



**Meadow Road Park Project  
Kettering**

**Design, supply and installation of Outdoor  
Fitness Equipment**

**Summer 2019**

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## **BACKGROUND INFORMATION**

### **1. Background & Vision**

1.1 Kettering Borough Council (the “Council”) is re-developing Meadow Road Park, Kettering, which is situated in close proximity to the town centre. The parks refurbishment is based on the wider town centre regeneration agenda and the Council are seeking to transform the park into the towns primary destination park.

1.2 The Council have began the first phase of the project with an all new equipped children’s play area, extensive pathways and landscaping, new street lights and seating.

1.3 Central to the projects second phase of works will be a new ‘community fitness zone’. The vision of this zone is to create a free to use fitness/workout space where younger fitter people can work out alongside those at the other end of the age range. The council believes that such a space will be very popular within the community and provide a real focal point whereby younger users can support more elderly users in their return to fitness and mobility.

1.4 The park is flanked by sheltered accommodation primarily for the over 65’s and the council is keen to support this group accessing the public park. Therefore the councils vision for the equipment for the older user is to develop an equipped space specifically aimed at those with mobility restrictions such as the over 65 age range. The council will use the space to run organised free to use ‘fitness sessions’ with this target group.

1.5 It is fully acknowledged that this will require radically differ equipment being cited side by side and this is intended. Some division of the equipment will be made by different colored surfacing and this will have the visual effect of producing 2 fitness areas within the one wider ‘zone’.

### **2. Equipment details**

2.1 For the younger user, the council is seeking to install a range of Calisthenics or ‘street gym’ ‘bars’. This system will be either a large single unit with various bar arrangements, and/or bar based equipment being arranged separately but in close proximity. So either a large single unit of a number of smaller pieces. Preference will be given to equipment which includes some form of suspended hoops from which the user may hang and do pull ups and other exercises.

2.2 The equipment for the elderly users will be very different being based on ‘movement and mobility’. This will be ‘low impact’ equipment and aimed at assisting longer term mobility and helping address trips and falls within older people. It may include items such as:

- Snake beam OR balance beam
- Hip spring

- Shoulder wheel
- Sit and up
- Step and calf
- Bench workout with pedals
- Wrist workout

This is not an exhaustive list.

2.3 The council is not seeking to install more conventional 'outdoor gym' type machines such as chest presses, rowers, cross trainers etc. But rather 'movement and mobility' based items aimed at the over 65's and those with mobility issues

2.4 All equipment will require surfacing to act as a wear pad. Due to the potential fall height of Calisthenics equipment, surfacing should be IAS and according the council wishes to see a bonded 'rubber crumb' surfacing used.

2.5 The council does not have a preference for material type, so wood or steel framing would be suitable. However, neither large rounded softwood or Robinia 'wobbly wood' would be considered suitable and a more engineered finish is sought. However, a combination of materials would be acceptable. For example the using of both steel together with a more engineered timber.

2.6 The council does not stipulate a colour and seeks to draw on the skills of the contractor to suggest a colour scheme fitting for the space. Accordingly , the contractor should consider that the equipment will be highly visible from a major road but that the rest of the park has a mature and landscaped appearance. Therefore a large Calisthenics 'rig' in bright blue/yellow/red etc might not be so fitting.

2.6 Contractors must indicate whether their submitted design can be procured in different colours.

### **3. Installation**

3.1 Installation will a soft dig

3.2 Surfacing for the zone will be based on the 2 areas and types of equipment and so to demark the equipment, the requirement is to have the surfacing for the zone in 2 sperate colours. The contractor should select a colour which they feel will compliment their offered equipment.

As the park has a very attractive semi natural/mature outlook, overly bright colours are not sought. For example, bright yellows, blues or oranges would not be suitable.

3.3 Surfacing will be a bonded rubber mulch set in the colours as detailed in 3.2 above.

3.4 The surfacing should be laid over a compacted stone base in order than a level surface be provided