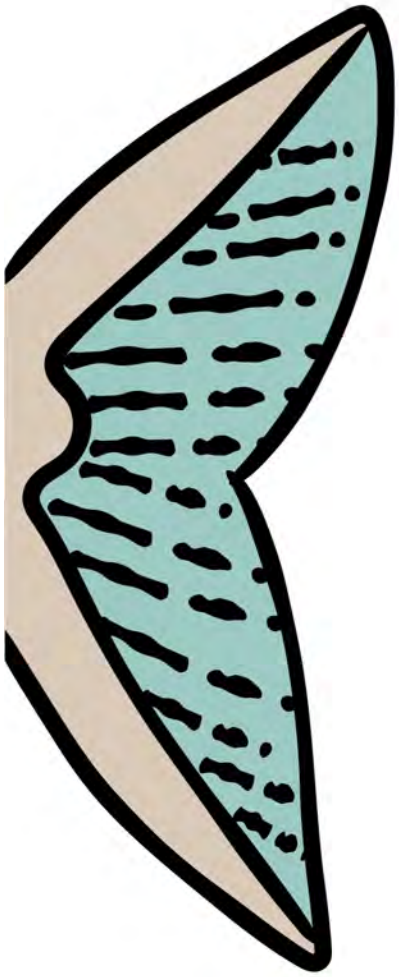

KING ISLAND COUNCIL

ATTACHMENT

Item 13.5

Community Gym & Wellbeing Facility – Project Update

About this document

This document is the Consultation Findings and Predesign Inputs for the King Island Community Gym Project.

Note: The views expressed in the consultation section of this document are those provided by the King Island community. They do not necessarily reflect the views held by @leisure, Dock4 Architects or Council.

Acknowledgements

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- Helen Thomas- Growth and Strategy Manager- King Island Council
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- Richard Brenchley Dock4 Architects

We would also like to thank the community and clubs of King Island for their contributions throughout the project.

@leisure acknowledges and recognises Tasmanian Aboriginal peoples' continual connection with the land spanning more than 40,000 years and respects their elders past and present.

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1. Consultation findings

1.1 Engagement methods

The following methods were used to identify issues and opportunities associated with the provision of a community gym in Currie.

Methods	Numbers of respondents	Comments
Telephone interviews with sports clubs, associations, personal trainers, Councillors (Recreation committee), community groups, Health service and group exercise providers	14 completed interviews	Contacts provided by Council A number of those contacted did not complete an interview
One on one discussions/interviews	2 one on one interviews completed	
Drop-In sessions at the Currie Oval	4 advertised drop-in sessions	Advertised through community Facebook and Council website
School children consultation sessions	3 sessions- Junior, Middle and Senior students	Question and answer sessions with the King Island District School.
Council website feedback	8 submissions through King Island Council website	

A list of those consulted are provided in the Appendix 1.

1.2 Summary

Consultation was undertaken with the King Island Community to understand the need, potential usage and configuration of a community gym and wellbeing centre to be located at the Currie Oval.

Consultation reinforced the need and desire for a community gym and well-being centre that provided a small gym with weights and cardio equipment with a separate (but connectable) room where group exercise classes and other community activities could be held.

The community also feels that there is the need for toilets/changerooms that can not only be available for the internal users but potentially be available for external users on occasions and that the provision of a space for visiting health/fitness and community service providers is needed on the island.

The consultation identified that the facility needed to provide an environment that appealed to the broad community from the very young to the very old, not just the existing sport clubs.

1.3 Summary of telephone interviews by stakeholder group

1.3.1 Types of facilities to include in the gym facility

Councillors

- The consistent theme in previous consultation is to have an equipment room with cardio and resistance equipment and another room for classes for elderly, yoga, open space for circuit classes. Some consulting rooms (one or two). -Don't want the building to be seen as the 'footy gym' so location is important.
- More of a gym than anything with additional office, showers, and toilets. Nothing too flash. Need to leave enough money to do up the tennis courts. Netball teams in the future would potentially use the gym.

Sports clubs

- Clubs that cardio machines would be popular- rowing, bikes, treadmill etc.
- There is a three-team competition, and one team has a bye every week and they could use the gym on their bye round for training instead of using the ground which is already used by two other teams.
- Football sheds are not that great, canteen not great and would have loved this to be included in the project.
- The new building would need to have some potential to be used as a multifunctional building.
- Would really use a large open space area for the footy club to use. Would be great to have a chin up bar etc.
- An additional circuit class space in a larger open area would suite the footy club.
- Would use an undercover area, would also use the gym.
- All footy clubs now have netball clubs.
- Netball do not get a good deal at the school so are keen to get back to use the outdoor courts so cannot be forgotten.
- Younger footballers tend to want to build muscle- need a space also for some movement. Would think it needs a gym space with machines and free weights as well as a separate space for classes which needs to be large enough for a group exercise class.
- Gym space, machines but with more free weights than all machine equipment.
- Footy team use- split into small groups within a circuit class.

