


This is the proposed changes to Page 24 of the Gaskell Management Plan.

Adult All Purpose Fitness Trail

New adult all purpose fitness trail suggested route and proposed equipment positions and types (to be confirmed).

- 1) Elliptical cross country trainer
- 2) Arm and pedal bike.
- 3) Cross country skier.
- 4) Double air walker.
- 5) Pull down and chest press combination.
- 6) Single self-weighted rower.

It is intended that all of these items will be (if possible) dual purpose suitable for fully abled persons and less abled persons.

-  Exercise equipment mounting points
- Possible layout.
Contractors proposals/suggestions for other layouts are being considered.



Which is replacing this which is the old page 24 (see below).

Reference to the toilet block fitness area plan has been removed and a new trail added.

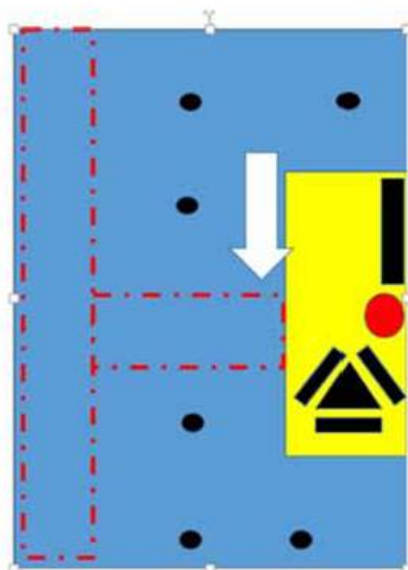
Adult fitness area

New adult fitness area suggested layout and proposed equipment list (unconfirmed):

- 1) Elliptical cross country trainer
- 2) Arm and pedal bike.
- 3) Cross country skier.
- 4) Double air walker.
- 5) Pull down and chest press combination.
- 6) Single self-weighted rower.

It is intended that all of these items will be (if possible) dual purpose suitable for fully abled persons and less abled persons.

- Exercise equipment mounting points
- Long bench
- ▲ Triangular bench with linked seating
- Waste bin
- ▬ Main pedestrian walk route
- ↓ Proposed drainage collective point



Possible layout.
Contractors proposals/suggestions for other layouts are being considered.



21

Reasoning behind the change:

- 1) Users of the ground recommend “a trail” as opposed to a singular focussed area.
- 2) Recommendations from the manufacturers indicated that a work out and slow recovery procedure is the best routine to follow. Suggestions included an open area to jog or walk around.
- 3) The team discussed options and felt that an open space “all purpose fitness trail” with suitable spacing’s between the chosen fitness machines would be a more suitable proposal.

The machines final positions are subject to site survey and management teams final approvals.

Chris Bowden