

Monash Active Recreation Opportunities Strategy

Engagement Report

May 2021



CONTENTS

Executive summary	03
Stakeholder & community engagement	06
Community survey analysis	16
Online community panel	29
Local government benchmarking	35
Appendices	40



EXECUTIVE SUMMARY

The development of the Active Recreation Opportunities Strategy incorporates a detailed community and stakeholder engagement process, including consultation with key stakeholders and advisory committees, community surveys, Monash Online Community Panel engagement and benchmarking of local government authorities.

This report outlines the outcomes of the engagement process and summarises the feedback received from key stakeholders, community groups and the wider Monash community relating to active recreation.

The consultation and engagement process endeavours to explore and understand:

1. Community **perceptions and attitudes** towards active recreation
2. **Trends** in community participation and **demand** for active recreation infrastructure and programming
3. **Influences and barriers** to community participation in active recreation

Further feedback will be sought from stakeholders and the community through a public exhibition process following the development of the draft Active Recreation Opportunities Strategy.

A summary of the key insights and directions from the community and stakeholder engagement process is provided on the following page.



EXECUTIVE SUMMARY

Perceptions and Attitudes

- Active recreation provides opportunities to engage a broad cross-section of the community in healthy physical activity.
- Active recreation activities are generally seen as being more accessible than organised sport, particularly for under-represented communities.
- Perceptions of safety in public parks and having access to environments that support people to stay in parks for longer periods are important for encouraging higher levels of physical activity.
- The physical health benefits of active recreation are important, but the broader social and mental health outcomes are equally important drivers for engaging the community.
- While children are generally well provided for through playgrounds, the community perceives that current active recreation opportunities for youth and older adults are limited and require development.
- Government and industry organisations have acknowledged the important role that active recreation plays in community health and well-being, particularly for adults and those not engaged in organised sport.

Trends and Demand

- Active recreation activities are popular in the community, with walking, running/jogging and cycling having the highest indicated levels of participation. General exercise and fitness activities are also popular.
- Use of parks and reserves for active recreation is popular in the community, with a significant proportion of survey respondents indicating that they are active multiple times per week and visit parks for active recreation at least weekly.
- Walking paths and outdoor exercise equipment are the most requested active recreation infrastructure categories, aligning with indicated participation levels.
- Providing diverse active recreation opportunities are important in engaging people with lower levels of physical activity.
- There is community demand for facilities that are diverse, multipurpose and intergenerational.
- Building community awareness of active recreation opportunities in local parks and reserves is vital to increasing participation.
- Activation of facilities and spaces will be most effective if programs and initiatives are tailored to community demand and focus on novice-to-intermediate level participants.

Influences and Barriers

- Key barriers to participation in active recreation include affordability, accessibility, lack of awareness of active recreation opportunities, lack of active recreation facilities, lack of supporting infrastructure, impacts of family and work commitments, conflict with other users (particularly on shared paths and trails) and perceptions of community safety.
- Active recreation in public parks and reserves helps to address barriers to participation, such as affordability, accessibility and convenience, as active recreation activities are generally flexible and self-initiated.
- Providing active recreation facilities that are convenient and in close proximity to home have a significant influence on participation.
- Active recreation facilities and initiatives that promote fun and social interaction as primary benefits and health and fitness as secondary benefits will generally be more engaging and motivating to people with lower levels of physical activity.
- Local government authorities are delivering active recreation infrastructure and programs, but there is generally a lack of active recreation-specific planning and policy guiding implementation within the industry.

ACKNOWLEDGEMENTS

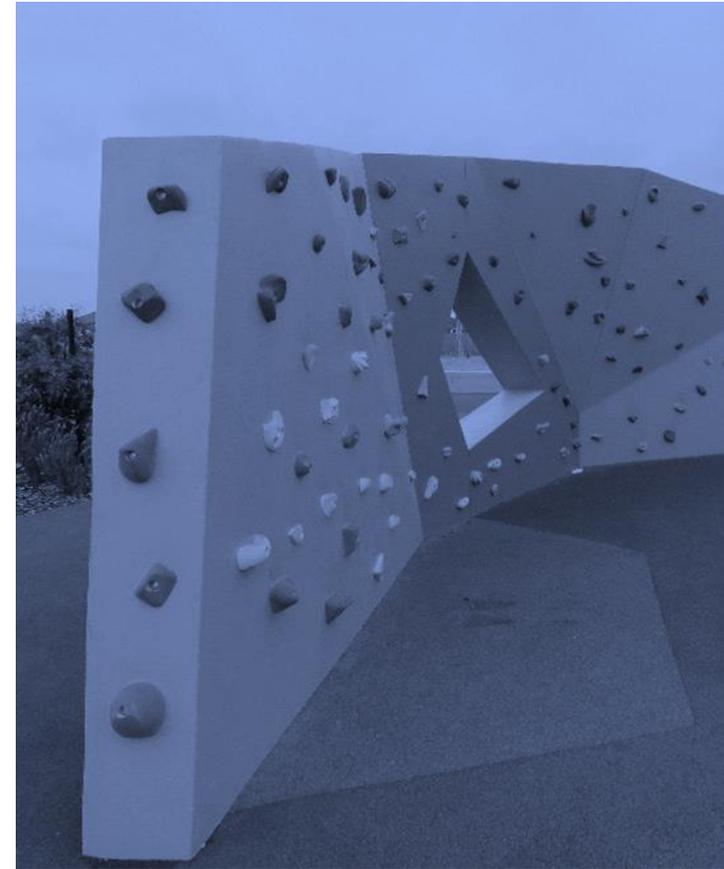
The Monash Active Recreation Opportunities Strategy – Engagement Report was developed by *insideEDGE* Sport and Leisure Planning on behalf of Monash City Council.



Additional support for the development of the Monash Active Recreation Opportunities Strategy – Engagement Report was provided by Playce.



The development of the Monash Active Recreation Opportunities Strategy was funded in partnership with the Victorian Government.



Stakeholder & Community Engagement



ENGAGEMENT SUMMARY

A series of engagement opportunities were provided for stakeholder advisory groups, peak bodies and agencies, local government authorities and residents to provide their perspectives on active recreation.

The adjacent table provides a summary of the engagement sessions and the dates on which they were undertaken.

Each of the City of Monash Advisory Committee engagements included a presentation and discussion.

Engagement with key stakeholders and peak bodies generally incorporated an interview with a relevant staff member.

Summary notes and commentary from each of the engagement opportunities are provided on pages 6-12.

Local government benchmarking was undertaken early in the engagement program and included in the initial background report. A summary is also included in this report.

The Community Drop-in Session primarily consisted of intercept surveys at the Monash Aquatic and Recreation Centre, with survey data incorporated into the community survey results.

Stakeholder Group	Date
Monash Gender Equity Committee	8 February 2021
Monash Youth Committee	10 February 2021
Monash Community Ambassadors	10 February 2021
Monash Positive Ageing Reference Group	11 February 2021
Monash Multicultural Advisory Group	11 February 2021
Monash Disability Advisory Committee	18 February 2021
Monash Positive Ageing Forum	1 March 2021
Sport & Recreation Victoria	1 March 2021
Wheelers Hill Probus Club	12 March 2021
VicSport	24 March 2021
VicHealth	25 March 2021
Deakin University (Project Park)	26 March 2021
Monash Council Staff Workshop	30 March 2021
Monash University (Informal Sport)	30 March 2021
LGA Benchmarking (Nine LGAs)	9 February - 18 February 2021
Community Drop-In Session – Monash Aquatic and Recreation Centre	27 April 2021
Online Community Panel	17 May – 24 May 2021

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Monash Gender Equity Committee	<p>The Gender Equity Committee provided a written response following a presentation to the committee on 8 February 2021:</p> <ul style="list-style-type: none">• Women are generally less active than men and feel less safe and comfortable in public spaces.• Women are more likely to be the primary carers of children and carers for people with disabilities.• Women can be supported to participate in active recreation by:<ul style="list-style-type: none">• Providing public spaces at times and in locations that are convenient for women.• Providing public spaces that are accessible and appropriate for people with disabilities.• Providing public spaces that are safe and welcoming.• Providing public spaces that consider how women use facilities (e.g. outdoor fitness equipment located with playgrounds).• Providing supporting infrastructure such as toilets with changing facilities.• Ensure spaces are walkable.• Providing guidance on how to use active recreation facilities.• Encourage activities with a social component for both motivation and safety.• Consider women's only and introductory activity sessions.
Monash Youth Committee	<p>Presentation to, and discussion with, the Monash Youth Committee was undertaken on 10 February 2021:</p> <ul style="list-style-type: none">• Affordability can be a barrier to participation for young people. Free and inexpensive recreation opportunities are important to encourage young people to be active.• Promotion of active recreation opportunities is vital to raise awareness. Digital promotion is most effective for young people, particularly using social media and online applications and platforms.• Co-location of exercise equipment with other facilities such as libraries and schools may increase uptake of use. Consideration of facilities in urban areas may also provide additional opportunities for young people to engage in physical activity.• Integration with other digital platforms may encourage participation and activation (e.g. Strava).• Facilitated sessions for activities like martial arts, yoga or running groups could assist in engaging young people with low physical activity levels.• Providing opportunities for social interaction and fun activities will have better uptake than activities focused purely on health and fitness.• Inclusion of instruction boards and links to information by QR code could assist young people to understand how to use facilities and equipment in parks and reserves.• Young people have differing levels of ability. It is important to understand the impact of disability on the participation of young people and provide facilities and opportunities that address barriers to access.

