

# Outdoor Fitness Equipment

## Outdoor Fitness

Councils and organisations are encouraging active exercise by creating fresh air gyms with the installation of outdoor fitness equipment. Outdoor fitness equipment is typically provided as a facility within a local park.

## Advantages of Outdoor Fitness Equipment

- Encourage adults, the young and young at heart to be active and healthy
- Fun to use
- Free of charge
- Available to be used 24 hours a day
- Doesn't take up space at home

## Types of Equipment

- *All-In-One* - a facility where each piece of equipment is joined to another and resembles children's playground equipment in style.
- *Static Exercise Station* - is similar to an all-in-one, however equipment items are separated.
- *Fitness Trail* - typically a pathway with distanced intervals between equipment eg. 100-200metres.
- *Exercise Station Trail* - a number of small version exercise stations with moving equipment spaced out over a fitness trail. Distances between the exercise stations can vary.
- *Mechanical equipment* - with incorporated moving parts in the equipment.

With their design based on the physique of an adult, outdoor fitness equipment is predominantly targeting adults. Most manufacturers recommend that users are people over the age of 12 and with an overall height of 1400mm. However younger children are drawn to outdoor fitness equipment, possibly considering them as pieces of playground equipment.

The Australian Standard AS 16630 *Permanently installed outdoor fitness equipment - Safety requirements and test methods* was published January 2021.

Outdoor fitness equipment is required to meet this Standard which includes (but not limited to):

- eliminating entrapment and crush points;
- providing certified playground surfacing (where necessary);
- provision of shade;
- restricting the use of copper chrome arsenate (CCA) and creosote treated timbers; and
- use of synthetic materials resistant to ultraviolet radiation.







### What to consider if installing outdoor fitness equipment

- Features that enhance the experience of an outdoor fitness area such as:
  - ◊ Surfacing surrounding equipment tested to AS 4422
  - ◊ Shade
  - ◊ Seating
  - ◊ Rain shelter
  - ◊ Security surveillance
  - ◊ Toilets
  - ◊ Bubblers
  - ◊ Garbage bins
  - ◊ Lighting
  - ◊ Signage
- Type of outdoor fitness equipment
  - ◊ Equipment certified to AS 16630
  - ◊ High quality equipment designed for a range of beginner to advanced skill levels
  - ◊ High quality construction and durability
  - ◊ Static equipment
  - ◊ Mechanical equipment



- Site selection
  - ◊ Location and views
  - ◊ Set out
  - ◊ Level surface
  - ◊ Accessibility
  - ◊ Parking



### What to check for if using outdoor fitness equipment

- Condition of the equipment
  - ◊ Check that fitness equipment is stable and in good working order
  - ◊ Check that components are intact, that there are no missing or broken parts and fastenings are secure

Report issues to Council or property owner
- Safe Environment
  - ◊ Check for any suspicious/threatening people
  - ◊ Ensure someone knows where you are
  - ◊ Check for adverse weather conditions (very hot/cold, lightning, etc) and debris
  - ◊ Ensure that you are wearing appropriate clothing, footwear and sun protection
- Safe Usage
  - ◊ Refer to signage for correct use of equipment
  - ◊ Be aware of your own physical and intellectual limitations, only use equipment if you are capable
  - ◊ Take regular breaks
  - ◊ Drink plenty of water

