

Promotion of the Outdoor Gym Equipment at St Aldhelms Mead

1. Purpose of the report

- 1.1 To request approval for a hands on method of promoting the newly installed outdoor fitness equipment.

2. Background

- 2.1 We installed some outdoor fitness equipment to promote activity and fitness in St Aldhelm's Mead
- 2.2 Whilst the equipment would naturally be used less often in winter, I've seen it idle a couple of times. I recently saw some young people using it, but one of them looked embarrassed and stopped as I passed. I wondered whether more people would use it if they were less embarrassed.
- 2.3 Where outdoor gym equipment has been particularly successful (like another park I've seen) there were guided sessions with a fitness instructor. This encourages people to use the equipment and become familiar with it, so they feel less embarrassed when using it on their own.

3. Proposals

- 3.1 That without claiming any expertise or taking any responsibility for teaching, etc, we promote the equipment by telling people we're going to use it on a certain date at a particular time and invite people to join us if they're too shy to use it on their own.
- 3.2 We could put this in the newsletter and on the website and take it turns to be in the park once a week for a limited period of time.

4. Financial implications and risks

- 4.1 I don't know how we'd have to frame it to prevent legal responsibility.

5. Recommendations

- 5.1 That the committee consider whether and how to do this.

Cllr Vandelli