

Adult Play Equipment Report

The Council has already discussed the positive aspect of installing outdoor gym equipment to encourage exercise and fitness particularly working in partnership with local organisations such as Sentinel Leisure Trust (Lowestoft Ogogo) and OneLife Suffolk. Indeed, our policy of making our sports facilities free has already seen an increase of over 100% in the number of participants in the first year as well as many sports clubs recording increases in membership and increased coaching opportunities.

On Wednesday 3rd October Councillor Carlton and myself met with a representative of Kompan, who are an adult outdoor gym equipment specialist at Wenhaston Playing Fields to view their equipment. The gym equipment is state of the art multi-use apparatus which has been designed by a physiotherapist to provide safe, progressive outdoor gyms for all ages and abilities. Indeed, most of the equipment can be used by beginners through to fitness experts.

Wenhaston has used funds available from the building of a local estate to develop a five-year plan to improve their playing fields and sports offering. Part of this was installing an outdoor gym and climbing area. This area consists of two large multi-use pieces of equipment, three single use pieces of gym equipment, some step-up pads, a hexagonal 'Bloqx' climbing unit, table tennis table and signage. This equipment is regularly used and the local parish council are pleased with their investment.

The equipment comes in a standard grey and orange colour scheme which can be customised if required. The main galvanised structures, stainless steel hardware and ecocare/HOPE panels come with a lifetime guarantee with other parts having between 2 to 10 year guarantees as long as they are properly installed and maintained. Wearable items can be replaced without having to replace the whole. The design and construction are highly vandal resistant and fire resistant with even the 'rope' having steel cores. There is some maintenance of the equipment needed but this is along the lines of the maintenance needed for our play equipment and could be built in with this schedule.

The Kompan App not only shows how to exercise in the best possible way but also provides a full workout program and guidance on nutrition. In short, an online personal trainer which could be used in conjunction with external organisations to promote healthy lifestyles or join an online user community for motivation. There is also the option to have frames with detachable equipment, this is being used in some places to allow coaches to pay to hire the equipment and run training sessions for which they themselves charge.

Recommendation

That we invite a consultant to meet with LTC representatives (possibly including Sentinel and Norse) at Normanston Park to discuss options as soon as possible as there is currently a sale on until the 24th of December. Initially this would be to look at installing an adult gym but may look at the options of climbing units as a future scheme depending on costs (these are not in the sale at present). We would ask Kompan to provide us with a scheme of works and a quote hopefully prior to the November F&G and Full Council meetings so that it could be actioned prior to the end of the sale and then installed early next year.

In addition to the sale reductions there is an offer of a free product worth £650 when you spend over £10,000 which we may be able to use to reduce costs. There is also a matched funding offer of 25% however this cannot be used in conjunction with any other offer but we may be able to negotiate on this especially if we were looking to roll out the gym facilities in other areas of the town as would be highly likely if there was the demand. Especially if a scheme could be drawn up to enable this where we consider sites and equipment over a period of years.

For this initial investment we would suggest that we could use funds from the play equipment budget (as we have upgraded three play parks this year from previous funds and are awaiting a report on play equipment provision from Sentinel Leisure Trust) as well as looking at any available funds from S106 and CIL.

Sale Items

Item	Full Price	Sale Price
Full Body Work out Fitness Bundle includes four multi-use/multi-user items – Push Up Bars Unit, Combi 2 unit, Double Chest Press Unit and Free Runner, Cross Trainer and Power Bike Unit	£12,870	£9,300
Magnetic Bells Unit (as at Wenhaston)	£10,160	£6,800
Suspension Trainer (as at Wenhaston)	£8,400	£5,600
Cross Trainer (as at Wenhaston)	£2,850	£2,149
Fitness Bike	£3,210	£2,450
Double Turbo Challenge	£6,750	£3,850
Wall with Net	£3,290	£1,800
Balance Beam	£1,280	£700
	£48,810	£32,649

Please note this is not saying this is what we would have or what we should spend but it does give an indication of the savings possible if we were to progress quickly. If we were to go for the Full Body Work Out bundle for example we may not need to get the cross trainer as there is one in that package. At that level of spend we may even be able to negotiate the Wall free etc.

In addition to the adult gym equipment this company also does innovative and customisable children’s play equipment, obstacle courses, climbing frames and contained multi-use sports areas which can be used for basketball, five a side football, volleyball and possible hockey as well as standalone goals with basketball hoops.

Wenhaston Photos



<p>Welcome & Safety Sign (provided as part of package)</p>	<p>Rear of Welcome and Safety Sign</p>	<p>Image of gym area. This was an existing concrete area but would be better with a resin bonded mulch or alternative surface.</p>
		
<p>Suspension Trainer – this can be used for over 60 exercises all of which can be done at different levels of fitness.</p>	<p>Instructions on the different exercises in the bottom of which there is a QR code which can be used in conjunction with an app to provide a three-dimensional workout image.</p>	<p>View across the gym area</p>
		
<p>Step up padded boards – these can be used for a variety of exercises either individually or as a collective.</p>	<p>Magnetic Bells – these are like kettle bells but with magnets inside on a metal bar. There are three different weights and the faster that you move them the more resistance there is and the more effort needed.</p>	<p>Again, the Magnetic Bells have an instruction board with QR codes.</p>

		
<p>Push up bars</p>	<p>Inclined sit up bench</p>	<p>Sit up bench instructions and QR code</p>
		
<p>Cross Trainer</p>	<p>Bloqx Climbing unit on resin mulch base</p>	

Cllrs Tara Carlton & Neil Coleby

4th October 2018