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Monash Community Ambassadors	<p>Presentation to, and discussion with, the Monash Community Ambassadors was undertaken on 10 February 2021:</p> <ul style="list-style-type: none"> • More active recreation facilities and equipment is generally required in parks and reserves. • Affordability is a barrier to participation. Increasing the amount and variety of active recreation facilities will provide more opportunities for diverse communities. • Development of intergenerational facilities will encourage greater participation by families and extended families is recommended. • Mental health benefits derived from physical activity should be promoted as well as health and fitness benefits. • Awareness and education regarding dogs in parks is required. Negative perceptions of safety relating to dogs can be a barriers for certain communities and lead to reduced participation. • Supporting infrastructure such as toilets and shade are important to encourage people to stay in parks for longer periods of time. • Improvements to perceived safety and passive surveillance would encourage more of the community to be active in parks and reserves. • Monash is generally considered to be a good place for walking. • Engagement with CALD groups to ensure that they feel comfortable and welcomed would increase participation. • Potential for an app that promotes active recreation (e.g Nextdoor app).
Monash Positive Ageing Reference Group	<p>Presentation to, and discussion with, the Monash Positive Ageing Reference Group was undertaken on 11 February 2021:</p> <ul style="list-style-type: none"> • Supporting infrastructure such as toilets, shade and park furniture is important for older adults. • Identifying demand for different activities in diverse communities is important to ensure uptake of active recreation opportunities. • Perceived safety may be acting as a deterrent to some older adults. Facility development and initiatives that promote safety should be explored and implemented. • Promotion of health outcomes from active recreation will encourage older adults to participate. • Use of community leaders and “buddy systems” to provide support for less active older adults may assist with initial engagement and ongoing motivation. • Accessibility for people with disabilities and mobility issues is vital. Older adults generally have a higher rate of disability, acting as a barrier to participation. • Transport options, including public transport and accessible parking and pathways, are important for older adults.
Monash Multicultural Advisory Committee	<p>A presentation to the Monash Multicultural Advisory Committee consisted of a project update and promotion of the community survey on 11 February 2021. Advisory Committee members were encouraged to circulate the survey to members of their communities. The amount of time available during the committee meeting did not allow for discussion within this forum.</p>

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Monash Disability Advisory Committee	<p>Presentation to, and discussion with, the Monash Disability Advisory Committee was undertaken on 18 February 2021:</p> <ul style="list-style-type: none">• Walking / shared trails have additional requirements for people with disabilities to ensure access:<ul style="list-style-type: none">• People with mobility and/or vision issues generally needs to be accompanied and/or assisted.• Transport and connection to paths is vital.• Seats and rest stops are required at regular intervals.• Conflict with cyclists on shared trails is created by narrow pathways. Cyclist behaviour important to ensure conflicts are minimised.• There is potential for designated pathway/s for people with disabilities. Should designated pathways be provided, they require broad promotion to disability providers and support services to encourage use.• Accessibility and connection to parks and reserves is a barrier for people with disabilities. Options for public transport and taxi access are important to improve access, including easily identifiable locations for drop-off and pick-up.• Provision of supporting infrastructure such as toilets and park furniture that is suitable for people with disabilities has a significant impact on access.• Affordability is a primary influence on access to physical activity for people with disabilities and their carers. Increasing the number of free active recreation options in parks and reserves will impact on participation by people with disabilities and their carers, family and friends.
Monash Positively Ageing Forum	<p>Presentation to, and discussion with, the Monash Positive Ageing Forum was undertaken on 1 March 2021:</p> <ul style="list-style-type: none">• Facilities and equipment specific to older adults will encourage participation (e.g. outdoor exercise equipment).• Supporting infrastructure is vital to supporting older adults to stay in parks and reserves for longer periods of time. Access to toilets, seating and shade are particularly important for older adults.• Conflicts with cyclists on shared pathways can discourage older adults from walking for the purpose of exercise.• Perceptions of accessibility and safety have significant impacts on participation by older adults.• Promotion and awareness needs to extend beyond online formats to reach older adults. Promotion via community newsletters, community groups and organisations that provide support services for older adults will be most effective.• Making walking trails more interesting through signage, interpretation and artwork will encourage more older adults to walk more often.• Develop intergenerational facilities that allow for older adults to participate with young people.

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Sport & Recreation Victoria (SRV)	<ul style="list-style-type: none"> • A progress update was provided on progress of delivery of the Strategy (SRV are a funding partner of the project). • SRV representatives noted that the Active Victoria Framework is currently being refreshed. • KPMG finalising the Value of Community Sport and Active Recreation report (now published and referenced in the updated Background Report). • References to the SEIFA index, Plan Melbourne priorities for 20-minute neighbourhoods and Melbourne East Regional Sport and Recreation Strategy are recommended for inclusion within the Strategy. • SRV funding programs align with priorities relating to female participation, gender equity and under-represented communities. • As active recreation is playing a significant role in promoting physical activity, additional funding options that focus on active recreation similar as the Active Seniors category of the Local Sports Infrastructure Fund may become available. • Engagement with Department of Environment, Land, Water and Planning encouraged to capitalise on recent planning and funding opportunities relating to open space provision and embellishment.
VicSport	<ul style="list-style-type: none"> • VicSport’s core role is to represent sport and the Victorian State Sporting Associations. • VicSport is currently developing a new strategic plan. • While current aims relate to sport and active recreation, priorities in the active recreation space are limited. • Currently undertaking research on informal sport with cricket, with findings to be released in the near future.
VicHealth	<ul style="list-style-type: none"> • VicHealth Physical Activity Strategy focuses on the removal of barriers for key under-represented groups. • VicHealth are focusing on informal sport and active recreation activities to encourage increased physical activity as they provide greater opportunities to engage under-represented communities. • Links between informal sport and active recreation were encouraged for examination to understand similarities and differences in implementation. • Refer to the Doing Sport Differently resources for direction on unstructured and informal physical activity opportunities (these resources are referenced in the Background Report, particularly relating to the definition of active recreation). • Active Maribyrnong and This Girl Can case studies are relevant to active recreation programming development and activation. • VicHealth cohort research and related principles are relevant to the objectives of this project.

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Deakin University	<p>An Initial discussion was held regarding the Project Park on 26 March 2021.</p> <ul style="list-style-type: none"> • Further opportunity offered to meet with Project Park directors to understand the outcomes of project and relevance to the Monash Active Recreation Opportunities Strategy.
Monash University	<p>A discussion was held regarding the Informal Sport research being undertaken by Monash University on 30 March 2021 :</p> <ul style="list-style-type: none"> • Informal sport receives limited attention from a policy and implementation perspective. Recognition of the role that informal sport plays is lacking for land/facility managers. • Policy development for informal sport can be challenging, as structuring activities through policy potentially loses the core driver of informal sport as being flexible and self-initiated. • Core requirements for informal sport are: 1) space, 2) basic amenities such as toilets and water, 3) supporting infrastructure such as shade, bins and park furniture. • Key constraints for informal sport are: 1) negotiating systems e.g. facility booking, and 2) insurance requirements. • Important for peak sporting bodies and local government to understand the market and their requirements, and not try to push participants into traditional participation formats.
Holmesglen TAFE	<p>An initial discussion was held with Holmesglen TAFE regarding the potential for partnerships relating to active recreation in parks and reserves:</p> <ul style="list-style-type: none"> • Holmesglen TAFE provides opportunities for training and development through a partnership with Active Monash, primarily in aquatic and leisure centres. • Opportunities to expand the partnership to support the delivery of active recreation programs and activation of facilities to be further explored dependent on the recommendations that are established within the Strategy.
Wheelers Hill Probus Club	<p>Presentation to, and discussion with, the Wheelers Hill Probus Club was undertaken on 12 March 2021:</p> <ul style="list-style-type: none"> • Conflict between pedestrians and cyclists on shared paths is a barrier for older adults, particularly those with sight and hearing deficiencies. • Inclusion of lighting and additional supporting infrastructure on paths and trails would support more older adults to be active. • The influence of dog-walking on the health and social connection of older adults was acknowledged. Dog-walking encourages many older adults to increase their level of physical activity. • Access to active recreation facilities in close proximity to home is important for older adults. Facilities that are walkable and accessible promote engagement by older adults at a local level. • Awareness of facilities, programs and initiatives has an important influence on levels of participation. Promotion of opportunities for active recreation for older adults should be distributed to community groups and included in community newsletters as a significant proportion of older adults have relatively low use of digital platforms and social media.

ENGAGEMENT SUMMARY

Stakeholder	Consultation Summary
Monash Council Staff Workshop	<p>An online workshop was conducted with Monash City Council staff on 30 March 2021:</p> <ul style="list-style-type: none">• Alignment with the Monash Open Space Strategy is required. Hierarchy provision and priorities for under-serviced suburbs should align to ensure that recommendations of the Strategy are implementable.• Consideration of facilities for people with disabilities within local parks and on walking trails is required.• Pathways and walking trails need to be connected to the surrounding active transport network and open space network.• Connection to nature and places of environmental value is important for community health and wellbeing. Options for infrastructure in environmental areas that have a low impact on natural amenity will provide multiple health benefits across communities.• Maintaining and/or increasing the provision and quality of open space is important in promoting community health and wellbeing.• Consultation with young people indicated that they liked to use outdoor exercise equipment and facilities that are fun and socially focused.• Use of technology such as geocaching, guided walking tour apps, scavenger hunts could encourage physical activity in parks and reserves.• Conflicts between users of shared paths and trails create regular complaints to council.• The Monash Public Toilet Strategy is currently under development and should be considered in the recommendations for supporting infrastructure. Community feedback on the need for more public toilets in parks and reserves was acknowledged.• Dogs off-leash impact the use of parks and reserves by CALD community members in some cases. Consideration of education and awareness to support park users, dog owners and the broader community is recommended.• A multi-faceted communication and promotion strategy is required to ensure that communities are aware of active recreation opportunities that are available within parks and reserves.• Public safety can be improved through the implementation of Safer Design guidelines, both in design of new facilities and renewal of existing facilities.• Programs and initiatives through the Active Communities program should continue to provide low-cost and no-cost active recreation opportunities to reduce barriers to participation.• Walking and cycling in the local street network should be identified within the strategy.• Site character and how people relate to spaces is an important consideration for future design and delivery of active recreation infrastructure. What encourages people to visit and stay in parks and reserves? How can activation encourage more use and increased activity within parks?• Connection between open spaces is required to enable the most efficient and effective use of assets.

ENGAGEMENT SUMMARY

Additional correspondence received by Council relating to the Active Recreation Opportunities Strategy:

Stakeholder	Consultation Summary
Club submission – Oakleigh District Football Netball Cricket Club	<ul style="list-style-type: none">Suggested installation of outdoor fitness equipment, two netball courts and a tennis hit-up wall at Princes Highway Reserve.
Resident submission – Anne Purdie	<ul style="list-style-type: none">Regular user of Freeway Reserve requesting fitness equipment that is more suitable for youth, older adults and people with lower levels of fitness and strength. Additional play equipment such as swings also requested.
Resident submission – Eman Armanous	<ul style="list-style-type: none">Consideration of the installation of a seniors play / exercise facilities requested.
Resident submission – Tash Brusco	<ul style="list-style-type: none">Consideration of a seniors play / exercise facility within the design for the Petronella Avenue playground requested.
Resident submission – Rayma Sridhar	<ul style="list-style-type: none">Consideration of installation of outdoor exercise equipment at Glen Waverley North Reserve.

MARC NEEDS ASSESSMENT

Results of a previous survey for Chinese-speaking members of the Monash Aquatic and Recreation Centre (MARC) undertaken as part of the MARC needs assessment have been considered during of the engagement process for the Active Recreation Infrastructure Opportunities Strategy.

While the survey relates to indoor aquatic and recreation facilities, the following key trends and directions that relate generally to active recreation and physical activity have been drawn from the results.

Questions specifically relating to indoor aquatic and recreation facilities and MARC services have not been analysed where there is limited relation to physical activity in parks and reserves.

Survey Results relevant to Active Recreation

- The top reason patrons chose to use MARC as opposed to other centres was that it's "convenient to my home or work". Other important factors relate to the facilities and programs provided, and the range and quality of facilities.
- The primary motivating factors for visiting MARC are personal fitness (gym/aerobics), improving health and well-being, and to attend swimming lessons.
- The main barriers to visiting MARC are opening hours, affordability and lack of car parking.
- The top services or programs that patrons would like to see improved are increased opening hours and affordable entry and program options.

