

3.1. Outdoor Fitness Equipment

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ATTACHMENTS: Nil

PURPOSE:

The purpose of this report is to provide Council with a progress update on the implementation of outdoor fitness equipment across North Sydney.

EXECUTIVE SUMMARY:

This report provides a progress summary of the outdoor gym equipment implementation.

FINANCIAL IMPLICATIONS:

Funds have been allocated in the 2021/22 budget for the installation of outdoor fitness equipment in Anderson Park. Funding is being sought for inclusion in the next Delivery Program to allow the installation of fitness equipment in Berry Island Reserve, Bradfield Park and Brennan Park.

RECOMMENDATION:

1. THAT the outdoor fitness equipment report be received.

LINK TO COMMUNITY STRATEGIC PLAN

The relationship with the Community Strategic Plan is as follows:

1. Our Living Environment

1.4 Public open space and recreation facilities and services meet community needs

BACKGROUND

Placement of outdoor fitness equipment has been considered in the Draft Playground Plan of Management, which is currently on public exhibition. These facilities are often co-located with playgrounds, and cater to the needs of children, teens and older members of the community who have 'outgrown' playgrounds. This Report outlines the progress of outdoor gym equipment implementation in recent years and provides details on parks suitable to accommodate fitness equipment in the future.

CONSULTATION REQUIREMENTS

Community engagement is not required.

DETAIL

Outdoor fitness equipment hubs are a special part of North Sydney's open space network. They are more than equipment and physical spaces; they are places for the local community to be physically active, places for members of the public to gather and interact in an active way. It allows park users to exercise in the fresh air and to connect with nature and with others in the community in a friendly, social environment. It can help improve the mental and physical well-being of users.

As noted in the Draft Playgrounds Plan of Management: *'Providing free outdoor facilities which are available for use at any time removes some of the barriers that may prevent people from exercising. Park and reserves with fitness equipment and other facilities tend to be busier; this makes them feel safer and discourages antisocial behaviors. There is also less misuse of park furniture not intended for physical activity.'*

At present, North Sydney offers several parks which contain outdoor fitness equipment. In the early 1980's outdoor fitness equipment was installed in Ted Mack Civic Park. The equipment was instantly popular, however despite its attractiveness it was not until 2008 that the next fitness elements were introduced in Euroka Street Playground. Since then, outdoor fitness equipment has been installed in 7 other locations. Current locations of outdoor fitness equipment in North Sydney are listed in the table below.

Table 1

Outdoor Fitness Equipment in North Sydney

Location	Year of installation
Cremorne Reserve, Cremorne Point *	2010
Euroka Street Playground, Waverton *	2008
Forsyth Park, Neutral Bay *	2011
Green Park, Cammeray	2015
Kesterton Park, North Sydney*	2018
Ted Mack Civic Park	2003
Tunks Park, Cammeray	2003
Waverton Park, Waverton (3 locations)*	2015

* Fitness equipment is directly associated with a playground

Following a thorough assessment of parks suitable to accommodate fitness equipment in North Sydney a list of priorities ordered from 1-3, with 1 being the highest priority, was created and is being presented in the Draft Playgrounds Plan of Management 2021.

Table 2

Priority Parks & Reserves for Fitness Equipment

Priority 1	Priority 2	Priority 3
Anderson Park	Blues Point Reserve	Anzac Park
Berry Island Reserve	Brightmore Reserve	Cammeray Park
Bradfield Park	Sawmillers Reserve	Carradah Park
Brennan Park	Watt Park	
Fred Hutley Reserve		

Installation of outdoor fitness equipment in Anderson Park is scheduled to be delivered in two stages by the end of 2022.