

BACKGROUND PAPER

ACTIVE CITY STRATEGY

**Adelaide City Council
November 2012**

1. INTRODUCTION

Both the Australian and State Governments recognise the role recreation and sport play within the preventative health agenda. The *National Guidelines for Physical Activity* recommends 30 minutes of moderate to vigorous activity most days of the week. Current evidence suggests that many people are not active enough to gain the necessary health benefits associated with physical activity.

South Australia's Strategic Plan has an objective to improve the health and wellbeing of South Australians. The Plan recognises that physical activity is important as a means to promoting healthy lifestyles.

Major city councils including Perth, Melbourne and the Gold Coast have all developed physical activity plans or strategies to address increasingly sedentary lifestyles and growing waistlines.

With a new Strategic Plan – *One City, Many Places 2012-16*, Adelaide City Council will provide opportunities for the community to achieve a higher level of health and wellbeing. In bringing about a **Liveable City** (Outcome 4 of Council's Strategic Plan) we will *create, facilitate and grow recreation and sport programs and facilities that support all people to be active*. A **City of Great Places** (Outcome 1 of Council's Strategic Plan) will ensure that there are spaces in the public realm and Park Lands that invite people to be physically active.

1.1 Role of Council in Recreation and Sport

Council has the following roles in relation to creating opportunities for the community to be active, maintain their health and participate in recreation and community sports programs:

Leader: Influencing the provision of recreation and sport opportunities in the City by other levels of government, other agencies and community organisations.

Owner: Provider of facilities and services where the market is unlikely to supply a particular facility or service, e.g. children's playspaces, aquatic facilities.

Information Provider: Communicating the range of recreation, sport and fitness opportunities available to the community and the benefits of active participation.

Facilitator/initiator: Enabling community organisations to enhance new or existing formal recreation and sport facilities and providing grant funding for facility improvements and recreation and sport community programs and events.

Partner: Leveraging of Council's investment to deliver more or sooner through partnering with the State and Commonwealth Governments, other key stakeholders and the private sector.

Provider: Intervening in the market only when recreation facilities and programs are insufficient to meet community demands or where the market is unlikely to meet demands in the future.

1.2 City Recreation and Sport Plan

It is 10 years since Council adopted *Light'n Up in Adelaide – City Recreation and Sport Plan*. This plan spear headed a number of key recreation and sport initiatives in the City including:

- Recreation and Sport Grants Program
- City Skate Park
- Kurrangga BMX Track

- Upgrades to playspaces - Marshmallow, Glover North and Glover South and establishment of Hindmarsh Square playspace
- Community tennis/basketball courts in Pityarrilla and Tidlangga and a community oval in Nanto Womma
- 12km of Park Lands Trail (to date)
- Corporate recreation programs in the City Squares

1.3 Active City Policy

The *Active City Policy* was endorsed by Council in 2011, superseding the *City Recreation and Sport Plan* and triggering the need to develop a new strategy to guide the next ten years of recreation initiatives. A fundamental difference of the new policy from the former Recreation and Sport Plan is the emphasis on physical activity.

The Active City Policy contains six guiding principles that articulate Council's shared values and serve as a basis for integrated decision making in the delivery of physical activity opportunities in the City.

These guiding principles are:

1.3.1 Maximum Participation

- Council supports multi-purpose facility and infrastructure redevelopment that achieve multiple outcomes and ensure maximum participation by the community.
- Council prioritises the provision of community recreation and sport facilities that cater for the general community, rather than providing, managing and funding elite level facilities at the state and national level, which cater for smaller numbers of elite athletes.

1.3.2 Health and Wellbeing for ALL

- Opportunities to be engaged in recreation and sport activities in the City are available to all people, regardless of age, cultural background, socio economic status or ability.
- Mainstream and non-mainstream sports are catered for as well as informal recreation opportunities.

1.3.3 The Best of the Best

- Council sets the benchmark for 'best practice' and delivers facilities, infrastructure and programs in the most resource efficient way and at an appropriate level.
- As a capital city local government authority, Adelaide City Council has a responsibility to provide high quality opportunities for visitors.
- Equally, Adelaide City Council offers the best possible experience for its residents and ratepayers.

1.3.4 Working with Partners

- Council forges strong and sustainable partnerships with other levels of government, agencies, State Sporting Associations and sporting clubs

1.3.5 Economic Sustainability

- Council ensures that its recreation businesses are commercially responsive to the market and managed in a manner that ensures maximum participation at minimal cost to Council.

- External funding opportunities are sought to leverage Council’s investment.

1.3.6 An Informed and Educated Community

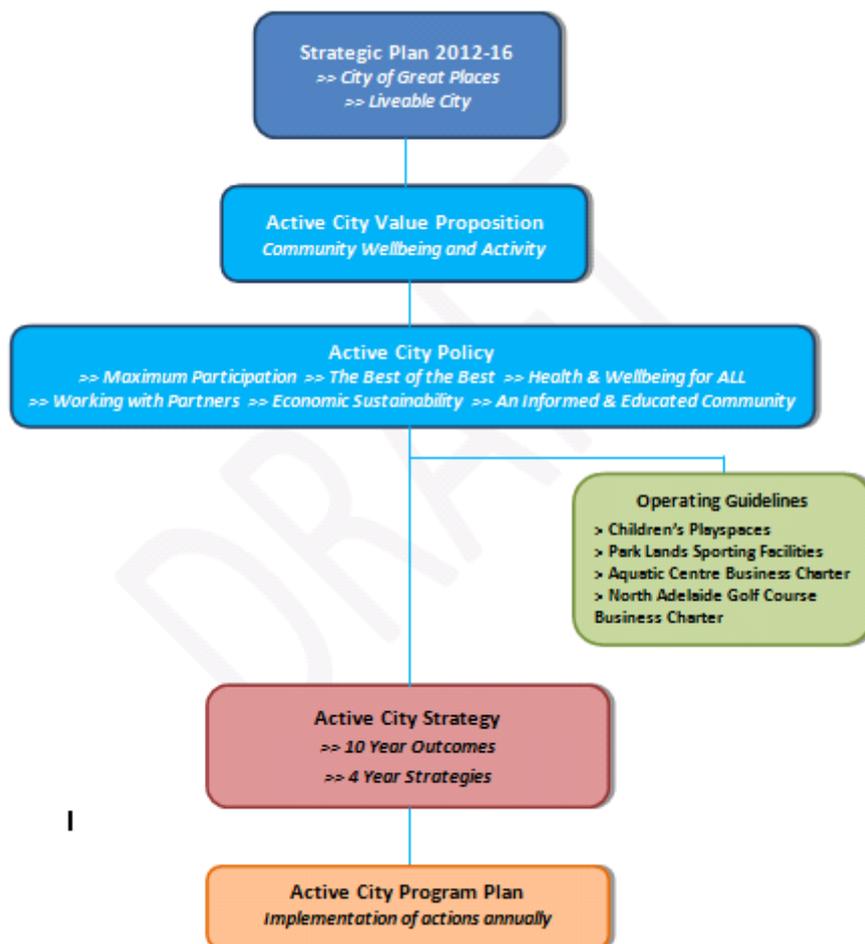
- Council communicates via a range of mediums to ensure a broad cross section of the community are fully aware of what recreation and sport opportunities are available in the City.
- Pursuing an active and healthy lifestyle starts with having an understanding of the short term and long term health and wellbeing benefits of being physically active.

1.4 Role of the Active City Strategy

The Active City Strategy will be a blueprint for the City that sets a 10 year vision for the provision of recreation and sport opportunities that support people to be physically active. It will also deliver on Council’s Strategic Plan to achieve a *Liveable City* with diverse recreational opportunities and a *City of Great Places* with parks and public spaces that are actively used.

The Active City Strategy will contain a series of outcomes that are achievable over a ten year period. These outcomes will be supported by a range of strategies that are reviewed every four years to ensure Council is working towards realising the longer term outcomes.

The Strategy will be implemented through Councils Active City Program Plan, informing the annual business plan and budget process.



2. STRATEGIC ALIGNMENT

A series of planning documents will inform and influence the Active City Strategy. The table below describes the different ways in which these documents achieve this.

