

# Scoping and Costing Outdoor Fitness Equipment for the Alpine Shire

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Prepared for Active Alpine  
by Leeah Cooper



**EQUILIBRE HEALTH**  
Exercise Physiology & Lifestyle Solutions



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Picture on cover page: taken by Leeah Cooper (newly installed Outdoor fitness equipment at Wodonga May 2019).

## Executive summary

Physical activity has numerous benefits for individuals and communities alike. Despite the evidence, the Alpine Shire has high rates of physical inactivity. This increases across the lifespan and with lower socio-economic status. Therefore, affordable, accessible and inclusive physical activity opportunities are necessary to address some of the individual and environmental barriers encountered when being or becoming physically active.

This report aims to investigate the need and support for potential outdoor fitness equipment (OFE) across the Alpine Shire. The report provides evidence for installations of OFE and looks at local demographic need through local population statistics and community consultation.

Potential sites for OFE across the Alpine Shire were assessed as a result of the information collected. These assessments were conducted in Myrtleford, Mount Beauty, Bright and Porepunkah. Considerations for installing OFE, costing and recommendations for equipment have been developed.

Including OFE in one or more sites across the Alpine Shire would be a beneficial investment and assist with improving physical activity rates and health outcomes for the local community.

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## Definitions

Older Adult: primarily refers to those aged over 65 years (Sims et. al, 2006)

Outdoor Fitness Equipment (OFE): for the purpose of this report the term Outdoor Fitness Equipment will be used. OFE has been defined as “environmental infrastructure built in a public open space to promote structured physical activity” (Lee et. al, 2018). Further to this, OFE is generally free and accessible for use at all times.

Strength training: also known as resistance training “involves activities for improving strength, power, endurance and size of skeletal muscles. Examples include exercises that use either body weight (e.g. push-ups), free weights (e.g. dumbbells) or machines as resistance” (Brown et. al., 2012).

Structured physical activity: Also known as “exercise”, it is physical activity that is purposeful with the intention to improve or maintain of one or more components of physical fitness (WHO, 2019).

Sufficient physical activity: is currently defined in the National Physical Activity Guidelines as 150 minutes or more of moderate and/or vigorous activity per week for health benefits (Department of Health, 2014).

## Introduction

Physical activity has numerous health benefits such as; reduced risk of chronic disease, weight management, improved social connectedness and improved mental wellbeing (Department of Health 2014). Conversely, physical inactivity has been identified as the fourth leading risk factor for all-cause mortality globally (WHO, 2019). Despite this evidence, high rates of physical inactivity continues across the lifespan (AIHW 2017a) .

The current Australian National Physical Activity and Sedentary Behaviour Guidelines recommend adults (18-64 years) engage in 150 minutes of moderate intensity physical activity over at least 5 days/week, with the addition of two days/week of muscular strengthening exercises. For adults aged over 65 years, recommendations are similar, with the inclusion of balance and flexibility exercise (AGDoH, 2014). In 2014-15, only 48% of Australians aged between 18-64 years engaged in sufficient physical activity. This percentage declined with age, with only 25% of those aged over 65 years meeting the guidelines (AIHW, 2018).

Furthermore, fewer Australian adults are meeting the strength-training component of these guidelines, with only 24% of Australian's aged 18-64 years engaging in strength training two days/week. This decreases to 19% for 55-64 year olds (AIHW, 2018). Meeting this component of the guidelines has additional health benefits. Strength training has been found to reduce premature and cancer-related death by as much as 23% and 31%, respectively (Stamatkis et al. 2017), Strength training also prevents muscle mass loss (sarcopenia), improves balance, reduces falls risk, improves functional capacity and the ability to undertake activities of daily living (Seguin & Nelson 2003).

The reasons people are sedentary or insufficiently active are numerous and varied. These include demographic and biological factors, psychological, cognitive and emotional factors, skills, social and cultural factors and environmental factors (Trost et. al. 2002). Encouraging individuals to meet physical activity guidelines requires a 'whole-of-system' approach and has been identified as a priority area by the World Health Organisation (WHO). The WHO Global Action Plan on Physical Activity (2018-2030) aims to reduce physical inactivity by 15% by 2030. Particular action areas include: providing inclusive and accessible opportunities for physical activity in natural environments, targeting physical activity in older adults to support active ageing and implement whole-of-community initiatives using community engagement and co-development.

The current literature supports the use of Outdoor Fitness Equipment (OFE) as an important environmental strategy to promote physical activity (Lee et. al., 2018). OFE can be found worldwide and throughout Australia, with government and non-government organisations investing in this physical activity infrastructure. This equipment not only promotes cardiovascular fitness (Chow et. al., 2018) but also strength, balance and flexibility (Levinger et. al., 2018). Additionally, outdoor physical active promotes mental health and improves social connectedness (Galdwell et al. 2013).

OFE installations have been popular throughout Victoria. In 2016 a survey of Victorian local government areas (LGA's) found that of those LGA's who responded to the survey (n=65), 90% had implemented at

least one OFE. Across LGA's there was a mix of installations including "clusters", "trail" or "combination" and varying equipment types (State of Victoria, 2018). Despite this investment from other Victorian LGA's, the Alpine Shire has not yet invested in this space.

## Local context

### Project

This project was developed by the Active Alpine group, an interagency of Alpine Health, Gateway Health, Alpine Shire Council and Sport North East and funded by Central Hume Primary Care Partnership.

In 2018, Active Alpine conducted a mapping project across the Alpine region to investigate physical activity and active living amongst residents. Existing physical activity opportunities were mapped and potential strategies were identified based on residents' reported barriers. Findings from this project identified the main barriers to physically activity as lack of time, weather, poor health and cost.

A potential strategy identified by community members was the concept of OFE. OFE is a widely used, equitable and accessible strategy to promote physical activity and improve health amongst communities.

### Local demographics

The Alpine Shire is located in rural, North-East Victoria. The total estimated population in 2018 was 12,730, with many residents living in the 3 major townships of Myrtleford, Bright and Mount Beauty (ABS, 2016). There are also a number of outlying villages spread across the area.

Many Alpine Shire residents are insufficiently physically active, with 23.1% of residents reported engaging in no physical activity compared to 18.9% for all Victorians (VicHealth Indicators Survey, 2015). Additionally, 47.1% did not meet physical activity guidelines (Vic average 45.4%) (DHHS, 2018)

The high rate of physical inactivity comes as no surprise when looking at local demographics. The largest age group is 55-59 years (8.8%) and there is a high proportion of persons aged 65 years and over (24.5%).

The Alpine Shire also has above State average levels of disadvantage according to SEIFA (Socio-Economic Index For Areas) data (ABS,2016). Myrtleford is the most disadvantaged township in the Alpine Shire, in the second quintile for disadvantage (quintile one is the highest level of disadvantage). Additional socio-economic factors such as speaking a language other than English at home, low household income, having a disability and living alone affect Alpine Shire residents at a higher rate than Victorian averages (ABS, 2016). These factors, along with age all affect rates of physical activity (VicHealth, 2016).

Based on local demographic and physical activity statistics, more equitable, accessible and inclusive structured physical activity options are needed to encourage physical activity throughout the Alpine Shire.

## Project Aims

This project aims to identify:

- Current OFE available across the Alpine Shire
- Demographics of current users of the stations vs. the demographic need for the stations
- Location and demographics gaps
- Potential locations for future physical activity stations across the Alpine Shire
- Locations likely to have the greatest impact on the health of the community
- Appropriate and cost-appropriate equipment



# Community Consultation

## Background

Community consultation was conducted to gather qualitative information regarding current physical activity engagement, particularly structured physical activity, barriers to physical activity, support for OFE in the Alpine Shire and information regarding enablers to assist engagement with such facilities.

Consultation was also sought from physical activity providers across the Alpine Shire to provide feedback on existing outdoor services, as well as opportunities and willingness to utilise OFE as part of local service delivery.

## Methodology

A community feedback survey was developed in consultation with the Active Alpine group (see appendix 2). The survey was developed using Survey Monkey (online survey tool). The survey was promoted in the following ways:

- Flyer (appendix 1) which was placed in prominent places across the Shire including community notice boards, GP surgeries, Neighbourhood Centres, cafes and three libraries. Flyers were also emailed across networks and distributed to community groups such as U3A and Rotary.
- Social Media- Facebook post (figure 1). This was created by Alpine Health and shared to local community groups and noticeboards.
- Local radio- Alpine radio promoted the survey using a script at one-hour intervals for approximately one week.
- Paper-based surveys- distributed to local libraries in Bright, Myrtleford, Mount Beauty. Surveys were also distributed to local community groups at invited speaking invitations.

A more targeted approach was developed for community feedback regarding OFE design and layout. A focus group was conducted, targeting older adults, as they make up a large proportion of the local population and tend to engage in the lowest levels of physical activity. The same OFE examples were also presented at a Myrtleford U3A committee meeting to increase the sample providing feedback on OFE layouts.

A physical activity provider survey (appendix 3) was distributed to physical activity providers across the Alpine Shire. Providers were identified through:

- Existing networks
- Alpine Shire community directory
- Internet and social media search

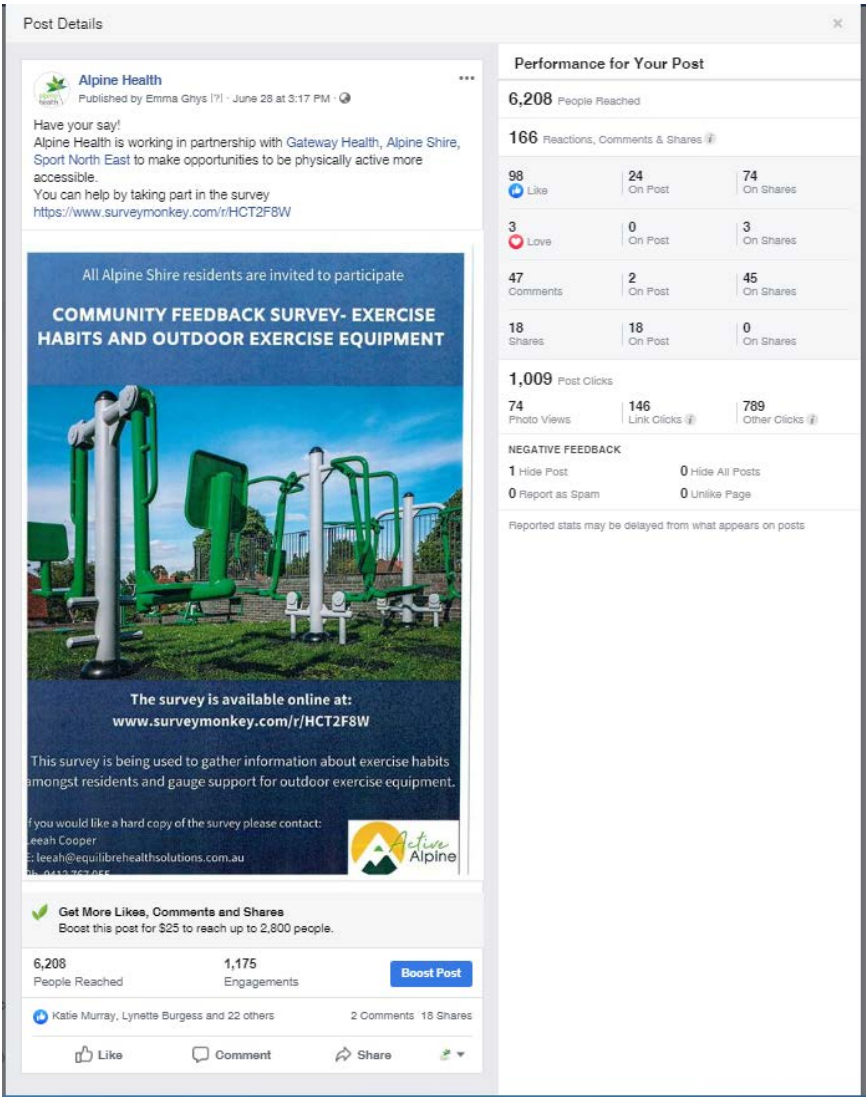
Surveys were emailed to providers and could be completed online via a link. Contact information (phone number and email address) was provided if online surveys could not be accessed or if providers had additional feedback they wished to provide.

# Community feedback survey

## Summary

Two hundred and eighty nine (289) residents from the Alpine Shire completed the survey both online (n= 238) or paper-based (n=51). Face to face discussions and promotion of the survey to local community groups such as U3A and Rotary, appeared to be a good way of engaging the older population who may not engage with social media like the younger cohorts. The Facebook post (figure 1) received 1,175 post engagements and 18 post shares (45 on-shares). In addition to this, community members commented extensively online, with majority of feedback being supportive for the implementation of OFE in the Alpine Shire.

Figure 1: Facebook promotion of the community feedback survey



# Demographics

The 65+ age group accounted for 29.24% (figure 2) of survey respondents and almost three-quarters of respondents were females (74.79%) (figure 3). Most respondents were from the three major townships of Bright, Mount Beauty/Tawonga South and Myrtleford (figure 4). 81.24% of respondents reported they engaged in structured physical activity, which is much higher than previously reported levels.

