

.....PRIORITY INFRASTRUCTURE PROJECT.....

## **Proposed Gundagai Large Scale Adventure Playground and fitness centre Program**

Cootamundra–Gundagai Regional Council (CGRC), identified the need of installation of exercise equipment, adventure playground and fitness equipment in Gundagai area.

Council aims to provide/ install equipment at selected locations as shown in the Fig 1.1 below; to form an exercise circuit suitable for all ages, to help people lead active and healthy lifestyles addressing our community strategic plan values- “A family friendly safe community with a strong community spirit and opportunities to engage in a healthy and active lifestyle for the key outcome of “A healthy rural community with access to a range of services and facilities that meet the community’s needs. Gundagai

The research tells us that outdoor gyms/equipment provide opportunities for people to participate in moderate and vigorous intensity physical activity and muscle strengthening activities. This could improve their risk factors associated with chronic disease and reduce the risk of falls.

Studies also indicate that the majority of older adults who use outdoor gyms/exercise equipment report benefits in terms of physical and psychological health, as well as social connection. Council believes that the outdoor fitness equipment should be free and available for everyone to use in their community. It should be fun for people of all ages and abilities and add to the aesthetics of their surroundings.

Further, as per census 2011, the population aged 10 to 19 comprise 13.5% (496) out of 3662 of total population in former Gundagai LGA. Gundagai has some space for the teen children to provide the outdoor activities like skate parks, swimming pools and parks etc. but the current facilities are not adequate and not sufficient enough to entertain and engage these age group to the healthy outdoor activities.

Council plans to develop a multipurpose outdoor youth space with larger adventure playgrounds as one of the top priorities, to meet the needs of this age group (10-19 year olds), as the demography shows about 13.5% of population falls into this age group. Fig2.1a through to Fig 2.1h provide some design alternatives which are popular and liked by teen children, installed in some of the large local government areas. Council aims to finalize the design after series of extensive community consultation.

Considering the community expectations and all these benefits CGRC aims to install large scale adventure playground and fitness centre the estimated cost of \$1M for Gundagai area.



Fig 1.1 Location map- Possible Locations of exercise Equipment - along Yarri Park & along Murrumbidgee rive bank at Gundagai



Fig 1.2 Concept Model equipment for Yarri Park

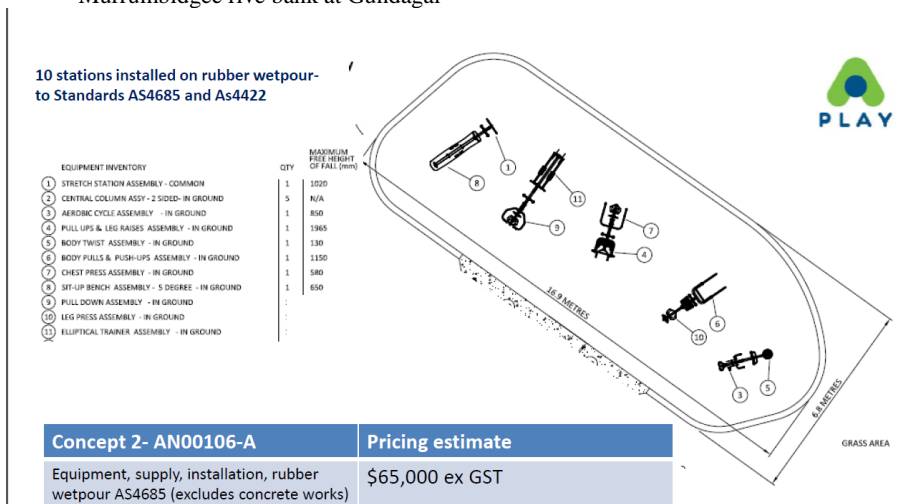


Fig 1.3 Concept Plan and estimated cost/site



Fig 2.1a Custom Tower



Fig 2.1b Galaxy Net



Fig 2.1c Skysurf



Fig 2.1d Trovni Swing



Fig 2.1e Hexagonal Swingset



Fig 2.1f Infinity Bowl



Fig 2.1g Tema Metropolis



Fig 2.1h Grafic GamesJet

Fig 2.0 Play Equipment options for teen children age group