Analysis of Need Assessment Survey Results relevant to Active Recreation

- Convenience, and the provision, quality and range of facilities were also identified as being key considerations for residents accessing parks and reserve.
- Active recreation facilities, programs and initiatives in parks and reserves provide further opportunities for residents to improve fitness, health and well-being.
- Facilities in parks and reserves can complement indoor aquatic and recreation facilities and provide more opportunities for physical activity.
- Affordability was also identified as a key barrier for active recreation and physical activity via consultation with community advisory committees.
- Active recreation facilities in parks and reserves can address barriers relating to affordability and hours of operation by providing free facilities that are open across all times of the day.

Community Survey Analysis

—

SURVEY ANALYSIS SUMMARY

A survey was undertaken to gain an understanding of community attitudes and perceptions towards active recreation.

The survey was undertaken in three components:

- Online community survey
- Intercept surveys at a drop-in session at Monash Aquatic and Recreation Centre
- Hard copy youth surveys

For the purpose of analysis, the results of the online community survey and intercept surveys from the drop-in session have been collated and referred to as the “community survey”.

A summary of the survey responses and respondent profile is provided on the following pages.

Key Survey Results

- Respondents indicated a relatively high usage of parks and reserves for active recreation, with the majority of respondents indicating that they visit a park or reserve for active recreation at least once per week.
 - More than half of the respondents for both the community survey and youth survey indicated that they are active 4 or more times per week. A low proportion of respondents indicated that they were active once per week or less (9% community survey, 12% youth survey).
 - Aligning with Ausplay participation data, walking, running and cycling are the highest participation activities, with non-organised sport and exercise/fitness activities also popular. Youth surveys indicated a higher level of participation in organised sport than the community survey.
 - Infrastructure priorities generally align to participation trends, with walking/cycling paths and outdoor exercise equipment having the highest indication of demand.
 - Infrastructure that provides more novel or fun-focused activities such as games, climbing walls and parkour were also popular. Youth respondents indicated a higher diversity of priorities, with facilities such as sports courts (basketball, tennis, netball), skate parks and BMX tracks high priorities.
- The most significant factors when respondents are considering use of parks and reserves for active recreation differ slightly between the community and youth surveys:
 - Community – Convenience, proximity to home and safety were the primary influences, with active recreation facilities and supporting infrastructure slightly lower in importance. Public transport was not seen as being important.
 - Youth – Safety was the primary influencing factor, followed by supporting infrastructure, friends/family use the reserve, convenience and proximity to home also being important. Interestingly, active recreation facilities were seen as being less important than the other factors listed above. Similar to the community survey, public transport was the least important consideration.
 - Open text responses relating to what encourages people to be active in parks and reserves generally reflect the trends of other categorised survey questions. The primary difference relates to youth responses, which indicated friends and family as being highly influential in encouraging participation in active recreation.

SURVEY ANALYSIS

A community survey was undertaken to gain an understanding of community participation in active recreation and priorities for future infrastructure and initiatives.

The survey was undertaken in three components:

- **Online survey:** Conducted between 7 December 2020 and 2 March 2021
- **Drop-in session at Monash Aquatic and Recreation Centre:** Conducted 9-11am on 27 April 2021
- **Youth survey:** Hard copy surveys collected from a range of school children by Monash City Council's Youth Services Department

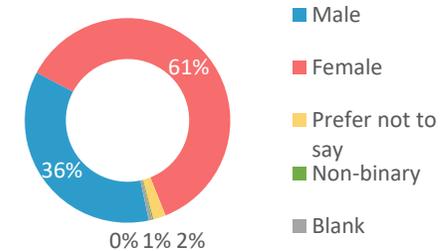
The analysis of survey results has been separated into online/drop-in session surveys and youth surveys given the high number of youth surveys collected by Monash City Council.

A copy of the survey questions is available in Appendix 1.

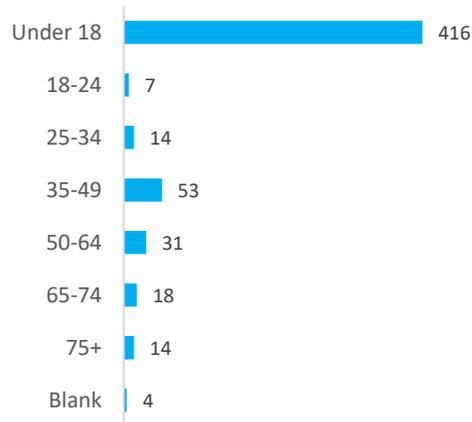
Survey Type



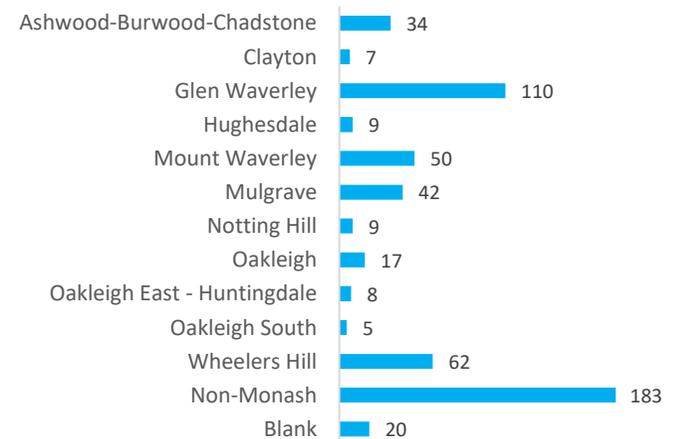
Gender (%)



Age



Suburb



COMMUNITY SURVEY

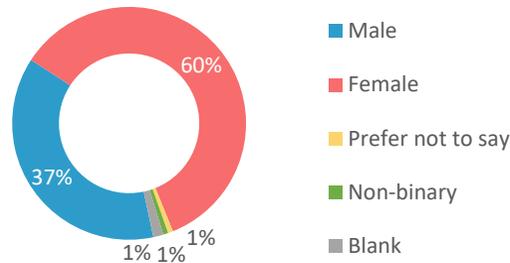
The community survey consists of 128 surveys collected via Council’s Shape Monash platform and 16 surveys collected during the drop-in session at Monash Aquatic and Recreation Centre.

The gender profile consists of 60% female, 37% male and 3% other/blank respondents.

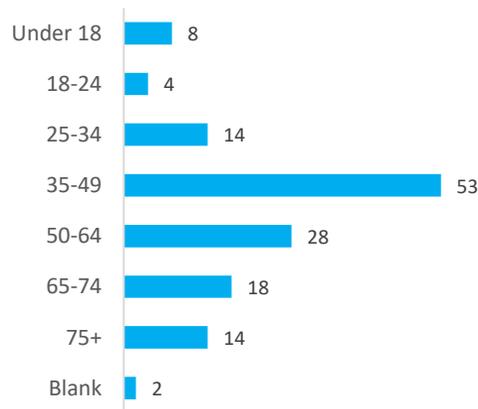
The age profile consists of a high proportion of residents 35 years and older (88% of responses).

The resident suburb profile approximately aligns with the suburb population profile, with the highest proportion of responses from Glen Waverley and Mount Waverley.

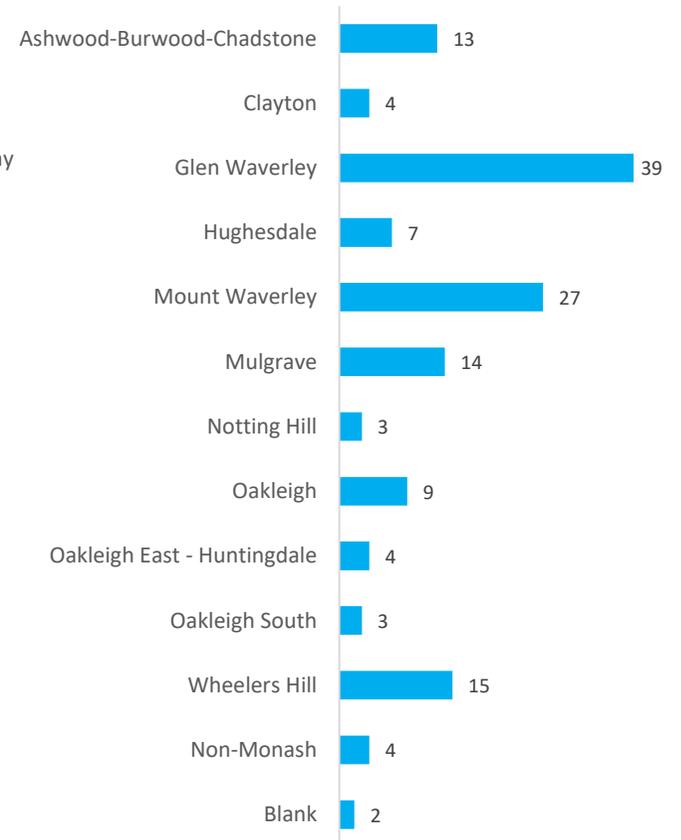
Gender (%)



Age



Suburb



COMMUNITY SURVEY

The active recreation behaviour of survey respondents indicates an active community that frequently engages in active recreation in parks and reserves.

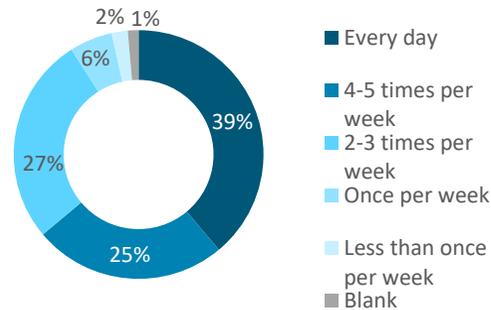
39% of respondents indicated that they are physically active for at least 30 minutes every day. 66% of respondents indicated that they are active at least 4 times per week, aligning to the Australian physical activity guidelines.

A high proportion of respondents indicated that they visit parks and reserves for active recreation multiple times per week (62%), with 84% visiting parks and reserves at least once per week for active recreation.

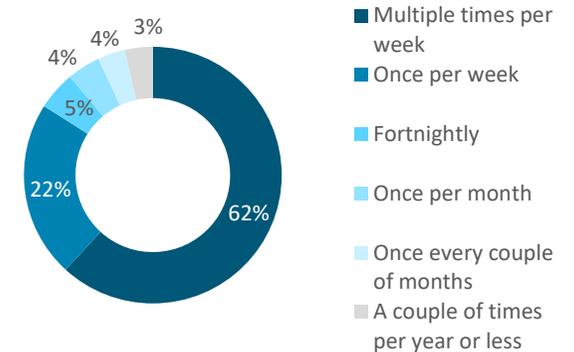
Over half of the respondents indicated that they are likely to be more active if active recreation sessions were organised in parks and reserves. The most common response to this question indicates that the activity type has an influence on whether programs would encourage more physical activity (35% of responses).