Figure 2: Age groups of survey respondents (%)

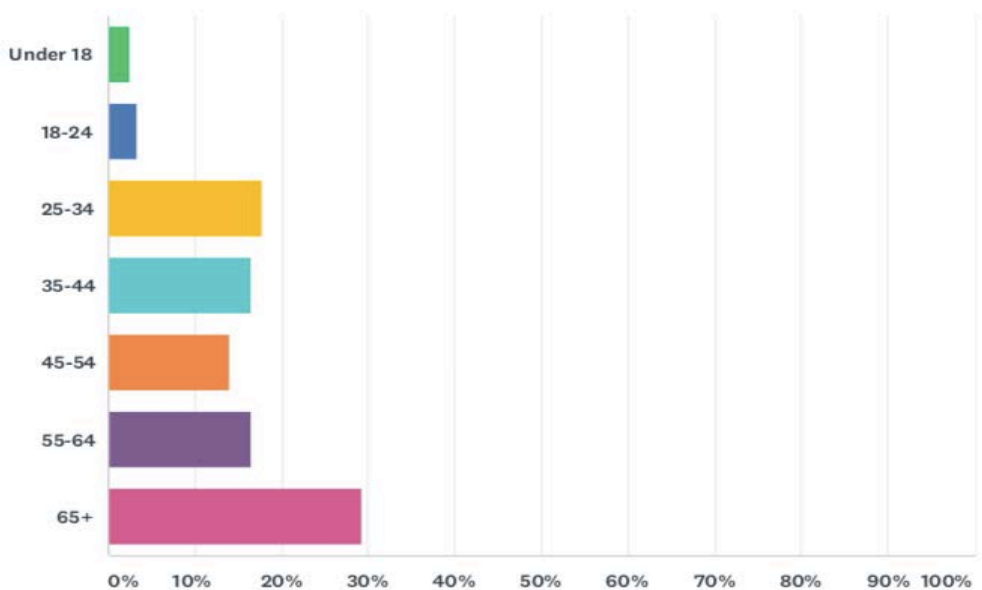


Figure 3: Gender of survey respondents

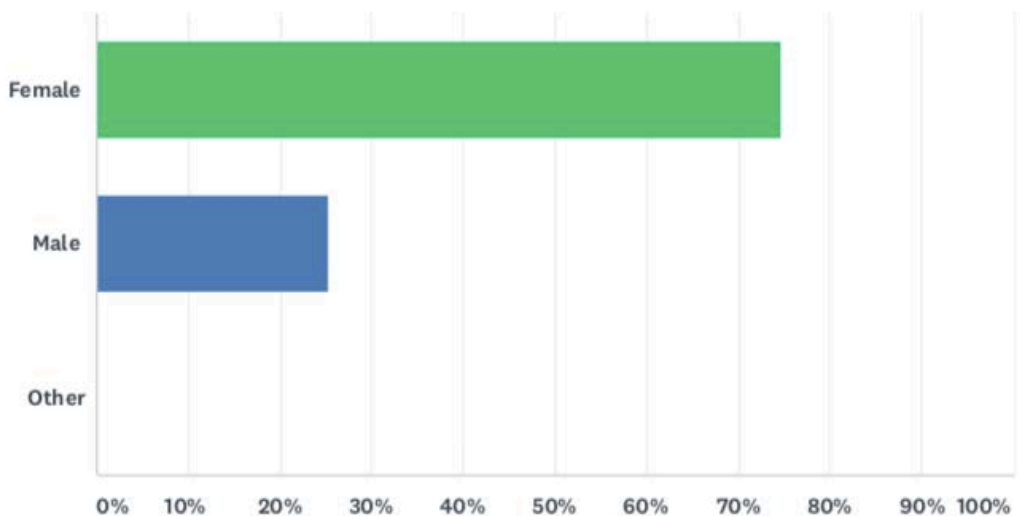
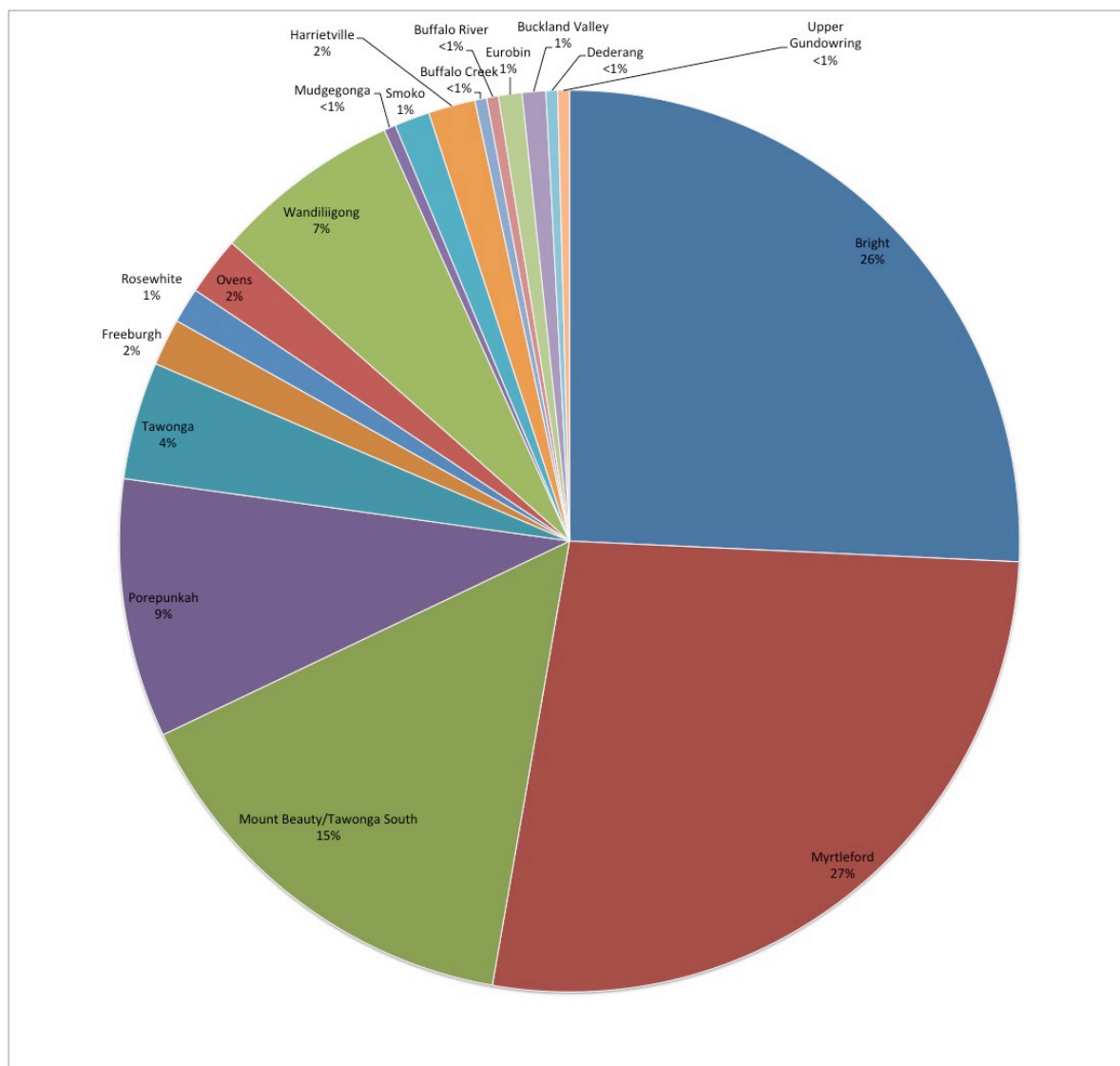


Figure 4: Respondents place of residence

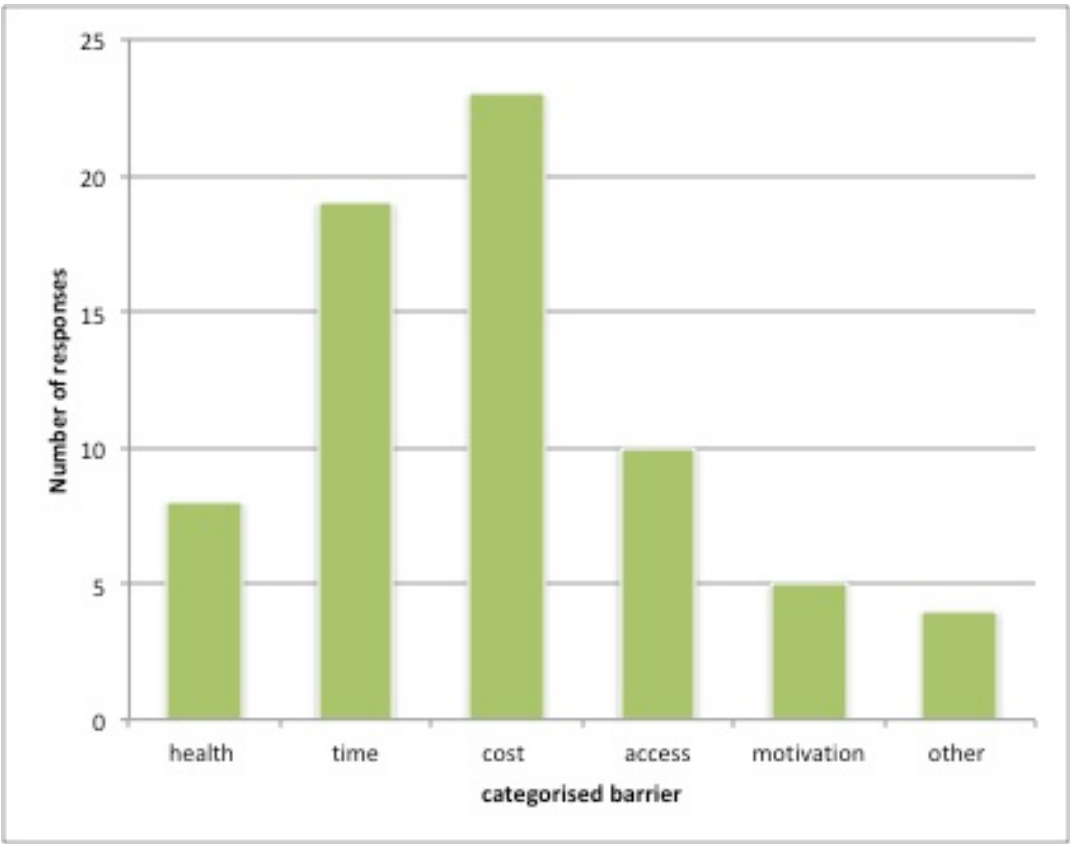




# Barriers

Of respondents who completed the community feedback survey, the most reported barrier to completing structured physical activity was cost (33%), followed by lack of time (28%), access (14%) and health (12%) (Figure 5).

Figure 5: Barriers to structured physical activity

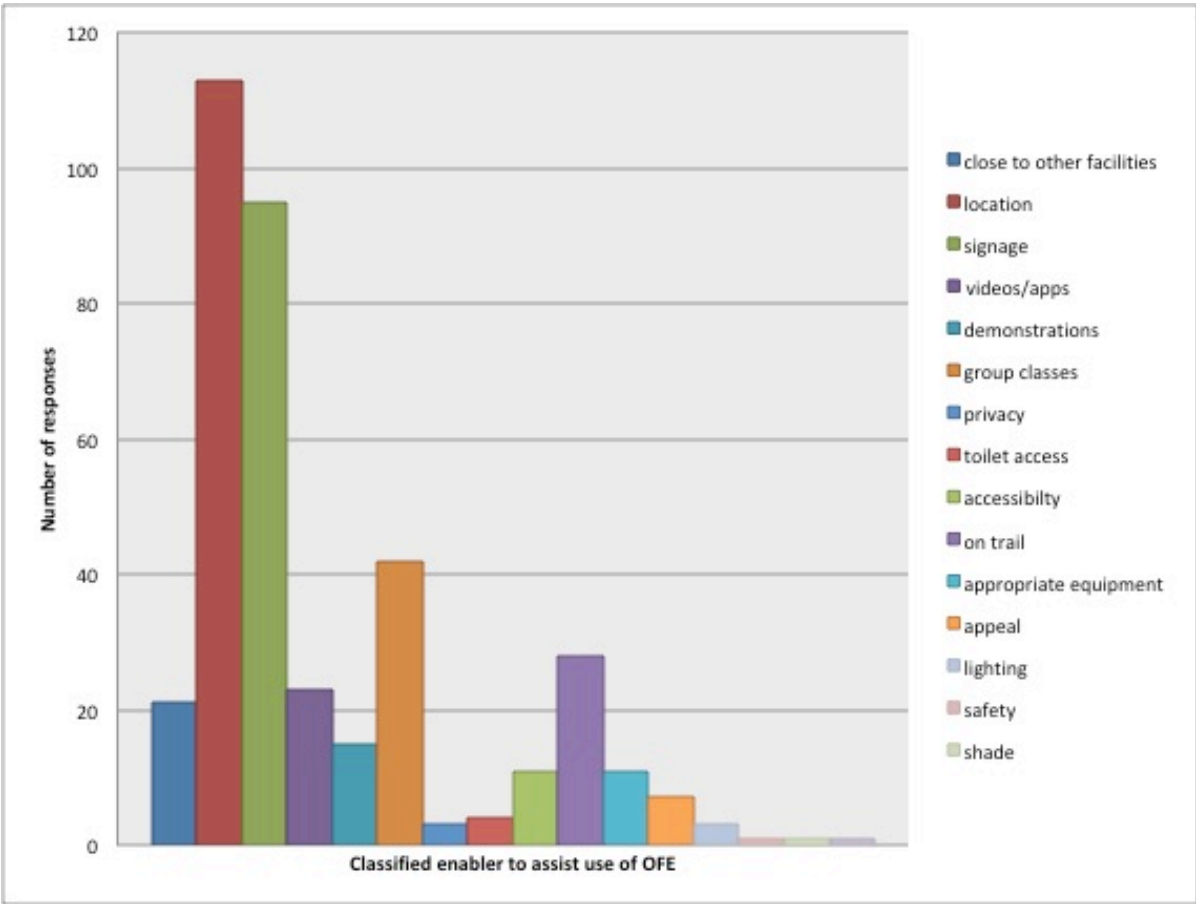


Although the local identified barriers confer with previous reported barriers to physical activity engagement, the proportion differs. The National Physical Activity Plan Survey (Heart Foundation, 2016) found that lack of time was the main barrier (49%) and cost accounted for 21%. Locally, the Alpine Active Living Mapping Project (2018) also found that lack of time (40.8%) was the most reported barrier and cost accounted for 23.3% of reported barriers. The proportion differed for respondents aged 65+, with weather, poor health and cost the most reported barriers. Both local surveys had similar age demographics, so these results were surprising. Some of the difference in results may be accounted for through the type of questioning in each survey. The mapping project asked about barriers to physical activity and the OFE survey asked specifically about structured physical activity. Nevertheless, this highlights that both perceived/actual lack of time and cost need to be addressed to encourage individuals to be more physically active.