	Inform	Influence
<i>Active City Policy</i>	The Policy describes the roles of Council in facilitating and providing recreation and sport opportunities in the City	The Policy Principles set the framework for the Active City Strategy <ul style="list-style-type: none"> ➤ Maximum participation ➤ The Best of the Best ➤ Health & Wellbeing for ALL ➤ Working with Partners ➤ Economic Sustainability ➤ An Informed & Educated Community
<i>Adelaide Park Lands Management Strategy</i>	Provides guidance on management of facilities in the Park Lands	Identifies key sports areas and major recreational areas within the Park Lands
<i>Bicycle Action Plan</i>	Reinforces the importance of the Park Lands Trail and its connection with other bicycle networks	
<i>City Community Strategy</i>	Places an emphasis on engaging with the community to create a sense of belonging and inform the provision of facilities to meet community needs	
<i>Community Safety Strategy</i>	Promotes the benefits of activation to enhance community safety	
<i>Smart Move Strategy</i>	Advocates for a bicycle and pedestrian friendly City and a greater utilisation of streets for non-car related activity	Identifies opportunities to increase walkability and cycling resulting in increased incidental physical activity
<i>Residential Growth Strategy (Draft)</i>	Highlights the need to sell the benefits of City living as a package including identifying the variety and accessibility of recreation opportunities	
<i>Strategic Plan 2012-2016 (Adelaide City Council)</i>	Places a priority on enhancing the quality and useability of the public realm and activating green spaces through diverse recreation opportunities for City residents and visitors	Identifies key recreation initiatives including <ul style="list-style-type: none"> ➤ Activity Hubs in Bonython Park and North Adelaide ➤ Completing the Park Lands Trail
<i>State Strategic Plan</i>	Sets a series of targets aimed at increasing community health through physical activity	
<i>30 Year Plan for Greater Adelaide</i>	Identifies the key role the Adelaide Park Lands have in servicing metropolitan Adelaide	

The Active City Strategy will respond to both the Adelaide City Council's and State Government's strategic planning documents. The tables below show the strategic alignment to each document and how the Active City Strategy will add value in those respective areas.

	Strategic Document	Strategic Links	Value Add
Adelaide City Council	Strategic Plan 2012-2016	<p>Outcome 1 – <i>City of Great Places >> Attractive parks, streets and public spaces that are actively used</i></p> <p>Outcome 4 – <i>Liveable City >> Diverse recreational opportunities and green spaces support the wellbeing of residents and visitors</i></p>	<p>High quality destinations provided along the Park Lands Trail for physical activity</p> <p>Increased recreation opportunities within the public realm</p> <p>A mix of structured and unstructured recreation opportunities are supported in the City</p> <p>City residents and visitors have access to local opportunities and metropolitan facilities and services</p>
	City Community Strategy	<p>Outcome 3 – <i>A City with Strong Neighbourhoods</i></p> <p>Outcome 4 – <i>A City with excellent community infrastructure</i></p>	<p>City communities engaged in the development of recreation programs and facilities</p> <p>Hierarchy of facilities established to meet varying community needs</p>
	Community Safety Strategy	Outcome 1 – <i>Vibrant and Safe City Streets and Public Spaces</i>	<p>Increased use of the Park Lands including the City Squares by the community</p> <p>Greater night time activity through sports training and competitions</p>
	Draft - Residential Growth Strategy	Outcome 2 – <i>Adelaide City is a residential location of choice</i>	Higher community awareness of recreation options in the City
	Smart Move Strategy	<p>Smart Move 1 – <i>Easy Walking</i></p> <p>Smart Move 2 – <i>Safer Cycling</i></p> <p>Smart Move 8 – <i>Great Streets</i></p>	<p>Park Lands Trail provides 18km of off-road walking and cycling paths with infrastructure to support use</p> <p>Fitness loops established throughout the City</p>
	Bicycle Action Plan 2011-13	Principle – <i>Connectivity and Accessibility</i>	Park Lands Trail connects with key path networks and is signed to assist way-finding

	Strategic Document	Strategic Links	Value Add
State & Council	Adelaide Park Lands Management Strategy	Theme – <i>Recreation</i> Outcome – <i>Diverse and increased opportunities for activity with a particular focus on outdoor recreation</i>	Outdoor Activity Hubs and Sports Hubs established throughout the Park Lands
State Government	State Strategic Plan	Goal – <i>We are Physically Active</i> Primary Target – <i>Increase the proportion of South Australians participating in sport or physical recreation at least once per week to 50% by 2020</i> Related Target - <i>Increase the use of public spaces by the community</i> Related Target - <i>Double the number of people cycling in South Australia by 2020</i>	Accessible and diverse recreation experiences provided across the City Park Lands Trail and cycling hubs established to encourage cycling
	30 Year Plan for Greater Adelaide	Policy - <i>Reinforce the role of the Park Lands as a major recreational, sporting, natural and open space asset servicing metropolitan Adelaide</i> Policy - <i>Activate the Park Lands to increase their appeal and safety through increased passive surveillance</i>	Aquatics, golf and major activity and sports hubs provided at a metropolitan level Supportive elements (e.g. kiosks, shade, lighting) provided to encourage active use of the Park Lands

3. RESEARCH

To inform this Background Paper and ultimately a draft Active City Strategy, a series of literature reviews, studies, meetings and surveys were conducted. 'Picture Adelaide', a comprehensive community engagement project undertaken by Adelaide City Council to inform the new Strategic Plan, was reviewed as it made multiple references to recreation opportunities in the City.

Literature Reviews

- ABS (2009-10)
- Active Melbourne Strategy
- Blueprint for an Active Australia (Heart Foundation) (2009)
- City of Perth Physical Activity Plan
- City of Sydney Open Space and Recreation Needs Study
- Crawford Report, The Future of Sport in Australia (2009)
- ERASS (Exercise, Recreation and Sport Survey) (2010)
- Gold Coast Physical Activity Plan
- National Physical Activity Guidelines (2005)
- Office for Recreation and Sport's Strategic Plan (2011)
- Out and About: Regional participation in exercise, recreation and sport in South Australia (2012)
- Public Spaces and Public Life Study (Gehl Architects) (2012)
- Tasmania's Plan for Physical Activity
- Wellington Shire Physical Activity Strategy (NZ)

Studies

- Adelaide Aquatic Centre Feasibility Study (2011)
- Audit of indoor recreation and sport centres (2012)
- North Adelaide Golf Course – Review of Operations (2012)

Meetings

- External Stakeholder Vision Workshop (2011)
- Internal Stakeholder Workshop (2011)
- City Culture and Community Services Committee (2012)

Community Consultation

- City Resident Physical Activity Study (2011)
- City Workers Physical Activity Study (2010)
- Picture Adelaide (2011)

3.1 Research Findings

The *State Strategic Plan* has a target of 52% of adults being in the healthy weight range. Currently, only 42% of South Australian adults are in the healthy weight range and a quarter of South Australian children are obese. The National Guidelines for Physical Activity recommends 30 minutes of moderate to vigorous activity most days of the week.

Across Australia, the most popular facilities used for participating in physical activity were parks, beaches and walking trails, with 58% of participants using these facilities (ABS 2009-10). More structured facilities including gyms, public pools and courts were the next most commonly used (52%).

The most popular activity in South Australia was walking for exercise. The second most popular was aerobics/fitness, followed by cycling, swimming, weight training, running and tennis. Two other major participant activities are AFL and soccer, with both outdoor and indoor forms of soccer popular.

Participation in sport remains an important part of the Australian culture. Around a quarter of the Australian population (26%) participate in organised sport and recreation (ABS 2009-10). Outdoor sports with the highest participation rates are: netball; outdoor soccer; basketball; outdoor cricket; and touch football.

Australia wide, there has been a significant decline in participation in 'swimming/diving', although it remains the 3rd highest participation activity amongst Australians aged 15 years and over.

Golf is the 6th highest participation activity amongst Australians aged 15 years and over. Total golf participation levels in South Australia are in a general decline, having fallen by approximately 30% since 2002, a compound average annual fall of -4%. Since 2006, total participation levels have seen greater stabilisation, averaging 66,000 golfers, in line with the 2010 result.

