

# Outdoor Gyms

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

- Encouraging adults, the young and young at heart to be active and healthy
- Fun to use
- Free of charge
- Able to be used 24 hours
- 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. 100-200metres.
- *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.
- *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 designed for adults. Most facilities recommend use by people over the age of 18. However children are drawn to outdoor gyms, possibly considering them as playground equipment.

Whilst there is no Australian Standard for Outdoor Fitness Equipment, *Kisafe NSW* recommends that equipment meets critical components of AS 4685 for playground equipment such as eliminating entrapment hazards 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 to a playground.





### What to consider if installing outdoor fitness equipment

- Features that would enhance the experience of an outdoor gym such as:
  - ◊ Surfacing tested to AS/NZS 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 design 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 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, no missing or broken parts and fastenings are secure
- Safe Environment
  - ◊ Check for any suspicious/threatening people in the area
  - ◊ 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 usage of the equipment
  - ◊ Take regular breaks
  - ◊ Drink water