The maximum distance respondents would travel to a park or reserve to participate in active recreation indicates a preference to stay close to home, with only 18% willing to travel further than 5km. The highest proportion response was 3-5km (35%) indicating that residents will travel within a district level catchment for the right facilities or programs.

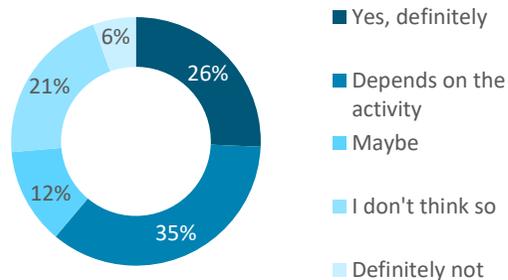
Physical Activity Frequency



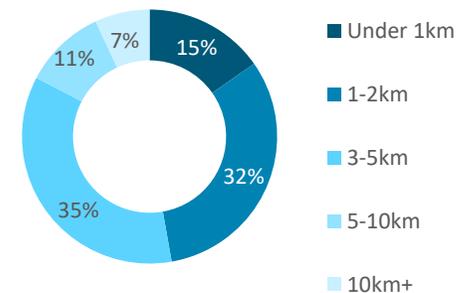
Park Visits for Active Recreation



More Active if Sessions were Organised in Parks/Reserves



Distance Would Travel to Parks/Reserve



COMMUNITY SURVEY

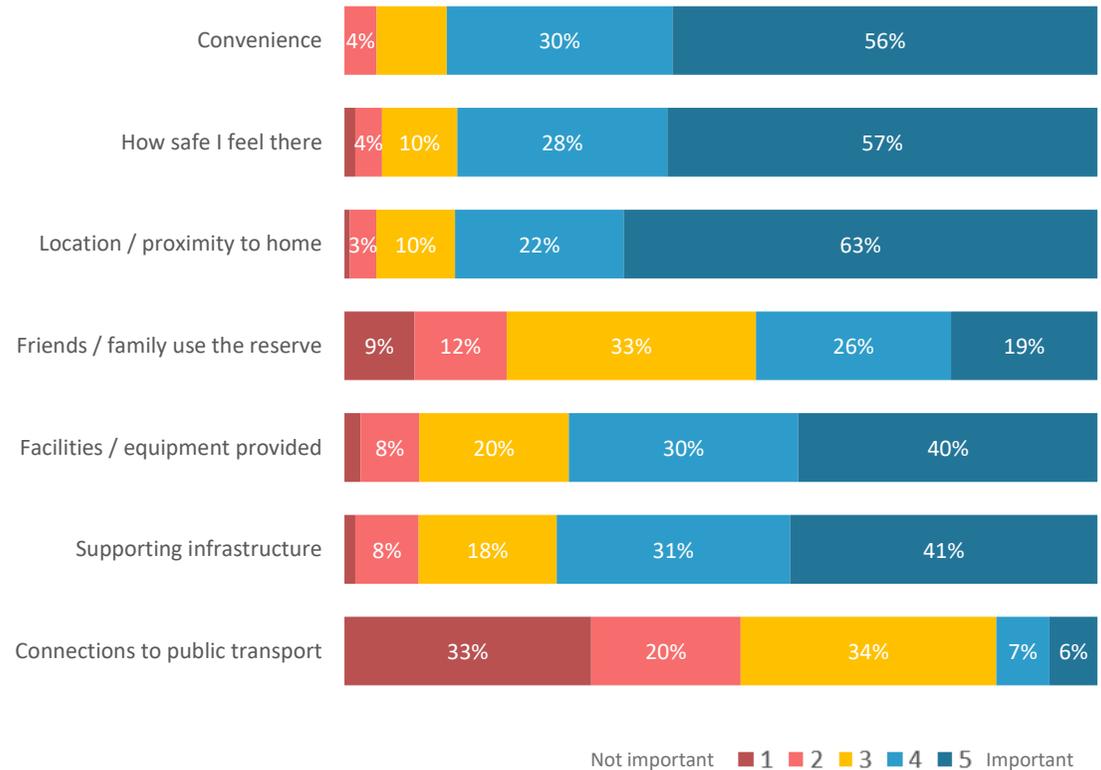
Respondents indicated that convenience, safety, proximity to home and the facilities provided have a significant impact on the use of parks for active recreation.

The top factors influencing use of parks and reserves for active recreation are convenience (86% important/very important), location/proximity to home (85% important/very important), and “how safe I feel there” (85% important/very important).

Facilities / equipment provided (70% important/very important) and supporting infrastructure (72% important/very important) were also important factors influencing use of parks and reserves for active recreation.

Interestingly, only 45% of respondents felt that friends and family using a reserve was important when they were considering use of a park or reserve for active recreation, and 13% felt public transport connections were important.

Factors affecting use of parks and reserves for active recreation



COMMUNITY SURVEY

The top recreation activities that respondents participate in align with the Victorian Ausplay results, with walking (n=132), cycling (n=67) and running (n=45), the highest participation activities.

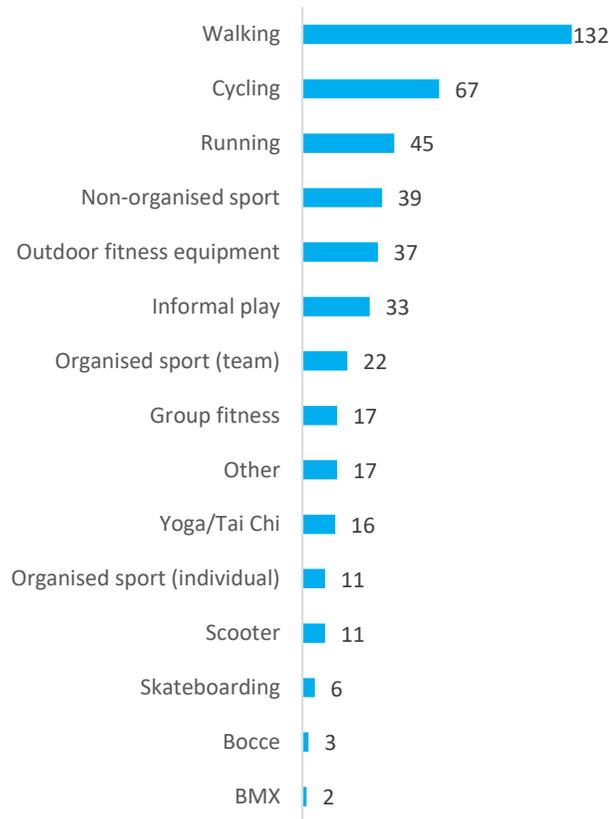
The use of outdoor fitness equipment also ranked highly, with 37 respondents indicating use. Non-organised sporting activities also rated well, with 39 responses.

Organised sport activities ranked lower, with 11 individual sport and 22 team sport responses. Activities generally aligning to young people rated low, which can be explained by the relatively low response rate for people under the age of 25 within the online community survey.

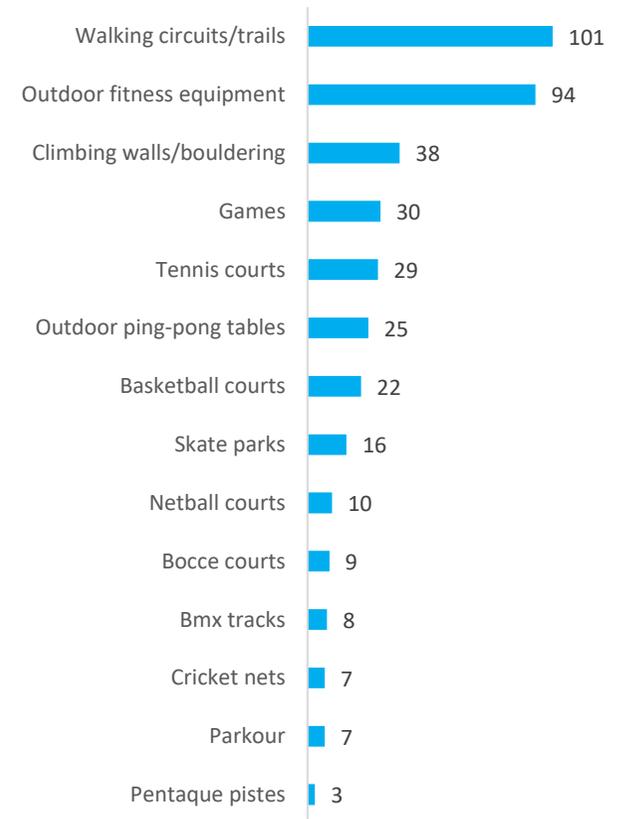
The top priorities for new active recreation facilities align with the participation trends drawn from the survey results, with walking circuits and trails (n=101) and outdoor fitness equipment (n=94) having the highest response rate.

While response rates are lower, the survey did indicate a level of support for less traditional activity types such as climbing (n=38), games (n=30) and outdoor pong-pong (n=25).

Active Recreation Participation



Top Three Facility Priorities



COMMUNITY SURVEY

Respondents were provided with the opportunity to describe 1) what would encourage them to be more active in local parks and reserves, particularly relating to non-organised exercise and fitness activities and 2) any further thoughts on active recreation in local parks and reserves.

Responses were coded and categorised relating to activities, facilities or other categories as required.

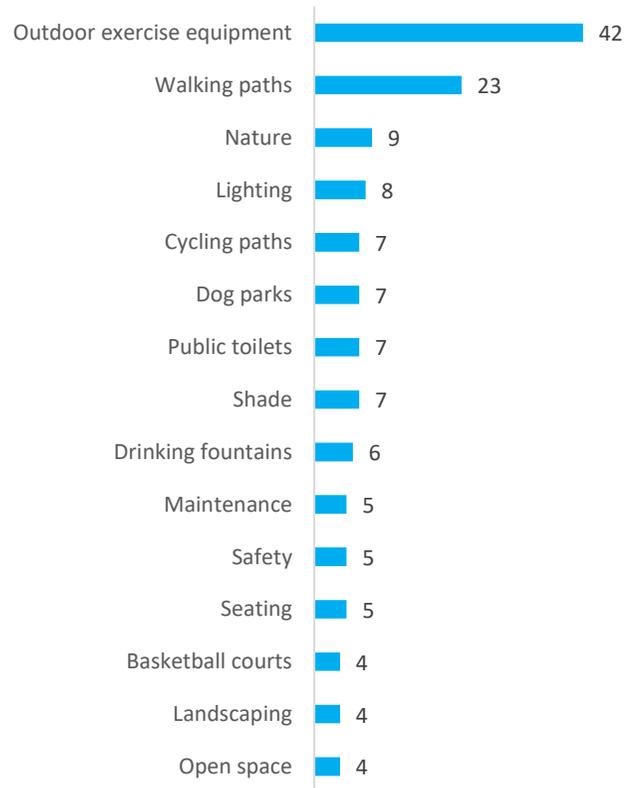
A high proportion of comments related to providing more outdoor exercise equipment and walking paths, with cycling paths, dog parks and basketball courts also being raised as opportunities for additional provision.

