

ATC Cook Reserve

Exersite upgrade



Merri-bek
City Council

Consultation summary report

Prepared by

Deb Piattoni Landscape Architect

Open Space Design & Development Unit

September 2023

Revision B

Revision A: draft concept plan: August 2023

Revision B: final concept plan issued: September 2023



ATC Cook Reserve – exersite upgrade

Consultation summary report

September 2023

Council is upgrading one of the older fitness equipment stations (exersite) in ATC Cook Reserve, Glenroy as it is approaching end of life. We are also proposing an additional fitness equipment area aimed at senior users. This report provides a summary of the consultation to date.

1. Background

Council's Open Space Design and Development unit are conducting two consultation phases with the local community for an upgrade of the fitness equipment at ATC Cook Reserve, these being:

- Draft Concept Plan Consultation

Council has developed a draft concept plan showing the new fitness equipment upgrade and associated furniture and fixtures. This has just closed

- Final Concept Plan Consultation

This final concept plan reflects changes from the draft concept plan, incorporating the community's feedback where possible. This final concept plan will close the consultation process, prior to the team proceeding to detailed design.

Consultation timings

Draft concept plan consultation: 25 July – 28 August 2023

Final concept plan issued: September 2023.

For the draft concept plan consultation, postcards will be distributed to households within 0.5 - 1km of the selected location, advising residents that they can provide feedback on Council's website <https://conversations.merri-bek.vic.gov.au/atc-cook-reserve>. Posters will also be displayed at the selected location, showing the draft concept plan and inviting people's responses. Facebook adverts were also issued for the Glenroy area to encourage responses to this consultation.

The final concept plan will be displayed on site (following completion of feedback on the draft concept plan) as well as on the Conversations webpage. Thereafter the Open Space Design and Development team can proceed to detailed design and procurement.

2. Draft Concept Plan Consultation Feedback Findings

8 responses were received to the draft concept plan consultation. In addition feedback was informally received from approximately 15 locals through on-site sessions conducted by Council's Open Space Community Engagement Planner in August.

Through the Conversations webpage responses, one individual specified that they find the leg press useful. We can review the proposed equipment to ensure that leg press and similar equipment can be included.

A few people commented that they appreciated the proposed set of equipment aimed at older people (for flexibility/mobility).

A few people mentioned that the new equipment would need clear instructions either in English and Nepalese or to have clear diagrams showing usage. Getting signage with clear graphics showing how to

use each fitness equipment is possible and can be arranged with the nominated fitness equipment supplier once they are appointed.

One person commented on how there is too much litter in the park. This is a known issue and although outside the scope of the fitness equipment upgrade, council is considering different ways of how to improve this including through education methods.

Through the on-site sessions, local residents highlighted that they appreciated a mixture of fitness types ranging from stretching, aerobic/cardio and body strengthening. They mentioned that older people tended to prefer the existing older set of equipment to the newer set that was installed a few years ago as it works better for older people. This feedback is also useful for us in confirming the type of fitness equipment to include in this upgrade.

Another person mentioned that exercising on the gravel walking track is not safe for older people or those in wheelchairs. Upgrading the existing paths around the oval with concrete paths is outside of the scope of works for the fitness equipment upgrade but council will note down this request and see if it can be included as part of a future upgrade of the playspace/gathering space.

3. Final Concept Plan

We have made some adjustments to the proposed equipment, shown on the final concept plan to reflect your comments as much as possible.

We are endeavouring to provide a good range of fitness equipment to fit in the available space, designed to suit a range of ages and abilities as well as a station dedicated to older people.

Fitness equipment likely to be included (subject to procurement):

- Cardio strength station (including body pull, push up, pull up, leg raises and an upright bike)
- Mixed strength station (including chest press, pull down and a sit up bench)
- Leg press and body twist
- A senior fitness station aimed at improving overall flexibility and mobility.

FINAL CONCEPT PLAN

We are upgrading one of the fitness equipment stations at ATC Cook Reserve and providing an additional unit for senior users.

Thanks for your feedback on the draft concept plan. We have included as many of your suggestions as possible to provide a varied range of fitness including elements for older people. These items are likely to be (subject to procurement):

- Cardio Strength station (body pull, push up, pull up, leg raises and upright bike) (A)
- Mixed Strength station (chest press, pull down, sit up bench) (B)
- Leg Press and Body Twist (C)
- Senior Fitness Station (flexibility and mobility) (D).