# Enablers

Responses to the short answer question “What would assist you to use the equipment if it were installed?” were grouped into themes of enablers. Location was extremely important, followed by instructional signage and group exercise classes (Figure 6). Interestingly, one of the suggestions provided in the community feedback survey included having the OFE on existing walking/cycle paths as part of a trail (N=28). This suggestion was more specific than “location”, “close to other facilities” or “accessibility” and warranted it’s own tally. This suggestion mimicked the tone of the focus group conducted in Bright, along with discussions with community members and groups. Having OFE along walking/cycling trails would potentially increase the visibility and contact with the equipment, as walking and cycling is the most popular type of physical activity for residents in the Alpine Shire.

Figure 6: Enablers for the use of OFE



## Focus group- key findings

A focus group was conducted with six (6) Alpine Shire residents at the Bright Community Health Centre, July 2019. During the group there was some general discussion relating to physical activity opportunity and barriers, which was followed by questioning around the use of OFE and feedback regarding three different examples of OFE. All participants were aged 65 years or older and were engaging in some physical activity.

When asked about opportunities for physical activity across the Alpine Shire, most people were accessing walking and cycling trails. There appeared to be some consensus that “apart from walking and cycling there are not a lot of other opportunities available for older people” and “great walking, cycling track, not much else in Bright for older people”. This opinion appears to be contrary to the availability of physical activity opportunities for older adults in the area, with a number of existing group exercise classes specifically for older adults and activity groups through the likes of U3A. This finding may warrant improved promotion of existing services.

More specifically, participants were asked if they thought there was existing opportunity to build strength and balance, as this is part of the National Physical Activity Guidelines for adults >65 years. A few people said they felt they needed education or to be instructed on correct technique to avoid injury with these types of activities. Most participants were in agreement that cost was an issue with one participant saying “I think there are quite a few opportunities but you have to pay for it. There’s yoga, pilates, gyms. That (cost) might limit the number of times that people might do it”. Another participant added “I think there is an underlying issue here in that our age group is more stratified in income and ability than any other age group”. This highlights that cost is a barrier for this cohort and confers with findings from the community survey.

Participants were asked if they had seen OFE in other locations. All participants had seen OFE elsewhere and some had used it. There was positive feedback from the group about OFE including “(I) found it good because in each station there were various levels within it, some of them I found very difficult. And some were easy. So when I went on the easy ones (it) made me feel good because I could do it. Then I’d move on the next harder level and that was more challenging. It was a mix- movable and solid and didn’t look like it would break or be damaged”. Most participants had seen the OFE as part of a trail or circuit and liked the layout of this with one person stating, “You’d walk along and there would be another one (station), and none of them were the same. You had equipment that used similar body parts next to each other so it covered a larger age group”. This highlights the need to provide a range of age and skill appropriate equipment.

The group also discussed aspects of location and agreed that having “stations” along a trail was a good idea. One person stated, “It would work well to have stations around the town”, another adding “along (a) trail would be more useful than in the one place, a trail that’s accessible for walkers (and) prams to cover a big age group, spread needs to be not too far from one another, needs to be in sight”. Another participant stated “If you have a cluster of equipment you might be waiting for 20mins to use equipment, if they were scattered around you could walk between the equipment”. Another participant suggested

having a trail would be “catering for all abilities. If it was modular you can cater for those who can only access one part or those who want to do a walk as well”.

Three examples of OFE were shown to the group and feedback was sought.

Example 1- Older adult specific “playground”: There was agreement that this example was least appealing and “looks too much like playground equipment to me”. There were concerns that it would be used by children and additional safety and instructional considerations would be necessary. Some people said that components of the equipment looked useful but not altogether.

Example 2- OFE equipment circuit: There was a mixed response to this example, mostly concerning the pieces of equipment that could be chosen. Most participants said the equipment looked simple and simple was appealing. The layout was commented on, again participants thought a “trail” layout would be more appropriate “I like all of these, but not all together. End of the walk or start of the walk”.

Example 3- OFE using ‘gym-like’ dynamic equipment: A mixed response to this equipment also. Some liked the “gym” style of the equipment and some suggested it would work better combined with “more natural things- parallel bars, steps ups, balance”.

Participants were asked what would encourage them to use the equipment. The main responses, which appears to confer with the community survey “enablers”, include; location (accessible, quiet, private, appealing), instructional signage (large enough to read i.e. at least 16 font) with illustrations, education on how to use the equipment, good under-surfacing, ability to progress exercises (modifications of the same exercise), simplicity of equipment.

## Recommendations:

The community feedback survey and focus group has found that majority of respondents support the idea of OFE in their community and that financial cost is a major barrier to physical activity. Installing OFE across the Alpine Shire may encourage more individuals to participate in physical activity by providing a free and accessible option. The community feedback has also highlighted that location and access is important for OFE, with access to existing or planned walking/cycling routes found to be a potential influence on the use of equipment. There is also support from community members for an OFE “trail”. This OFE layout would be dependent on where a site/s is chosen.

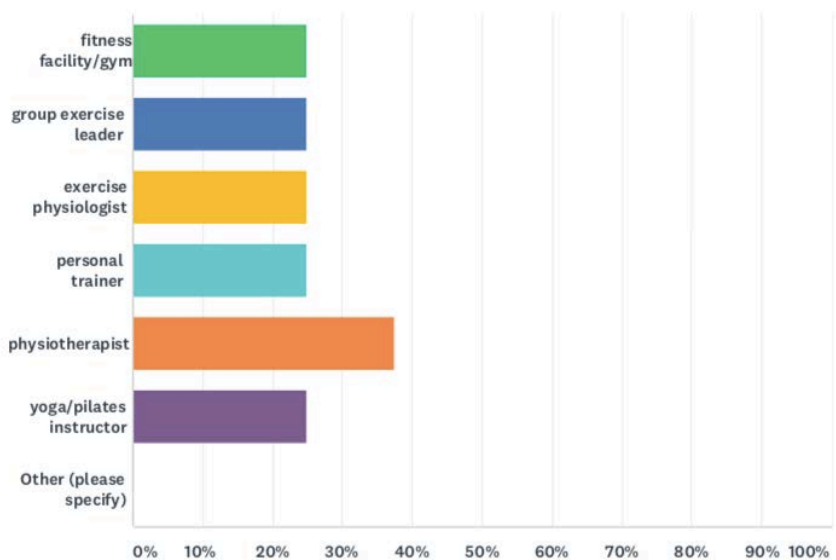


# Physical activity provider feedback survey

## Summary

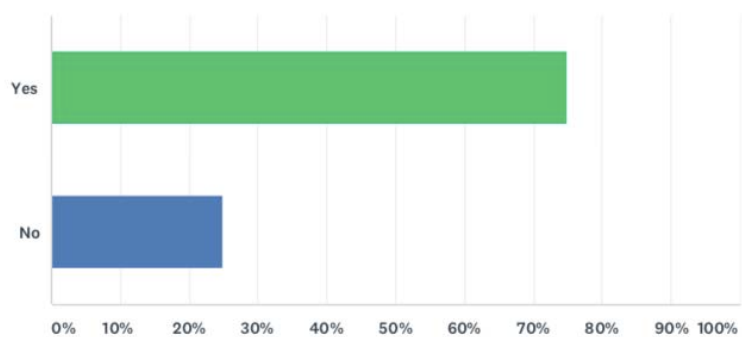
A total of 17 physical activity providers were contacted via phone and/or email to provide them with survey information (appendix 3). Providers included gyms, personal trainers, exercise physiologists, physiotherapists, group exercise providers, yoga instructors and pilates instructors. A total of eight providers responded to the survey (47%). Figure 7 shows the cross-section of respondents by provider type.

Figure 7: Survey responses by physical activity provider



Of those completing the survey, providers identified they were providing services in Myrtleford, Bright and Mount Beauty. 100% provided services to 35-64 year olds, with 87.5% providing services to clients 65 years and older. Most providers were not conducting outdoor sessions (87.5%) but identified they would be willing to or have the capacity to deliver sessions using OFE if available (figure 8) and would be interested in attending training if made available.

Figure 8: Provider willingness to conduct outdoor sessions using OFE.



## Recommendations

The physical activity provider survey identifies the willingness of physical activity providers, from a range of professions and skillsets, to incorporate OFE into their service delivery. Encouraging physical activity providers to use OFE could have benefits for increasing community use of the OFE and may assist to meet a community engagement strategy, as identified in figure 6. Having appropriate instruction and opportunities to modify exercises were part of the focus group discussion and appears to be important for older adults who may lack some confidence or wish to seek individual advice. A systematic review of OFE identified inadequate instructional support as a barrier to individuals utilising OFE (Lee et. al., 2018)

Additionally, providing professional development opportunities in the safe and effective use of OFE may assist with local workforce capacity building and ensure users of the OFE are receiving appropriate advice.

# Outdoor Fitness Equipment

## Background

Guidelines for planning, installing and activating outdoor fitness equipment (2018) have been used to assist with the identification and assessment of potential OFE sites and to provide recommendations relating to the OFE (State of Victoria, 2018). This publication may be a useful guide to assist with future planning.

For the purpose of this report, the terms listed in Table 1 have been chosen to describe layouts and types of OFE.

Table 1: Definitions relating to OFE

Equipment cluster	A collection of outdoor fitness equipment placed a single location
Equipment trail	Small groupings of fitness equipment separated along a track or trail
Static equipment	Stationary equipment without moving parts
Dynamic equipment	Equipment with moving parts providing a guided range of movement

Source: Guidelines for planning, installing and activating outdoor fitness equipment (2018)

## Existing facilities (OFE)

Two existing OFE were identified through Alpine Shire Council staff and local knowledge.

### 1. Myrtleford

The OFE is located at the R.C. McNamara Reserve at the southern side of the sports oval (see Appendix 4 for location). The equipment consists of nine static pieces spread out to form a circuit, within visual distance from one another (see Figures 9 & 10 below). The equipment appears to be in reasonable condition, despite missing some paint. The site is visually appealing (quiet, natural setting), but is not part of an existing active travel route. The under-surfacing is pine bark, which limits disabled and limited mobility access. There is no instructional signage. Even though there is natural tree cover scattered around the area, the equipment lacks shade/cover from the elements.



Figure 9: Myrtleford- simple pieces of equipment spread over a large natural area.



Figure 10: Myrtleford- a small cluster of equipment in one part of OFE.

## Recommendations

This equipment could be promoted to the community through health promotion activities and marketing. Instructional signage could be installed to assist users. The equipment could potentially be relocated to other high use areas, if it is not currently being used by the football club or other users of the oval (consultation may be necessary). If moving the equipment, it is strongly recommended the Guidelines for planning, installing and activating OFE be utilised. These pieces of equipment may be able to complement “new” OFE.



## 2. Mount Beauty

The OFE is located adjacent to bicentennial park and netball courts (see appendix 5). It consists of two static pieces (figure 11, below), including pull up bars and double parallel bars. The equipment is located in a well utilised area close to other facilities such as children's park, netball and football fields, seating and toilets. It lacks shade/cover from the elements and there is no existing instructional signage. The equipment is located on a walking/cycling trail, however, no groundwork's have been conducted and on a rainy day there is water accumulation around the base of the equipment.



Figure 11: Mount Beauty- Existing equipment includes two static pieces. Lacking under-surfacing, with water accumulation after rain.