Supporting infrastructure such as lighting, public toilets, shade, seating and drinking fountains were also included in a number of responses.

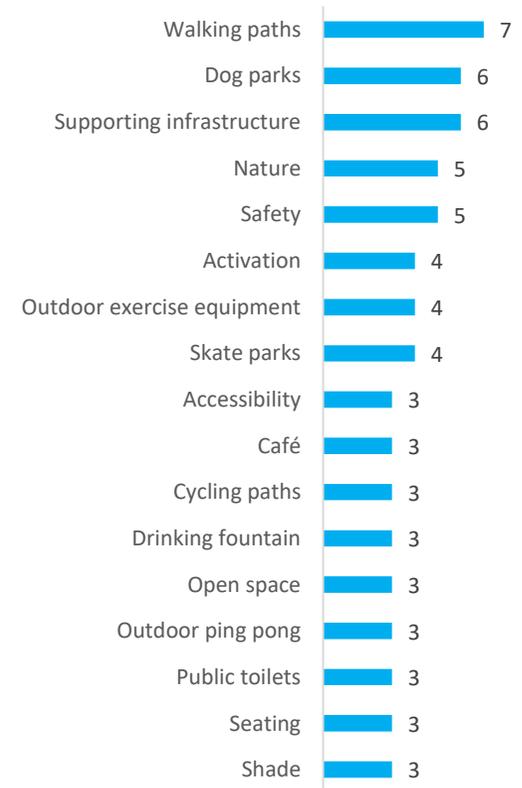
Aside from infrastructure-based responses, items such as nature/natural environment, maintenance of parks, safety in parks, accessibility and activation of parks were also raised as important contributing factors to use of parks and reserves for active recreation.

The responses to these open text questions generally support the trends in responses to the previous survey questions.

What would encourage you to be more active in parks and reserves?



Any further thoughts on active recreation in local parks and reserves



YOUTH SURVEY

The youth survey consists of 413 surveys collected via hard copy survey provided via Council's Youth Services Department.

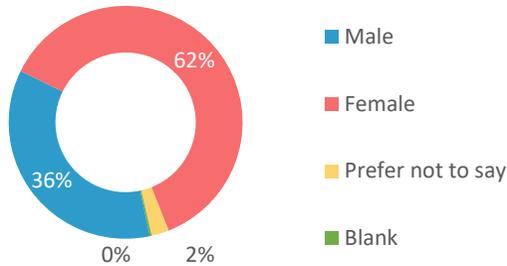
The gender profile consists of 62% female, 36% male and 2% other/blank respondents.

The age profile consists almost solely of respondents under 18 years old, other than three 18-24 years and two blank responses.

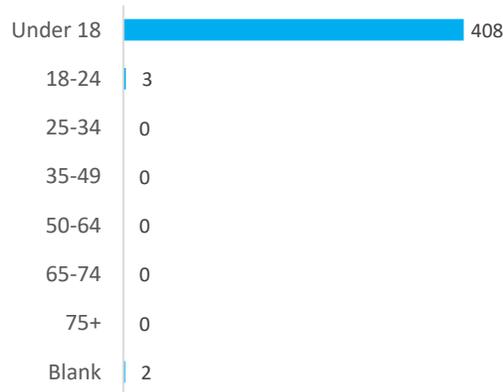
The resident suburb profile shows a high proportion of respondents from outside of the City of Monash (n=179). The proportion of youth survey respondents that reside outside of the City of Monash is generally representative of the composition of school enrolments and responses to the survey reflect the views of young people within the City.

The remaining responses are primarily from Glen Waverley, Wheelers Hill, Mulgrave, Mount Waverley and Ashwood-Burwood-Chadstone.

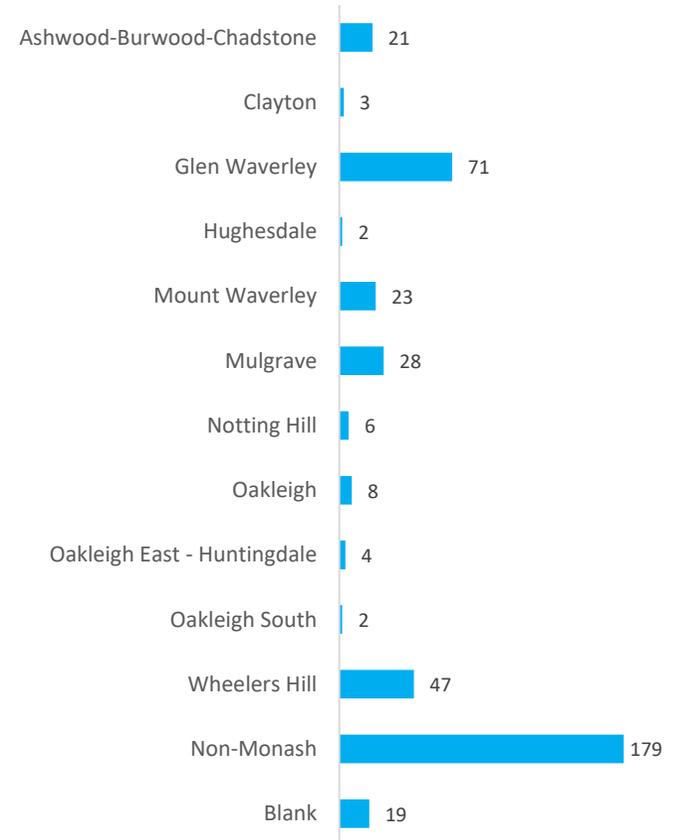
Gender (%)



Age



Suburb



YOUTH SURVEY

The active recreation behaviour of youth survey respondents indicates an active community of young people that visit parks and reserves regularly for the purposes or active recreation.

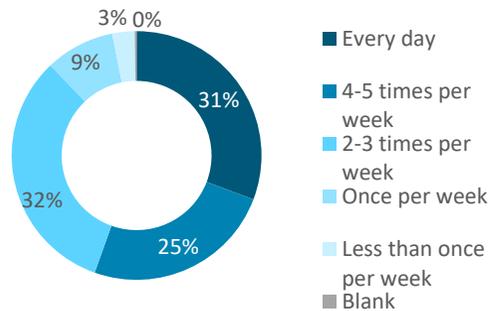
31% of respondents indicated that they are physically active for at least 30 minutes every day. 56% of youth survey respondents indicated that they are active at least 4 times per week, aligning to the Australian physical activity guidelines.

55% of respondents indicated that they visit a park or reserve at least once per week for the purpose of active recreation.

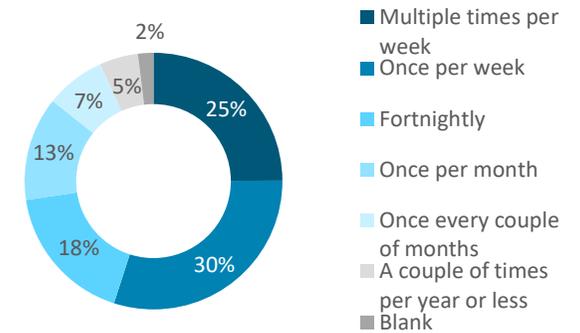
Over half of the youth respondents indicated that they are likely to be more active if active recreation sessions were organised in parks and reserves. The most common response to this question indicates that the activity type would have an influence on whether it would encourage more physical activity (43% of responses).

The maximum distance respondents would travel to a park or reserve to participate in active recreation indicates a preference to stay close to home, with only 17% willing to travel further than 5km. Over half of youth respondents would not travel further than 2km to a park for the purpose of active recreation.

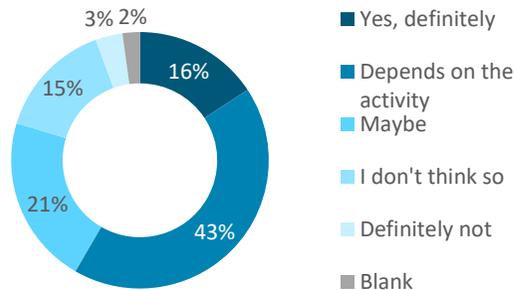
Physical Activity Frequency



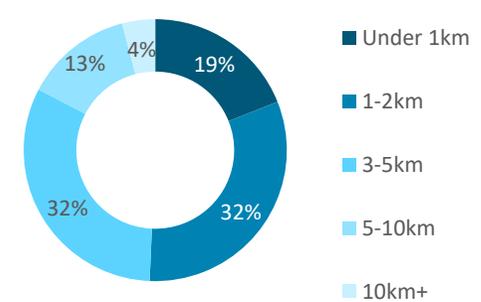
Park Visits for Active Recreation



More Active if Sessions were Organised in Parks/Reserves



Distance Would Travel to Parks/Reserves



YOUTH SURVEY

Respondents indicated that safety and supporting infrastructure have the most significant impact on the use of parks and reserves for active recreation.

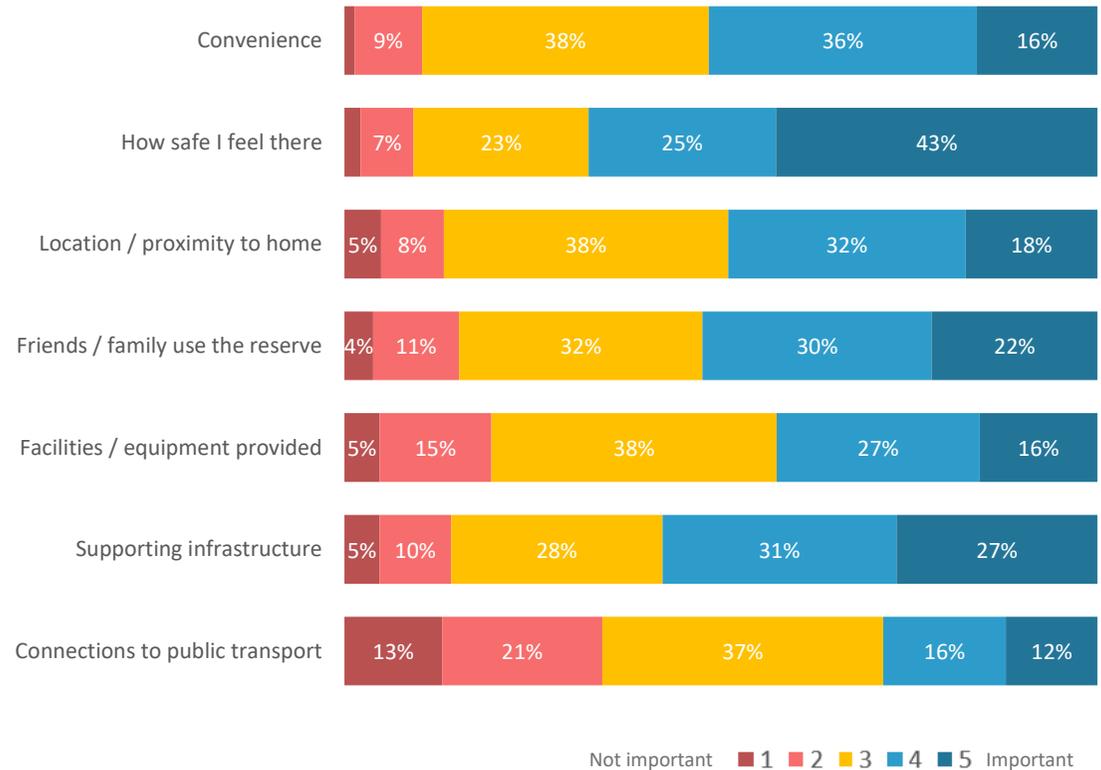
The top factors influencing use of parks and reserves for active recreation are safety (68% important/very important) and supporting infrastructure (58% important/very important).