Community groups/centres

- Football is the lifeblood of the island. Wellbeing needs more spaces.
- As well as a gym space (with machines/weights), a multifunctional larger room would be great with storage so it can be set up in different ways.
- Footy clubs would use it.
- Have another gym already in town though.
- Consulting rooms would be useful. Some are provided through the hospital but not often. Acupuncturist uses the pub (upstairs).
- Everyone would want it for nothing though.
- Would not like to see something disappear because of the new gym.

Personal Training/Yoga and Existing Gyms

- Gym space (weights/ single use supported machinery etc) Fully behind the project. Needs to be really multifunctional. Needs a large space for group training that could be used for meetings etc as well. More interest in classes when they run classes outside as the numbers can be larger so a new large indoor space would be great. Would love the building to be considered as a future expanded facility with more services such as warm water pool or court space one day but as a future project so needs to be considered in the location of the project.
- Personal training - children through to elderly so suitable equipment areas for this. Needs to be an area.
- Standard weights area- power lifting equipment, cardio space, entire room - mirrors on the wall- group fitness- 2 x clinical consulting rooms- office space with glass walls.
- Reception desk. Small waiting room. Public Health standards.
- A yoga space would be great- 75-100sqm would be needed. 15 (maximum) has been their experience.
- Would love to be able to use this space- currently uses the school as well as the town hall.

Allied Health

- Allied Health use the hospital in their experience. Most current providers use the town hall which is not ideal.
- Would need hand washing station in a consultation room- examination table and room to walk around it. small desk and chairs. A lift point near the examination table would potentially be useful. Privacy is important- noise reduction to the consult rooms is useful.
- Reception would need a seating area. 4 seats in reception. Ventilation is key. Extractor fans and vents.

1.3.2 Would your organisation/service/sport use a community gym?

Councillors

- Feel that the Physiotherapists and Chiropractor would be likely to use it when visiting the island.
- Spaces for allied health would be great. 2 rooms that are bookable.

Sports clubs

- A room for a physio in the facility would be great. Current physio is booked months ahead and doesn't visit very often.
- The club is struggling with numbers and don't have a normal preseason training period but in theory a multiuse gym/circuit space would be well used during the season. Free weights as a priority rather than all machines in a gym space.
- Would love a space to take kids footy players into if it is continually bad weather. Opportunity to teach some other elements such as stretching and weights to teenagers. AusKick and forty would defiantly use a facility like this.
- Footy club change and social space is on the site and not in great condition. May use some elements as part of the club operations.

Community groups/centres

- They may use the new gym facility on occasions but unlikely to be regular users- perhaps a few times per year.
- Have own purpose-built facility and would not use a new facility. They have a spare room for a variety of providers (lawyers/domestic violence one on one.). Need to ensure that they don't duplicate anything on the island- their activity room has room for up to 8-10 people. Run Thai Chi in this room but can't do larger groups. Three other gyms on the island.
- Need the spaces to be suitable for all islanders. Storage is desperately needed by this group. Need a central place in town. Showering facilities are needed for the golfing visitors who have checked out of their accommodation etc. The group may use the facility for workshops on occasions but not often.

Personal Training/Yoga and Existing Gyms

- Yes, very keen to use the space as a hirer.
- Fully behind the project- currently have a set up in their home garage where clients are trained in both individual and group training- would defiantly use the new space several times per week but do not want to be a manager or owner of the facility.

Allied Health

- Consultation rooms would be great, and they would use up to 3 days per week.

1.3.3 What type of service or class would you offer or use in the centre?

Councillors

- There are two or three fitness providers on the island- all were potentially interested in using the facility. Biggest class would be 20ish. Don't want to duplicate anything such as the sports hall so not a ball sport facility or for big groups. Think that it will be well used and potentially a 24-hr access would work well.
- Yoga, Pilates, and others who already operate on the island. Think there is already Thai Chi, Zumba, and yoga on the island.

Sports Clubs

- There are people on the island who run yoga. Its popular.
- Also, PT on the island x 2. Not sure but thinks they would use the facility.
- Circuit space is the best option for the club. Open area with carpet for group training. - Would defiantly use the facility.
- Potentially use if for classes, stretch plus weights. Each age group on the island would use it differently.