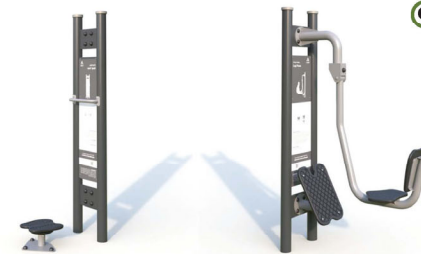
The accessible drinking fountain includes a bottle refill tap and dog bowl. This is next to a platform seat with two new shade trees. All existing trees are being retained and protected from works. The other fitness equipment station is being retained.



Cardio Strength: body pull, push up, leg raises and upright bike



Mixed Strength: chest press, pull down, sit up bench



Leg press and body twist



Senior fitness station: flexibility & mobility

You can view the final plan and consultation summary on:

<https://conversations.merri-bek.vic.gov.au/atc-cook-reserve>

4. Next Steps

The Open Space Design and Development team have revised the design to a Final Concept Plan, using feedback received from the draft concept plan consultation. This final plan is being displayed to the community on posters at site and on council's Conversations Merri-bek webpage. This completes the community consultation.

We will now be proceeding to detailed design, procurement and construction. We are aiming to complete the upgrade works before February 2024, subject to supplier's lead times.

5. Further information

Any questions can be directed to Council's Open Space Design & Development Unit via email openspace@merri-bek.vic.gov.au or by phoning 9240 111.

6. Appendix

Below are all feedback received from the community for each stage of consultation for the ATC Cook Reserve exersite and images of the posters and postcards issued.

6a Draft Concept Plan Consultation

Below shows the draft concept plan poster and postcards issued.

ATC Cook Reserve

Fitness Equipment upgrade



We will be upgrading the one of the fitness equipment stations at ATC Cook Reserve, Glenroy. Please let us know what you think of this draft concept design.

Have your say at: <https://conversations.merri-bek.vic.gov.au/atc-cook-reserve>

or phone us on 9240 1111



Feedback closes:
5pm Friday 25 August 2023



For more information contact our Open Space team:

<https://conversations.merri-bek.vic.gov.au/atc-cook-reserve>

Email: openspace@merri-bek.vic.gov.au
Phone: 9240 1111



Merri-bek Language Link

廣東話	9280 1910	हिंदी	9280 1918
Italiano	9280 1911	普通话	9280 0750
Ελληνικά	9280 1912	ਪੰਜਾਬੀ	9280 0751
عربي	9280 1913		
Türkçe	9280 1914	All other languages	
Tiếng Việt	9280 1915		9280 1919

Figure 1: Postcards issued to households within 0.5-1km radius

6b Draft Concept Plan Consultation Responses

Below shows all feedback received from the community for the Draft Concept Plan consultation from Conversations Merri-bek webpage:

Date Submitted	Screen Name	Description
25 August 2023	Nasreen	New equipment is good. Would have preferred to have a choice of equipment for us to comment on. Too much litter in the park.
25 August 2023	Bipul	good idea for equipment for elderly. we need it both women and men would use it. instructions in Nepalese and English or clear diagrams for usage
25 August 2023	Paul	the old equipment is good for the elderly at the moment. need leg press.
25 August 2023	Antonio	I don't use the equipment but exercise on the walking path which is not safe particularly for us older people
25 August 2023	Shanti	We like the equipment. Put instructions in Nepalese. We don't speak English well.
25 August 2023	Monica	Replacing the equipment to suit the community is a good first step. A simpler solution would be to ensure that the walking track around the oval is safe to use.
25 August 2023	vijay sakya	Thank you for paying attention to the park. Look forward to using the equipment.
25 August 2023	Devhari Gautam	Great idea to replace the equipment to suit the elderly.

6c Final Concept Plan

Below shows the final concept plan that will be issued on the Conversations webpage and at site:

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- Senior Fitness Station (flexibility and mobility) (D).

The accessible drinking fountain includes a bottle refill tap and dog bowl. This is next to a platform seat with two new shade trees. All existing trees are being retained and protected from works. The other fitness equipment station is being retained.



You can view the final plan and consultation summary on:

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