### Recommendations:

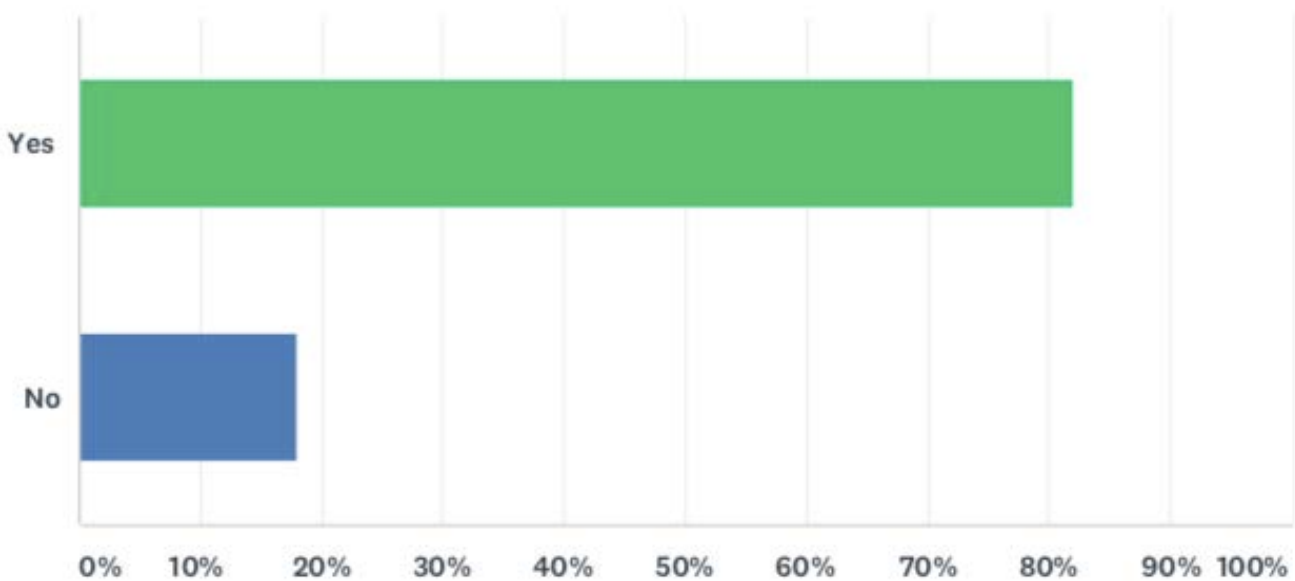
Under surfacing of the equipment is recommended to improve access. Adding equipment in an area close by may improve the appeal of the existing OFE. Existing OFE may also be moved to new area for use.

# Community support

Majority of survey respondents (82.05%) said they would use OFE if installed in the Alpine Shire (Figure 12). Conversations with community groups and the focus groups were also supportive of the idea, with some community groups such as Rotary Myrtleford, Mount Beauty Neighbourhood Centre, Probus Mount Beauty and U3A Mount Beauty already investigating OFE prior to this project commencing. Having community members and groups with interest in establishing OFE may assist with grant applications via additional financial support, letters of support, volunteers and accessing physically inactive and vulnerable members of the community.

Majority of the survey respondents (64.29%) and focus group members had used OFE in other areas. Most had positive feedback relating to equipment in other areas. A few people were concerned that this type of equipment is under-utilised in other areas (personal observations). A survey of Victorian LGA's conducted by State of Victoria (2018) found that usage of equipment was most commonly reported as 'moderately-used' (47%) and 'all-comers' were the most common user group (38%), followed closely by older adults (36%). Addressing barriers and providing support to enable community to use OFE may increase engagement. As discussed in the previous section, focus group members and survey respondents appear to be supportive of the idea of OFE "trails".

Figure 12: % of respondents indicating they would use OFE if installed



## Potential Sites

Potential sites for OFE were identified through:

- Consultation with key stakeholders including; Alpine Shire Council, Alpine Shire residents, focus groups and existing local community groups.
- Feedback provided in the community feedback surveys
- Information accessed in geographic information system (GIS) mapping and population demographics

A total of nine sites were identified across the Alpine Shire in the three major townships of Myrtleford, Mount Beauty and Bright, with an additional assessment in Porepunkah. The inclusion of the Porepunkah site assessment was due to a large number of community members who expressed interest in a “trail” of equipment between Porepunkah and Bright. The decision to focus on the three major townships was based on population density and identified need through discussions with local residents and community feedback surveys. A suggestion of an OFE “trail” between townships (including smaller villages) may have access benefits, although is probably not feasible in the first stage of planning. This idea may be an option through ongoing physical activity infrastructure investment and longer-term health and wellbeing planning.

An assessment of each site commenced with an assessment against an Outdoor Fitness Equipment Site Evaluation Checklist (appendix 8) from the Guidelines for Planning, Installation and Activation of Outdoor Fitness Equipment (State of Victoria, 2018). A SWOT analysis of the site was completed if over half of the checklist was “yes” responses. For all nine sites identified, 100% were appropriate to investigate further. See Appendix 4-7 for maps including location of sites assessed.

The SWOT analysis also considered the Guidelines of Planning, Installation and Activation of Outdoor Fitness Equipment ‘mandatory site features and supporting amenities’ (Page 26, Table 4).

### Site 1- Cundy Park, Myrtleford (see Appendix 4 for map)



Figure 13: Green space around the perimeter of the children’s playground which may be conducive to a OFE “trail”.



Figure 14: Green space between the children’s playground and the Library

## SWOT Analysis- Cundy Park

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>High levels of existing use which may encourage intergenerational use.</p> <p>Located in park where children play equipment and skate park are available.</p> <p>Amongst the residential area close to centre of town (approx. 400m).</p> <p>Good natural shade.</p> <p>Existing picnic areas, benches and seating.</p> <p>Toilets and water access. Lighting and power already in park.</p> <p>Good passive surveillance.</p>	<p>Lack of public transport.</p> <p>No direct wheelchair access from footpaths or from parking to existing pathways surrounding park.</p> <p>The site is on sloping land which would need excavation and potentially add to the cost.</p>	<p>There are two potential sites for OFE As a small trail around part of the park (figure 4) or a cluster (figure 5).</p> <p>The area between the library and the children's playground is approximately 22mx10m<sup>2</sup></p> <p>Wheelchair accessible pathways could be installed.</p>	<p>Community consultation raised the issue of vandalism.</p> <p>Locating outdoor fitness equipment near a playground could result in children using equipment for play.</p> <p>High visibility and lack of privacy of equipment may deter some people from using it.</p>

Site 2- Rotary Park, Myrtleford (see Appendix 4 for map). Located approximately 2km from Myrtleford CBD on the Great Alpine Road. Linked to town via existing active travel routes.



Figure 15: Green space over the bridge on the walking trail. There is space on either side of the trail which would suit both clusters or a trail of OFE.



Figure 16: Picnic facilities and bridge (left of picture) leading to the river walking trail.

## SWOT Analysis- Rotary Park

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>Located near trailhead of active pedestrian/cycling routes, with recently installed mosaic trail.</p> <p>Children's park and picnic area in vicinity.</p> <p>Good existing sealed pathway, wheelchair accessible.</p> <p>Existing picnic areas, benches and seating.</p> <p>Toilets and water access.</p> <p>Trail can be accessed from Apex Park via walking trail (2km one way).</p> <p>Visually appealing. Nice surroundings in a natural environment.</p>	<p>Lack of public transport.</p> <p>On the outskirts of Myrtleford with reliance of active travel or vehicle to access the park.</p> <p>Lack of passive surveillance on trail.</p> <p>Lack of lighting across the bridge.</p>	<p>Clusters of equipment could be established across bridge, some additional seating may be needed.</p> <p>An OFE trail could be implemented between Rotary Park and Apex Park along the river walk.</p> <p>Natural trees to provide some shade.</p> <p>Existing seating at regular intervals along the trail- 250-500m apart.</p>	<p>?Potential flood from river limiting access.</p> <p>Large trees may pose a risk for damage to equipment.</p> <p>Personal safety may be an issue as the trail is unlit and quite remote with dense bush either side of walking trail.</p>



Site 3- Apex Park, Myrtleford (see Appendix 4 for map). Located approximately 1.1km from Myrtleford CBD. Linked to Myrtleford town centre and Rotary Park via existing active travel routes.



Figure 17: Vacant green space at the trailhead at Apex Park.



Figure 18: Larger areas of green space at Apex Park trailhead.

## SWOT Analysis- Apex Park

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>Located near trailhead of active pedestrian routes and picnic area.</p> <p>Good existing sealed pathway, wheelchair accessible.</p> <p>Existing picnic areas, benches and seating nearby.</p> <p>Toilets and water access.</p> <p>Current use as a walking/cycling trail.</p> <p>Apex Park can be accessed from Rotary Park via walking trail (2km one way).</p> <p>Visually appealing.</p>	<p>Lack of public transport.</p> <p>On the outskirts of Myrtleford with reliance of active travel or vehicle to access the park.</p> <p>?Lack of passive surveillance on trail (some houses on large blocks in vicinity).</p> <p>Lack of lighting.</p> <p>Shade cover would be needed.</p>	<p>Cluster of equipment (approx. 10x15m<sup>2</sup>) at the trailhead.</p> <p>An OFE trail could be implemented between Apex Park and Rotary Park along the river walk.</p> <p>Some trees providing partial shade. Nice surroundings in a natural environment (along the river).</p> <p>Existing seating at regular intervals along the trail- 250-500m apart.</p>	<p>?Potential flood from river limiting access.</p> <p>Large trees may pose a risk for damage to equipment.</p> <p>Personal safety may be an issue if developing a trail as the trail is unlit and quite remote with dense bush either side of walking trail.</p>

Site 4- Bicentennial Park, Mount Beauty (see Appendix 5 for map).



Figure 19: Potential green space beyond large trees in the background. This area has excellent current use and may be beneficial in encouraging Inter-generational physical activity opportunities due to its vicinity to the children's playground and sporting facilities.

## SWOT Analysis- Bicentennial Park

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment-</p> <p>High levels of existing use. Children's park, walking trail, netball courts, preschool, library, football oval, tennis courts, community group facilities.</p> <p>Close to CBD of Mount Beauty (approx. 700m).</p> <p>Existing picnic areas, benches and seating.</p> <p>Toilets and water access.</p> <p>Current use as a walking/cycling trail.</p> <p>Good passive surveillance.</p> <p>Visually appealing.</p>	<p>Lack of public transport.</p> <p>Lack of lighting along trail. Some lighting close by.</p> <p>No existing shade cover.</p>	<p>Cluster (approx. 20mx8m<sup>2</sup>) potential space nearer to foreshore.</p> <p>Or</p> <p>OFE Trail between Neighbourhood centre and Bicentennial park (approx.. 400m.</p>	<p>Locating outdoor fitness equipment near a playground could result in children using equipment for play.</p> <p>Community consultation has identified that men may not use the equipment if near children's area.</p> <p>?Land ownership needs to be confirmed.</p>

Site 5- Mount Beauty Neighbourhood Centre, Mount Beauty (see Appendix 5 for map).



Figure 20: Located outside the Neighbourhood Centre alongside existing walking trails overlooking the lake.

## SWOT Analysis- Mount Beauty Neighbourhood Centre

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>Located on active walking route.</p> <p>High levels of existing use within Neighbourhood Centre with potential to establish user groups.</p> <p>Moderate passive surveillance (during Neighbourhood Centre operating hours) and with walking trail users.</p> <p>Neighbourhood Centre is activated regarding OFE and has already investigated this equipment.</p> <p>Neighbourhood Centre is the landowner of this space.</p> <p>Visually appealing. Nice outlook to lake. Quiet surrounds.</p>	<p>Lack of public transport.</p> <p>Lack of public toilets in close proximity (approx. 400m) and water access.</p> <p>Lack of shade. Shelter would need to be a priority in planning. Afternoon sun in warmer months would potentially limit use.</p>	<p>A cluster could be installed (approx. 6mx20m<sup>2</sup>)</p> <p>Identified by community/community groups as a potential space for OFE.</p> <p>Neighbourhood Centre run community exercise classes and could utilise the equipment for sessions.</p> <p>Use of Neighbourhood Centre toilets during opening hours.</p> <p>Close to Neighbourhood Centre and Men's shed which may encourage older adults and vulnerable persons to use OFE.</p>	<p>Land is quite damp after rain and would need to be assessed.</p>



Site 6- Riverside Park, Bright (see appendix 6 for map). Potential site is located along Riverside Ave, Bright.



Figure 21- Quiet location close to Bright CBD

## SWOT Analysis- Riverside Park, Bright

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>Located on Canyon walking route. High levels of existing use.</p> <p>Good sealed and maintained walking path.</p> <p>Existing seating at beginning and end.</p> <p>Partial natural shade.</p> <p>Good passive surveillance from residential homes and Star Road. Located behind Bright CBD.</p> <p>Roadside parking on Riverside ave.</p> <p>Quiet and naturally appealing area, away from the central part of Bright.</p>	<p>Lack of public transport.</p> <p>Site works may be costly- improvements may be needed to drainage and slope of land.</p> <p>Toilets and water access limited (approx. 200-300m)</p>	<p>Clusters (x3) (the largest area is approx. 7m x 4m<sup>2</sup>) or a short trail (or the first stage of a longer trail) could be installed. Approx. 180m stretch of trail from Star Road to first small river crossing.</p> <p>Partially shaded by established trees. Some shade may be needed in more open area.</p> <p>Additional seating may be needed.</p>	<p>Residential area across the road. Residents would need to be consulted.</p> <p>No footpath access from roadside parking to potential site, other than via walking trail.</p>

Site 7- Arboretum, Bright (see Appendix 6 for map).