Quick Statistics

State

52% is the State Strategic Plan target for adults being in the healthy weight range

42% of South Australian adults are currently in the healthy weight range

25% of South Australian children are obese

City

35% of City workers are currently not undertaking adequate levels of physical activity

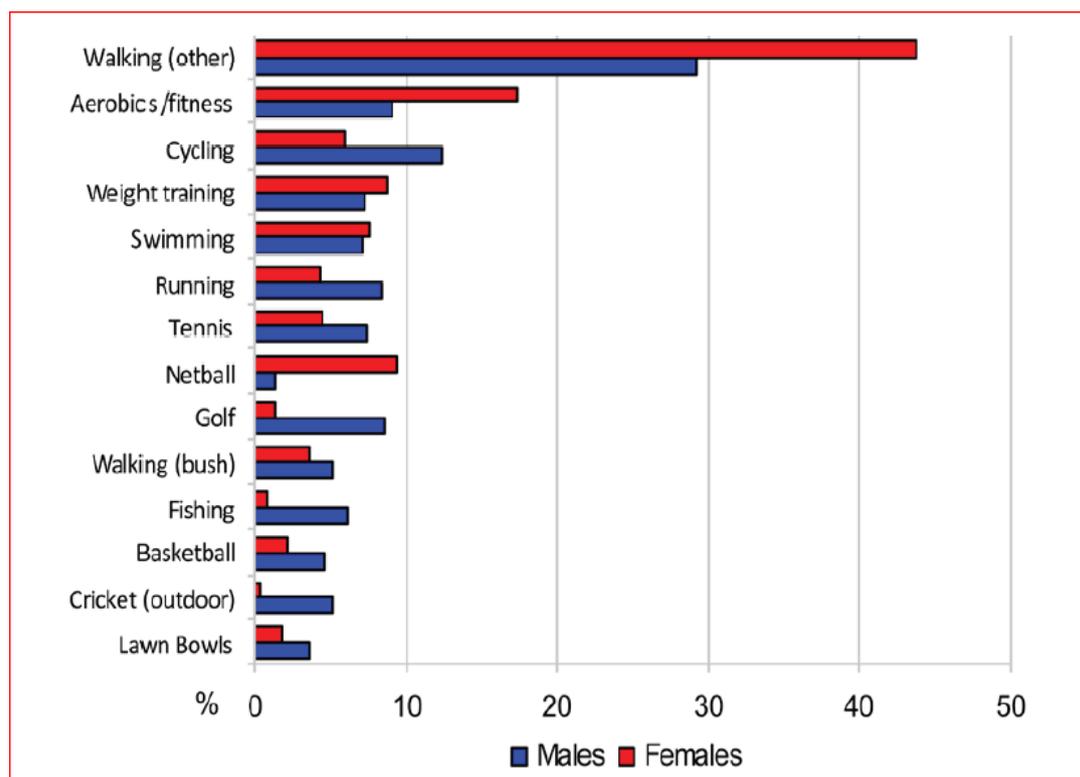
43% of City residents are currently not undertaking adequate levels of physical activity

95% of City residents are open to being more physically active.

Activities with high appeal are:

- **68%** walking
- **39%** recreational cycling
- **30%** running/jogging
- **23%** outdoor fitness equip
- **20%** walking the dog
- **18%** social tennis

Main activities by sex, South Australia (ERASS 2010)



City Research

Picture Adelaide results indicated a strong desire from the community for more activity in the City including the Park Lands. Multiple comments related to the Park Lands needing to be better used, with suggestions for more kiosks and cafes, safe paths and trails, and more or better playspaces including adventure play.

A number of comments received through *Picture Adelaide* also made reference to 'non-traditional' recreation facilities. These included frisbee golf, roller derby, roller skating, bicycle polo and outdoor climbing walls. There were also multiple comments from passionate rowers regarding the River Torrens.

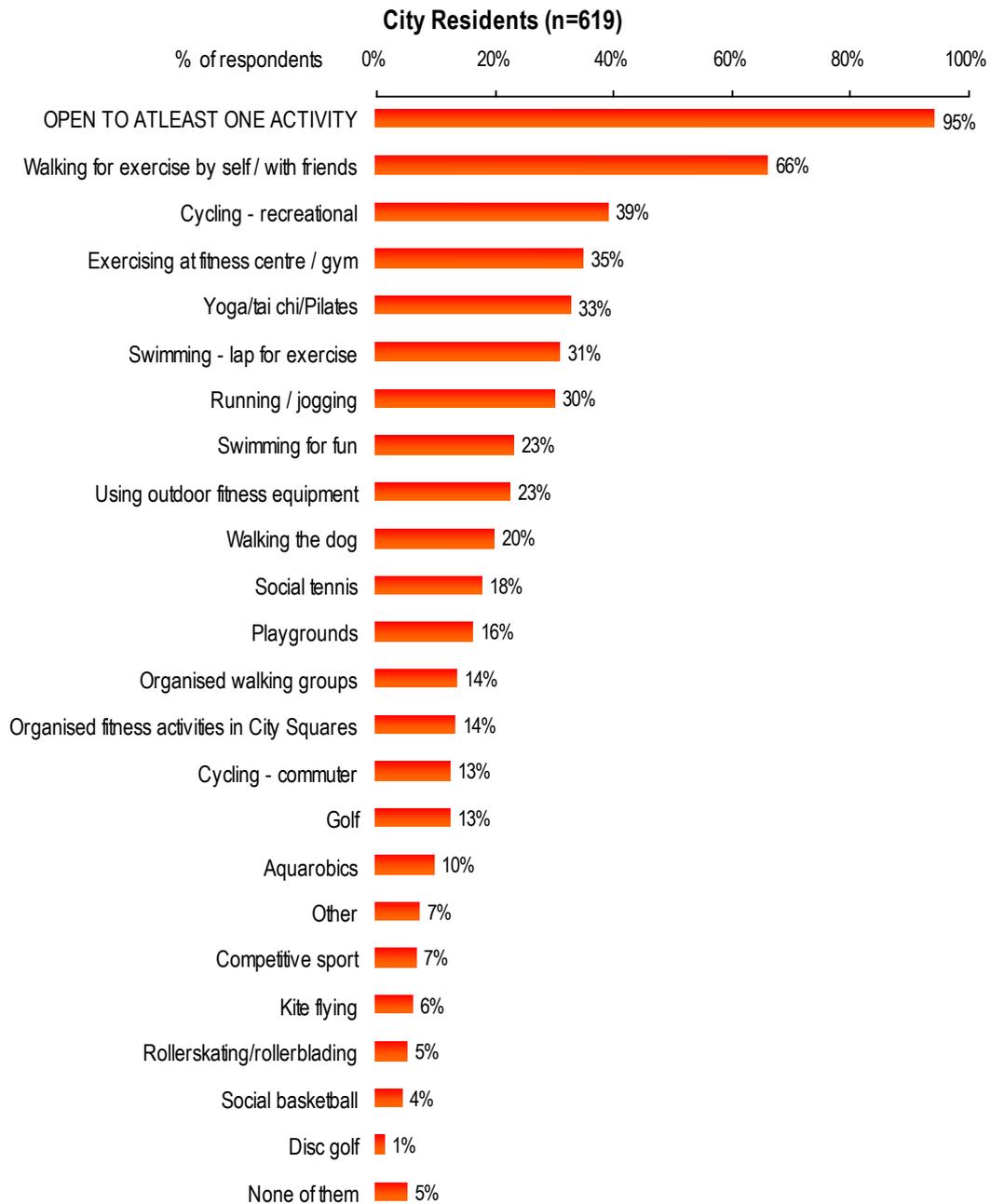
City Resident Survey

The City Resident Physical Activity Study found that 43% of residents are currently not undertaking adequate levels of physical activity. Nearly all respondents (95%) were open to being encouraged to become more active. This was consistent across all ages and gender.

Activities with highest appeal for increasing physical activity were: walking (68%); recreational cycling (39%); attending a fitness centre/gym (35%); exercise classes (33%); swimming laps (31%); and running/jogging (30%).

Activities also recording strong preferences were: swimming for fun (23%); using outdoor fitness equipment (23%); walking the dog (20%); social tennis (18%); playgrounds (16%); organised fitness activities (14%); commuter cycling (13%); golf (13%); and aquarobics (10%).