Community groups/centres

- Netball courts at the Currie site are poor. If they were upgraded, this would provide more people who would potentially use the new building.
- Not likely to be a user group but potentially sometimes.

Personal Training/Yoga and Existing Gyms

- Group or individual training in the gym as well as the larger space.

Allied Health

- Acupuncture services.
- Would use a consultation room and would book this through an online process if available. Don't really want to manage a facility, just use when needed. Feels that there are a variety of service providers such as phycologists, physio etc would use a new facility.

1.3.4 Have you got thoughts about the future management arrangements of a new centre?

Councillors

- No thoughts- would hope that it would be run by one of the existing PT or exercise people but for the whole community.
- Have considered a 24 hrs access or EOI management or mix of both. The least level of interest was for council run and managed business.

Sports Clubs

- Should be open to anyone. Not sure on the management style. Council would find it hard to manage. Would need to be a separate committee or someone to lease the facility or manage. Like the idea of it being halfway between tennis and football. Two story building could be used as clubs as a function room upstairs.
- Swipe card option would work but not sure. Need to get the maximum benefit out of it with regular PT in the centre. Maybe need a coordinator on site for some of the time at least.

Community groups/centres

- Need to consider the needs of all islanders. Not seen as being owned by one group or sport only.

Personal Training/Yoga and Existing Gyms

- Don't mind how it is managed- happy to work in with whoever manages the centre and will book space when required.
- Needs to have staff presence. Needs to feel that someone is looking after them.
- Would think that someone on the island would be interested in being involved in the management of the centre.

Allied Health

- Feels that there needs to be an overriding person/group to keep the public spaces organised.

1.4 Notes from drop-in sessions on site at the Currie Oval

1.4.1 Netball/Tennis courts related input

- Netball (Grassy Netball club)- desperate for at least one court to be resurfaced so that the netballers can train and play outdoors due to the indoor court having several problems.
- Cost of hire is a big issue and means that many don't even train. They have a vision of netball playing earlier on a Saturday then the netball players come over to the football area and support the football teams.
- They already have a netball team for every football team.
- Happy with just one court initially and would also have lights on that court. 2 courts would be a dream.
- Feel that the netball users would also hire a multifunctional space in the community gym for group class or a PT circuit class.
- Can see the school being interested in getting the kids off site regularly for PE sessions to use both the netball court as well as the multifunctional space in the community gym.
- Netball (Currie) committee person who is very keen to also see at least one netball court resurfaced.
- She said because a lot of netballers do not train due to the cost and other restrictions, they often train with the footy players just to maintain fitness. They never get spectators at the school as they cannot have hot drinks and they must take off their shoes to enter the venue due to the chance of bringing in rocks in their shoes from the car park. Cost is the biggest impediment at the school though.
- Netball would love to be able to train and play on the outside courts. Cost is a barrier at the school and several other barriers such as difficult to get spectators and the lack of community connection they feel.
- Netball court upgrade- at least one and aim for lights in the future but it is not as much a priority as the surface and fencing- can be dual use- tennis, netball.
- Need to consider the needs of the school when upgrading the courts- the two courts in the middle are the better of the courts. Surface needs to suit both netball and tennis- two courts would be great but may need to start with one court done well.
- The oval improvement had meant that more people come to the precinct- starting to become a bit of a hub but courts do not meet this need yet.
- Netball and tennis could use an upgraded small shelter next to the two better courts.
- The tennis courts get used for birthday (bike parties). Much better for this than the new bike park at the playground.
- Need to build some community at the site by bringing back netball to the site- build the social elements to the site.

1.4.2 Football related input

- Football club (Currie) president was very keen to discuss how he thinks a new building would incorporate new footy changerooms and showers.
- Would like the new building to be in the space between footy and hard courts so netball can have a space on one side of the building to view and make a cup of tea.
- He doesn't know anyone who would use a community gym.
- He had his own gym at home and has an online PT twice per week and would not change away from this.
- Some discussion re the potential of the football change/canteen room to combine with the new community gym and wellbeing centre but does not match the deed and the funding.
- Some concern that too much Council money is being spent on AFL on the island- due to their own ability to attract funding that needs matching.
- Football players would use to maintain some fitness and the importance of using the site to recover from injuries- potential to connect with physio services at the same site.