Figure 22- Main entry to the Arboretum from Mountbatten Avenue.



Figure 23- Large green space within the Arboretum

## SWOT Analysis- Arboretum, Bright

Strengths	Weaknesses	Opportunities	Threats
Capacity for outdoor fitness equipment.	Lack of public transport.	OFE clusters or trail could be installed.	Community members advised there have been aggressive magpies in the area during breeding season.
Existing gravel paths and natural area (established and newly planted trees).	Not on an existing active travel route. No footpath access from town via Mountbatten Ave. Existing walking trail (via river) is unformed.	Numerous potential locations throughout the area.	
Fenced area.		Partially shaded by some established trees. Shade may be needed in more open area.	The site is not exclusively controlled by the Alpine Shire Council. Landowners consent would be required.
Located near existing river walking route.	Low-moderate levels of existing use by local community.	Site adjoins the canyon river walk, although not suitable for wheelchair access and for those with mobility issues, there is potential for users of the trail to access the arboretum directly from the trail through a gate off the trail. Signage would be needed.	
Existing seating at beginning and end of trail circuit.	Off-leash dog area.		
Roadside parking.	Lack of toilet facilities.		
Moderate passive surveillance from nearby residential housing.	Limited access to water (tap onsite).		
Quiet and naturally appealing area, away from the central part of Bright.	Shading may be necessary.	Outdoor fitness equipment could help activate the park.	



Site 8- Pioneer Park, Bright (see Appendix 6 for map). Potential site for OFE located near the Lions Club building along a newly established walking/cycling trail between to netball and tennis courts.



Figure 24- a newly established walking/cycling route makes this site assessable.



Figure 25- there is a children's park at the end of the trail with many clubs and sporting events in the vicinity.

## SWOT Analysis- Pioneer Park, Bright

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>High levels of existing use. Park currently has a high level of use for sports clubs and events.</p> <p>Located near other community facilities.</p> <p>Existing picnic area, benches and seating.</p> <p>Toilets (100m) and water access.</p> <p>Good passive surveillance</p> <p>Adjoins a newly established walking/cycle trail.</p>	<p>Off-leash dog area.</p> <p>Lack of shade. Shelter would be need to be a priority in planning. Afternoon sun in warmer months would limit use.</p> <p>Lack of lighting and power.</p>	<p>OFE cluster (approx. 10x5m<sup>2</sup> area closer to the children's park) or trail (approx. 200m) could be installed</p> <p>Additional seating may be needed.</p>	<p>High levels of use in adjoining areas making the location less private.</p> <p>Alpine Shire Council would need to be consulted regarding the plan for this space as this park will become the Events Precinct.</p>



Site 9- Riverside Park, Porepunkah (see Appendix 7 for map)



Figure 26- Green space along the river in Porepunkah.

## SWOT Analysis- Riverside Park, Porepunkah

Strengths	Weaknesses	Opportunities	Threats
<p>Capacity for outdoor fitness equipment.</p> <p>High levels of existing use. Children's park, river swimming, close to school.</p> <p>Partial natural shade.</p> <p>Existing picnic areas, benches and seating.</p> <p>Toilets and water access</p> <p>Some lighting close by.</p> <p>Parking available.</p> <p>On existing walking/cycling trail.</p> <p>Good passive surveillance.</p> <p>Visually appealing.</p>	<p>Lack of public transport.</p> <p>No formed pathways from parking to site.</p>	<p>A cluster of equipment (approx. 10x5m<sup>2</sup>) or could form the beginning/end of an OFE trail.</p> <p>Community members have identified this location as a preferred site.</p> <p>Partially shaded by some established trees. Additional shade may be needed.</p>	<p>Visibility from the main road may deter some users.</p>

# Considerations

## Maintenance

Maintenance of OFE generally moves to the responsibility to the landholder or organisations delivering the project. In most cases this will be Local Government. There are costs associated with maintaining the equipment and this will vary depending on equipment type and under-surfacing. Refer to table 2 for estimated costs. The guidelines for planning, installation for OFE provide case studies and further information relating to this.

## Equipment choice

Equipment should be chosen based on its purpose, function and inclusivity. A mix of static and dynamic equipment pieces will cater for a wider range of fitness levels and abilities. Encouraging whole-of-community engagement will create greater impact

In order to meet the local demographic need, inclusive equipment should be considered, including limited mobility and disabled persons. Older adults should be specifically considered in the choice of OFE pieces, with considerations around physical activity type, physical ability and safety concerns, key aspect in the design and planning phases. Because physical activity recommendations include strength training, and for older adults, balance and flexibility training, it is recommended that OFE address these aspect of physical activity through equipment choice and design. Levinger (2018) cites that some OFE fails to address functional and joint range of motion deficits that older adults experience and this needs to be considered in equipment choice.

## Layout

The layout of the OFE is generally structured as a cluster or trail (see Table 1). There are benefits to both (see Guidelines for Planning, Installation and Activating Outdoor Fitness Equipment (2018), page 22 as a guide). Community members appear supportive of OFE trails, utilising existing walking/cycling routes. In this case, caution should be taken in the total spread of the equipment so not to limit those less mobile, with disabilities or with low functional capacity. A possible solution would be to incorporate a small “cluster” at the beginning of a trail so that a number of pieces can still be accessed. Additionally, this may provide an aspect of progression. I.e. as people become accustomed and capacity improves, individuals may use the trail to increase their cardiovascular activity.

## Under-surfacing

The Guidelines for Planning, Installation and Activating Outdoor Fitness Equipment (2018) provides a good over-view of existing under-surfacing options (Page 27, Table 5). Wet-pour rubber is the preferred under-surfacing as it makes the area accessible for wheelchairs, mobility devices and those at risk of falling.

# Costing

Pricing has been obtained from three suppliers below. Suppliers have been chosen because of the variability between their products and their compliance with relevant Australian standards.

Cost of equipment varies depending on type and complexity of the equipment and between suppliers. The pricing information is for supply price only (unless indicated) due to the variable cost of ground works, under-surfacing and installation. According to the Guidelines for Planning, Installation and Activating Outdoor Fitness Equipment (2018), approximate amounts shown in table 2 should be added to obtain total project costs.

Due to the heterogeneity between sites, total supply prices and explicit equipment lists have not been provided. Instead, individual pieces have been quoted and options for equipment and their functions listed. This allows for variations due of funding, location and community feedback. An estimated total project cost would realistically be between \$75,000 and \$150,000.

Table 2: Estimated OFE project costs

Project component	Total project percentage %
Design	5–10%
Under surfacing	15–50%
Equipment and instructional signage	50–75%
Construction	10–25%
Supporting infrastructure (e.g. signage, drinks fountains, paths, shade)	5–15%
Activation and programming	5–10%
Maintenance and repair (first five years)	5–15%

Source: Guidelines for planning, installing and activating outdoor fitness equipment, State of Victoria, DHHS (2018)

Additionally, warranty information can be found on the respective product websites. These differ depending on materials used and between companies.

## Supply costing

Kompan-Equipment information and pricing	
Website: <a href="https://www.kompan.com.au/sport-fitness">https://www.kompan.com.au/sport-fitness</a>	
Contact person: Graeme Knorr E: GraKno@Kompan.com M: 0488 033 155 P: 03 9744 5581	
Considerations:	
Prices obtained are for the supply of individual pieces (EXC. GST). There may be a decrease in price if pieces are ordered as part of a total install package.	
This equipment is inclusive, with many pieces accomodating wheelchair and low mobility users. Some pieces of equipment are resistance adjustable (see description) and therefore offers easy to more challenging opportunities to keep people engaged and progressing.	
Instructional signage/information: Each station (depending on equipment type) has individual instructional signage, including QR codes to scan for pictures and video demonstrations, showing ways in which the equipment can be used for different exercises.	
Equipment recommendations/information	Supply Cost (EXC. GST)
<b>Free Runner/ Cross Trainer/ Power Bike (KPX320)</b>	\$13,890
3 non-weight bearing pieces in a single station (cheaper alternative to single pieces).	
Offer a cardiovascular exercise alternative to walking and cycling for those who with limited capacity and who lack balance. These machines are not resistance adjustable which may limit their effect for the fitter population.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/free-runner-cross-trainer-power-bike">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/free-runner-cross-trainer-power-bike</a>	
<b>Power Bike (KPX129) ALTERNATIVE TO CITY BIKE</b>	\$5,400
A single recumbent bike which may offer a non-weight bearing cardiovascular alternative to walking and would be a good warm-up piece of equipment.	
Back rest and handles are suitable for the older/less mobile person.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/power-bike">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/power-bike</a>	
<b>City Bike (FAZ50101) ALTERNATIVE TO POWER BIKE</b>	
<b>With Touchscreen</b>	\$12,840
<b>Without Touchscreen</b> (resistance can still be adjusted with phone APP or with pedalling)	\$10,670
The frame is designed with a low open entry and ergonomics promoting an upright riding style. The saddle is made wide to give the most support, and it is adjustable in 13 heights accommodating people from 150 cm to 205 cm. To motivate users reaching their goals, this version of the bike features a 7" LCD touchscreen giving instant feedback on speed, distance, cadence, watts, calories burned and time. Self-powered electrical motor (patent pending) creates resistance similar to a real road cycle. The resistance automatically adapts depending on pedaling speed, but users can also choose to manually change the resistance on the touchscreen or through a Bluetooth-connected KOMPAN Cardio app	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/city-bike-with-touchscreen">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/city-bike-with-touchscreen</a>	

<b>Triple Bars (KPX132) <span style="color: #E67E22;">ALTERNATIVE TO PARALLEL BARS COMBI</span></b>	\$2,400
Static equipment which offers a range of exercises to all fitness levels. The triple bars consist of a set of two bars at equal heights, with a lower sidebar and third bar at that exact same height. This is to accommodate rehabilitation, beginner friendly dips, rows, push-ups, a wide range of safe balancing exercises and you could also attach bands and straps to do additional exercises. (*Addition of a balance beam on the outside of a bar could provide a balance activity for all abilities with the safety of a handrail).	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/triple-bars">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/triple-bars</a>	
<b>Parallel Bars Combi (FAZ10400) <span style="color: #E67E22;">ALTERNATIVE TO TRIPLE BARS</span></b>	\$18,800
Suitable for a wide range of exercises and fitness levels. Modifications to technique can be made to body position to increase or decrease difficulty. Could attach straps/ resistance bands for older age group. Could be used for safely undertaking balance exercises. All parts where users will place their hands are covered with Polyurea coating. Polyurea coating is highly durable against wear and tear, offers isolation and simultaneously gives users an outstanding grip during their workout.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/parallel-bars-1">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/parallel-bars-1</a>	
<b>Hand Bike (KPX130) <span style="color: #E67E22;">ALTERNATIVE TO ARM BIKE</span></b>	\$4,060
Is designed especially accessible for people with physical disabilities. The Hand Bike can suit both those looking for a warm-up, as they get ready for further exercise on other equipment, and those looking for a full aerobic workout. The Hand Bike was designed in a way that wheelchair users can easily do the exercise from the open side of the Hand Bike.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/hand-bike">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/hand-bike</a>	
<b>Arm Bike (FAZ51100) <span style="color: #E67E22;">ALTERNATIVE TO HAND BIKE</span></b>	\$9,960
An innovative self-powered electrical motor (patent pending) automatically adapts resistance depending on pedaling speed, going from easy to hard. The resistance works in both directions. That means, users can alternate between pushing and pulling, and this way activate all upper body muscle groups. Users can also choose to manually change the resistance level through a Bluetooth-connected KOMPAN Cardio app.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/arm-bike">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/arm-bike</a>	
<b>Squat/ Shoulder Press/ Lat Pull Down (FST103)</b>	\$13,820
From the standing positions you can perform squats and lunges, training the leg and core muscles. By pushing and pulling the arms overhead you will be able to train all major arm, shoulder and back muscles. Because of the open design of the machine this exercise can also be done seated in a wheelchair. The adjustable equipment stands out with resistance adjustable devices that are used in a standing position. Resistance is adjusted with two controllers on the hydraulic piston.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/squat-shoulder-press-lat-pull-down">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/squat-shoulder-press-lat-pull-down</a>	
<b>Chest Press &amp; Horizontal Row (FST104)</b>	\$14,050