Activities with highest appeal in increasing physical activity amongst City Residents (City Resident Physical Activity Study 2011)

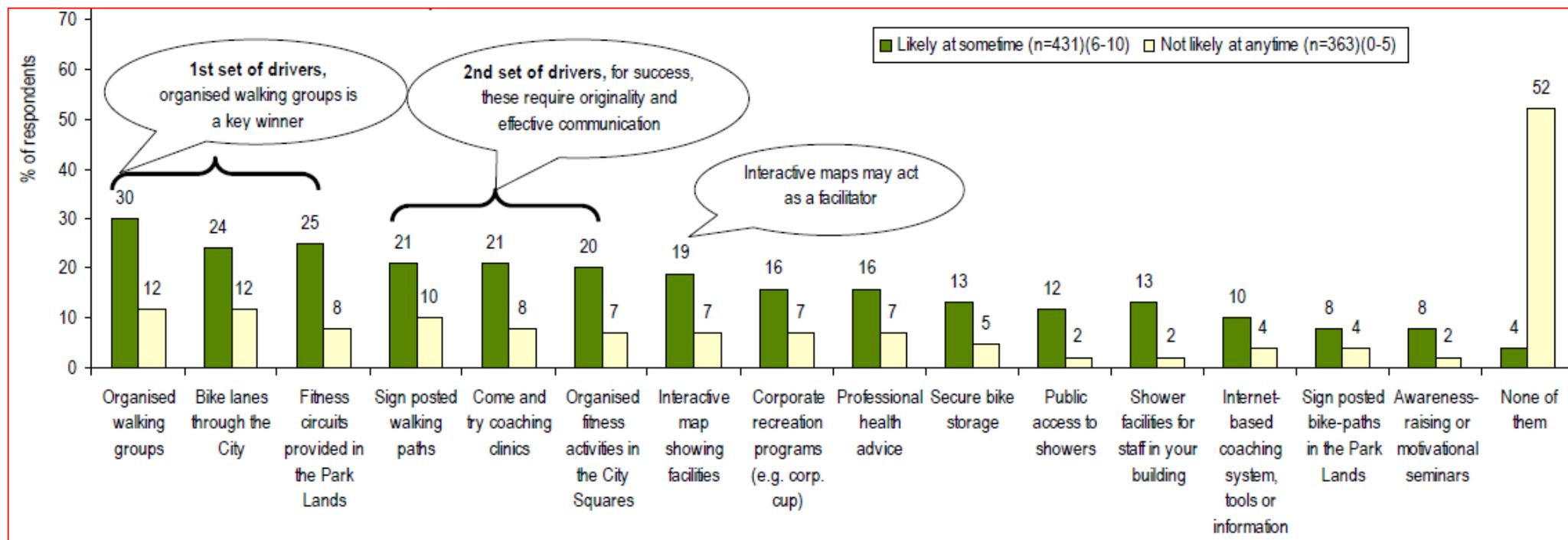


City Worker Survey

Developed in partnership with the Office for Recreation and Sport , a City Workers Physical Activity Study found that 35% of workers are currently not undertaking adequate levels of physical activity, with 16% of workers (equating to at least 16,000 people) completely inactive.

City Workers indicated a strong preference to be physically active in the City after work, particularly amongst those currently inactive. A combination of organised activities (walking groups, fitness activities in the City Squares) and infrastructure (fitness circuits, bicycle lanes) were identified as the strongest triggers for increasing physical activity levels of City workers.

Potential Drivers for City Workers being more active in the City (City Workers Physical Activity Study 2010)



Infrastructure

Council's recreation and sport infrastructure is aging and is not keeping in line with the increasing expectations of the community. Park Lands sports buildings are overall in poor condition and generally do not meet the changing requirements of sporting standards and trends in participation.

Only four of Council's existing playspaces have been significantly redeveloped in the last 15 years, with a new playspace also established in Hindmarsh Square during this period. This was reinforced through *Picture Adelaide*, with multiple comments about playspaces looking tired and needing updating. Numerous suggestions were also made about the need for more adventurous play opportunities in the City.

There is increasing demand on the Park Lands to provide sporting infrastructure as living densities increase and open space reduces across metropolitan Adelaide. A more sustainable and viable management model for sporting areas is required to maximise use and improve the quality of sporting infrastructure in the City. The co-location of sports and sharing of facilities is fundamental to the successful increase in utilisation of facilities and enhancement in the quality of the infrastructure.

The Adelaide Aquatic Centre requires remodelling to meet the changing needs of the community in addition to replacement or upgrading of critical operational infrastructure. A strategic review of the Centre indicated strong demand for its services with it having the largest market share in its primary catchment area. A subsequent feasibility study identified key market demand in the areas of swimming lessons, lap swimming, water play and health and fitness. The latter being consistent with national trends, with significant growth in participation in 'aerobics/fitness/gym', recording a 110% increase from 2001 to 2010 (ERASS 2010).

City Population

The highest numbers of young children (0 – 4 years) are living in North Adelaide (228 children), with the second highest living in Adelaide South (94 children). Similarly, the highest numbers of children/young people (5 – 17 years) are living in North Adelaide (393), with the second highest area being Adelaide South (216) (ABS 2006).

The highest population of older adults (65-84 years) living in the City is in North Adelaide (788), with Adelaide South (438) the second highest population. Residential numbers for this age cohort was virtually negligible in the Central Activities District.

A Discussion Paper developed for Adelaide City Council's Community Policy and Strategy (2011) indicated that the residential population of the City will almost double from 21,843 to 41,132 in 2031. The growth in children under the age of 10, young people between 12-25 and adults over the age of 65 will be stable. Children (0-10 years) will make up over 5% of the City population by 2031. People aged over 65 years will represent over 10%. It is estimated that young people will make up nearly 27% of the City population, almost three times the average for metropolitan Adelaide.

The highest residential growth will occur in the Central Activities District. Moderate growth will occur in Adelaide South, whilst there will be very low residential growth in North Adelaide.

Population Growth



Stakeholder Workshop

A workshop was conducted with key external stakeholders including representatives from the Office for Recreation and Sport, Department of Education and Children's Services, Department of Planning and Local Government, Sport SA, Heart Foundation, Life. Be in It and key Park Lands Sporting Licence holders. A rich discussion on the current and future recreation and sport needs of the City was held, including a brainstorm of the current state of play.

The workshop revealed the following:

- 100+ sporting groups formally use the Park Lands
- Adelaide has an ageing population
- Sport is still popular
- Junior sport is flourishing (Soccer)
- Convenience is becoming priority- people don't want to travel too far
- There is a youth drop off in organised sporting activity (adults included)
- People are time poor- individual exercise to fit in with lifestyle

- Lack of facilities for non-mainstream sports
- Decrease in volunteers in clubs, associations
- Increase in push for health awareness
- Increase in students as residents living in the City
- Multi cultural diversity increase in Adelaide
- Homeless people- potential to provide recreation
- Disability access is important
- Adelaide CBD is built on one flat square mile and active transport has huge potential
- Unstructured activity most popular (walking/cycling)
- Inclusive and accessible is important to people with a disability
- 68% adult males and 56% females are overweight or obese
- LDL cholesterol is highest in SA
- 42% of the population is in the healthy weight range
- SA strategic plan target is a 5% increase in the healthy weight range
- Accessible transport is important to allow people with disability to participate and be included
- 1 in 5 Australians have a disability
- Quality of playing fields is important
- Access to end of trip facilities are important; however feeling safe and confident in their journey is more important
- Walking is the most popular physical activity in Australia
- Increasing demands on working hours- evidence that big business are trying to reduce working hours
- Personal fitness is on the increase in certain demographics- more access sought
- Strong evidence around sedentary life/work habits
- People are wanting quick fixes for their fitness levels- maybe a result of people being time poor
- Bike sales are greater than car sales in Australia
- The State Government's budget will increasingly go to health
- Number of hospital beds taken up by people who have fallen (due to ageing) has increased

