolling.)	Supports	All pages are responsive and can be viewed at 320px wide without horizontal scrolling
1.4.11 Non-text Contrast	2.1	AA	Color contrast for graphics and interactive UI components must be at least 3:1 so that different parts can be distinguished.	Supports	All UI components and icons have a contrast of at least 3:1
1.4.11 Non-text Contrast	2.1	AA	When providing custom states for elements (e.g. hover, active, focus), color contrast for those states should be at least 3:1.	Supports	All states have a contrast of at least 3:1
1.4.12 Text Spacing	2.1	AA	Avoid using pixels for defining the height and spacing (e.g. height, line height, etc) of text boxes.	Supports	All containers use responsive sizing
1.4.13 Content on Hover or Focus	2.1	AA	For tooltips, follow corresponding ARIA authoring practice.	N/A	No tool tips are used in the website

1.4.13 Content on Hover or Focus	2.1	AA	For content that appears on hover and focus: the content should be dismissible with the escape key; the content itself can be hovered over; and the content remains available unless it is dismissed, it is no longer relevant, or the user removes hover and focus.	N/A	No content appears on hover
1.4.13 Content on Hover or Focus	2.1	AA	To the extent possible, content that appears on hover or focus should not obscure other content, unless it presents a form input error. or can be dismissed with the escape key.	N/A	No content appears on hover
2.1.1 Keyboard	2	A	Avoid implementing access keys. When access keys and other keyboard shortcuts are implemented, they must not interfere with existing browser and screen reader provided shortcuts.	N/A	No access keys are used
2.1.1 Keyboard	2	A	All functionality should be available to a keyboard without requiring specific timing of keystrokes, unless the functionality cannot be provided by a keyboard alone.	Supports	No timing of keystrokes is required to use or navigate the website
2.1.1 Keyboard	2	A	Avoid relying exclusively on pointer-driven events, such as onmouseover, to provide functionality when scripting. Generally, such functionality will also require scripting for keyboard operability.	Supports	Some elements on the website use onclick functionality - these have all been scripted to also work with keyboard functionality

2.1.1 Keyboard	2	A	In general, avoid using scripts to remove focus from an element until the user moves focus manually.	Supports	Focus is only removed from elements via navigation or selecting appropriate buttons (eg "Close")
2.1.2 No Keyboard Trap	2	A	Ensure keyboard focus is never trapped on an element without an obvious way to move focus out of the element. Make sure the user can move focus to and from all focusable elements using a keyboard only.	Supports	No keyboard traps are present within the website
2.1.4 Character Key Shortcuts	2.1	A	If a keyboard shortcut uses only letter (including upper- and lower-case letters), punctuation, number, or symbol characters, then the user must be able to disable the shortcut, remap the shortcut, or limit the shortcut to only when a particular interactive element has focus.	N/A	No custom keyboard shortcuts are used
2.1.4 Character Key Shortcuts	2.1	A	If a keyboard shortcut uses only letter (including upper- and lower-case letters), punctuation, number, or symbol characters, then the user must be able to disable the shortcut, remap the shortcut, or limit the shortcut to only when a particular interactive element has focus.	N/A	No custom keyboard shortcuts are used
2.2.1 Timing Adjustable	2	A	Do not require time limits to complete tasks unless absolutely necessary. If a time limit is necessary, the time limit should be at least 20 hours, or it can be extended, adjusted, or disabled.	Supports	No time limits are used in the website

