

CHANNELS COMMUNITY STEWARDSHIP CIC OUTDOOR FITNESS EQUIPMENT

Context

Channels Park is a community open space that is managed by Channels Stewardship CIC. As the organisation has been constituted as a Community Interest Company, the remit is wider than a simple residents management company and, in some respects, there is cross over with what a Community Group or Residents Association does. Community Interest Companies are required to use their profits and assets for 'public good'.

Feedback from residents over the last 3 years has shown that outdoor fitness equipment is one of the key areas that a fund made available as part of planning conditions by developers should be used for although there are other key items short-listed such as an enclosed dog run, a quiet 'sensory' area and community growing points.

Equipment Options

There are many suppliers of outdoor fitness equipment however based on experience and looking at what works in other areas, utilising equipment that is simple, functional, *low maintenance* and importantly remains in keeping with the surrounding area (wood based), has been the favoured approach.

Wood based:



Steel/Aluminium based:



The wooden equipment chosen has no moving parts, so it is almost maintenance free, and it is guaranteed for 15 years. Outdoor gym equipment is often designed for everyone yet works for no one and requires regular, expensive maintenance.

We have therefore not replicated or copied what can be found in other parks around Chelmsford. We are lucky to have lovely paths and trails around the local area where we can undertake aerobic based exercise (walking/running/cycling etc), so the focus has been on core, functional exercise that is accessible to all.

The fitness equipment has been paid for through use of the development fund and by way of a generous grant from Broomfield Parish Council. As such there is no impact on residents via their Service Charge for the capital cost or installation of the equipment.

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Key to the proposal is a 'Suspension Rope Station' (<https://www.trxtraining.co.uk/why-trx>) which is apparatus that residents can attach their own suspension ropes to. You can achieve a whole-body workout simply in this way (beginner to advanced) and we will also look at options in the future of purchasing some ropes or working with the Channels Community Residents Group to explore funding to purchase some, for use by the local community.

Two core equipment clusters will be created around the top end of Channels Park in addition to the Suspension Rope station, the latter having upgraded rubberised flooring to ensure that all forms of suspension training can be safely undertaken.

Monkey Bar Gym & Step-Up Steps



Pull Up Bars, Dip Bars, Step-Up Steps



Suspension Rope Station



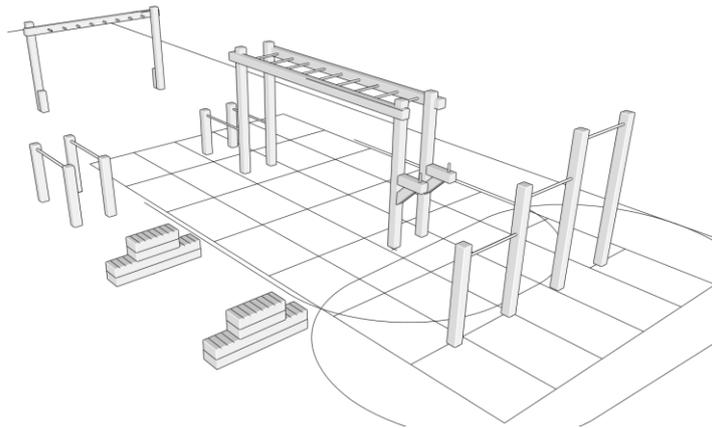
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Location

Following a number site visits over recent months by the supplier, and based on their advice, the equipment will be grouped together in one general area of the park. The location will be at the top end of the park adjacent to, but circa 50m away from, the Children's Play Park:



The proposed layout can be seen below:



Launch Date

It is hoped that the equipment will deliver benefit to all ages for many years to come. It will be a significant enhancement to the area and fits with the vision of how the Chelmsford Garden Community (of which we are part) will develop over the next 25 years.

There may be some disruption around the top end of the park while the equipment is installed during late September however, we will keep you updated with progress and will also look to undertake a formal launch of the area in early October.

Andrew Wright

Director & Fitness Equipment Project Lead

For and on behalf of

CHANNELS COMMUNITY STEWARDSHIP C.I.C.

18th September 2022