Council Workshop

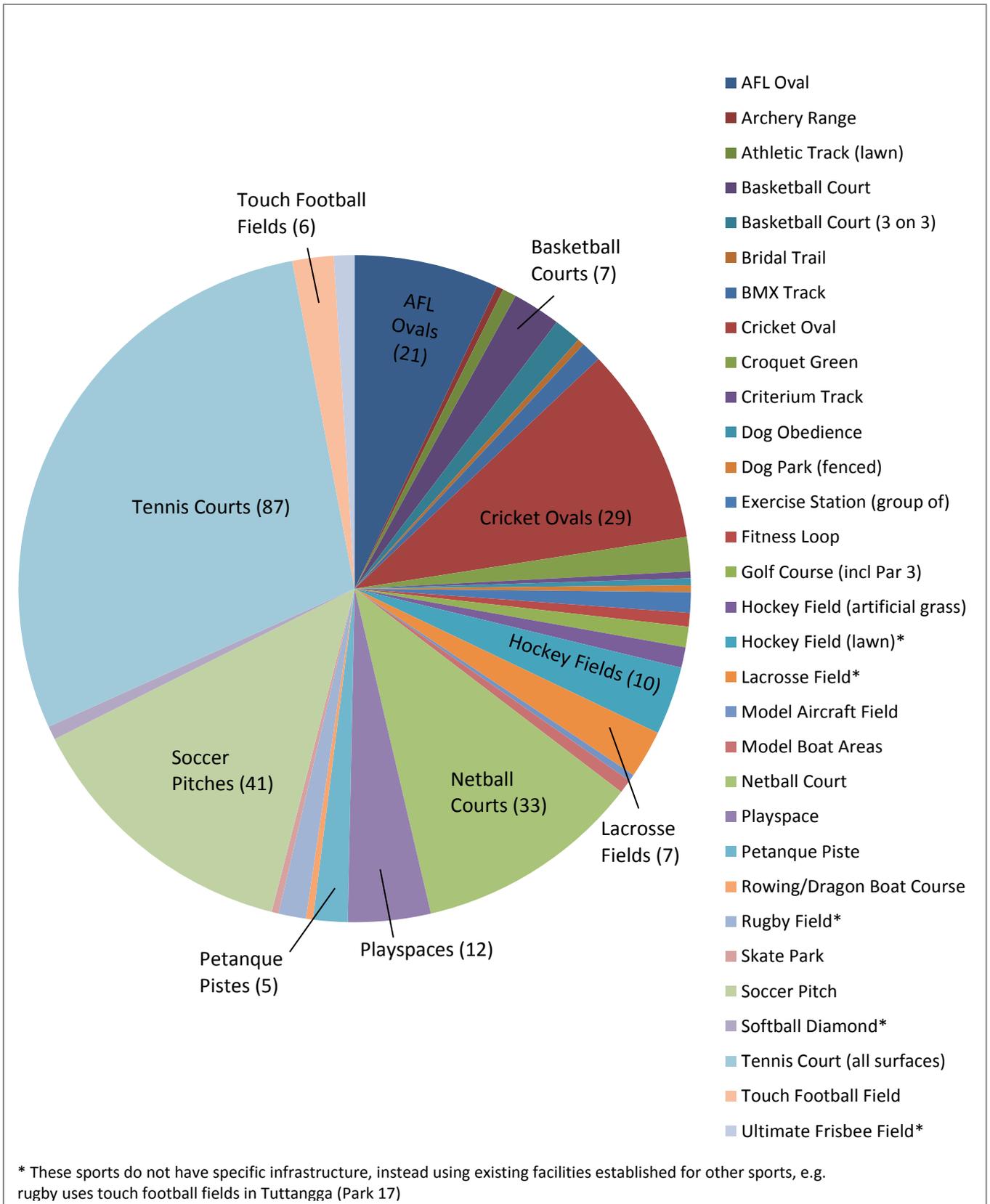
A workshop was held with Council's City Culture and Community Services Committee on 6 November 2012. This workshop identified a number of areas for discussion including:

- Ensuring a balance between high activity areas and areas for informal recreation and respite
- Providing opportunities for women
- Providing access and inclusion across programs and activities
- Making greater use of the City Squares for recreation for residents
- Ensuring sports areas are well used by both organised community groups and the general community
- Consider the impact of a growing metropolitan population and housing density on demand for the Adelaide Park Lands
- Providing supporting infrastructure such as lighting to enhance usability and safety of recreation facilities and services in the City

3.2 Current Supply

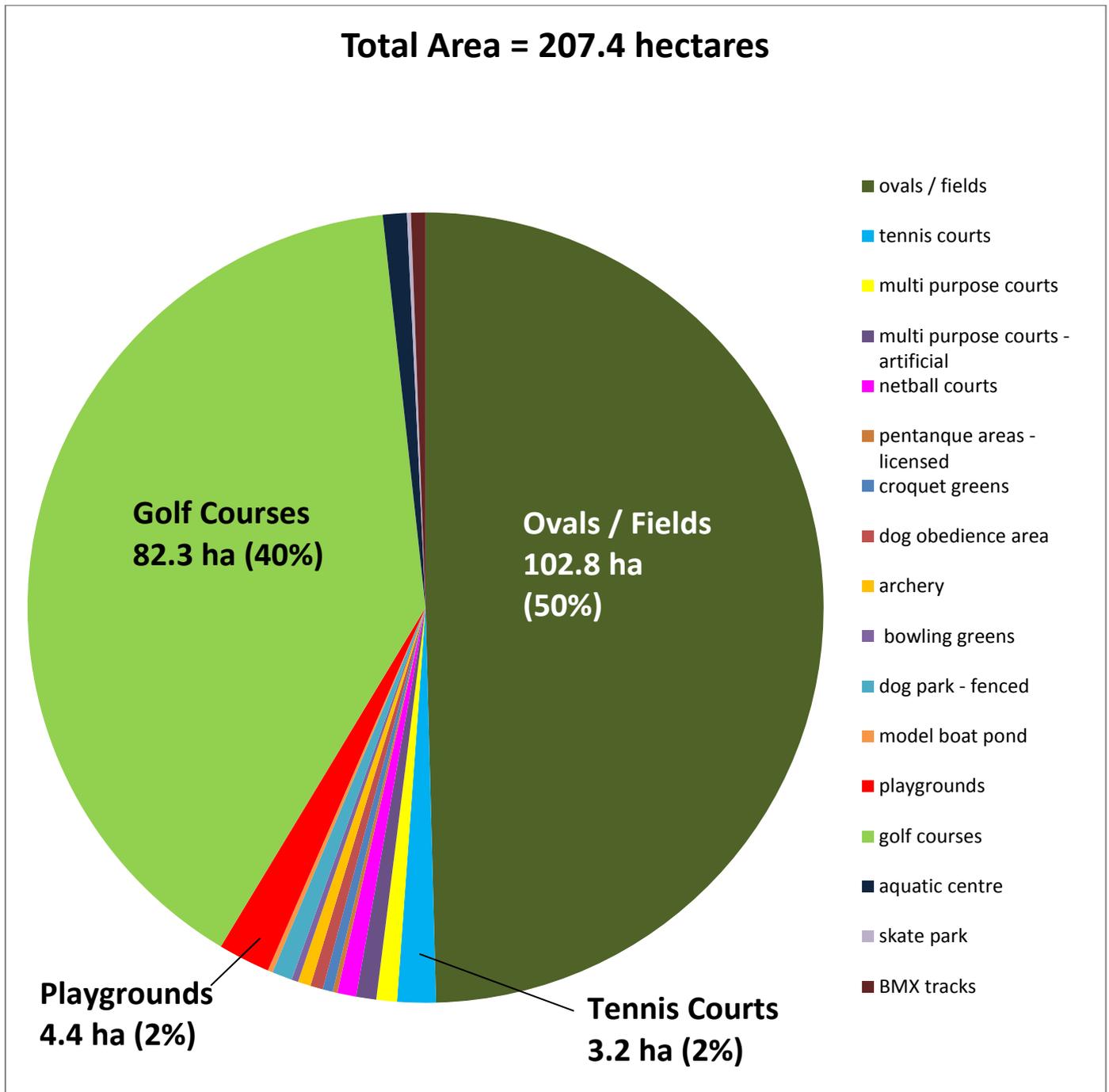
The chart below shows the current diversity of outdoor recreation and sport infrastructure under the care and control of Adelaide City Council.

Outdoor Recreation and Sport Facilities in the City of Adelaide



Council manages 727.5 hectares of the Adelaide Park Lands including the City Squares. Areas of Park Lands dedicated to recreation and sport infrastructure are illustrated below.

