Outdoor Fitness
Councils and organisations are encouraging active exercise by creating fresh air gyms with the installation of outdoor fitness equipment. Similar to sports fields, children's playground equipment, pathways, cycle ways, landscaping and community facilities, outdoor gyms are typically provided as a facility within a local park.

Advantages of Outdoor Gyms
- 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 Outdoor Gyms
- **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. 100-200 metres.
- **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.
- **Modern** - with incorporated moving parts in the equipment. This equipment looks and is used similarly to indoor fitness equipment.

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

Whilst there is no Australian Standard for outdoor fitness equipment (NB: AS 16630 Permanently installed outdoor fitness equipment - Safety requirements and test methods due to be published late 2020), it is recommended equipment meets critical components of AS 4685 for playground equipment such as eliminating entrapment and crush points and providing certified playground surfacing surrounding the equipment (where necessary). This is particularly important if the outdoor gym is installed in close proximity or integrated into a playground.
What to consider if installing outdoor fitness equipment

- Features that enhance the experience of an outdoor gym such as:
  - Surfacing tested to AS 4422 surrounding equipment
  - Shade
  - Seating
  - Rain shelter
  - Security surveillance
  - Toilets
  - Bubblers
  - Garbage bins
  - Lighting
  - Signage

- Type of gym equipment
  - Equipment certified to AS 4685
  - 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
  - Take regular breaks
  - Drink plenty of water