Convenience and “friends and family use the reserve” have equal influence (52% important/very important), while location/proximity to home is also influential (50% important/very important).

Interestingly, only 43% of respondents felt that the facilities/equipment provided at a reserve was important when considering using a reserve for active recreation, while 28% felt public transport connections were important.

Note: A number of youth respondents left this question blank or partially answered, with approximately 10% of responses missing for each response type.

Factors affecting use of parks and reserves for active recreation



YOUTH SURVEY

The top recreation activities that youth respondents participate in align with the overall Victorian Ausplay results, with walking (n=311), running (n=225) and cycling (n=220) the highest participation activities.

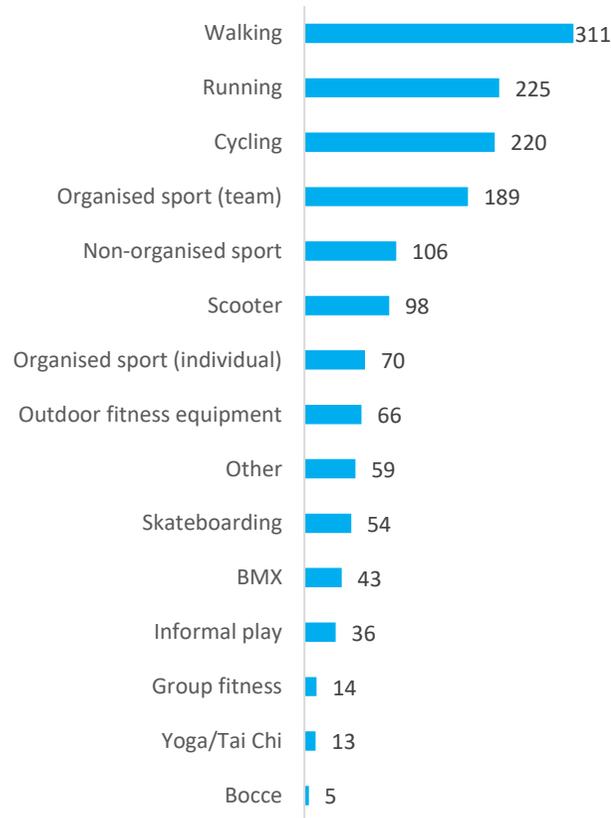
Organised sport activities ranked higher relative to the community survey, with 70 individual sport and 189 team sport responses. Organised sport activities are generally participated in by a higher proportion of young people in comparison to adults. Non-organised sport activities also rated highly in survey responses (n=106).

Activities such as scooter (n=98), skateboarding (n=54) and BMX (n=43) were proportionally higher than in the community survey.

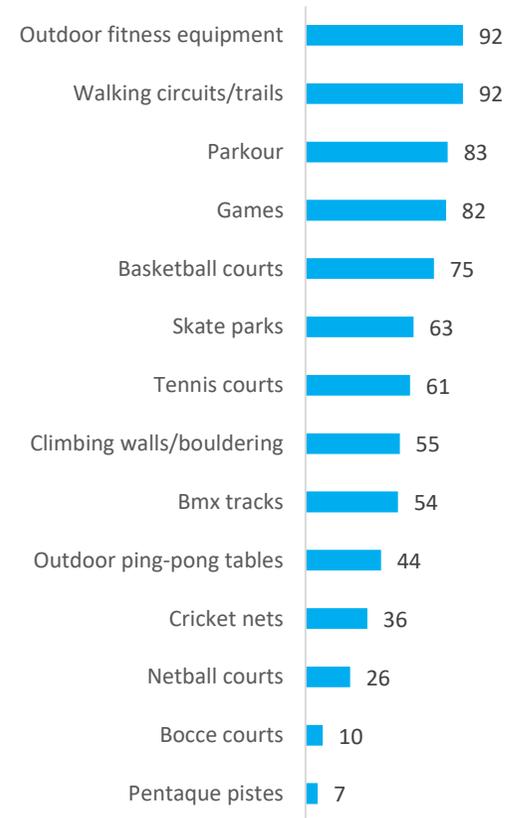
The use of outdoor fitness equipment ranked lower than in the community survey, with 66 respondents indicating use.

The top priorities for new active recreation facilities were generally more evenly spread than in the community survey, with outdoor fitness equipment and walking trails equal highest (n=92), with parkour (n=83), games (n=82) and basketball courts (n=75) also among the top priorities.

Active Recreation Participation



Top Three Facility Priorities



YOUTH SURVEY

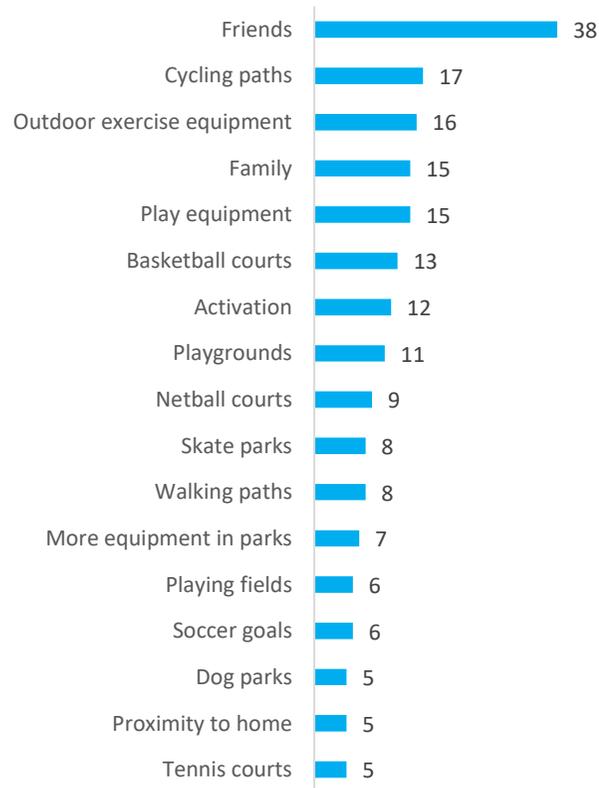
Responses from youth respondents to the open text questions received similar responses to the community survey, although some key differences should be acknowledged.

While youth respondents identified certain types of infrastructure that would encourage them to be active (cycling paths, outdoor exercise equipment, playgrounds, basketball courts), the primary encouraging factors were not focused on facilities.

“Friends” was the highest response category, with more than double the next category. Family was also an important factor that encourages youth respondents to be active.

Responses to the “further thoughts on active recreation in local parks and reserves” question from youth respondents were limited in proportion to the total number of surveys. Responses generally supported the trends in responses to the previous categorised survey questions.

What would encourage you to be more active in parks and reserves?



Any further thoughts on active recreation in local parks and reserves



Online Community Panel



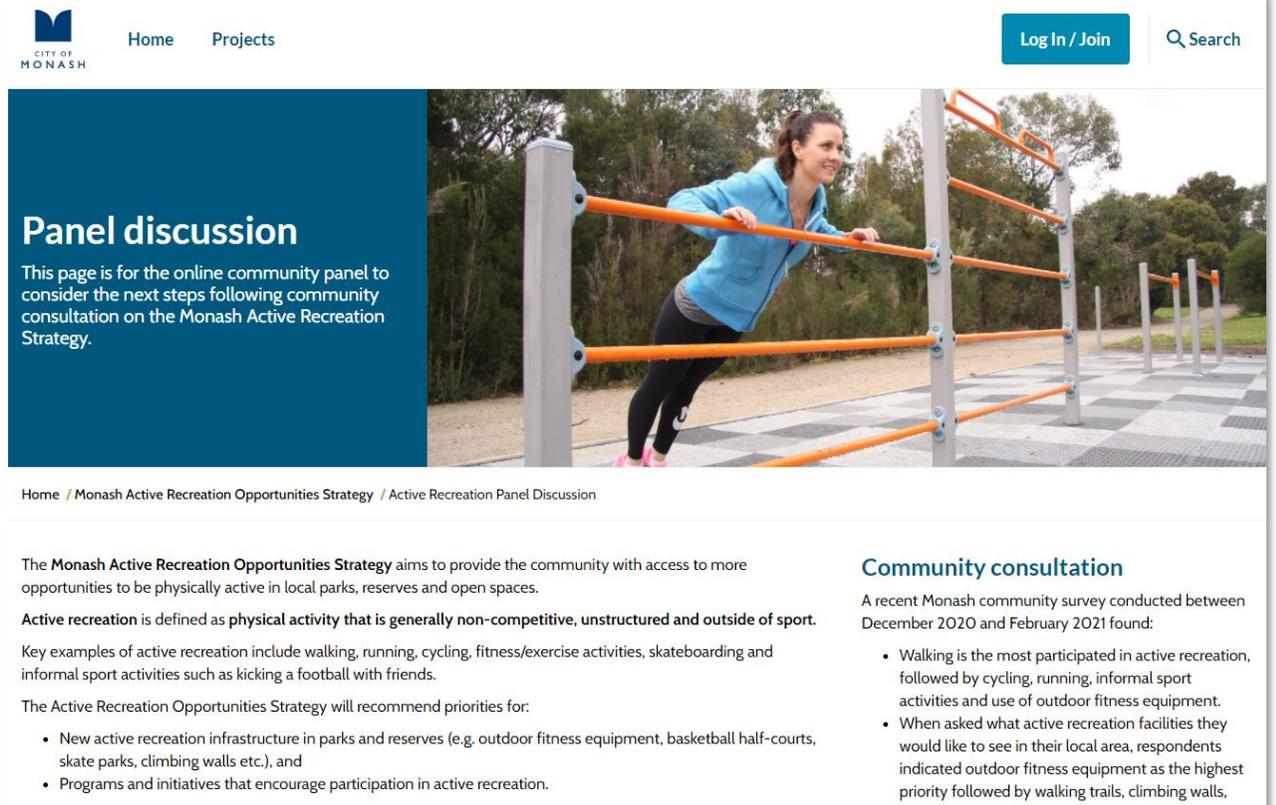
ONLINE COMMUNITY PANEL

An Online Community Panel was undertaken via the Shape Monash platform to engage with community members on emerging directions and issues relating to active recreation.

