

SPRINGFIELD RECREATION GROUND

PHASE 1 WORKS - OUTDOOR GYM BRIEF

Prepared for CORSHAM TOWN COUNCIL June 2017 - Revision B

Site Name:	Springfield Recreation Ground	
Report Title:	Phase 1 Outdoor Gym Brief	
On behalf of:	Corsham Town Council	
Produced by:	Johns Associates Limited Limpley Mill Lower Stoke Bath BA2 7FJ Tel: +44 (0) 1225 723652 Fax: +44 (0) 1225 723874 www.johnsassociates.co.uk	
1 st Issue: Current Status: Date of 1 st issue	02/06/2017 FINAL-RevB 02/06/2017	
Job Reference:	J00065	
Contributors:	Phil Walker Health & Well-being Consultant Isabeau Meyer-Graft BSc Hort MSc CMLI (Senior Landscape Architect)	
Issued By:	Isabeau Meyer-Graft BSc Hort MSc CMLI (Senior Landscape Architect)	
Approved By:	Matthew Johns BSc MSc CEnv CMIEEM FGS MIFM (Director)	

Third Party Disclaimer

Any disclosure of this report to a third party is subject to this disclaimer. The report was prepared by Johns Associates at the instruction of, and for use by, our client named on the front of the report. It does not in any way constitute advice to any third party who is able to access it by any means. Johns Associates excludes to the fullest extent lawfully permitted all liability whatsoever for any loss or damage howsoever arising from reliance on the contents of this report. We do not however exclude our liability (if any) for personal injury or death resulting from our negligence, for fraud or any other matter in relation to which we cannot legally exclude liability.

Document Revisions

A Updated following client's comments 20170803	No.	Details	Date
B Undated following client's comments 20170804	Α	Updated following client's comments	20170803
D Opdated following client's comments 20170004	В	Updated following client's comments	20170804

INTRODUCTION AND RATIONALE

Exercising outdoors offers a completely different experience to training inside a health club environment. The allure of exercising in the fresh air alone has significant benefits, largely having positive impacts on mental health, it is scientifically proven to improve self-esteem, self-confidence and leave you feeling more invigorated. Exposure to natural light has shown to improve mood by increasing oxygen, which aids the release of the brain chemical serotonin.

Generally, outdoor gyms are very cost-effective for the user as, by and large, they are free and thus encourage use by local communities. With actions and measures in place to ensure that the local users of the facility are using the equipment correctly, along with pre-designed programs to follow, they can have huge positive effects on community health & well-being.

Public health guidelines have traditionally focused on the requirement for individuals to increase their activity levels with an emphasis on cardiovascular fitness or long slow duration exercise, such as walking or jogging. However, strength training has been proven to have significant physiological benefits, including weight control and fat loss, which are associated with a wide range of diseases from cardiovascular disease to cancer. It can also have a profound effect on osteoporosis by building bone mass.

The setting of the outdoor gym has been designed to have visible separation between equipment, its users and the rest of the public park. Grassy mounds of up to 1m height along the main path still allow views into the gym area, while a hedge towards the main open grass area partly screens views from the west. This offers a degree of seclusion in the area while not being totally concealed. The area itself is subdivided by planting and grass into different sub-zones and would be kept deliberately natural and 'soft' in appearance. This natural setting will contribute to the health and wellbeing experience.

The equipment shown on the design is indicative only and, while it includes a mixture of steel and timber/stone pieces of equipment that allow for different levels of formality and catering for different abilities, this is not prescriptive. The Town Council are looking for a coherent site which blends with the existing installations and buildings.

SCOPE

It is intended that the project will be in three stages, site landscaping, installation of equipment and surfaces and finally the construction of the new footpath

The landscaping of the site will be carried out by Corsham Town Council as shown on the attached drawings. It is intended that the fitness equipment will fit into the indicative layout of the inner space with its 4 themed sub-zones. These subzones would be surfaced with either safe or hard surfacing as required by each piece of equipment. While the exact outlines of the subzones can be adjusted to accommodate the pieces of equipment, the general shapes and subdivision of zones should remain as closely as possible to the original design.

We are seeking to appoint a contractor to supply and install equipment and surfacing. It is intended that in the first instance the potential contractor will:

- Provide a list of suggested equipment to fit the brief
- Specify both safe and hard surface finishes as appropriate.
- Prepare an indicative layout approximately fitting into the design provided showing all pieces of equipment.
- Provide details of signage, which should include instructions for use, safety instructions and links using social media and QR codes.
- Be present at an opening event and provide training for those intending to provide fitness classes using the equipment.
- Provide an overall cost for the project.



This information will be used to short-list around three contractors from which the final contractor will be selected. Each of the short-listed contractors will be expected to provide detailed drawings and artists impressions that can be used for public consultation and selection by the Town Council, as well as a final costing for the supply and installation of the equipment and surfaces. Short-listed contractors may also be expected to present their scheme to the Town Council as part of the final selection process.

EQUIPMENT

The Town Council are seeking suppliers who will provide their solution to the brief. The successful contractor is one who will provide a coordinated, innovative and cost-effective proposal.

Resistance Equipment

The resistance equipment selection should include exercises that engage all major muscle groups, both upper and lower body, they should not be complex to use and must be durable to both weather and vandalism.

