Seniors Exercise Park Feasibility Study

Online Community Panel Consultation

The study

In November 2021, Council adopted an *Active Recreation Opportunities Strategy*.

This strategy aims to create more opportunities for Monash residents to exercise 'in their own way' and increase the diversity of opportunities for physical activity by supporting the development of a series of 'key active recreation sites' that will provide free outdoor exercise stations for residents to get physically active.

As part of the implementation of this strategy Council is undertaking a feasibility study for the potential development of an intergenerational exercise park (or *Seniors Exercise Park*) in Monash accordance with the key recommendations, principles and sites identified in the strategy.

Community Panel Feedback

Members of the Monash Online Community Panel aged 50 years and over were invited to contribute their thoughts and observations to the feasibility study. Thirty individuals provided feedback between 24 October and 30 November 2022, summarised below:

Thinking about a potential Seniors Exercise Park, what is important to you?

Infrastructure	Location features	Equipment
• Accessibility • Toilets • Drinking water • Seating • Lighting • Parking, including bus and bikes • Bins including needle disposal • Shelter • Baby change facilities	• Close to public transport • Co-locate with other services and gathering spots for seniors • Co-locate with children's playground for grandparents/carers • Convenient (several, not just one exercise park) • Sense of safety, passive surveillance • Shade • Flat area or gentle gradient • Quiet, peaceful, nature, away from noisy roads	• Signage, information • Cushioned, non-slip path for walking/running • Suitable for all abilities • Equipment for strengthening • Open air and under cover • Supervised sessions • First aid, defibrillator • Safe and fun • Clean and maintained

What would encourage you to use a Seniors Exercise Park? Is there anything that would discourage you from using a Seniors Exercise Park?

Encourage	Discourage
- Convenient location - Well planned and built - Amenities – drinking fountain, toilet, seating - Easy to use equipment - Well maintained - Located at a natural gathering place - Able to take children safely - Ease of parking - Range of equipment - Accessibility, exclusive use times - Meeting place for groups - Quiet environment and easy access - Not shared with children - Community notice board - Access via shared pathways - After-hours access, e.g. lighting	- Poorly maintained or vandalised equipment - Visible from road/passing traffic - No toilets or shade - Dogs off lead - Isolated or difficult to get to - Having to travel far - Weather – wet or too hot - Lack of facilities and safety, e.g. lighting - Open to other age groups when seniors are using - If it was unsanitary or risk of catching Covid - Lack of proper exercise equipment - Distance from carpark

Are there any sites or locations within the City of Monash that you think should be considered for the installation of a Seniors Exercise Park?

Sites		Locations
- Regent St Reserve - Princes Highway East Reserve - Wetlands track from Highbury Rd to High St Rd - Napier Park - Jells Park - Larpent Reserve - Warawee Park - Southern Reserve - Central Reserve - Monash Aquatic & Recreation Centre - Outside Monash Gallery of Art	- Bogong Reserve - Capital Reserve, Glen Waverley - Carlson Reserve - Caloola Reserve - Nortons Park, Wantirna South (Knox City Council) - Valley Reserve - Davies Reserve, Oakleigh South - Talbot Reserve, Oakleigh South - Galbally Reserve - Gardiners Creek Trail	- Near aged facilities - Activity centres where seniors are likely to visit - Away from dog parks - Close to a shopping centre