From the standing positions you can perform chest presses, training the chest, shoulder and core muscles. By pulling the arms backwards you will be able to train all major arm, shoulder and back muscles. The adjustable equipment stands out with resistance adjustable devices that are used in a standing position.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/chest-press-horizontal-row">https://www.kompan.com.au/sport-fitness/outdoor-fitness/circuit-training/chest-press-horizontal-row</a>	
<b>Step, 20cm (FAZ30100) *PURCHASE 2 OR (ideally) 3 HEIGHTS FOR VARIATION</b>	\$1,410
A simple, cost effective piece of equipment. Many different exercises can be done with it for all levels of ability. It could be used for cardiovascular fitness or strength and power exercises. This may include step ups, calf raises and stretches, plyometric exercises such as jumping and bounding. This would provide an easier option step up for less active, older target group. Harder option for incline push up.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/step-20-cm">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/step-20-cm</a>	
<b>Step, 40cm (FAZ30200)</b>	\$1,450
As above. Could be used for step ups (more difficult than 20cm), sit to stand or incline push up as well as more difficult plyometric activities.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/step-40-cm">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/step-40-cm</a>	
<b>Step 60cm (FAZ30300)</b>	\$1,500
As above. More difficult step up/plyometric option for more active persons. Higher seat height making it easier for sit to stand and incline push ups.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/epdm-step-60-cm">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/epdm-step-60-cm</a>	
<b>Bench (FSW20300)</b>	\$2,070
The Bench provides exercises for the abdominals and lower back muscles by doing exercises such as leg lifts and sit ups. Less active persons could use the bench to do sit to stand or incline push-up.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/bench">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/bench</a>	
<b>Pull Up Bars (FAZ10300) (*not essential equipment but may add variety to the areas)</b>	\$21,350
Offers a range of scalable exercises, featuring multiple handles, i.e. rotating gym rings, balls and bars with varying diameters. By placing the feet on the horizontal bars beginners can decrease their bodyweight during pull ups and work their way up to advanced training.	
<a href="https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/pull-up-bars">https://www.kompan.com.au/sport-fitness/outdoor-fitness/cross-training/pull-up-bars</a>	

<b>Lark Industries-Equipment information and pricing</b>	
Website: <a href="https://www.lappset.com/Products/Outdoor-sport-equipment">https://www.lappset.com/Products/Outdoor-sport-equipment</a>	
Contact person: Ryan Longford E: ryan@larkindustries.com.au M: 0497 990 040	
Considerations:	
Prices obtained are for the supply of individual pieces (EXC. GST). There may be a decrease in price if pieces are ordered as part of a total install package.	
* all max fall heights could be adjusted to comply with playground safety standards. All Lappset circuits are certified to playground safety standards AS4685 (Playground Standard), with all fall heights suitable for young children, and overall design considered to ensure safety for all ages. Whilst the equipment is 'certified' to playground standards, it is also more importantly, DESIGNED with the intention of Multi-Generational Play	
Instructional signage/information: Each station has individual instructional signage, including QR codes to scan for video demonstrations, and 'WOD's' which are ' <b>workout of the day</b> '. showing ways in which the equipment can be used for different exercises available online.	
<b>Equipment recommendations/information</b>	Supply Cost (EXC. GST)
<b>BENCH WORKOUT WITH PEDALS (081471M)</b>	\$9,245.00
Bench with two handles and pedals installed in front of bench, developed for seniors (although lacks a back support). Bench is 610 mm high. When sitting on bench, it is possible to pump pedals and strengthen lower limbs muscles and develop coordination skills. On the other side of the bench, where there are no pedals, it is possible to exercise sitting to the bench and rising from the bench. Bench can be used also for stretching and arm exercises, such as dips.	
<a href="https://www.lappset.com/Products/Product-search/BENCH-WORKOUT-WITH-PEDALS/081471M">https://www.lappset.com/Products/Product-search/BENCH-WORKOUT-WITH-PEDALS/081471M</a>	
<b>Hand roll (081455M)</b>	\$3,175.00
Equipment intended for seniors. Rolling the balls with the hands improves elbow and shoulder mobility.	
<a href="https://www.lappset.com/Products/Product-search/HAND-ROLL/081455M">https://www.lappset.com/Products/Product-search/HAND-ROLL/081455M</a>	
<b>Shoulder Wheel (081435M) ALTERNATIVE TO HAND ROLL</b>	\$5,295.00
The ring has two movable balls with different ranges of motion. Rolling the balls on the rings helps to improve shoulder mobility. Good for rehabilitation and seniors range of motion for maintenance of function.	
<a href="https://www.lappset.com/Products/Product-search/SHOULDER-WHEEL/081435M">https://www.lappset.com/Products/Product-search/SHOULDER-WHEEL/081435M</a>	
<b>Snake Beam (081405M)</b>	\$2,480.00
Curved balancing beam suitable for all ages installed with 081410M for safety	
<a href="https://www.lappset.com/Products/Product-search/SNAKE-BEAM/081405M">https://www.lappset.com/Products/Product-search/SNAKE-BEAM/081405M</a>	
<b>Balance Rail (081410M)</b>	\$2,975.00
Support rail for safety when using the snake beam. Could also be used from the other side for hand support to do a number of leg exercises such as supported squats, calf raises, arm exercises such as incline push ups and for attaching resistance bands, as well as for stretching.	

<a href="https://www.lappset.com/Products/Product-search/BALANCE-RAIL/081410M">https://www.lappset.com/Products/Product-search/BALANCE-RAIL/081410M</a>	
<b>Back (081006M)</b>	\$9,210.00
Back equipment can be used to train the back, shoulder and arm muscles	
<a href="https://www.lappset.com/Products/Product-search/Back/081006M">https://www.lappset.com/Products/Product-search/Back/081006M</a>	
<b>Leg Press (081011M)</b>	\$10,210.00
Provides a squat-like motion, but it is lighter and can be done more slowly. It works on the large muscles of the thighs, buttocks and calves. Leg strength is essential in our everyday lives. All moving parts are equipped with ball bearings, which ensure pleasant movements for the user. Ball bearings also guarantee a long product life. The ball bearings are permanently lubricated and do not require regular maintenance	
<a href="https://www.lappset.com/Products/Product-search/Leg-Press/081011M">https://www.lappset.com/Products/Product-search/Leg-Press/081011M</a>	
<b>Street Workout S (081650M)</b>	\$9,640.00
static equipment with multiple height bars. Can be used by all ages for a number of upper and lower body strengthening exercises, as well as used for support for balance and attaching resistance bands to. Versatile equipment.	
<a href="https://www.lappset.com/Products/Product-search/STREET-WORKOUT-S/081650M">https://www.lappset.com/Products/Product-search/STREET-WORKOUT-S/081650M</a>	
<b>Dip N Fly (081270M) ALTERNATIVE TO STREET WORKOUT S</b>	\$10,210.00
A multifunctional piece of equipment combining a chin-up bar, rings and dip bars. The total height is 2,430 mm. The posts can be used by shorter exercisers to step up to the bars. The rings are suitable for doing ring dips or other gymnastic exercises. The dip bars are 1,200 mm high set with two bars on the sides and one on the end. The bar on the end can be used as a footrest. The set is suitable even for beginners who want to learn to do dips. They can start with leaning push-ups against the bar. More experienced enthusiasts can move on to actual dips, which can initially be made easier by using the footrest. Dips are used for strengthening the chest, shoulder and arm muscles.	
<a href="https://www.lappset.com/Products/Product-search/DIPN-FLY/081270M">https://www.lappset.com/Products/Product-search/DIPN-FLY/081270M</a>	
<b>Box S: 30cm (081200M) *PURCHASE 2 OR (ideally) 3 HEIGHTS FOR VARIATION</b>	\$5,080.00
A simple, cost effective piece of equipment. Many different exercises can be done with it for all levels of ability. It could be used for cardiovascular fitness or strength and power exercises. This may include step ups, calf raises and stretches, plyometric exercises such as jumping and bounding. This would provide an easier option step up for less active, older target group. Harder option for incline push up.	
<a href="https://www.lappset.com/Products/Product-search/BOX-S/081200M">https://www.lappset.com/Products/Product-search/BOX-S/081200M</a>	
<b>Box M: 45cm (081201M)</b>	\$5,305.00
As above. Could be used for step ups (more difficult than 20cm), sit to stand or incline push up as well as more difficult plyometric activities.	
<a href="https://www.lappset.com/Products/Product-search/BOX-M/081201M">https://www.lappset.com/Products/Product-search/BOX-M/081201M</a>	
<b>Box L: 60cm (081202M)</b>	\$5,595.00
As above. More difficult step up/plyometric option for more active persons. Higher seat height making it easier for sit to stand and incline push ups.	
<a href="https://www.lappset.com/Products/Product-search/BOX-L/081202M">https://www.lappset.com/Products/Product-search/BOX-L/081202M</a>	
<b>Back'N Abs (081210M)</b>	\$6,340.00

Back'n Abs is an inclined bench (685 mm high at one end and 430 mm at the other), suitable for back and abdominal exercises, in order to improve core strength equally at the front and back of the body. There are separate metal footrests at both ends.	
<a href="https://www.lappset.com/Products/Product-search/BACKN-ABS/081210M">https://www.lappset.com/Products/Product-search/BACKN-ABS/081210M</a>	
<b>Combined pieces- (cost and space effective option)</b>	
<b>Classic 95 (080495M) Cost effective option alternative to separate pieces snake beam, balance bar, shoulder/hand roll.</b>	\$15,260.00
A cost and space effective option to some of the separate pieces of equipment listed above. This equipment has the potential to be used for multiple exercises including, balance and coordination training, strength and flexibility. Bands and straps could be used on the outside balance bar for additional exercises, Step could be used for step ups with handles for safety for less mobile individuals and also for stretching. Shoulder and arm/finder range of motion and dexterity pieces also included. *There is some timber parts to this equipment.	
<a href="https://www.lappset.com/Products/Product-search/CLASSIC-95/080495M">https://www.lappset.com/Products/Product-search/CLASSIC-95/080495M</a>	

<b>a_space Australia- Equipment information and pricing</b>	
Website: <a href="https://aspaceto.com.au/fitness/products/">https://aspaceto.com.au/fitness/products/</a>	
Contact person: Chris Smith E: <a href="mailto:chris.s@space.com.au">chris.s@space.com.au</a> M: 0418 142 979	
Considerations:	
Prices obtained are for the supply of individual pieces (EXC. GST). There may be a decrease in price if pieces are ordered as part of a total install package.	
This equipment is a good option for a "trail" type layout as there is the opportunity to include a central column between the pieces to connect them.	
Instructional signage/information: Each station has individual instructional signage, including QR codes to scan for pictures and video demonstrations, showing ways in which the equipment can be used for different exercises.	
<b>Equipment recommendations/information</b>	Supply Cost (EXC. GST)
Central column for "clusters" of equipment (*to be added to prices below)	
Double	\$1,349.00
Triple	\$2,247.00
Aerobic cycle (*could be grouped with the elliptical trainer on a double central column)	\$2,754.00
Useful piece of equipment for non-weight bearing activity that is useful for cardiovascular fitness, warm-up and coordination. This piece lacks ability to adjust seat height and handle bars which may make it difficult to use for some users. <a href="https://aspaceto.com.au/fitness/product/aerobic-cycle/">https://aspaceto.com.au/fitness/product/aerobic-cycle/</a>	
Elliptical Trainer (*as above)	\$5,730.00
Useful piece of equipment for cardiovascular fitness, warm-up and coordination. A challenging piece of equipment for some users. <a href="https://aspaceto.com.au/fitness/product/elliptical-trainer/">https://aspaceto.com.au/fitness/product/elliptical-trainer/</a>	
Leg Press (*could be grouped with the pull downs and chest press on a triple central column)	\$2,641.00
Builds legs and glutes strength with back rest for support. Provides an easier option for a sit to stand of squat for individuals with knee or hip issues. <a href="https://aspaceto.com.au/fitness/product/leg-press/">https://aspaceto.com.au/fitness/product/leg-press/</a>	
Chest Press (*as above)	\$3,379.00
Develops upper body strength which is an easier alternative to body weight exercises. <a href="https://aspaceto.com.au/fitness/products/fit-for-parks/range/">https://aspaceto.com.au/fitness/products/fit-for-parks/range/</a>	
Pull Downs (*as above)	\$3,540.00
Promotes good posture, arm, shoulder and upper back strength. Seated position may suit some users. <a href="https://aspaceto.com.au/fitness/product/pull-downs/">https://aspaceto.com.au/fitness/product/pull-downs/</a>	

<b>Dexterity Builder (*could be grouped with the stretch station and body twist on a triple central column)</b>	1,024.00
Designed for seniors and younger people with limited mobility to assist with building dexterity and co-ordination important for activities of daily living. <a href="https://aspaceto.com.au/fitness/product/dexterity-builder/">https://aspaceto.com.au/fitness/product/dexterity-builder/</a>	
<b>Body Twist (*as above)</b>	\$1,395.00
promotes lower back and hip flexibility by slowly rotating the torso in both directions) <a href="https://aspaceto.com.au/fitness/product/body-twist/">https://aspaceto.com.au/fitness/product/body-twist/</a>	
<b>Stretch Station (*as above)</b>	\$675.00
A fixed piece of equipment which offers handles and bars to assist with flexibility exercises. Bands could be attached to undertake strengthening exercises for the arms. <a href="https://aspaceto.com.au/fitness/product/stretch-station/">https://aspaceto.com.au/fitness/product/stretch-station/</a>	
<b>Step Up Station</b>	\$1,827.00
Includes 3 steps of varying heights (150, 300, 450mm) around a central column for support. Users could use the higher step for sit to stands or as a stretching station. <a href="https://aspaceto.com.au/fitness/product/step-station-2/">https://aspaceto.com.au/fitness/product/step-station-2/</a>	
<b>Box Jumps- 450 &amp; 600mm high</b>	\$2,648.00
Two separate height boxes. More difficult step up/plyometric option for more active persons. Higher height box could be used for easier sit to stand and incline push ups. <a href="https://aspaceto.com.au/fitness/product/box-jumps/">https://aspaceto.com.au/fitness/product/box-jumps/</a>	
<b>Pull Ups- Triple</b>	\$1,344.00
Consisting of three bar sets at 1.9m, 2m, 2.1m to accommodate different heights of users and different types of exercises. Could be used with bands and straps to expand the equipment use. <a href="https://aspaceto.com.au/fitness/product/pull-ups-triple/">https://aspaceto.com.au/fitness/product/pull-ups-triple/</a>	
<b>Parallel Bars- 990mm high</b>	\$1,344.00
Can be used for rehabilitation, beginner dips, rows, push-ups, a wide range of safe balancing exercises and you could also attach bands and straps to do additional exercises. (*Addition of a balance beam on the outside of a bar could provide a balance activity for all abilities with the safety of a handrail). <a href="https://aspaceto.com.au/fitness/product/parallel-bars-990-high/">https://aspaceto.com.au/fitness/product/parallel-bars-990-high/</a>	
<b>Balance Beam</b>	\$1,045.00
Balancing beam suitable for all ages installed with parallel bars for safety. Could be used for raised push ups and step ups. <a href="https://aspaceto.com.au/fitness/product/balance-beam/">https://aspaceto.com.au/fitness/product/balance-beam/</a>	
<b>Sit-up bench- 10 degree decline</b>	\$1,405.00
Assists with building abdominal strength. May not be suitable for all users but may be used as a progression. <a href="https://aspaceto.com.au/fitness/product/sit-bench-2/">https://aspaceto.com.au/fitness/product/sit-bench-2/</a>	
<b>Combined pieces- (cost effective option for circuit "hub" of equipment) approx area required= 130m2</b>	\$34,000.00 (supply, delivery & installation.