1.4.3 Gym/Multifunctional space related input

- She was training to also be a chair yoga instructor and feels that there will defiantly be a lot of users in a multifunctional space including those who have said that they do not need a new space.
- Understands that not everyone is comfortable coming to the footy area so realises that a gym needs to be for the whole community.
- Netball would also potentially use a multifunctional space on poor nights (weather). An open space and are happy not using balls inside but just an open space. - stretch/strategy session/ group fitness class etc.
- Need to be aware that there are several private operators- can they be incorporated, if so, how.
- Need to be designed so that a teacher sees most of the kids for supervision etc.
- - Need to ensure that any design needs to be functional unlike the way the canteen/youth centre room was constructed.
- The predominant use for the multifunctional space is a warm/dry space to take small kids.
- Public showers are important to consider- people run out of water etc.
- Need to be aware that many on the island will not be able to pay much to access a community gym or fitness class.
- Feels that the older people on the island would be interested in some programs especially if there was some expertise to run programs.
- The football association would like a video/filming box overlooking the island.
- Would be good to have a stage or raised area for theatre etc.
- Some potential that weights could be shared between the two rooms so ease of movement between rooms would be good.
- Potential for lockers in the entry point- somewhere to put bags etc- maybe not in the gym itself.
- Consideration required as to how reception is designed to meet need of both gym, multifunctional room and consult rooms.
- Dance would be popular and would suit this space.

- Heaters and fans required in the gym.
- Need to understand that not everyone is comfortable going to someone's house or garage to exercise.

1.4.4 Consulting rooms related input

- Visiting specialists- acupuncture, physio, chiro etc. spaces are important

1.4.5 Location/Precinct related input

- Need to consider the access to the tennis courts area from the gym- some preference to the side of the courts.
- Needs to be accessible to the public/town.
- Need a connection from the oval through to the upgraded park/playground.
- Imperial 20 would love to be able to keep some storage containers near the new building and if anyone such as the school want to borrow anything from the Imperial 20 gear that would work.
- Ability to incorporate the oval with the gym area (visual) - potential training option.
- Would love this project to ensure that longer term needs are considered in the site selection and the site operation.

1.4.6 Feedback through Council website

- At least 1 safe, usable outdoor tennis/netball court.
- Improvements/upgrade to the Wilf Stellmaker Pavilion (it's currently an embarrassment that it bears that name). A large undercover area to allow for footy training etc in inclement weather.
- I feel it is important that there is at least one court that has a court tennis surface that is user friendly to the body.
- The court surfaces at the moment especially the bottom courts are very rough and hard on the body and are only ideal as a base. I think it would be good have lights on one court at least and what would be ideal would be to have the gym replace the old tennis club house and use the wall of the gym as shelter and be able to extend roof over the court.
- I'd be interested (from a provider perspective) in the potential to rent at reasonable cost treatment rooms for services such as massage, reiki, and energy work.
- The key for me to do so would be affordability, functionality, and cleanliness. I would not be looking for full time rental space – just certain time periods of certain days as I also work. Or I'd be open to fulfilling to role of coordinating the rental of such a space with other providers (as I know there is a need for affordable casual rental space) if my fees for my use were waived. Or I guess I could rent the space and sublet to others so it would be good if that was allowed in the rules.
- Unfortunately, I won't be able to make it to the Currie during the allotted times, but could you please pass on that it would be marvellous if there was a facility for a roller-skating rink, one that doubles up as tennis or netball courts would be amazing.

- Type of facilities do you see the gym and wellbeing centre as having:
    - Exercise equipment for group classes such as spin classes and boxing classes.
    - A large open room with a lot of light for yoga/Pilates/ group fitness circuits/ dance for children.
    - Change rooms, showers and parents' room that can be accessed while people are at the football oval too.
    - A separate room for cardio and weights equipment that can be accessed 24/7 through membership.
    - Lockable storage for group fitness equipment so that the space can be used for multiple purposes. Projector or board for computer displays/television.
- Type of service, class or activity looking to use in a new centre, and how often would you use it?
    - Spin classes.
    - Group fitness such as step classes, yoga, or Pilates.
    - My use: 1-2 times per week.
- Key components that needed to be able to use the new gym and wellbeing centre?
    - Afterhours access.
    - Scheduled and advertised fitness classes.
- How these facilities should be managed?
    - Remote management through key cards and security cameras.
    - Combined use between membership access for 24/7 gym use, fitness instructors' access, special access by appointment by organising a pass though council.
    - Memberships pay for cleaning fees and new equipment.
- Has all the information from meetings, conversations etc from the previous general manager been passed on? I am curious as to whether the drawings, proposal, and information I collected from others similar gyms is still around or if I should attend one of these times?
- I am off island so am unable to comment in person. I also don't have any information about the grant size or suggested position, other than mention of upgrades to the tennis and netball courts at the Currie Oval precinct, so I'm going to assume it is this location, which would be well suited for the project.
  In my view, something that would greatly improve the liveability of the island for young families would be a place to take children of all ages in poor weather, which is frequent on island.
  There are a number of wonderful scheduled events which occur in all weather – launching into learning, playgroup, classes and hangouts sessions at Phoenix House etc. These services are wonderful but occur on scheduled days at scheduled times. There is also a library, which opens on a part time basis, but is generally a quiet space and Reekara School at the North of the island.
- There are many families unable to make the scheduled times available.
- What is missing is a space for children to play in all weather, that is available for people to use on an ad hoc basis – I.e., people could turn up whenever it suits them and use the indoor facilities. Ideally it would be open 24 hours but could be closed at night if security issues were of concern. Cameras could also be added for security purposes if required.

