

**Committee: Cabinet**

**Date of meeting: 6 July 2016**

<b>Subject:</b>	Outdoor Gym Consultation Results
<b>Lead Officer:</b>	Head of Leisure and Cultural Services
<b>Portfolio Holder:</b>	Cllr Janet Turner - Portfolio Holder for Leisure & Culture
<b>Link to Council Priorities:</b>	P1, P2, P3
<b>Exempt information:</b>	None
<b>Delegated status:</b>	For Resolution
<b>Key Decision:</b>	No

**EXECUTIVE SUMMARY:**

At the CIL Strategic Spending Board, held on 2 March 2016, £95,000 was allocated to the installation of outdoor gym equipment at Cobham, Hersham or Molesey Recreation Grounds.

CIL recommended that the findings from the public consultation be presented to Councillors. Public consultation has shown that 99% of residents asked support the provision of a new outdoor gym in Elmbridge Recreation Grounds. Further benefits and considerations are set out in the report.

**RECOMMENDED: THAT**

- (A) THE RESULTS OF THE OUTDOOR GYM CONSULTATION ARE NOTED;  
AND**
- (B) THAT CORONATION RECREATION GROUND, COBHAM RECREATION  
GROUND AND MOLESEY HURST RECREATION GROUND ARE  
SELECTED AS THE SITES FOR NEW OUTDOOR GYMS.**

**REPORT:**

- 1. Background**
- The Council has committed to enabling residents to become more active. The Elmbridge Physical Activity Strategy 2015-20 highlights the need for more local opportunity for people to become more active. To increase levels of physical activity throughout the Borough
  - Focus on certain areas of deprivation and low levels of physical activity within the Borough
  - Promote the benefits of achieving a healthy and active lifestyle
  - Widen access to physical activity opportunities for all residents 'to inspire people to lead healthier lifestyles and get more active'.
- Consultation carried out as part of the strategy showed that a large number of Elmbridge residents wanted opportunities to exercise outdoors and closer to home. 57 % of respondents identified access to reasonably priced, convenient resources in the community as one of the factors that would encourage them to take part in more physical activity.

4. There is evidence to support that using green spaces and being active outside can improve an individual's mental wellbeing and supports both Public Health England's 'Everybody Active Every Day' as well as the priorities of the Surrey Health and Well-being Strategy.

5. One of Leisure and Cultural Services - Service Delivery Plan 2016/17 objectives is:

"Increasing opportunities for people to lead an active and healthy lifestyle". and "develop a series of targeted indoor and outdoor activities and initiatives with partners to encourage increased physical and mental health across all age groups. "

## **6. Outdoor Gyms**

7. Elmbridge's first outdoor gym was installed as a part of the Olympic Legacy projects in 2012 at Long Ditton Recreation ground and this has proved very popular among the local community with a range of activities being organised linked to the facility. Officers have been looking at options for the provision of a similar facility elsewhere in the Borough linked to lower levels of activity in a bid to encourage a healthier lifestyle.

8. Simple to use, with instructions, use resistance and own body weight for low impact exercise, links to website and apps to design own exercise programme or basic tuition

9. Low maintenance, open during daylight hours free of charge, complements existing park users.

10. At the CIL Strategic Spending Board, held on 2 March 2016, £95,000 was allocated to the installation of outdoor gym equipment at Cobham Recreation Ground, Coronation Recreation Ground or Molesey Hurst Recreation Ground.

11. The areas proposed have been highlighted in a mapping exercise that details areas that are least active and not reaching the recommended 150 minutes per week of physical activity a week. Officers determined the most appropriate locations based on site specifics, access, parking and ground conditions.

## **12. Consultation**

13. Widespread public consultation was promoted from 15 May to 15 June 2016 with surveys available online and promoted through local media, social media, as well as 300 paper copies were distributed in each of the three areas.

14. In total, 1348 residents took part in the consultation with 1060 online questionnaires completed and 288 paper questionnaires. Out of the 1348 replies, the response was fairly well spread across the 3 sites, with results considered in percentage terms to provide a fair comparison.

15. Overall response rates per site were as follows:

Hersham Coronation Recreation (36%), Cobham Recreation Ground (34%) and Molesey Hurst Recreation Ground (30%)

16. Over 33% said they were moderately active, 12% not very active and 2% inactive.

17. 53% said that they would use the outdoor gym 1-2 days per week if it was installed in their local park with 43% saying they would use it 3-5 days per week.
18. Respondents across the 3 locations indicated that they would like an outdoor gym in their local park, with only 1% saying that they would not like a gym in their local park.
19. Motivation from respondents to use the gym indicated that improved fitness 78%, general health 69%, free 60% and 51% weight loss or toning were reasons why they would use an out door gym.
20. The results showed a slight preference for the provision of an outdoor gym as Hershams Recreation Ground being 36%, having the highest level of support. With Cobham Recreation Ground having 34% of the responses and very closely behind Molesey Hurst Recreation Ground at 30%.
21. **% Support for Gym by location**

Molesey Hurst Recreation Ground	30%
Coronation Recreation Ground	36%
Cobham Recreation Ground	34%
Not interested in outdoor gym project	1%

22. Given the high response rate to this survey and the equal distribution of the support for a green gym, Officers have reviewed the locations and concluded that the funding could be split across the 3 sites to complete 3 good sized green Gyms, which would be more beneficial than one large gym and would target 3 areas with lower rates of physical activity.
23. Should the new gyms prove popular, consideration will be given to external funding bids to extend the facilities. Each site will be designed with this in mind so as to future proof any further extension.
24. Literal comments from residents included that an outdoor gym would encourage families to use that are not members of indoor gyms. A lot people commented on it being nicer to exercise outside rather than indoors. There were many comments around the cost of current gym membership and the advantage of a free gym for all to use. Many parents said that they would use whilst their children were participating in football or other multisport classes in the recreation ground.
25. A full copy of the consultation results and feedback will be made available to download from the website, and are available in the Member's Room.
26. The procurement process will take about 8 weeks from approval of the project with the gym/s due for completion later in this year. Ward Councillors for each of the areas will be invited in to see final designs once they are available.

**Financial implications:**

Capital budget of £95,000 is in the CIL Strategic Spending Board programme to fund the initial installation of the outdoor gym.

There is an annual maintenance cost for an outside gym. The cost is based on quotes from the current contractors who maintain the outdoor gym at Long Ditton. This cost includes daily visits for visual inspections and also a monthly lubrication to parts. The annual sum for this work is £2545.00 – this cost will be met by the Green Spaces Team grounds maintenance budget.

**Environmental/Sustainability Implications:**

As contained within the report.

**Legal implications:**

None

**Equality Implications:**

None

**Risk Implications:**

A new risk assessment will be completed prior to the opening of the new facility.

**Community Safety Implications:**

None

**Principal Consultees:**

Ward Councillors,  
Local residents  
Head of Leisure and Cultural Services  
CIL Board  
Finance Manager.

**Background papers:**

None

**Enclosures/Appendices:**

A full copy of the consultation results and comments are available through this link and are available in the members room or from Leisure and Cultural Services

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