Including balance beam, step up station, parallel bars, pull-ups triple, multi bench, double dexterity builder/leg press, double chest press/aerobic cycle, triple stretch station/body twist/body pulls & push-ups.	
Estimated price for above with Playmatta undersurfacing	\$76,000.00
Estimated price for above with Wetpour Rubber undersurfacing	\$81,000.00

## Suggestions to activate OFE

Based on the current literature, best practice guidelines and from information gathered from Alpine Shire residents and groups, consideration of the following suggestions may assist with activating and supporting community use of OFE:

- Community consultation should be sought to gather feedback prior to final OFE layout plans being released. This enhances community engagement and ownership. Alpine Shire Council has used this process in playground upgrades and could potentially use the same structure.
- Provide clear written and electronic instructions (usually supplied with the equipment). Ensure instructions are easy to read; large font for those with visual impairment and plain English for low literacy. Include simple illustrations. QR codes could be used to access videos and modifications of exercises, but as identified, would not be the preferred source of instruction.
- Providing a written guide may be useful. A clear instructional guide has been developed by South Eastern Sydney Local Health District and provides a good example of printed supporting material. (Accessed at: [https://www.seslhd.health.nsw.gov.au/sites/default/files/migration/Planning\\_and\\_Population\\_Health/Health\\_Promotion/docs/OutdoorGym\\_V7.pdf](https://www.seslhd.health.nsw.gov.au/sites/default/files/migration/Planning_and_Population_Health/Health_Promotion/docs/OutdoorGym_V7.pdf))
- Provide “come and try” sessions with local providers. 8-12 sessions appears to be common amongst other LGA’s. Local physical activity providers who are experienced and trained in OFE use may enable this strategy (Scott et. al. 2014)
- Support may be sought from external agencies such as Universities and the likes of the National Ageing and Research Institute (NARI). They may be able to provide some support around implementation, evaluation and training for physical activity providers to effectively use OFE.
- Engage physical activity providers by encouraging them to utilise the equipment as part of their service delivery. This promotes correct use of the equipment under guidance. Another suggestion by community members was the promotion of OFE to other health services (e.g. mental health support workers, carers, health promotion staff etc.) that may be able to utilise the equipment as part of their service delivery.
- Promote OFE locations through local mapping, physical activity guides and signage.
- Promote OFE through local community groups, local newspaper, social media and websites.

# Conclusions

Physical activity rates in the Alpine Shire are below the State average. High levels of socio-economic disadvantage (particularly Myrtleford) and an ageing population are associated with reduced physical activity, which in turn affects the health and wellbeing of the population. Cost-effective, accessible and inclusive physical activity opportunities are needed to address barriers such as cost, lack of time and access.

Based on community feedback and local service provider support, OFE would be a feasible strategy to increase physical activity opportunities (particularly strength, balance and flexibility) in the Alpine Shire. The location, layout and inclusivity of the equipment should be carefully considered, as well as providing supportive instruction and information and a comprehensive activation plan to encourage use of the equipment.

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## Appendix 1- Community feedback flyer

All Alpine Shire residents are invited to participate

**COMMUNITY FEEDBACK SURVEY- EXERCISE HABITS AND OUTDOOR EXERCISE EQUIPMENT**



**The survey is available online at:**  
**[www.surveymonkey.com/r/HCT2F8W](https://www.surveymonkey.com/r/HCT2F8W)**

This survey is being used to gather information about exercise habits amongst residents and gauge support for outdoor exercise equipment.

If you would like a hard copy of the survey please contact:  
Leeah Cooper  
E: [leeah@equilibrehealthsolutions.com.au](mailto:leeah@equilibrehealthsolutions.com.au)  
Ph. 0412 767 055



## Appendix 2- Community feedback survey



### Community feedback survey-exercise habits and outdoor exercise equipment

#### Introduction

Thank you for completing this survey. It should only take around 5 minutes. To complete this survey you:

- MUST be a resident of the Alpine Shire
- can be any age or gender

The aim of this survey is to find out:

- about exercise habits amongst residents
- whether residents are supportive of outdoor exercise equipment and suggestions relating to this

**This survey will close on 15th July 2019**

#### Project Background

This survey is part of a scoping project for the Active Alpine Group, a collaborative working group with a number of local organisations (Alpine Health, Gateway Health, Alpine Shire, Sport North East) as part of the ongoing work in encouraging active living.

Thank you!

Leeah Cooper

Exercise Physiologist

leeah@equilibrehealthsolutions.com.au, 0412 767 055

#### 1. What is your age in years?

- |                                |                             |
|--------------------------------|-----------------------------|
| <input type="radio"/> Under 18 | <input type="radio"/> 45-54 |
| <input type="radio"/> 18-24    | <input type="radio"/> 55-64 |
| <input type="radio"/> 25-34    | <input type="radio"/> 65+   |
| <input type="radio"/> 35-44    |                             |

#### 2. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Other

#### 3. Where in the Alpine Shire do you reside?

4. Do you currently engage in structured exercise (i.e. physical activity that you set time aside, with the intention to improve your health/fitness)?

☐ Yes

☐ No

5. If you answered **Yes** to question 4, what type of structured exercise do you currently do? (e.g. gym, bootcamp, cycling, walking, swimming, home based exercise program, group exercise classes, yoga, pilates etc.)

9. What would help support you to use the equipment (e.g. location, close to other facilities, organised groups, instruction signs, online instructional videos/apps, demonstrations etc.)?

10. Do you have any other comments, questions or concerns?

---

7. Have you ever used outdoor exercise equipment (stationary and dynamic stations or circuits)?

☐ Yes

☐ No

Comments:


8. If outdoor exercise equipment was provided in the Alpine Shire, would you see yourself using it?

☐ Yes

☐ No

Comments:

## Appendix 3- Physical activity provider survey

 Physical Activity provider survey- Alpine Shire outdoor exercise equipment	
<b>Introduction</b> Thank you for completing this survey. It should only take around 5 minutes. To complete this survey you: - <b>MUST</b> be a provider of physical activity services in the Alpine Shire  The aim of this survey is to find out: - whether you/your business are supportive of outdoor exercise equipment and suggestions you have relating to this  <b>Project Background</b> This survey is part of a scoping project for the Active Alpine Group, a collaborative working group with a number of local organisations (Alpine Health, Gateway Health, Alpine Shire, Sport North East) as part of the ongoing work in encouraging active living.  Thank you for your time! Leeah Cooper Exercise Physiologist, Equilibre Health leeah@equilibrehealthsolutions.com.au, 0412 767 055	
1. What is your professional service?	
<input type="checkbox"/>	fitness facility/gym
<input type="checkbox"/>	group exercise leader
<input type="checkbox"/>	exercise physiologist
<input type="checkbox"/>	personal trainer
<input type="checkbox"/>	physiotherapist
<input type="checkbox"/>	yoga/pilates instructor
<input type="checkbox"/>	Other (please specify)
<input type="text"/>	
2. In which town/s do you operate?	
<input type="text"/>	

1

3. What age groups do you service?

☐ Under 18

☐ 18-24

☐ 25-34

☐ 35-44

☐ 45-54

☐ 55-64

☐ 65+

4. Do you currently conduct outdoor training sessions?

☐ Yes

☐ No

If yes, please add further details

5. Are you familiar with outdoor exercise equipment (e.g. stationary/fixed or dynamic equipment or circuits)?

☐ Yes

☐ No

If yes, please provide more detail (e.g. what have your experiences been)

6. If outdoor exercise equipment was available in the Alpine Shire, would you provide/have the capacity to provide exercise sessions using this equipment?

☐ Yes

☐ No

Comments:

2

7. Would you/your employees be willing to undertake education/training to utilise the equipment safely and effectively?

☐ Yes

☐ No

Other (please specify)

8. Do you have any suggestions/comments relating to outdoor exercise equipment (e.g. target groups, type of equipment etc.)?