Areas within the Park Lands Containing Recreation and Sport Infrastructure



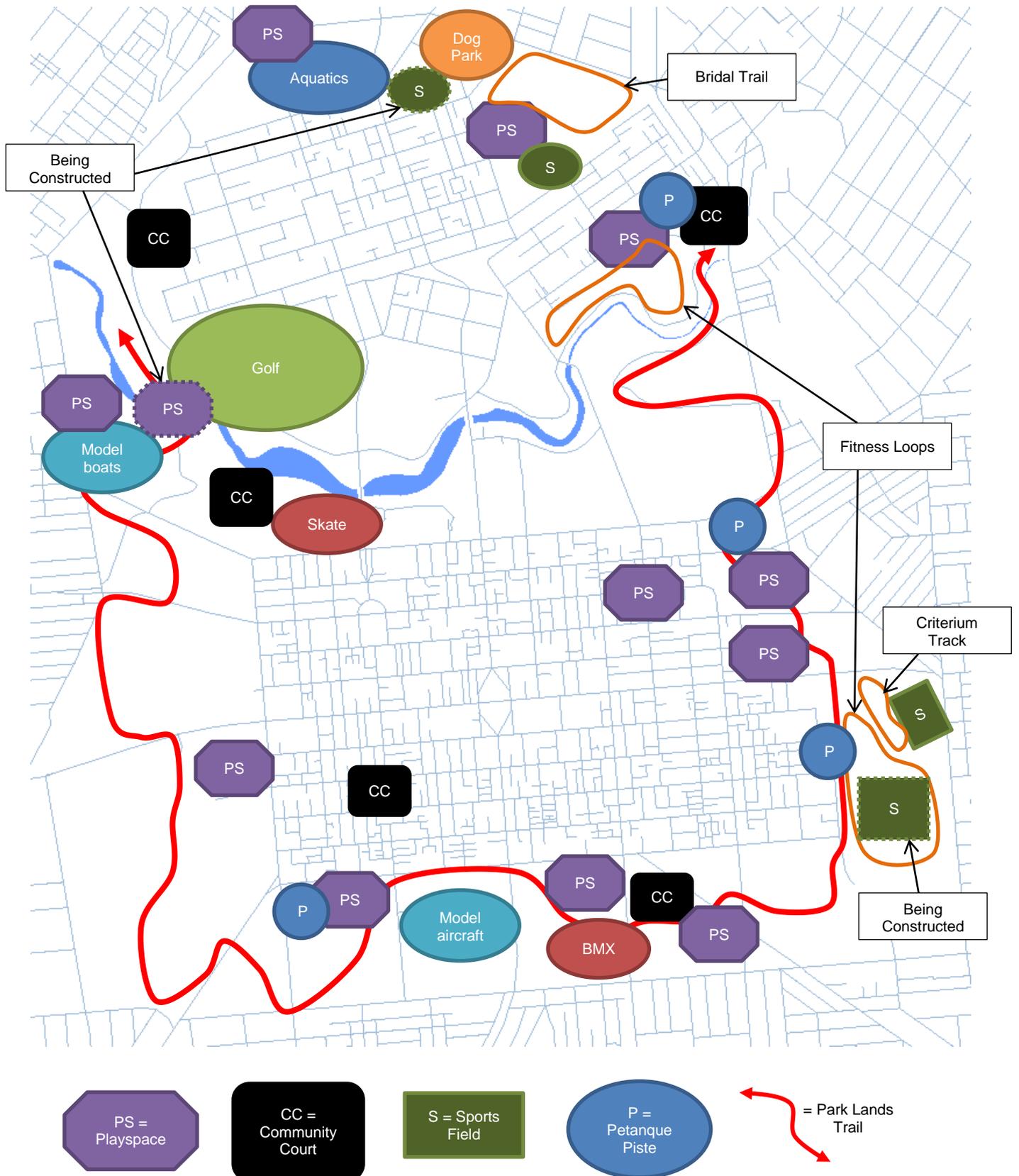
This graph shows that approximately 28% of Council managed Park Lands contain dedicated recreation and sport infrastructure. Half of this is made up of irrigated sports ovals and fields. As such, the majority of recreation and sports infrastructure is irrigated lawn area with unrestricted community access, allowing casual recreation of various forms to occur when not used for structured sporting activity.

The greatest area allocated to one activity is golf, representing 40% of the total area of recreation and sport infrastructure.

Adelaide City Council operates two 18 hole public golf courses and a Par 3 public golf course in North Adelaide. Linking the majority of these outdoor recreation and sport facilities is the Adelaide Park Lands Trail. With two thirds constructed to date, the Trail will eventually provide 18kms of recreational cycling and walking paths through the Park Lands.

The map below shows the distribution of informal facilities (predominantly unstructured activity) managed directly by Council (i.e. programmed and maintained by Council).

Recreation & Sport Infrastructure - Managed Directly by Adelaide City Council



The map below shows the distribution of formal facilities (predominantly structured activity) managed indirectly by Council (i.e. leased and licensed to external organisations).

Recreation & Sport Infrastructure - Managed Indirectly by Adelaide City Council



Note: Sports in brackets are secondary activities to the original design intent of the facility

There are three aquatic facilities that provide for lap swimming in the City, with Council's Adelaide Aquatic Centre also providing general aquatic activities including learn to swim classes. Along with the Adelaide Aquatic Centre, there are 30 venues in the City that provide indoor health and fitness services.

3.3 Strategy Themes

The research and consultation undertaken to date have culminated in the development of the following strategy themes:

- Children's Play
- Youth Recreation and Emerging Sports
- Diverse Populations
- Growing Demands on Open Space
- Recreation Trails
- Organised Activity
- Multi-purpose Facilities
- Indoor Facilities

The following pages describe each theme in relation to the City of Adelaide and propose a series of challenges and opportunities.

CHILDREN'S PLAY

Background

Children like to play. Safe and stimulating play is essential for a child's well-being, health and future development. Providing play opportunities, particularly in a highly urbanised environment, contributes to the prevention of a range of health problems including child obesity. Equally important, more active children become more active parents who positively influence their own children.

Play opportunities also creates a sense of community belonging, indicating a child friendly environment that encourages social interaction amongst members of the community. Good places to play are an integral part of creating a liveable city. From playable streets to dedicated playspaces, play should be considered in every aspect of design of the City.

A playable space is one where children's active play is a legitimate use of the space. They will typically include some design elements that have play value. These act as a signal to children (and carers) that the space is intended for play. Play doesn't need to be limited to just parks. It can occur in streets, malls, schools; in fact almost anywhere!

The location of a playspace is influenced by a range of factors. It is partly a matter of physical proximity to children's homes, schools and other places that children spend their time. However, a growing impediment to children's play is the restriction on a child's independent mobility, affecting their access to play opportunities. As a result, young children are increasingly dependent on parents or carers to access places for play.

Risk taking is an essential feature of play provision. It is through play at a dedicated playspace that children encounter risk as part of a stimulating, challenging and controlled environment.

A shift back towards introducing more challenge into play environments is managed through risk benefit analysis. Through this process, the benefits are considered equally along with the potential risks of the play feature.

This is also enabling a reintroduction of nature based play, addressing the growing issue of children's disconnection with nature commonly found in highly urbanised places.



All children have a right to play and be included in their community. However, providing prescriptive or purpose built equipment can be of limited benefit to other users making it costly and potentially segregating the intended user from other playspace users. *Universal Design* tackles accessibility differently, seeking an environment that is equally usable by all people. The aim of Universal Design is to exceed minimum access standards in order to meet the needs of the greatest number of people.

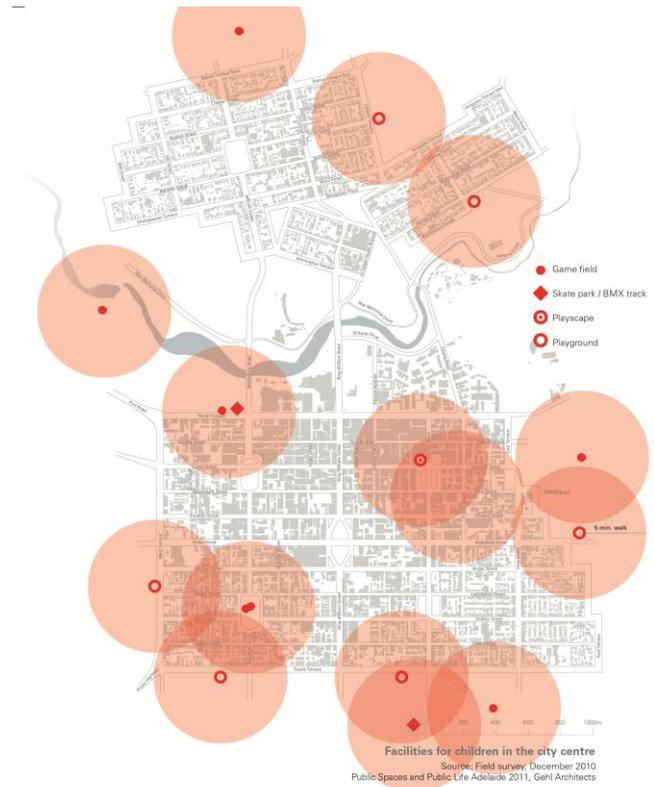
Whilst standards should only be used as a guide, the National Playing Fields Association in the UK has a set of standards for open space provision that is often referred to for comparison. Typically, a 0.5 hectare of playable space is provided for every 1,000 people.

With 12 dedicated playspaces in the City of Adelaide, there is one playground for every 1,600 residents.

The accessibility to playspaces is influenced by distance. An industry benchmark is providing local play opportunities within 400 metres of every household. With playspaces located in the outer Adelaide Park Lands ring, some City residents are almost double this distance from a playspace.

Local play opportunities that are walkable or accessible by bicycle will be highly sought after with the increasing housing density planned for the City and surrounds. People living in the City will seek more 'doorstep' opportunities in their neighbourhood. Whilst, people living on the outer fringe of the Park Lands will increasingly cycle or drive to playspaces in the City that provide a higher quality of play provision and different experiences to what their local spaces provide.

