

<b>Board Meeting:</b> March 2019	<b>Agenda Number:</b> 12(v)	<b>Record:</b> ED19/2020
----------------------------------	-----------------------------	--------------------------

# **LORD HOWE ISLAND BOARD**

## **Business Paper**

### **OPEN SESSION**

#### **ITEM**

Stronger Country Community Funds – Lagoon Road Foreshore Fitness Trail

#### **RECOMMENDATION**

It is recommended that the Board approve the fitness equipment being installed at the playground.

#### **BACKGROUND**

As part of Round 2 of the Stronger Country Community Funds (SCCF2) program released by the NSW State Government. The Lord Howe Island Board was successful in receiving \$93,660 for a Lagoon Road Foreshore Fitness Trail. A community questionnaire was distributed to further determine the demographics of potential users, current fitness levels, preferred type of equipment and location. This was undertaken as the initial requests included a number of possible locations and options included it being either installed at a single location or as a trail.

The questionnaire is now closed and this report provides the community feedback and recommendations based on the responses.

#### **COMMUNITY FEEDBACK**

The questionnaires were sent out in hard copy, electronically and made available at a number of outlets including the Post Office, Board Office and Aerodrome, resulting in 55 completed responses being received. The responses have been tabulated and are attached to this report for Board Members' information.

Not all respondents answered all the questions. Therefore the percentages quoted are the percentage of only those who responded to that particular question. Therefore all the percentages often do not add up to 100%.

It is apparent from the community feedback that a significant number of respondents do not wish to see this type of equipment installed on the island. With 30 (55%) of the 55 submissions giving negative comments and raising concerns such as the equipment being inappropriate for the island, sufficient natural alternatives for fitness and equipment maintenance.

The results received came from an even spread across the age groups who said they have an average to very good fitness level. 47% of the responders wanted to improve their cardio fitness while 38% wanted to improve their flexibility/mobility and 38% their strength. Of the responses 2% said they do not currently dedicate any time for weekly exercise, 4% under 50 minutes, 24% between 50-100 minutes and 9% between 100-150 minutes. It is recommended

by health authorities that 150 minutes of weekly exercise be undertaken to maintain a healthy body. 30% indicated they currently spend over 150 min per week exercising.

When the equipment is installed, 35% of responders said they would use it weekly or more, while 2% said fortnightly, 2% monthly and 15% less than monthly.

The questionnaire asked the community whether the equipment should be installed along the Lagoon Road foreshore trail or at a single location. 42% of responders preferred a single location and 24% along the foreshore trail. Of the people who indicated they would like it clustered at one location, 64% prefer at the playground, 25% Aquatic Club and 11% across from the oval.

It is acknowledged that some respondents were concerned that the equipment would be a maintenance problem, modern outdoor fitness equipment is made of material to reduce maintenance and increase longevity. Materials such as marine grade 316 stainless steel, high density polyethylene, rubber resistance systems and anodised aluminium are now providing better longevity.

### **RECOMMENDATION**

It is recommended that the Board approve the fitness equipment being installed at the playground.

**Prepared:** John Teague, Manager Infrastructure & Engineering Services

**Endorsed:** Peter Adams, Chief Executive Officer

**Attachments:**

Attachment 1:- Lagoon Road Foreshore Fitness Trail - Questionnaire Response Table



