

Budgeting

If the development costs exceed the budget, it may be advisable to revise the plan to build the project in phases instead of reducing the scope of the outdoor gym. Consider also leasing possibilities.

- Planning
- Demolish
- Installation
- Surfacing
- Equipment
- Maintenance

Safety

Which user group should the area be appropriate for?
Will sporting equipment be placed near play area?

Selection of exercise functions is based on the main user group

- Advanced athletes
- Medium level exercisers
- Beginners
- People who have lost some of their functionality

Notice also physical development and remember to offer challenges!

Make the park support:

- Aerobic capacity
- Dynamic movements (jumps)
- Mobility
- Coordination
- Balance
- Muscles
 - Upper body
 - Middle body
 - Lower body
- Static movements
- Can you find scalability in the movements? Strength-/skillwise?



Users / target groups

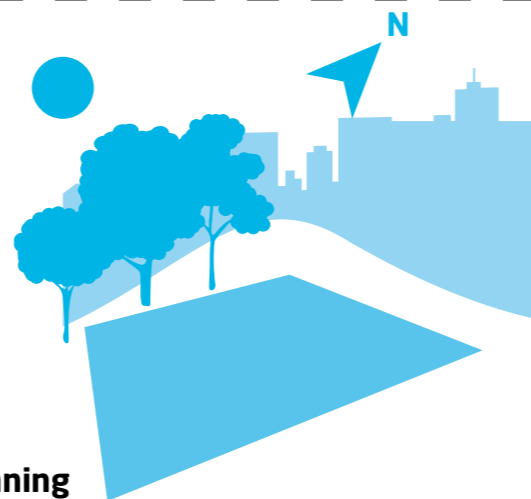
Who will be using the sport park? What is the demography of people living close by?

- Teens
- Families
- Sport clubs
- Self-guided
- Group guided
- Seniors

- How many people must the park accommodate at any time? (Capacity)
- Is there a possibility to include activities for all ages (children - teens - adults - seniors)?

1. Area planning

- Dimensions and shape of the total area
- Description of the surroundings (park, fairways, houses, shops? etc.)
- Direction of light / sunshine
- Trees or other existing and remaining shades in the park
- What local codes or requirements must be considered?
- What existing equipment is to be retained?
- What kind of sport parks are nearby - avoid similarities
- Has the existing equipment been audited to current standards and guidelines, and if not, when will this be done?
- Is the designed layout good for guided group training sessions?



✓ Outdoor Gym Checklist



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Other possible exercise elements

- Climbing
- Ball games
- Biking, scooting, skating
- Running
- Parkour and freerunning



Is the design inclusive?

Remember to choose activities for different levels of ability. Even surfacing makes the park accessible for all.



Grand opening

Arrange professional instructors, music, performances, balloons. Invite families, sport clubs, press, bloggers, guests of honour to the opening event of the park. Make them feel at home, and they will become regular visitors to the park, and will also take a good care of their "sporty livingroom outdoors".



Installation

Make sure the equipment is assembled and installed by professionals. Do not forget to schedule for regular inspections of the park.

The installation team will appreciate this information:

- Photo of the area
- What is the ground like (asphalt, sand, grass, forest etc.)
- Timetable for the installation

- Accessibility for maintenance and groundwork machines
- Service routes during the installation
- Contact person and their contact details for possible questions

Installation of a park:
 1. basic site preparation
 2. equipment installation
 3. surfacing installation

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Variable park essentials

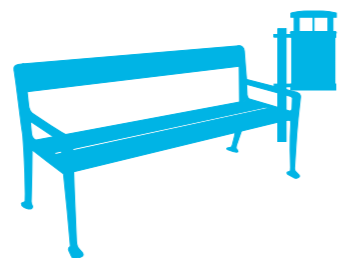
- Tables
 - Children, Adult, Senior, Inclusive
- Benches, chairs
 - Children, Adult, Senior, Inclusive
- Litter bins
- Ash trays
- Bike stands
- Pergola
- Gazebo / Shelter
- BBQ grill
- Plant boxes
- Leaning rails
- Dog park / station

Is fencing needed

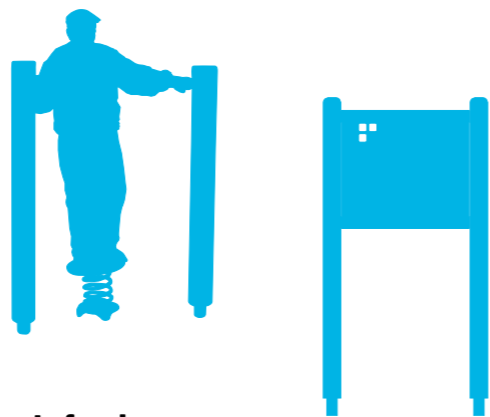
- Prevent children from running to the road
- Noise wall
- How high / how closed the fencing should be

In any park, the minimum should be:

- 2 benches: one in the sun, one in shadow
- 1 litter bin
- 1 bicycle stand, min. for 4 bikes



9.



Info signs

- Info signs according to standard SFS-EN 16630:
1. Emergency phone number
 2. Park maintenance phone number
 3. Name of the park
 4. Address of the park
 5. Instructions on how to use the equipment
 6. Other essential information

10.

11.

Surfacing

Possibility to add extra functions with the design?
 Need of elasticity? Inclusive design?

- Artificial grass
- Safety tiles
- Wood chips
- Grass
- Gravel
- Sand
- Bark
- Unitary surfacing (pour in place)

Budgeting the safety surface:

- preparation of the site
- installation of the safety surface

The type of surfacing material may have a significant impact on the cost of the park over its life cycle.

12.

Other points to remember when planning

- Lighting
- Sun shades
- Entry and exit points
- Walkways
- Seasons
 - Can a football field be a skating rink in the winter?
 - Is there space for (temporary) snow storage?
 - Etc.



13.

14.