There is a level of sameness with regards to play options and themes amongst playspaces in the City of Adelaide. Most playspaces service toddlers and young children, with few challenging elements for children over seven years of age. The majority are equipment focused, with many lacking creative or sensory play options. There is very poor integration with the surrounding parklands and nature based play is virtually non-existent in any formal play setting.



Challenges

Balancing the needs of local play for City residents, whilst providing play opportunities for metropolitan Adelaide.

Overcoming the perceptions of safety and risk in introducing more challenging play and nature based play.

Improving the integration of playspaces with the Park Lands, whilst ensuring they are accessible and visible for safety and security.

Financing the provision of high quality play opportunities throughout the City.

Opportunities

Make greater use of the City Squares and urban realm for local play opportunities.

Apply a risk benefit assessment to play design to increase challenges in each playspace.

Partner with the State Government in funding playspaces.

Create new play value through innovation such as mobile playgrounds.

YOUTH RECREATION & EMERGING SPORTS

Background

Young people need places where they can legitimately 'hang out' and be active in a safe and stimulating environment.

Challenge is an important characteristic of many youth recreation facilities, enabling young people to take calculated risks and explore their limitations. The City Skate Park and Kurrangga BMX Track are typical of the youth recreation provision required to offer this challenge.

However, youth recreation is a dynamic field, with the landscape dramatically changing over the ten years since writing the City Recreation and Sport Plan. This is reflected in the *Picture Adelaide* consultation undertaken by Council, which identified community interest in a range of new activities.

Parkour is an exciting activity gaining momentum in Adelaide, which similarly to the skating evolution, uses the urban form as its playing field.

Ultimate Frisbee is now well established in Adelaide, attracting a strong following amongst university students. The frisbee has also provided an alternative to traditional golf, known as 'disc golf'.

Basketball is experiencing a resurgence, with demand for full size basketball courts for casual community use.

Cyclocross has evolved rapidly in Adelaide. In just over 18 months the City has gone from hosting the first cyclocross event to recently holding a round of the Cyclocross National Series in Wirranendi and the South Park Lands.

Participation rates in physical activity are relatively the same for males and females between the ages of 16 and 24 years (Regional Participation in Exercise, Recreation and Sport in SA 2012).

This age cohort also has the highest participation rate in 'organised' activities, with two thirds choosing some form of organised activity.

A number of activities are still experiencing relatively low participation rates, but collectively can make an impact on participation. These include:

- bicycle polo;
- box lacrosse;
- inline hockey;
- roller derby; and
- roller skating.



Parkour at the Festival Plaza

Young people like to be seen and showcase their skills to their peers and the broader community. Facilities that support youth recreation need to be highly visible and ideally integrated into City places that benefit from the vibrancy and activation that youth spaces generate.

Challenges

Catering for the diverse needs of young people.

Providing affordable opportunities for young people to be active in the City.

Ensuring youth recreation facilities remain relevant.

Opportunities

Bring together a number of emerging youth recreation activities to create a youth sports hub.

Engage young people in the design of places to ensure their needs are incorporated.

Ensure places are designed with a level of flexibility that allows for adaptation as demand changes or activities evolve.



Cyclocross in the South Park Lands

DIVERSE POPULATIONS

Background

People of all ages, cultures, means and abilities are drawn to the City.

Over the next 30 years the City will experience a significant population growth.

- The residential population of the City is expected to double in size to 41,000 people by 2031.
- An additional 50,000 workers are forecast by 2040.
- Over the next 20 years it is predicted that the population of the Central Activity District will almost triple. This increase will occur as a result of large numbers of new apartment dwellings being constructed which will primarily attract young adults for education and employment.
- The growth of children under the age of 10, young people between 12-25 and older people over the age of 65 will remain fairly stable for the next 20 years.

The recreation and sport needs of the different demographic cohorts will vary and they will seek a range of different experiences.

- Baby boomers (born 1945-1964) will re-invent aging as they reinvented youth. Leisure for the elderly will face rapid change and resurgence – people will look for opportunities to maintain health and fitness through active participation, experience and adventure. The notion of ‘retirement’ will be replaced with the notion of ‘reinvention’.
- Generation X (born 1962-1981) will base their leisure around their children’s activities. They will tend to neglect their own leisure. They work the longest hours, have the highest levels of obesity and overweight and fit the term ‘Gen eXhausted’.

- Generation Y (1982-2001), being born in the era of social media growth, will look for opportunities to connect socially during their leisure time – team based, friend based and community minded leisure will dominate.
- Generation Z (born 2001-) will not gravitate to risky leisure /extreme sport. Their parents are currently the gate keepers of their leisure – organising ‘play dates’ and closely monitoring their location and participation in activities. They will look for ‘safe’ and ‘healthy’ physical activity options.



The City has long been a focal point and meeting place for people from diverse cultural backgrounds including:

- International students who study and live in the City (17% of the student population are international students)
- Settlement services for new migrants and refugees are in the City
- Aboriginal people who live in and visit the City of Adelaide

The *International Students Strategy for Australia (2010-2014)* recognises that international students need to be supported in both educational and non-educational activities. These students seek low cost inner city recreation and sport opportunities.

As the population of metropolitan Adelaide ages, the proportion of people with disabilities will increase. A universal design approach to recreation and sport opportunities will ensure the needs of a wide spectrum of human abilities is considered in the delivery and design of recreation and sport programs and services.

The participation rate in physical activity amongst males and females is similar, although females aged 45 to 64 years are more likely to participate on a regular basis (three or more times per week) (ERASS 2010). Males are more likely to participate in organised physical activity (in the traditional sense of organised sport), whilst females had far higher participation rates than males in activities that inherently had flexible locations, settings or times, such as walking or aerobics/fitness.

Challenges

Catering for the needs of diverse population groups.

Providing opportunities that cater for people of all ages, cultures, means and abilities.

Ensuring the growing population is catered for.

Opportunities

Promote the City as a central meeting place for diverse population groups.

Provide recreation and sport programs and services that cater for international and rural students.

Ensure places are designed with a level of flexibility that allows for adaptation as demand changes or activities evolve.

Identify opportunities to address barriers to women participating in physical activity.

Apply universal design principles to the development of recreation and sport infrastructure in the City.

GROWING DEMANDS ON OPEN SPACE

Background

Open space has always played an important role in providing active recreation opportunities for communities.

Adelaide is unique and incredibly fortunate to have nearly half of the City area dedicated to parklands.

With increasing built form and living density both within the City and surrounding the Adelaide Park Lands, there is competing pressures for this unique park system to provide for:

- Informal recreation;
- Organised sport;
- Major events;
- Biodiversity; and
- Stormwater management.

Both the *Adelaide Park Lands Management Strategy* and *Landscape Master Plan* attempt to strike a balance between these demands.

The allocation of open space for a single purpose such as a floodway, revegetation site or utility corridor does not recognise the potential to provide for more than one use of that land. Open space allocated for a particular non-recreation use may still potentially provide physical activity opportunities compatible with the intended primary use. The landscape quality can heavily influence the desirability to use a particular space for recreation.

The State Government wrote to Council in May 2012 advising that on the basis of residential growth predicted in the *30 Year Plan for Greater Adelaide*, an additional 27 – 40 hectares of sports fields in the Adelaide Park Lands will need to be established to cater for future demand.

More integrated planning needs to occur to ensure future demands for organised recreation and sport are met, whilst creating opportunities for biodiversity, stormwater management and informal recreation in the Park Lands.



Golf Courses can utilise stormwater and biodiversity areas as course features

Challenges

Providing a level of open space for active recreation and sport that meets the future needs of metropolitan Adelaide.

Balancing high activity areas with opportunities for quiet respite.

Opportunities

Integrate water management and biodiversity outcomes into recreation facility designs.

Diverse programming of activities that utilise semi natural areas.

Maximise the carrying capacity of sports facilities with multi use designs and high wearing surfaces.

Enhance programming opportunities with lighting in high activity areas.

Through a placemaking approach, develop pockets of high quality landscape throughout the Park Lands.

RECREATION TRAILS

Background

Walking continues to be a popular form of physical activity for Australian adults. 466,000 South Australians walk for exercise making it the most popular activity in the State. Cycling (115,000) and running (80,000) are also popular forms of physical activity.

In addition to the obvious health benefits associated with these activities, various studies such as *Public Spaces and Public Life Study* (Gehl Architects 2012), the *Smart Move Strategy (2012-2022)* and Council's *Bicycle Action Plan 2012-16*, identify the economic and social benefits to a city, which is cycle and walking friendly.