2.2.2 Pause, Stop, Hide	2	A	Items on the page should not automatically move, blink, scroll, or update, including carousels. If content does automatically move, blink, scroll, or update, provide a way to pause, stop, or hide the moving, blinking, scrolling, or updating.	Supports	No items on any page automatically move, blink, scroll, or update
2.3.1 Three Flashes or Below Threshold	2	A	Do not provide any content that flashes more than three times in any 1-second period.	Supports	No flashing content is used
2.4.1 Bypass Blocks	2	A	Provide a link to skip to the main content as the first focusable link on the page.	Supports	Whilst no skip link is provided, all pages include a "Heading" and "Main" tag for easy navigation to the content
2.4.2 Page Titled	2	A	Make sure each web page has a title tag that is descriptive, informative, and unique.	Supports	All pages have a title tag that is descriptive, informative, and unique
2.4.3 Focus Order	2	A	Create a logical tab order through links, form controls, and interactive objects.	Supports	All pages contain a logical tab order
2.4.3 Focus Order	2	A	When inserting content into the DOM, insert the content immediately after the triggering element, or use scripting to manage focus in an intuitive way. When triggering dialogs and menus, make sure those elements follow their trigger in the focus order in an intuitive way. When content is dismissed or removed, place focus back on the trigger.	Supports	Inserted content appears in a logical order

2.4.3 Focus Order	2	A	Avoid using tab index values greater than 0.	Supports	No tab index values greater than 0 are used
2.4.4 Link Purpose (In Context)	2	A	The purpose of each link can be determined from the link text alone, or from the link text and the containing paragraph, list item, or table cell, or the link text and the title attribute.	Supports	For the majority of links the purpose can be determined from the link text - where this is not the case a descriptive title has been included
2.4.4 Link Purpose (In Context)	2	A	If the visible text alone is not sufficient to convey meaning, use advanced techniques to provide additional meaning, such as ARIA attributes, screen reader only text, or the title attribute.	Supports	ARIA and title attributes are used where appropriate
2.4.5 Multiple Ways	2	AA	Each website should include at least two of the following: links to related pages; homepage with links to all pages; table of contents; site map; search; or list of all pages.	Supports	Links to related pages are provided where appropriate and each section contains a homepage linking to all relevant content within that section, as well as an overall homepage providing links to each section and key content
2.4.6 Headings and Labels	2	AA	Ensure that on each page, headings, landmark labels, and form labels are unique unless the structure provides adequate differentiation between them.	Supports	On each page all headings, landmark labels, and form labels are unique
2.4.7 Focus Visible	2	AA	Provide keyboard focus styles that are highly visible, and make sure that a visible element has focus at all times when using a keyboard. Do not rely on browser default focus styles.	Supports	Keyboard focus styles are visible using custom styles

2.5.1 Pointer Gestures	2.1	A	Do not require multipoint or path-based gestures (e.g. pinching, swiping, dragging) for functionality unless the gesture is essential to the functionality.	Supports	No multipoint or path-based gestures are used
2.5.2 Pointer Cancellation	2.1	A	Avoid triggering functionality on down-events, such as onmousedown. Use events such as onclick instead.	Supports	No on down events are used
2.5.2 Pointer Cancellation	2.1	A	If a function is triggered on an up-event (e.g. onmouseup), provide a way to abort or undo the function.	N/A	No on up events are used
2.5.3 Label in Name	2.1	A	The accessible name for a UI element must contain any visual label for the element. Accessible names for UI elements should match visual labels as closely as possible.	Supports	Visual and accessible names for elements are matched as closely as possible
2.5.4 Motion Actuation	2.1	A	Avoid activating functionality through motion (e.g. shaking a phone). If motion triggers functionality, provide a way to disable the motion trigger, and provide an alternative way to activate the functionality.	N/A	No motion triggers are used
3.1.1 Language of Page	2	A	Provide a lang attribute on the page's html element.	Supports	All pages have html lang="en" set
3.1.1 Language of Page	2	A	When a visual label is present for an interactive element (e.g. link or form control), the accessible name of the element should contain the visual label.	Supports	Visual and accessible names for elements are matched as closely as possible

