

Community Exercise Stations

Cherry Lake Reserve, Altona

Project Planning, Implementation and
Review.



Cherry Lake Fitness Trail

Cherry Lake Reserve, Altona



- Planning → Design → Installation → Activation
- Review → Future Projects



Why Outdoor Fitness Equipment?



Community interest

- *'Pitch Your Project'* Council initiative inviting the community to submit project ideas for the upcoming budget.
- Community consultation for park upgrades; increased interest for fitness equipment in parks.

Council Response

- Hobsons Bay City Council allocated \$200,000 in the 2017-2018 budget to install outdoor fitness equipment.

Existing Fitness Stations

- **Brooklyn Reserve;** five dynamic exercise items, installed 2017.
- **Altona Meadows Reserve;** two pods with a wide range of static fitness equipment, installed 2009.



Planning - Location

Two key Location Objectives

1. High Profile, High Use

Locate in prominent, highly used recreational areas with significant amounts of pedestrian and vehicular traffic.

2. Low Socio-Economic

Locate in low socio-economic areas to encourage participation in free fitness activities



Planning - Location



Design Considerations

- How the community currently uses the site
- Accessibility to and throughout the reserve
- Reserve features
- Other infrastructure and facilities



Selected Location - three fitness stations



- Close to public transport
- Car parking
- Existing pedestrian and cycling paths
- Public toilets in two locations
- Playground
- Picnic and BBQ area
- Shade trees



Planning – Equipment Selection

Equipment type – Static or Dynamic?

Static Equipment-

stationary equipment without moving parts.



Dynamic Equipment- equipment with moving parts providing a guided range of motion.

Majority of community requests were for dynamic styles of equipment

Static Fitness Equipment

Pros

- Wide range of exercise options
- Basic and versatile – appealing in simplicity for beginners and experienced
- Low maintenance
- Cost effective



Cons

- Knowledge of exercises to use equipment correctly
- Advanced fitness level required ie. pull-up bars
- No guided range of movement available - risk of injury

Dynamic Fitness Equipment

Pros

- Guided range of movement for user
- All abilities access options
- Easy to use
- Suitable for beginners and users with varied fitness levels



Cons

- Can be restrictive in use – not adjustable
- Increased maintenance due to moving parts
- Appealing to children for play rather than fitness

Final Design

Station 1



- Close proximity to carpark, toilets, picnic shelter, drinking fountain, existing paths and playground
- All-abilities access
- Mix of dynamic and static equipment
- Suitable for all fitness levels including Seniors.

Station 2



- Close proximity to Lohse st parking, toilets and existing paths
- All-abilities access
- Mix of dynamic and static equipment
- Suitable for fitness levels from beginner to advanced.
- New drinking fountain installed



Station 3



- Close proximity to Sugargum Drive carpark and existing paths
- 1 km from playground area
- All-abilities access
- static equipment only
- Suitable for users with some experience with average to high fitness level.

Activation and community feedback



‘Come and Try’ Opening Event

- Personal trainer to assist community users
- Opening Event Signage throughout reserve
- Council website page
- Social Media posts

Community Survey

- Community invited to give feedback on fitness stations
- On-line questionnaire
- Motion-sensor counter installed, providing visitation data

CHERRY LAKE FITNESS EQUIPMENT PROJECT

1 Between playground and beginner's skate bowl
2 Located to the east of the Fresno Street carpark
3 Approximately 65 metres from the carpark, northern end of Sugargum Drive

Hobsons Bay City Council will be installing fitness stations in three locations along the Cherry Lake Shared Trail.

Once the stations are installed a survey will be made available on Council's website (www.hobsonsbay.vic.gov.au/fitness) to seek feedback from the community.

Information obtained from the evaluation of this project will help guide future fitness equipment installations in Hobsons Bay.

Timeline of works:

Stage 1: Installation of fitness stations, June – July 2018

Stage 2: Seek community feedback on fitness stations, July – December 2018

For more information please visit, www.hobsonsbay.vic.gov.au/fitness

HOBSONS BAY CITY COUNCIL

“It’s free and of great benefit to our community”

“I can walk my dog at the same time and he waits while I exercise”

“We adore them and hope you keep them. It’s been a long time since my teenagers were so motivated to exercise”

Lessons learnt



Design Considerations

- Priority signage – ie not play equipment
- Clear and concise instructional signage and QR codes
- Extend ‘come and try’ sessions or program regular fitness events
- Lighting for early morning/evening training

Maintenance Considerations

- Schedule regular maintenance checks – ie concurrent with playground checks

New and Proposed Fitness Stations



Seniors Fitness at Donald McLean Reserve, Spotswood



Ninja Fitness Course at Leo Hoffmann Reserve, Newport