The suggested pieces of equipment are:

- Seated Chest Press or Bench Press: this will engage all major muscle groups within the frontal axial plane of the body including the Pectoral major & minor, the Anterior Deltoid and the Triceps Brachii.
- Seated Pulldown or Row: this will pinpoint all the muscle groups associated with a pulling motion, including the Latissimus Dorsi, Rhomboids, Trapezius, Posterior Deltoid, Biceps Brachii, Brachioradialis and Forearm Flexors.
- Seated Leg Press or Squat: specifically designed to engage the upper leg, including the Quadriceps, Biceps Femoris, Semitendenosous & semiembranosous.

It is accepted that there are 3 methods of applying resistance to these machines and any, or a combination of systems, would be acceptable:

• Hydraulic Piston

This is a hydraulic piston that allows the user to adjust the weight dependent on individual strength and training requirement. This method is excellent for improvements in strength, flexibility and posture, best for weight control and is accessible for young and old alike. It allows for progressive resistance, yet does not appear complex or intimidating to the user. It has counter measures in place to ensure there is no risk of entrapment.

• Adjustable Weight Discs

Used in the same manner as the traditional free weight methods. Added resistance is applied through adjustable, non-moveable (from the equipment) weight. They use fixed benches, seats and frames to produce similar exercises like the Bench Press, Squat, Bicep Curl, Seated Row. Using weight plates can appear daunting especially to beginners and the over 65's. In contrast, they do offer further development of muscular strength and endurance with progressive resistance increments.

• Bodyweight

Weight or resistance is provided by the users own bodyweight, this is the most common type of installation as it is the most simple and accessible to use. However, it does have limitations when looking to improve an individual's health through strength training as the weight load cannot be increased.



Cardiovascular equipment

All of the suggested pieces of equipment suggested below are effective for having a positive cardiovascular outcome and will also aid the user with weight control, improving joint mobility and posture whilst also having a slim degree of strengthening muscle and connective tissue. The cardiovascular equipment ideally needs be as low impact as possible to ensure that it enables a wide range of users to participate. The choice of equipment available include, but is not limited to, the following:

- The Air or Space Walker moves in a forwards & backwards swinging motion, whilst the user holds on with their hands to enable stability and reinforce the user's security and balance, it is ideal for hip joint mobility and is low impact due to its elevation from ground level and swinging motion, it is best described as running off-ground. Easily accessible by everyone.
- The x trainer (or elliptical) trainer, as well as the rower below, are highly beneficial because the users do not use their legs to activate the machine, they also engage their core and upper body, primarily arms and shoulders. Through changes in amount of pressure applied through their limbs they can work either upper or lower body more. With the elliptical trainer, they also have the advantage of doing the movement in a reverse motion which would again the alter the physiological output by engaging the Hamstring muscle group (bicep femoris, Semitendiosus & semimenbranosus) and gluteus muscles.
- *Rower* As described by the X trainer, this also works many of the major muscle groups on the body only in a seated position, there is no impact through the knee or hip joint, although some may find it hard to access due to its design, especially those with spinal erector or lower back injuries.
- *Cycle* There are 2 options with the cycle, upright, the more traditional way of riding a bike or in a reclined seating position, which has the added benefit of an easier riding position.

Static Equipment

This should comprise of an array of equipment that will enable a wide variety of training principles by engaging most of the superficial and deeper muscle groups. This range allows for pure bodyweight resistance exercises which include sit-ups and pull-ups, but it will also allow for other modified exercises such as inverted rows or leg raises and can be further used for other adaptations, such as using battle ropes, TRX or Fitness band training.

Functional training Circuit and Cross Fit (inclusive of body weight exercise 'calisthenics') are prime examples of training styles that could be utilised on this equipment.

The range of equipment suggested includes:

- *Parallel Bar Dips* Primarily used for engaging the Pectoral muscle group, Anteriior Deltoid and Triceps Brachii, these can also be utilised for additional exercise selection.
- *Pull up bar* Designed for the traditional straight arm pull up exercise. This works the Latissimus Dorsi, Rhomboids, Deltoid, Bicep Brachii & Trapezius muscles. Other exercises can also be adapted to use such equipment.
- *Step Up* Its primary use is used for stepping up onto, working the Quadriceps & Hamstrings, gluteus and Calves. This piece of equipment can be used for many further exercise options.
- *Rope Climb* Great for use in building upper body strength, primarily in the Latissimus Dorsi, Bicep Brachii, Anterior Deltoid, Rhomboids & Trapezius.



- *Monkey Bars* Hits all the same muscle groups as described in the Rope Climb but with this piece of equipment you can further your exercise options and it is widely used for adding fitness accessories to such as the TRX.
- *Sit Up Bench* Used exactly for what it says, works the abdominal and oblique muscle groups using a wide variety of exercise choice.

No constraints will be placed on the construction of the equipment; however, the use of large, locally sourced natural stone cubes has been suggested as they offer practicality, are naturally aesthetic, reflect local history, are highly durable and simple but effective. They are a great use of a natural product that would offer a wide variety of choice using the cross fit & circuit training methods.

Conclusion

It is intended that by offering a mix of low impact cardiovascular equipment, resistance equipment & static equipment, the outdoor gym would offer something for everyone, right across the community, and can be used by groups or individuals.