3.1.2 Language of Parts	2	AA	If a portion of the page is in a different language, use the lang attribute on that part.	N/A	All content is in the same language
3.2.1 On Focus	2	A	When the focus change, the page should not cause a change in page content, spawn a new browser window, submit a form, case further change in focus, or cause any other change that disorients the user.	Supports	Change in focus does not trigger any events or changes to page content
3.2.2 On Input	2	A	When a user inputs information or interacts with a control, the page should not cause a change in page content, spawn a new browser window, submit a form, case further change in focus, or cause any other change that disorients the user. If an input causes such a change, the user must be informed ahead of time.	Supports	Input to forms does not cause changes to content, nor any other event outside of the entry to the form item
3.2.3 Consistent Navigation	2	AA	When components are repeated across web page, they should appear in the same relative order with regard to other repeated components on each web page where they appear.	Supports	All repeated components (banner, menu, footer) appear in the same relative position and order throughout the website
3.2.3 Consistent Navigation	2	AA	When a navigation menu is presented on multiple pages, the links should appear in the same order on each page.	Supports	The order of links in the navigation menu is the same across all pages that contain the navigation menu

3.2.4 Consistent Identification	2	AA	When components have the same functionality across several web pages, the components are labeled consistently on each page.	Supports	Components are consistently labelled throughout the website
3.3.1 Error Identification	2	A	Programmatically indicate required fields using the required or aria-required attributes. Also, visually indicate required fields in the form's instructions or form labels. Do not indicate required fields for CSS alone.	Supports	All required form groups contain the aria-required="true" tag
3.3.1 Error Identification	2	A	Make errors easy to discover, identify, and correct.	Supports	The only possible form errors are not selecting an option for a question. This is highlighted with both an error message and highlighting any missing questions by outlining them with a red box
3.3.1 Error Identification	2	A	Identify errors using aria-invalid.	Supports with exceptions	Most unanswered fields are identified with aria-invalid. Some exceptions occur in the goal setting functionality where only one of several options needs to be selected.
3.3.2 Labels or Instructions	2	A	Use semantic, descriptive labels for inputs. Visually position labels in a consistent way that makes associating labels with form controls easy. Do not rely on placeholder text in lieu of an HTML label.	Supports	Semantic labels are used for inputs and positioned consistently across items and pages
3.3.2 Labels or Instructions	2	A	Provide text instructions at the beginning of a form or set of fields that describes the necessary input.	Supports	Clear text instructions are provided at the start of forms

3.3.2 Labels or Instructions	2	A	When providing inline help text, use aria-describedby to associate the help text with the input.	N/A	No help text is required
3.3.3 Error Suggestion	2	AA	If an input error is detected and if suggestions for correction are known, provide suggestions for fixing the submission.	Supports	Suggestion prompts are provided where appropriate.
3.3.4 Error Prevention (Legal, Financial, Data)	2	AA	Provide easy ways to confirm, correct, or reverse a user action where a mistake would cause a serious real-world consequence (e.g. submitting financial data, entering into a legal agreement, submitting test data, or making a transaction).	N/A	No user actions on the website could cause serious real-world consequences
4.1.1 Parsing	2	A	Validate all page HTML, and avoid significant validation / parsing errors.	Supports	All HTML is valid
4.1.2 Name, Role, Value	2	A	Avoid creating custom widgets when HTML elements already exist. For example, use a and button tags appropriately.	Supports	No custom widgets are used
4.1.2 Name, Role, Value	2	A	When creating a custom interactive widget, consult the ARIA Authoring Practices Document. Use ARIA labels, descriptions, roles, states, and properties to expose information about the component.	N/A	No custom widgets are used

4.1.2 Name, Role, Value	2	A	Use ARIA to enhance accessibility only when HTML is not sufficient. Use caution when providing ARIA roles, states, and properties. Supports	Appropriate ARIA roles are used through out
4.1.3 Status Messages	2.1	AA	When conveying a status message, use ARIA live regions or ARIA alerts to announce the message to screen reader users. Supports	ARIA alert is used for error messages.