In 2010, Council became a signatory to the *International Charter for Walking*, making a commitment to reduce barriers that limit walking activity and partner in creating a culture where people choose to walk.

Adelaide is an accessible City that provides the opportunity for people to live in neighbourhoods that are within walking or riding proximity to a mixture of shops, businesses, entertainment and recreation services. The draft *Integrated Movement Strategy* will guide Council in creating the right environment to support incidental activity associated with walking and cycling for transport purposes.

In partnership with the State Government, Council has constructed approximately 12km of the Park Lands Trail to date (November 2012). This is a shared use recreation trail that is Council's commitment to encouraging people to actively explore the Park Lands on foot or on bike. The Park Lands Trail meanders through the Adelaide Park Lands network, linking this iconic open space system. Once complete, the Trail will form an 18km loop.

Linked with the River Torrens Linear Park Trail, north and south loop options will be available, with the southern loop recently completed.

To support use of the Park Lands Trail, Council has provided seating and drinking fountains along the trail.

To further stimulate use of the Park Lands Trail, a series of destinations are being formed along it.



Activity Hubs are currently being constructed in Bonython Park and the north east Park Lands. These clusters of activities introduce people to the Park Lands Trail and provide services and experiences aimed at encouraging the community to further explore the Park Lands.

A *City Worker* and *City Resident Physical Activity Survey* commissioned by Council in 2010 and 2011 respectively, highlighted strong demand for walking and running trails and outdoor fitness equipment.

This is supported by State Government research on exercise, recreation and sport, with people living in or close to Adelaide more likely to cycle, run or walk for exercise.

The *University Loop* in Warnpangga is a very popular 2.2km fitness trail. With distance markers provided every 200 metres, a range of sports clubs, organisations and individuals of varying ages use this trail for fitness.

A similar trail has recently been constructed in Victoria Park/Bakkabakkandi, with outdoor fitness equipment stations placed along the 1.9km circuit.

Challenges

Raising community awareness of the network of trail options in the City.

Ensuring there is a safe and convenient connection between the recreation trail network and where residents and non-residents live.

Opportunities

Partner with external fitness providers and community organisations to raise awareness of trails through events and programming.

In conjunction with the Integrated Movement Strategy, identify safe active transport routes.

Enhance amenities around existing trails to increase utilisation and enjoyment.



ORGANISED ACTIVITY

Background

Traditionally, organised activity has been provided by sports clubs, associations and schools. Whilst people generally move away from this form of organised activity as they get older, there is now clearly a trend towards another form of organised activity.

The prevalence of fitness trainers in the public realm is evidence of a shift towards people undertaking alternative types of organised physical activity. Some of this is attributed to social marketing messages about physical activity and health.



Be it time poor, seeking motivation or wanting greater social benefits from their exercise routines, people are increasingly opting to undertake non-competitive physical activity in groups and with professional and accredited leaders.

Typical activities include:

- Cycling with friends;
- Outdoor fitness sessions; and
- Running or walking with a group.

City Workers and residents, particularly those currently inactive, indicated a strong preference to participate in organised activities such as walking groups and fitness activities in the Squares.

Similarly, mass participation events continue to grow with more events and more participation. Seen as an opportunity for fundraising, these types of events are growing in prevalence.

Nearly 40,000 people participated in the 2012 City to Bay Fun Run and over 7,000 people participated in the 2012 Tour Down Under Community Ride. Over the last 12 months, 8,500 City Workers participated in corporate fitness programs such as Corporate Cup, Bocce Team Challenge and Team Challenge Games.

The Park Lands and Squares are perfect settings for physical activities that are lower key, such as tai chi, Qi Gong and yoga. These activities are often conducted in local community centres, but there is demand for programming these activities in the outdoors.

Challenges

Both workers and residents not partaking in sufficient physical activity for good health identified a range of barriers to participation: not having enough time, not feeling safe in the Park Lands, having low motivation.

Ensuring there are places in the Park Lands that are safe and attractive for people to participate in quiet, reflective physical activities, either individually or in groups.

Opportunities

Partner with external fitness providers and community organisations to provide organised fitness activities.

Stimulate physical activity programs through recreation and sport grants to enable the community to be engaged in regular physical activity.

Partner with City schools and sports associations to provide after school care programs that have a physical activity focus.

MULTI PURPOSE FACILITIES

Background

Financial sustainability concerns and aging infrastructure across all local government communities has driven a significant push to create multi-purpose recreation facilities that service a range of community needs.

Concurrently, community expectations in relation to the quality and level of infrastructure provided by governments have seen a need to change the way councils provide community infrastructure.

Council owns and manages two major leisure facilities, the Adelaide Aquatic Centre and North Adelaide Golf Course. The diversity of the Aquatic Centre with services such as the health club, help financially contribute to the overall running of the wet areas and keep programs affordable. A diverse product mix will be important to the ongoing viability of the Aquatic Centre, whilst future upgrades will be required to bring the facility up to modern leisure facility standards.



Similarly, the North Adelaide Golf Course will need a diverse range of programs and services to remain competitive in the golf leisure market.

With multiple users comes the potential of multiple funding partners. Partnering with the different levels of government, community organisations and the health and fitness sector will be integral to the future of these facilities.

Adelaide City Council has commenced the development of activity hubs in the Park Lands, providing a range of recreation infrastructure within a single park or precinct. This enables shared amenities to service multiple facilities, reducing duplication of these services.

There are significant benefits to this approach including:

- maximising Council resources and investment;
- creating a critical mass of people resulting in a safer and more vibrant space;
- increased community interaction;
- a greater variety of experiences in one location;
- a more sustainable environmental and financial model; and
- greater partnering opportunities.

Sports facilities are moving in the same direction. The State Government has introduced a new major funding category aimed at supporting sports hubs. Similarly, these are a collection of sports facilities with the co-location of buildings, car parking, etc., creating a more sustainable model of facility provision. Council is currently developing Victoria Park with a cluster of community sports facilities.

Sustainability of sports facilities is highly dependent on the right management model and appropriate design.

Applying a hierarchy approach to activity hubs and sports hubs allows a service level to be applied, which informs the level of investment that occurs within each hub.

This enables a higher level of investment to occur in key visitor metropolitan destinations, such as Bonython Park and Victoria Park, and a lower level of investment in local spaces, such as Whitmore and Hurtle Square. A hierarchical approach aids project scoping and unnecessarily raising community expectations that are not achievable.

Challenges

Create an effective management model for co-located or shared sports facilities.

Manage community expectations in conjunction with aging infrastructure and rising facility management and maintenance costs.

Opportunities

Develop a series of activity hubs and sports hubs.

Apply a hierarchy to recreation and sport places in the City.

Work with community organisations in developing management models to maximise use of sports facilities.

Build in opportunities for casual and informal recreation around sports areas to increase general community use.

INDOOR FACILITIES

Background

There are 12 indoor recreation facilities in the City. Nine of these are owned and managed by educational institutions as school gymnasiums, which are designed to cater for a range of indoor sports (e.g. volleyball). Three are managed by Adelaide City Council as community centres, with the designs more restricted to indoor fitness activities (e.g. aerobics).

All but one indoor facility is available for community use. There is however very little promotion of the school gymnasiums for community use. Despite this, the facility managers all indicate that their facilities are well used, with capacity for more use primarily limited to weekends.

Council's community centres are well promoted, yet there is greater capacity for more programmed use, with Mondays to Wednesdays the most available.

Adelaide High School would like their gymnasium extended, as its current dimensions do not allow for some competition sports (e.g. basketball).

The University of South Australia has also indicated an interest in an indoor sports/sports research facility.

Both Volleyball SA and Basketball SA believe there is demand for indoor sports courts in the City.

Participation rates for indoor soccer are also high in comparison to other organised sports (ERASS 2010). Aerobics/fitness classes and weight training also has high participation rates.

With regards to indoor facilities for activities such as weight training and exercise classes, there is a plethora of privately run fitness centres (approximately 30) in the City of Adelaide. Council also provides similar services through its health club in North Adelaide, which forms a part of the Adelaide Aquatic Centre.



Challenges

Mitigate the (perceived) risk of community use of school gymnasiums.

Provide indoor recreation opportunities for the community without duplicating infrastructure.

Opportunities

Partner with the health and fitness sector to maximise use of Council's community centres.

Develop shared use agreements with educational institutions to maximise community use of indoor sports halls/gymnasiums.

In partnership with the leisure industry and schools, promote the array of indoor opportunities available in the City.