

Project Title	Walmer Beach Outdoor Gym
Document Purpose	Outdoor Gym and Safety Surfacing Specification ITQ Appendix A
Project Overview	
This project will install a free inclusive community outdoor gym on Walmer beach, accessible for adults and young adults (ages 13+) of all fitness levels and abilities. It will deliver a range of high-quality outdoor fitness equipment on the seafront in a prime beach location with proven footfall, in a format which looks to bring the concept of an indoor gym outside. The gym will include cardio, strength, and cross training equipment, with a particular emphasis on the provision of flexible equipment which can be used by multiple user groups and is accessible to all. The overall vision of this project is to create a new free community outdoor leisure facility to increase participation in sport and physical activity, whilst at the same time removing some of the barriers which exist to participation; be it financial, physical, perception, confidence, safety concerns and so on. Sustainability and carbon footprint measures will be important considerations across all aspects of this project, including the selection, installation and ongoing management of all equipment and materials used. Monitoring usage and impact of the gym within the community will be key success factors.	
Key Design Factors	
The outdoor gym will be installed directly onto the shingle beach on Walmer seafront. The site is within a conservation area and therefore colours used in the design need to be sympathetic and in keeping with the surrounding areas. The preferred colours to achieve this are grey for equipment and a natural colourway for the safety wetpour surfacing. The preferred shape of the gym is rectangular which better meets conservation area requirements and the needs of wheelchair users to more easily navigate the space. The maximum size of the gym must be no larger than 25.35m x 8.25m. The overall design must have a logical user flow incorporating space for wheelchair movements. There may be the requirement to deliver a flexible/phased implementation where the required safety surface is laid and the desired equipment is added in two phases. Phase 1 at the same time as the safety surface and Phase 2 at a later date. Please provide details of how this may be achievable and what additional costs may be involved.	

Equipment and Signage Requirements

Our ideal outdoor gym will contain a selection of resistance, cardio, cross-training and balance/mobility equipment. Our preferred range of equipment is as follows:

Leg Press	Magnetic Bells
Chest Press or Pull Down	Suspension Ropes
Shoulder Press	Balance Station
Recumbent Bike	Step Ups x 2 – different heights
Cross Trainer	Overhead Ladder
Arm Bike	Incline/Decline Press
Pull up bar(s)	Sit up Bench

Equipment can be delivered with a combination of both single-user pieces and multi user rigs.

Moving parts on the equipment to be concealed to prevent crushing and entrapment hazards.

The equipment should be low maintenance and resistant to rust and UV damage.

As the equipment will be installed onto a beach location, an additional coastal protection (C4) will be required for all items.

Please specify all materials used – the preferred component being the use of hot dip galvanised steel and/or other components as appropriate.

We require the equipment to be:

- Suitable for ages 13+
- Suitable from beginners to advanced users (adjustable with variable resistance where appropriate).
- Inclusive flexible design, suitable for wheelchair users where practicable.
- Suitable for use unsupervised.

Target number of users per gym maximum 20-24 at any one time.

Each individual item of equipment must have a durable sign showing the exercise instructions and relevant safety instructions. Signage could include recommended workouts, and /or QR code links to equipment instruction videos.

A “Welcome to Walmer Beach Gym” is also required for the site. This should include relevant user restrictions (age/height/weight), appropriate advice about seeking medical advice before exercising (“Use At Your Own Risk”), plus emergency and maintenance contact details..

All equipment must conform to BS EN 16630:2015 safety standard.

Safety Surface and Base Design

The quote must include the supply and installation of an appropriate non-slip safety surface and base design. All safety surfaces must conform to BS EN 16630:2015 safety standard.

The quote should allow for all ground work excavation and preparation – assumption is that shingle excavated will be re-distributed on site. Works will include excavating the existing shingle to a depth of approximately 300mm, with the excavated material redistributed on site. A geotextile membrane should then be installed followed by a layer of type 1 foundation stone.

To satisfy planning conditions for the beach location, the gym base design should comprise of a 150mm thick reinforced concrete slab, overlaid with a minimum depth 50mm layer of rubber wetpour safety surfacing. Edgings to retain the concrete slab will also be required. Exact details of the construction of the base design as above is required, including surface water drainage, as part of the site sits in Flood Zone 3.

The gym will need to be wheelchair accessible from the main beachfront promenade.

Materials and Warranty

Please provide evidence in your written quote that the materials used are weather resistant, suitable for the coastal location and outline any protections in place to reduce vandalism.

Please provide evidence in your written quote of sustainability and carbon footprint measures which are relevant for all aspects of this installation.

Please specify the warranty offered for each item of equipment and safety surface including base design.

Activate & Track Usage

Initial “train the trainer” / launch sessions to be included as part of implementation and handover.

We are seeking ways in which to activate and track usage of the gym through use of technology which is already available. Please therefore include a proposal of how current technology can be harnessed to deliver accurate usage data and/or other recommendations you may have to monitor usage accurately.

General

Please include a recommended maintenance plan to include regular inspections for wear & tear, cleaning, annual safety checks and re-surfacing/replacement needs.

During installation, the contractor should provide a secure work compound for the build ensuring that the public cannot gain access to the work site. Suitable fencing and safety notices must be displayed around the site. The contractor must take all reasonable action to ensure that newly installed apparatus is not left in a usable state until practical completion is confirmed. Any machinery left overnight must be immobilised and the contractor will take responsibility for any damage caused to equipment/materials left on site.

Any damage caused to existing paths, grassed areas, landscaping etc must be made good by the contractor.

Following completion of the project the contractor will need to provide documented evidence that an independent inspection has been carried out and confirmed the equipment has passed the appropriate safety checks.