- What this would look like or what equipment was inside is up to the community. At a minimum, an indoor room where little kids could ride their bikes would be a very welcome addition, with a kettle, microwave and change table.
- If more funding were available, you could add some play equipment such as you would find in an indoor play centre.
  There is also no youth officer, nor many options for healthy, non-sporting activities (I.e., there is an active footy and netball club and existing gym) for teenagers. Indoor facilities containing teenage, focused activities could be fantastic.
- What those activities or facilities could be is a matter for the on-island teenagers, but some suggestions are pool tables, free arcade games etc.
- You could put a cafe space available for lease by a private business, or community groups for fundraisers, however I note there are facilities for this at the Footy shed, so avoiding duplication of existing facilities is important. If these facilities were available, I would use them regularly, particularly in poor weather.
  I think the facilities should be managed through council for cleaning and maintenance but would not require a person onsite.
- How much do all the consultants that come to and from away to consultant the king island Council cost the rate payers of King Island?

1.5 King Island School sessions

1.5.1 Fitness activities that the kids currently do or would like to do inside:

Prep-1-2

- Kids gym -real gym weights
- Dancing
- Fitness class
- Weights in the house
- Climbing wall
- Monkey bars
- Hoops
- Trampoline
- Yoga
- Indoor play centre equipment
- Karate
- Boxing
- Swing outside
- Golf practice
- Rope ladder
- Mini golf

Teachers

- Who will drive the activities?
- Martial arts
- Portable/pop-up staging
- Basic sound system
- Storage for community groups

Session 2

Fitness activities that the kids currently do or would like to do inside:

- Grade 3-6
- exercise equipment
- Treadmill, weights
- Gymnastics
- Climbing bars
- Badminton
- Netball court
- Trampoline
- Dancing
- Basketball hoops
- Dumbbells and push-ups
- Boxing
- Yoga
- Tennis
- Measuring strength
- Indoor cricket
- Karate
- Gymnastics
- Martial arts
- Skipping
- Boxing gear
- Soft footy
- Café with heathy snacks
- Zip line
- Axe throwing
- Archery
- Gym swings
- Indoor footy training
- Virtual and real weightlifting
- Roller rink
- Gymnastics not part of PE programme
- Ice skating
- Indoor sports - hockey, soccer
- Swing
- Ping pong
- Making you stronger
- Laser tag.

Teachers

- Indoor cricket
- Indoor rock climbing -big cheers!
- Cycling indoor
- Indoor skate, scooter

1.5.2 Fitness activities that the kids currently do or would like to do inside:

Grade 7-12

- Treadmill
- Weights
- Pullup bars
- Punch bags
- One-touch footy
- Netball
- Dirt bike, mtn bike
- Indoor cricket
- Boxing
- Yoga
- Martial arts
- Pilates
- Laser tag
- Airsoft
- Trampolines
- Man shed woodwork
- Dance, Acro
- Sauna
- Bowling
- Arcade
- Indoor hockey (slide)
- Changerooms at footy club
- Public WCs need update

Teachers

- Music practice
- Movie night
- Showers so you don't have to go home
- Fitness work -gym

1.6 Submissions

1.6.1 Submission from local gym provider

1/ What type of facilities would you envisage the gym having?

- An area for cardio equipment and weights, group exercise classes, area for gentle exercise /yoga/ equipment for therapy / strength training, change room / showers for families' visitors to the island
- Broadly we envisage a weights area, a cardio area, a functional fitness area,
- 2 Allied Heath areas side by side (inclusive of sinks etc) a reception area, a large multipurpose area, separate changerooms inclusive of showers.
- We don't want to get too stuck down in separate rooms unless required for privacy – i.e., allied health rooms.
- Multipurpose can cover and be inclusive of groups, yoga, playgroups, therapy etc. Areas in general are easily defined with assortments of equipment its best in our experience to have the ability to switch between and not section off via unnecessary walls for a community gym. This also promotes an inclusive, encouraging environment and the ability to ask questions or for assistance.