9. Please provide your contact details if you would like to be contacted regarding this project.

Name

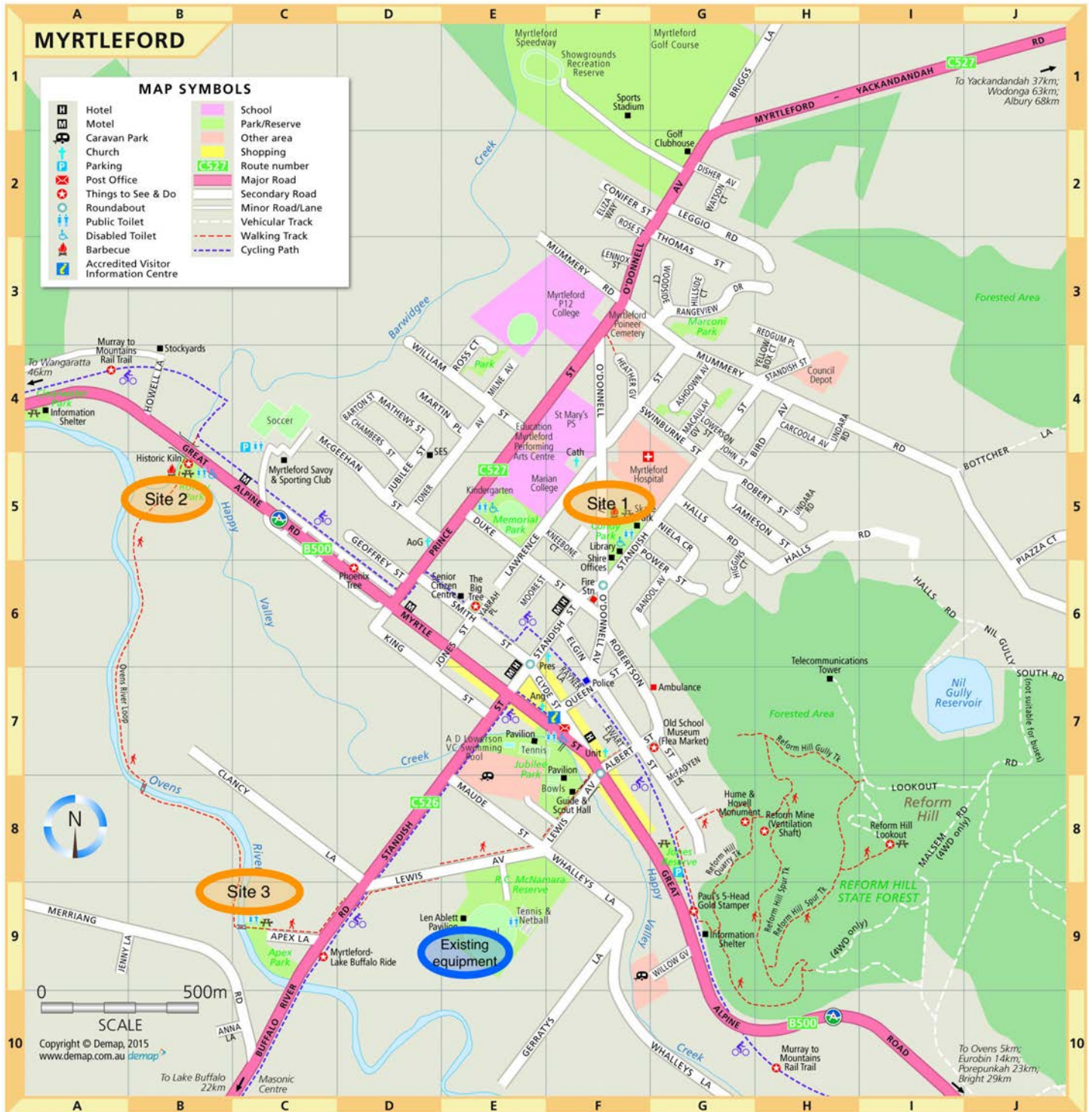
Company

Email Address

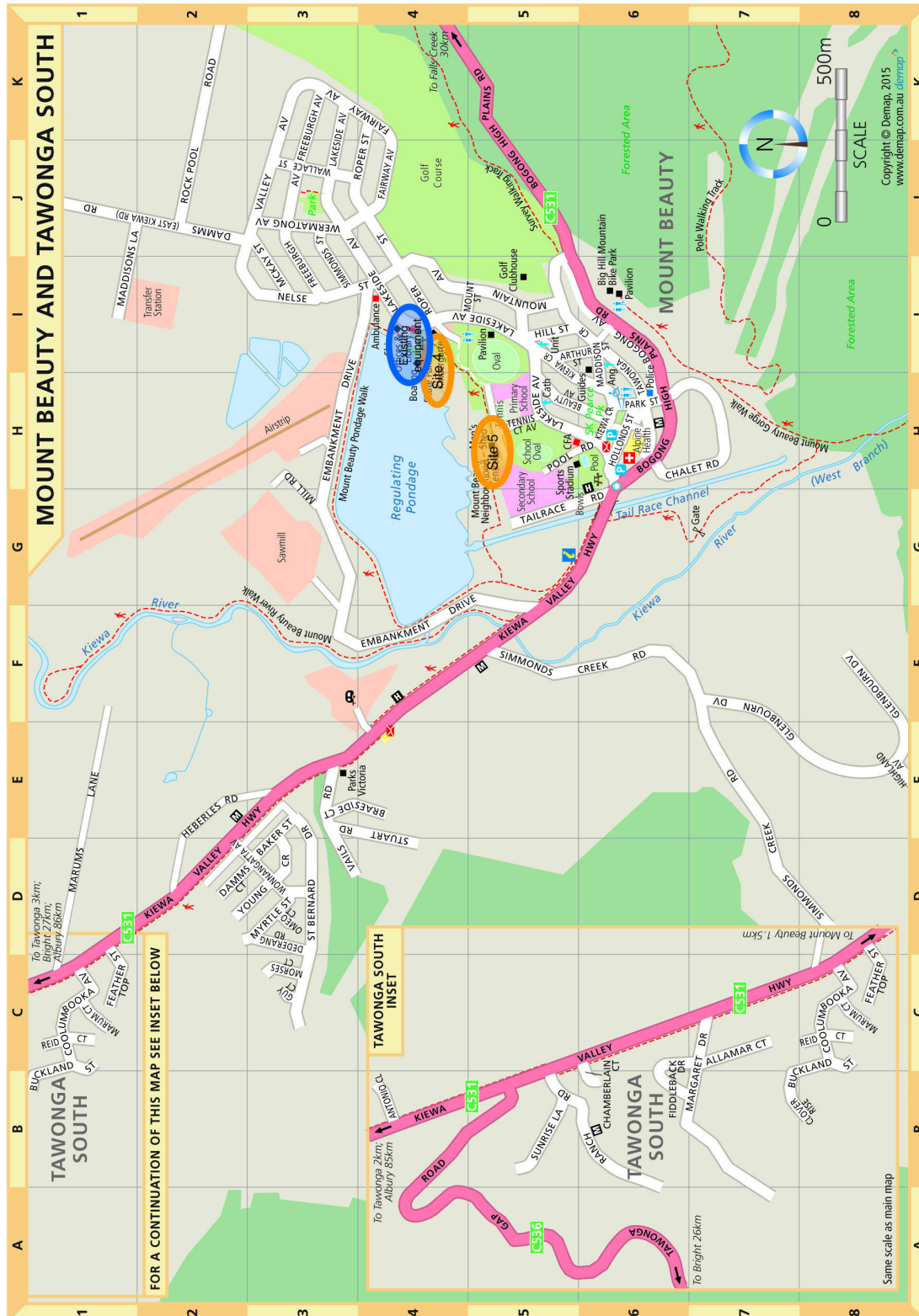
Phone Number



## Appendix 4- Myrtleford map: OFE potential site locations

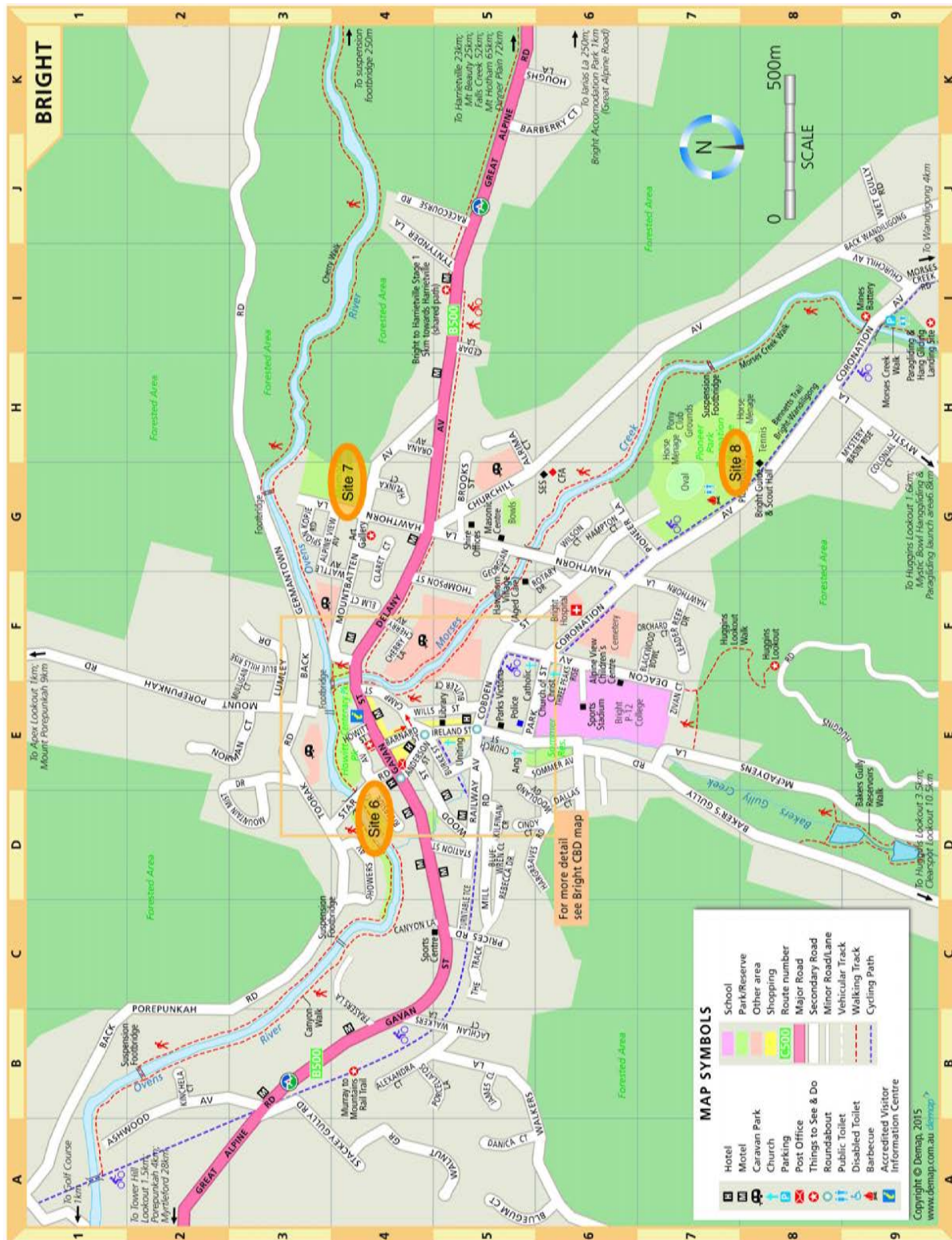


## Appendix 5- Mount Beauty map: OFE potential site locations

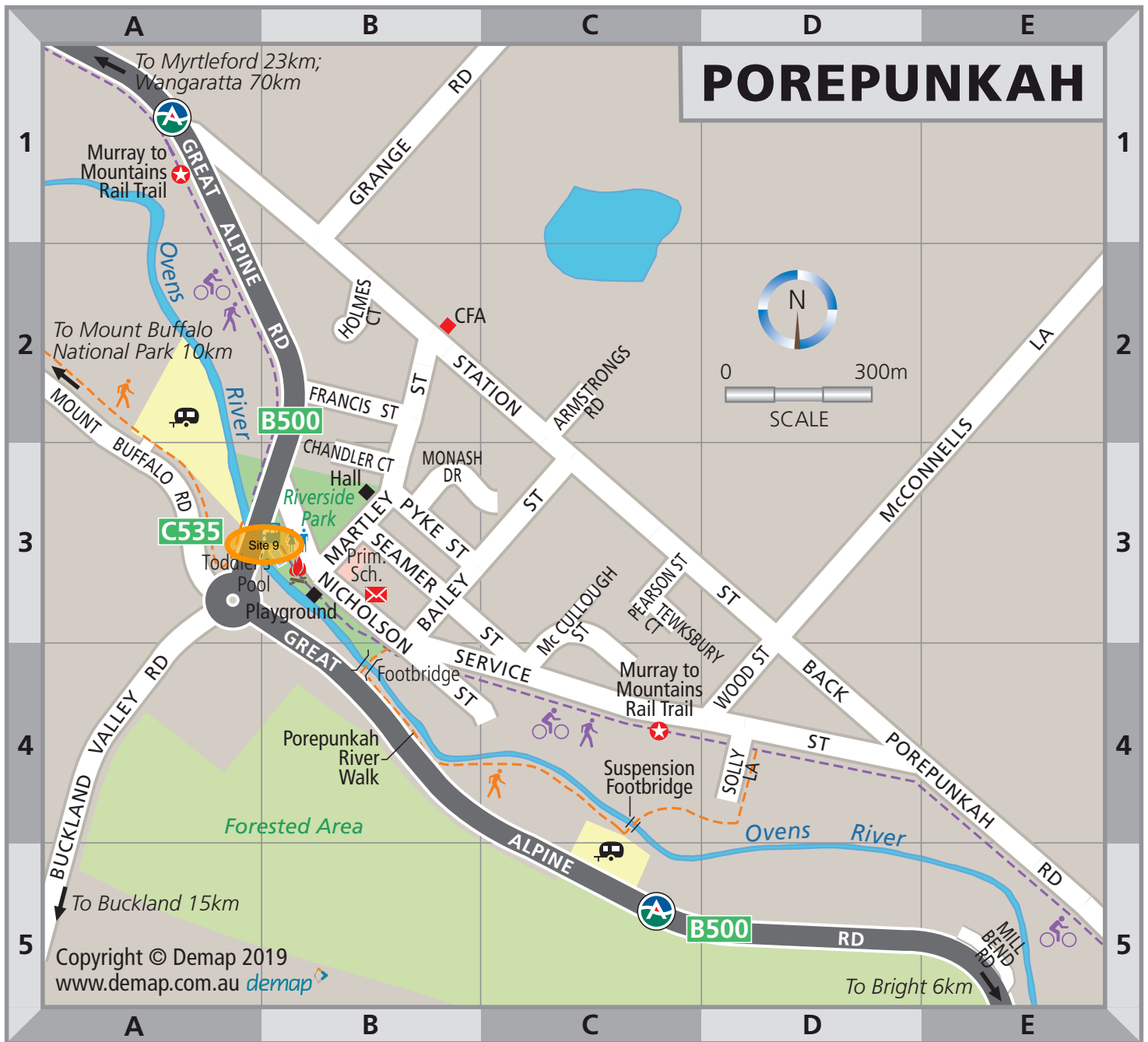




## Appendix 6- Bright map: OFE potential site locations



## Appendix 7- Porepunkah map: OFE potential site locations



## Appendix 8- Outdoor fitness equipment checklist

### Appendix 2: Outdoor fitness equipment site evaluation checklist

This checklist will assist in determining if the selected location for outdoor fitness equipment is suitable. It will also identify key areas for consideration and further investigation before confirming a location for outdoor fitness equipment.

Is the site large enough to accommodate an outdoor fitness installation (average size of a OFE installation is 150–200m <sup>2</sup> )	Y/N
Is the site wheelchair accessible?	Y/N
If 'No', is there provision to install formed pathways?	Y/N
Are there public toilets within a reasonable distance?	Y/N
Does the site have additional supporting amenities, such as a jogging/ walking path, drinking fountains, or a playground?	Y/N
Is the site shaded?	Y/N
If 'No', is there potential for tree plantings or shade sails to be installed?	Y/N
Has a soil test been conducted?	Y/N
If 'Yes', is the soil suitable for OFE construction?	Y/N
Have heritage/cultural site considerations been considered?	Y/N
Does the site, or the area immediately surrounding it, currently have high levels of community use?	Y/N
Have community activities that already exist in the area been considered?	Y/N
Has the community been consulted in their preference for the OFE location?	Y/N
Is the site visible from nearby roadways?	Y/N
Is there vehicle parking within a reasonable distance?	Y/N
Is the site accessible by public transport?	Y/N
Is the site and surrounding areas considered safe and free of vandalism?	Y/N
Is there opportunity for auto-timed lighting at the location? (site power)	Y/N
Has a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis been conducted on the site?	Y/N
Have CPTED principles been considered to enhance the safety of users?	Y/N
Have Universal Design considerations been assessed?	Y/N
Site notes / considerations:	

Upon completion, if the majority of questions were answered with 'Yes' proceed with site planning.