The Online Community Panel consists of community members that Council engages with from time-to-time on a range of matters of importance to the Monash community.

This format of engagement is new to Monash City Council, with the Online Community Panel undertaken for the Active Recreation Opportunities Strategy being the first of its type for Council.

A summary of responses is provided to four key issues that were provided to the Panel for consideration between 17 May 2021 and 23 May 2021.



The screenshot shows the City of Monash website interface. At the top left is the City of Monash logo. Navigation links for 'Home' and 'Projects' are visible. On the right, there are 'Log In / Join' and 'Search' buttons. The main content area features a large blue header with the text 'Panel discussion' and a sub-header 'This page is for the online community panel to consider the next steps following community consultation on the Monash Active Recreation Strategy.' Below this is a photograph of a woman in a blue jacket using an outdoor fitness machine. A breadcrumb trail reads 'Home / Monash Active Recreation Opportunities Strategy / Active Recreation Panel Discussion'. The main text area contains the following content:

The **Monash Active Recreation Opportunities Strategy** aims to provide the community with access to more opportunities to be physically active in local parks, reserves and open spaces.

Active recreation is defined as **physical activity that is generally non-competitive, unstructured and outside of sport.**

Key examples of active recreation include walking, running, cycling, fitness/exercise activities, skateboarding and informal sport activities such as kicking a football with friends.

The Active Recreation Opportunities Strategy will recommend priorities for:

- New active recreation infrastructure in parks and reserves (e.g. outdoor fitness equipment, basketball half-courts, skate parks, climbing walls etc.), and
- Programs and initiatives that encourage participation in active recreation.

Community consultation

A recent Monash community survey conducted between December 2020 and February 2021 found:

- Walking is the most participated in active recreation, followed by cycling, running, informal sport activities and use of outdoor fitness equipment.
- When asked what active recreation facilities they would like to see in their local area, respondents indicated outdoor fitness equipment as the highest priority followed by walking trails, climbing walls,

ONLINE COMMUNITY PANEL

Panel Discussion Item 1: Top Influences

The community survey identified three main factors that influence the use of parks and reserves for active recreation. They are (1) convenience, (2) location or proximity to home, and (3) safety. What more can Council do to ensure that parks and reserves are convenient, accessible and safe in your community?

Number of responses: 15

Analysis of panel discussion

- Safety and perceptions of safety are vital for encouraging more use of parks and reserves for active recreation.
 - Improved lighting of paths and reserves would improve safety and encourage more use, particularly as daylight hours diminish. A number of panel members listed lighting as a key consideration for improving safety.
 - Convenience is important to encouraging participation in active recreation, but can be impacted by low provision/quality of facilities. If facilities at local parks are not of sufficient quality, residents may not search for further opportunities beyond their local catchment.
 - Walking paths and trail provision is generally good, but there are missing connections, maintenance issues and lack of lighting in areas. Improvements to the existing walking path network would encourage higher participation.
 - Connection of walking paths and trails to shopping/community precincts would encourage uptake of active transport.
- The importance of supporting infrastructure such as toilets, shade and seating was confirmed. Providing environments that support longer stays and the needs of diverse users will increase participation.
 - Diversity of facility provision and facilities that cater for a broad range of ages and abilities is a key consideration for the strategy. Providing intergenerational facilities will support broader participation outcomes.
 - Facilities that cater for older adults should be included in the delivery of active recreation infrastructure.
 - Maintenance of parks and reserves is important to improving facility quality and encouraging community participation.
 - Provision of Wi-Fi in parks and reserves was suggested as a method of encouraging greater use of parks for passive purposes. There is potential for Wi-Fi to be considered supporting infrastructure in the future.
 - Support for community gardens was expressed during the panel discussion. Community gardens are outside the scope of this strategy, but the support of the panel contributors is noted.

ONLINE COMMUNITY PANEL

Panel Discussion Item 2: Infrastructure

The active recreation facilities provided play an important role in encouraging communities to be more active. The community survey indicated that residents would like to see more walking circuits/trails and outdoor fitness equipment provided in local parks and reserves. Do you agree that this infrastructure should be the highest priority for local parks and reserves in the City of Monash? Why / Why not?

Number of responses: Nine

Analysis of panel discussion

- Survey results indicating that walking/cycling paths and outdoor exercise equipment are the highest priority active recreation facility types were generally supported by the panel.
 - Improvements to existing facilities through maintenance and renewal will have an impact on participation. The existing walking and cycling network includes areas that require maintenance to encourage higher levels of use.
 - The quality of facilities is as important as the provision/distribution of facilities. Facility quality needs to meet community expectations in order to encourage increased participation in active recreation.
 - Ensuring shared pathways are wide enough to cater for pedestrians and cyclists is important to avoid conflict between users.
 - Improving connections between paths and trails will ensure that use is safe and convenient.
- Facilities need to consider the level of proficiency of all users. For example, providing chin-up bars will support a small percentage of users with sufficient upper body strength. Consideration of equipment types (body weight, upper/lower body, strength requirements) is important in engaging people with lower levels of participation.
 - Awareness of active recreation opportunities could be increased through the provision of information such as walking maps. (It is noted that walking maps are currently provided on the Monash City Council website, but these may need to be updated or promoted to encourage further awareness).
 - Pricing and affordability issues may be creating a barrier to participation in indoor aquatic and recreation facilities. (It is noted that indoor facilities are outside the scope of this strategy, but the issue of affordability is a key consideration for increasing access to active recreation).

ONLINE COMMUNITY PANEL

Panel Discussion Item 3: Young People

A survey of young people indicated more varied preferences in comparison to the general community survey, with a broader range of facilities seen as being equal in priority, including walking trails, outdoor fitness equipment, games (e.g. snakes and ladders, giant chess), parkour, basketball and tennis courts, and skate parks. What types of facilities would you prioritise to encourage young people in your community to be more active?

Number of responses: Six

Analysis of panel discussion

- Provision of facilities that cater for youth, particularly teenagers, are important to keep them engaged in physical activity. Young children generally use playgrounds, but limited infrastructure is provided specifically for youth.
- Facilities like those at the Level Crossing Removal Areas in Clayton are good examples of how to provide facilities for young people.
- Providing youth specific facilities as part of larger multipurpose hub/precincts would better provide for the needs of young people, as well as their friends and families.
- Improvement of bike paths to support active transport will support increased use by young people.
- Schools don't generally provide access to facilities outside of school hours. Mount Waverley College provided access during the COVID lockdown and proved popular with few perceived issues. There is potential for further partnership with schools to improve access in areas of open space deficit.
- The panel raised concerns about the use of electronic devices/screens by young people. Providing active recreation facilities that are fun, interesting and tailored for youth may provide other activity options.



Waverley Park Reserve

ONLINE COMMUNITY PANEL

Panel Discussion Item 4: Local Parks

Certain active recreation facility types such as outdoor fitness equipment, basketball courts, public tennis courts and skate parks have unbalanced provision across the City of Monash (see maps). What types of active recreation facilities would you focus on providing in local parks and reserves to fill gaps in access? What types of active recreation facilities should be provided at a regional level (fewer, larger scale facilities)?

Number of responses: Four

Analysis of panel discussion

- Installation of active recreation facilities that fill gaps in provision will help to provide access at the local level.
- Diverse facilities are required to engage a broad cross-section of the community.
- Active recreation facilities need to be of high quality, as well as evenly distributed throughout the municipality.
- There may be alternative ways of filling gaps in active recreation facilities such as providing incentives for access to facilities on private property or partnering with schools to provide access outside of school hours.
- Supporting infrastructure (e.g public toilets, seating and shade) also needs to be implemented in a balanced way to ensure that facilities support access across the municipality.
- Providing high quality facilities within parks and reserves will encourage higher levels of civic pride and reduced antisocial behaviour.



Freeway Reserve

Local Government Benchmarking



LGA BENCHMARKING

A series of interviews with representatives from local government authorities have been conducted to identify their approach to active recreation planning and delivery.

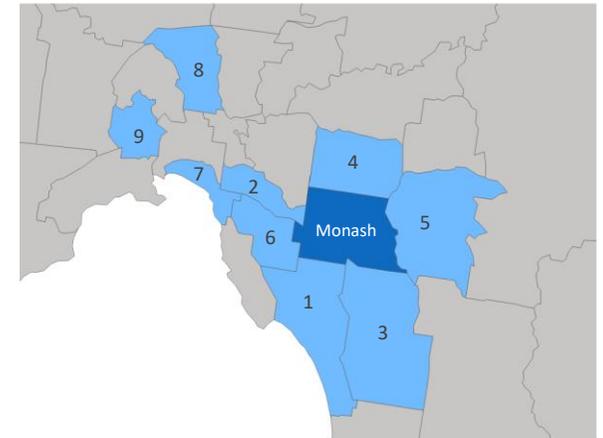
Discussions with representatives from each local government authority identified policy, strategy, planning, infrastructure development and program initiatives that have been delivered at each council.

The following local government authorities have been engaged:

1. Kingston City Council
2. Stonnington City Council
3. Greater Dandenong City Council
4. Whitehorse City Council
5. Knox City Council
6. Glen Eira City Council
7. Port Phillip City Council
8. Moreland City Council
9. Maribyrnong City Council

Summary of insights from local government benchmarking:

- There is limited active recreation-specific policy and strategy at local government level, although some councils are currently considering the development active recreation policies or strategies.
- Most councils take strategic direction for active recreation from their open space strategies, sport and recreation strategies, and health and wellbeing plans. A number of councils also noted the Active Victoria Framework as a key strategic driver.
- Despite the lack of active recreation-specific policy and strategy, most councils are delivering active recreation infrastructure through master plans and site-specific capital works.
- Active recreation infrastructure such as outdoor fitness equipment, mountain bike trails and disc golf courses are providing popular in local parks and reserves.
- Initiatives that increase flexible use of parks and reserves are also becoming more popular. An example of this is a number of councils providing opportunities for sportslighting on playing fields to be used for general active recreation to increase times of use.
- While organised sport still plays an important role in promoting healthy physical activity, the role active recreation plays is being more widely acknowledged.
- Most councils provide active recreation programs, with the primary mode of delivery through local providers and clubs.
- The importance of effective communications to build awareness was highlighted by a number of councils.
- Changes in the type of activity in parks and reserves was observed during 2020 due to COVID-19. Communities in most areas are continuing their use of parks and reserves for active recreation following the relaxing of COVID-19 restrictions.



LGA benchmarking distribution

LGA BENCHMARKING

Kingston City Council

Kingston City Council has no active recreation-specific strategies or policies, with the Kingston Health & Wellbeing Plan acting as the key strategic direction for active recreation projects and initiatives.

While provision of the active recreation specific infrastructure has been relatively ad-hoc, Kingston City Council has continued to increase the amount of active recreation infrastructure in parks and reserves in recent years. Outdoor exercise equipment, paths and trails, football and soccer goals, and basketball/netball courts are examples of the types of facilities that have been installed in various parks and reserves.