2/ Would your organisation/service use a space or facility at a new Community Gym/Wellness Centre at the Currie Oval?

Ideally, we would manage the entire facility as a lease, we would be entirely responsible for the ongoing gym and subletting or hiring to groups / businesses for other purposes.

3/ What sort of ideal numbers would you get as a membership?

- Some 10% of the population would be an ideal and achievable aim as a weekly membership number.
- King Island is an aging community and has multiple other fitness opportunities on the island, as it should - as no one venue will cater for every person.
- Awareness here is also needs to be that this is only just starting to become an "option" for King Island – and KI is slow to embrace or support change.
- We would expect this to build over a 5-year period – with 5 years being the average for a profitable business to survive in Australia.

4/What type of service or class or activity would you look to offer in a new centre? And how often would you use a new centre?

- We would offer 24/7 Gym Access
- Allied health and visiting service professionals (Chiro, Osteo, Physio, Sports Therapy, Tattooist, Injectables registered nurse, body piercing)
- Group sessions (Living longer, living stronger / Functional Kids / Strength + Conditioning / HIIT)
- Sport Specific Training + Clinics – links already established
- Playgroup – links already established
- Education Department Links – already established
- Mothers Hours
- PT (1 on 1 sessions)
- Subcontract yoga
- Multipurpose area - hireable
- *We have multiple other bits and links on the go that we would like to leave out as they will be exclusive to our business

5/ Do you have any ideas for the design of the building that you envisage?

Yes.

Having built another gym from the ground up and having recently just rebuilt an entire powerhouse gym (now the largest on the Northwest Coast) our staff has extensive knowledge, understanding and concepts as to exactly what works, and what doesn't.

Our staff member sits on the board and has helped in building it from the concept to what it is now.

6/ Do you have an idea of the sizes of the separate spaces within the building?

Yes.

7/Key facility components that would meet your needs at a new gym/wellness centre?

- All we need are the areas that we have already identified, the remainder we would do ourselves.
- However, a swinging front door not sliding would be a requirement.
- And not glass dual doors. these are all problematic for the FOB system.
- We would also like both large spaces to have roller door access. We have learnt that this makes things a million times easier.

8/Have you got any thoughts on the future management model/membership model?

We would continue to operate under our board arrangement, as it encompasses incredible people who are in the industry, doing it already.

All the pieces of paper in the world do not give the same experience that firsthand, on the ground experience does.

We also currently commit all income to be reinvested back into the community or business. We currently take nothing from the business as wages or payment. This is to give time to give as much as possible while reinvesting in the community and business to be long term sustainable.

We will be using our current membership model and using gym master as our system in line with the other gyms we are linked in with across Tasmania, this allows us to continue to offer across all gyms with access for those travelling only needing to maintain one gym membership but multiple access.

We are happy to build more working relationships as we have been doing with not just government bodies, but other local fitness professionals.

We would be happy to work with them, while being the responsible overarching management. This is for insurances, commitment, value and to ensure we are delivering the best possible facility to the community as well as be inclusive and respectful.

Re management – we are hoping that it goes up to tender, however, have been told that Council has promised the building to a firm– which is disappointing, given the links we have already been working hard to establish.