A key example of a successful active recreation initiative is the Bald Hill Disc Golf Park in Clarinda. This 9 hole/18 tee course has received a high level of use, with the option to borrow discs from the Clarinda Library.

Future priorities include further active recreation infrastructure delivery in parks and reserves, improvements to path lighting and cycling network planning.

Stonnington City Council

Stonnington City Council has no active recreation-specific strategies or policies, with strategic direction set by the Stonnington Recreation Strategy 2014-2024 and Open Space Strategy.

The City of Stonnington has a relatively low amount of publicly accessible open space, with Council identifying ways to increase the capacity and flexibility of existing facilities, as well as opportunities to acquire additional open space in strategic locations.

Prahran Square is an example of an urban space that has been transformed into a multi-purpose community facility that provide opportunities for active recreation alongside other uses.

Council has also trialled turning on sportslighting at reserves for general community use to increase capacity for active recreation.

The Active Stonnington webpage provides Council with a central resource to increase awareness of local recreation opportunities. The introduction of mapped walking routes has proven popular, particularly during 2020 when people were looking for ways to remain active close to home during the COVID-19 lockdown period.

Greater Dandenong City Council

Greater Dandenong City Council's 'Make Your Move' campaign is a call to action for residents following the delivery of the Greater Dandenong Physical Activity Strategy 2020-2030.

The strategy focuses on all types of physical activity and is aiming to grow the focus on active recreation. A greater focus on active recreation will address some of the known participation barriers for communities within Greater Dandenong.

The Open Space Strategy 2020-2030 also provides strategic direction relating to the importance of parks and reserves that provide flexible use for active recreation.

The 'Make Your Move' campaign includes a series of education and awareness resources, as awareness of physical activity opportunities and the benefits of being physically active were identified as key barriers during the development of the physical activity strategy.

Greater Dandenong City Council are currently investigating the development of an Active Recreation Infrastructure Plan to guide the future delivery of facilities in parks and reserves across the municipality.

LGA BENCHMARKING

Glen Eira City Council

Similarly to Monash City Council, Glen Eira City Council are currently developing an Active Recreation Action Plan to guide future active recreation infrastructure and programming investment and delivery.

While Glen Eira has no active recreation-specific policies or strategies at this stage, the GET ACTIVE: The Future of Recreation and Sport Report and Open Space Strategy provide guidance on active recreation priorities for Council.

Active recreation infrastructure has generally been installed as a result of site-specific planning.

The City of Glen Eira generally has a lower level of open space than the neighbouring City of Monash, with existing parks and reserves developed to provide flexible uses and opportunities for active recreation.

Glen Eira City Council are interested in partnering with Monash City Council on active recreation projects where there is a clear benefit for communities from both municipalities, particularly along the boundary of the two LGAs.

Whitehorse City Council

The Whitehorse Recreation Strategy 2015-2024, the Open Space Strategy (2007) and the Health and Wellbeing Plan 2017-2021 set the general strategic direction and priorities for active recreation, however there are currently no policies or strategies specific to active recreation alone.

Capital works and program initiatives are locally focused with the aim of providing additional opportunities for unstructured recreation in parks and reserves.

A key example of this approach is the upcoming trial of on-demand lighting on sports fields (winter 2021) that allows for lighting to be accessed by the general community via switching infrastructure.

There has also been increased demand for mountain bike facilities following the success of facilities at Heatherdale Reserve. The impact of COVID has also increased demand for Council's two skate parks, outdoor basketball/netball courts, pump tracks and playgrounds.

Dog walkers have historically been vocal and active community representatives and with the impact of COVID there has been a higher demand for parks and reserves with enclosed dog parks and dog off-leash areas.

Future infrastructure planning is aiming to balance the needs of organised sport and active recreation uses in local parks and reserves.

Knox City Council

Knox City Council has limited active recreation-specific policy or strategy, with their focus being on planning for active recreation facilities during the master planning of parks and reserves.

Master planning processes are highly consultative and also draw on staff and professional expertise to establish facility concepts.

Lewis Park is a current example of a reserve that is being masterplanned to include a range of active recreation components, including mountain bike facilities, skate park, flexible hard-court surfaces and pathways.

Increasing access to flexible infrastructure is becoming more important, with lighting of reserves and pathways becoming increasingly important to enable extended hours of use.

Knox City Council has recently installed a disc golf course, which is receiving a lot of interest and use, particularly due to the impact of COVID-19 on other activities.

LGA BENCHMARKING

Port Phillip City Council

Port Phillip City Council are currently developing an active recreation policy that will guide the delivery of active recreation facilities and initiatives across the municipality.

Port Phillip City Council have historically referred to the Open Space Strategy and Sport and Recreation Strategy as the key guiding documents relating to active recreation.

The City of Port Phillip are prioritising multi-purpose facilities to provide broader opportunities for use by a wider cross-section of the community. Facilities such as skate parks and basketball half-courts are currently being considered for delivery.

Port Phillip City Council also run the 'Sport Phillip' program calendar that provides free and low-cost active recreation programs to the community. Council facilitates the program with a mix of Council and partner program deliverers.

Activities such as stand-up paddle-boarding, family basketball, yoga and group fitness are included in the 15-20 activities that are provided as part of the campaign within the monthly program calendar.

Moreland City Council

Moreland City Council's strategic direction for active recreation is driven by the Moreland Sport and Active Recreation Strategy 2020. While active recreation is included in the scope the strategy, the focus has primarily been on organised sport and physical activity rather than unstructured active recreation.

The City of Moreland is currently focused on increasing capacity for organised sport as there is increasing pressure on their existing facility network. Active recreation infrastructure is delivered in parks and reserves where it complements other uses such as playgrounds and playing fields.

Moreland City Council is identifying opportunities to increase the level of social sport and active recreation at parks and reserves.

A key example of active recreation infrastructure is located at Raeburn Reserve, where outdoor exercise equipment has been located in close proximity to the playground to allow for adults to exercise while children play.

Maribyrnong City Council

Maribyrnong City Council has limited active recreation-specific policy or strategy, with the key strategic drivers being Council's Health and Wellbeing Plan and the Active Victoria Framework.

While Maribyrnong City Council has a general deficiency of open space provision, they focus on maximising the use of existing facilities and delivering facilities that provide broad recreation opportunities.

The Quarry Park Mountain Bike Trails in Footscray, delivered in 2019, have been popular with cyclists, both locally and from across the region. Maribyrnong City Council have also delivered other active recreation infrastructure such as rock-climbing walls in a number of locations and the Stony Creek Disc Golf Course.

The Active Maribyrnong webpage connects residents to active recreation opportunities that are delivered by local providers in parks and reserves, as well as online.

The summer series of programs includes yoga, Bollywood dance, meditation, stretching, music and art therapy, and pilates (online).

Council has also delivered Get Active expos, grants programs, and come-and-try days to remove barriers to active recreation and introduce residents to new activities.

Appendices

APPENDICES



1. Community survey questions

ACTIVE MONASH

Monash Active Recreation Opportunities Strategy

The Active Recreation Opportunities Strategy focuses on non-organised recreation in parks and reserves by developing environments that encourage residents to get active in their local communities.

We want to know how you use your local parks and reserves for non-organised physical activity and the types of facilities or park enhancements would encourage you to be more active in the future.

This short survey will help to guide the recommendations for the future development active recreation facilities.

1. Which suburb to you live in?

2. How old are you?

- Under 18 35-49 75+
 18-24 50-64
 25-34 65-74

3. What is your gender?

- Male Female Prefer not to say
 Prefer to self describe as:

4. How often are you physically active per week (at least 30 minutes of moderate intensity activity per session)? This can activity can be in any setting e.g. home, parks, sports facilities, gyms, pools, bike path etc.

- Every day Once per week
 4-5 times per week Less than once per week
 2-3 times per week

1

5. What types of activities have you undertaken when visiting local parks and reserves in the last 12 months?
(Please tick as many as relevant)

- | | |
|---|--|
| <input type="checkbox"/> Organised sport (team) | <input type="checkbox"/> Skateboarding |
| <input type="checkbox"/> Organised sport (individual) | <input type="checkbox"/> Scooter |
| <input type="checkbox"/> Non-organised sport activity (eg. use of public cricket nets, hit of tennis with a friend etc) | <input type="checkbox"/> BMX |
| <input type="checkbox"/> Walking | <input type="checkbox"/> Group fitness / boot camp |
| <input type="checkbox"/> Running | <input type="checkbox"/> Informal play |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Yoga/Tai Chi |
| <input type="checkbox"/> Outdoor fitness equipment | <input type="checkbox"/> Bocce |
| <input type="checkbox"/> Other (please specify) | |

6. How often do you visit parks/reserves for the purpose of **non-organised** physical activity or active recreation (at least 30 minutes of moderate intensity activity per session)?

- Multiple times per week Once per month
 Once per week Once every couple of months
 Fortnightly A couple of times per year or less

7. With this in mind, please tell us what would encourage you to be more active in your local parks/reserves, particularly relating to non-organised exercise and fitness activities?

8. Would you be more likely to be active if there were organised physical activity sessions at your local park or reserve?

- Yes, definitely I don't think so
 Probably, but it would depend on the activities Definitely not
 Maybe

2

9. Rank the importance of the following items when you are considering whether to visit a local park or reserve for exercise or active recreation.

	1 (Not important at all)	2	3 (Neutral)	4	5 (Very important)
Location/proximity to home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Convenience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recreation facilities / equipment provided	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supporting facilities provided eg. public toilets, shelters, lighting, car parking etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How safe I feel in the park/reserve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends/family use the park/reserve	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The park has good connections to public transport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify below if relevant)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

10. How far would you generally consider travelling to visit parks/reserves for physical activity or active recreation (at least 30 minutes of moderate intensity activity)

- Under 1km
 1-2km
 3-5km
 5-10km
 10km+

3

* 11. Out of the following options, which three would you most like to see provided in your local area? (Please rank in order 1-3)

	Rank
Outdoor fitness equipment	<input type="text"/>
Walking/circuit trails	<input type="text"/>
Skate parks	<input type="text"/>
BMX tracks	<input type="text"/>
Tennis courts	<input type="text"/>
Basketball courts	<input type="text"/>
Netball courts	<input type="text"/>
Cricket nets	<input type="text"/>
Climbing walls/bouldering	<input type="text"/>
Bocce courts	<input type="text"/>
Pentaque pistes	<input type="text"/>
Parkour	<input type="text"/>
Games e.g. four square, snakes & ladders, giant chess	<input type="text"/>
Outdoor ping pong tables	<input type="text"/>

Other (please specify)

12. Please provide us with any further thoughts on active recreation in your local parks and reserves:

13. Thank you for completing this survey. If you would like to receive future updates on the Active Recreation Opportunities Strategy, please provide your email address below:

Email Address

4