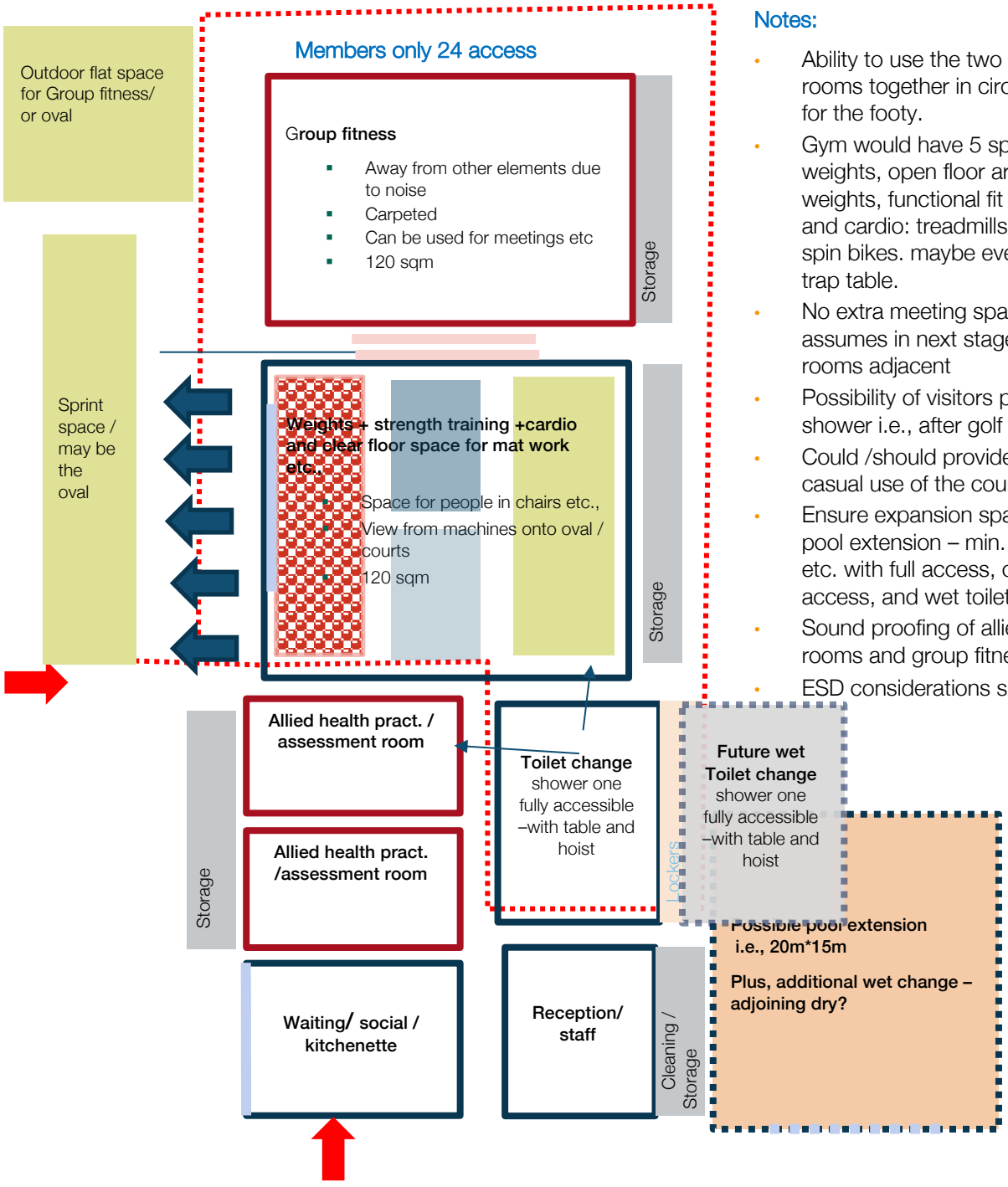
This has also made us as an organisation a little reluctant to be as forward with the big new projects we have planned as well as the commitments and long-term contracts we are locking in with service providers and other professionals to ensure the future of our business regardless of the outcome.

Any other thoughts regarding the building?

- We would love to be involved.
- We are in this as it is our passion, we live and breathe human development and recovery.
- We are happy to sit down, face to face, and discuss and help develop the ideal building for the community that is functional, productive, safe, and able to give back to the community, not just pretty to look at.

2. Suggested gym/ building components- relationships

The following diagram shows an indication of the components for a community gym that reflect the findings from the engagement and what @leisure considers is likely to be feasible.



Notes:

- Ability to use the two gym/ group fitness rooms together in circuit model and capacity for the footy.
- Gym would have 5 spatial areas i.e., free weights, open floor area for mat sand weights, functional fit and strength machines, and cardio: treadmills, cross fit, rowing and spin bikes. maybe even one Pilates reformer/ trap table.
- No extra meeting space is provided - assumes in next stage or in the existing footy rooms adjacent
- Possibility of visitors paying for use of a shower i.e., after golf
- Could /should provide for at least social/ casual use of the courts??
- Ensure expansion space for a warm water pool extension – min. warm water 20*15m etc. with full access, or typical 25m pool with access, and wet toilets change.
- Sound proofing of allied health consult rooms and group fitness.
- ESD considerations specific to KI

3. Notes related to gym management

The design of a gym needs to consider the likely issues emanating from management. The key areas of experience/ functions (can be separated) and implications for design are as follows:

3.1 Member/ user experience

- Gym management software/ manage access 24/7 (Physical 24/7 access) swipe / pin system etc probably not kiosks?
- Legal/ disclaimers joining / assessment forms
- Good air flow – (flexible for users to adjust) (air handling/ solar/wave??insulation/ heating and cooling?)
- Booking system/Wi Fi etc.,
- Cameras for personal safety after hours
- Assume primarily membership based (i.e., gold, silver bronze etc., and visitor pass etc., and possibly a shared membership i.e., family pass or employer's pass.)
- Financial management (small reception desk area 2 staff max)
- Marketing (windows in/out of gym and future pool) on site space for notice board
- Staff /contract management/ culture (implications – office/ reception as above)
- Member engagement/ communication and retention
- Equipment and Infrastructure management (cleaning/ store etc., security)

3.2 Entity; typical options

The typical entities that manage a community in gym include the following:

1. Council co-ordination:
   - hire/ outsource some aspects e.g., direct programs etc., (by hour to gym, allied health etc., or contract company)
   - lease to or management contract with management entity or private gym)
2. Social enterprise
3. A sport club e.g., an entity of a football clubs or combined entity
4. Private gym operator
5. Community health centre/ hospital outreach.

   These models may be directly controlled by Council, be independent of Council or have Council staff or elected members on the board or be a combined entity (separate company set up with a level of Council control.)

3.3 Other management notes

- Council could lease equipment including+ treadmills, rowing machine, cross trainer *2, 3 different types of bikes, may be Pilates reformer, functional fit frame with various attachments, Free weights, fit and medicine balls etc., other strength training
- Ability for footy clubs to use for training; might need to manage with a maximum number per group ie., 6 club members per session, for example so don't monopolise peak times
- Council asset management and cleaning
- PT hire pay to bring their clients – per hr could have a max 3 on floor at any one time, access to eh practitioner room at the same time
- Physio or allied health could hire the group fitness room, i.e., chair based exercises, etc, including one allied health room for assessments/ admin at the same time. or licence to serval PTs etc.,
- Probably looking at about 300 members for the population of 1600.

3.4 Community gym and wellbeing centre potential management considerations

Community gyms can be run under a number of different objectives; those that are commercially focused, not for profit or Council or community and focused.

The diagram below shows an indication of the types of entities, the objectives and occupancies that relate to those objectives as a continuum.

Community	Council		Not for Profit		Commercial
ENTITY	Management				
The entity: degree of control by community, Council, or user groups	Community /self-managed e.g., Committee of Management	User group management, e.g., Basketball Association or swim club	Direct management by Council staff	Not for profit contract management or separate entity set up, e.g., YMCA, PCYC Craigieburn Garden Leisure Centre inc. etc.	Commercial management entity e.g., Spotless

Social/Participatory				Profit	
OBJECTIVES					
The social-financial objectives	Social / community development	Club development	Participation objective	Breakeven	Profit making venture

Shared / Flexible — Use Exclusive Use

OCCUPANCY				
Exclusivity of occupancy	Seasonal or annual licence agreement for specified times and activities	Multiple year license agreement for specified times and activities	Lease agreement but requirements for community / Council use	Lease agreement (exclusive use) no community or Council use

The following table provides some notes for each possible management entity and the likelihood of them addressing key success criteria.

	Council staff Model	Football Club Model	Other not for profit group	Provider- e.g., company contracted
Dedicated qualified experienced staff to manage and promote the facility and hire	Coordination and recruitment or contract PT. EP etc., May be easily included under umbrella of community development etc.,	Unlikely to dedicate resources to coordinate etc., unless combined with a fitness trainer role etc., given as well as manage club affairs given volunteers. Need to be bipartisan so as older demographic don see gym as only footy related	King Island Club	Golf Course business? May be little incentive to make money. Likely to have only 300 active members
Commitment to partnerships with allied health, NDIS	Yes	Not as likely	No as likely	No as likely
Commitment to maximising usage of the facility from all age groups	Yes	Not as likely	Not as likely	Yes, likely if usage indicated profile
Consultation with the community and stakeholders in the design of the building	Yes	Not as likely	Likely	
Willingness to take risk	Yes, could convert space to anther use	Not as likely	Not as likely	Not as likely as market is small

4. Potential site for community gym and wellbeing centre

The potential site for a community gym is shown in the following image. This will be investigated further as part of the sort planning and design process.

5. Appendices

Appendix 1. List of organisations/individuals consulted (not including drop-in sessions)

Cr. Ian Allen
Cr. Vernon Philby
King Island Football Association
Currie Football Netball Club
Grassy Football Club
AusKick
Phoenix Community House
Foundations to Flourish
KI Chamber of Commerce
Finn Personal Training
Flow-Mind, Body, Spirit
Kaz Lentil-Acupuncture
Hawthorn Yoga