



DESIGNING FOR PHYSICAL ACTIVITY

EXPLORING OPPORTUNITIES TO ENCOURAGE PHYSICAL ACTIVITY IN EVERYDAY LIFE

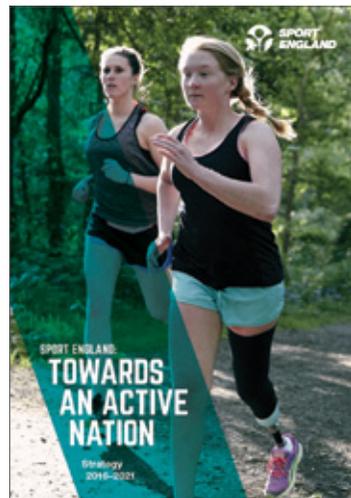
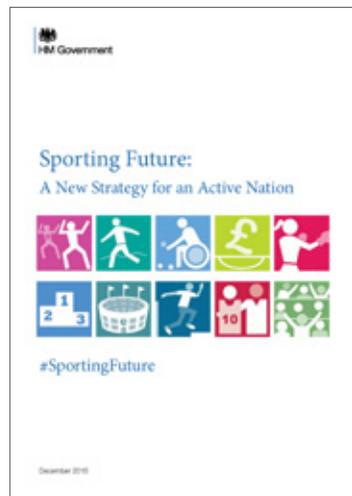


ACTIVITY HUBS

SOCIAL, TOILET, CHANGING AND STORAGE FACILITIES



The Government's 'Sporting Future' strategy was published in December 2015 with a clear focus on the benefits that sport can bring to people and to society, built around a simple set of outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.



Sport England's strategy 'Towards an Active Nation' was published in May 2016 with a vision that everyone, regardless of age, background or level of ability, can engage in physical activity.

FOREWORD

THE CREATION OF EASILY ACCESSIBLE SPACES THAT INSPIRE AND ENCOURAGE PEOPLE TO BE MORE PHYSICALLY ACTIVE AS PART OF THEIR EVERYDAY LIVES IS A CENTRAL CONSIDERATION

“ *Creating more opportunities to be physically active means thinking about many prompts and cues that enable positive changes in our behaviour. An active environment is one which responds to community needs and aspirations and provides the conditions and opportunities for people to be more active in their everyday lives. Active environments require a more coordinated and holistic approach to the design and operation of our surroundings from streets, neighbourhoods and public open spaces to the policies, standards and planning of the infrastructure of where we live and work.* ”

Charles Johnston

Executive Director of Property, Sport England

1.0	4
Introduction	
Active Design	
Physical activity and sport	
Activity hubs overview	
2.0	6
Considerations	
General	
Site appraisal	
Analysis and consultation	
The activity hub concept	
Other guidance available	
Calculating capacity	
Digital and other tools	
Shared toilet provision	
Universal design	
Sports clothing	
Temporary and permanent solutions	
Potential applications	
3.0	11
Modular Examples	
General	
Examples 1-6	

CONTENTS

SEE OTHER GUIDANCE ON DESIGNING FOR PHYSICAL ACTIVITY COVERING:

- *BUDGET COSTS*
- *COVERED OUTDOOR SPACES*
- *INDOOR SPACES*
- *OUTDOOR SPACES*
- *ROUTES AND WAYFINDING*
- *OTHER TOPICS*

THESE AND THE ASSOCIATED ACTIVE DESIGN GENERAL PRINCIPLES AND CASE STUDIES ARE AVAILABLE AT:

<https://www.sportengland.org/facilities-planning/active-design/>

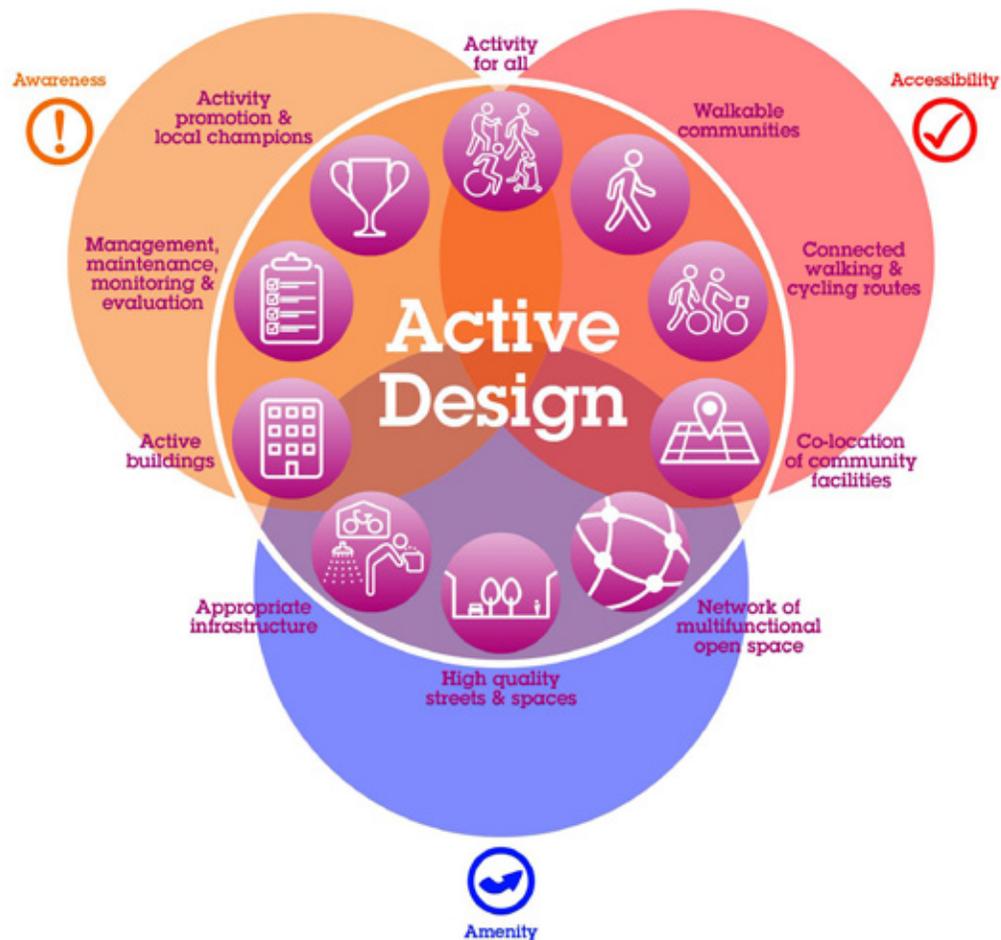
1.0 INTRODUCTION

ACTIVE DESIGN

ACTIVE DESIGN IS ROOTED IN SPORT ENGLAND'S AIMS AND OBJECTIVES TO PROMOTE THE ROLE OF SPORT AND PHYSICAL ACTIVITY IN CREATING HEALTHY AND SUSTAINABLE COMMUNITIES.

ACTIVE DESIGN IS SUPPORTED BY PUBLIC HEALTH ENGLAND AND IS PART OF OUR COLLABORATIVE ACTION TO PROMOTE THE PRINCIPLES SET OUT IN PUBLIC HEALTH ENGLAND'S 'EVERYBODY ACTIVE, EVERY DAY', TO CREATE ACTIVE ENVIRONMENTS THAT MAKE PHYSICAL ACTIVITY THE EASIEST AND MOST PRACTICAL OPTION IN EVERYDAY LIFE.

<https://www.sportengland.org/facilities-planning/active-design/>



The ten principles of Active Design - achieving as many of these as possible within an Active Environment will optimise opportunities for active and healthy lifestyles

PHYSICAL ACTIVITY AND SPORT

The term 'physical activity' can cover a wide range of informal, casual and recreational pursuits that maintain or enhance fitness, health and overall wellbeing. The term 'sport' is usually associated with more formal training or competition.

For all parts of the spectrum, easily accessed spaces that inspire and enable people of all ages to be physically active as they wish are a valuable community asset. Innovative approaches are advocated that remove barriers to participation and are proportionate and appropriate to customer needs.

Where there is a clear need for formal sports spaces, then the relevant prevailing guidance from national governing bodies of sport (NGBs), Sport England, Department for Education or Education Funding Agency should be followed. However, a distinction should be made between the formal requirements of spaces for sport and more informal spaces for physical activity, albeit that the underlying principles of any relevant prevailing guidance should not be disregarded.

Local context, potential users and site specific risk assessments¹ are all important considerations during the design and briefing stages of a project. For further advice on good practice, visit the Sport England, The Royal Society for the Prevention of Accidents (RoSPA) and the Health and Safety Executive (HSE) websites.

ACTIVITY HUBS OVERVIEW

Activity Hubs considers small spaces or buildings that can act as hubs in local settings and provide a focus for a variety of community activities. Whether in urban, suburban or rural areas, such hubs can be important for many people and organisations. Individuals or groups might already use them as meeting points or destinations. Alternatively, such hubs may provide a supporting function for those who might already walk, cycle or run along existing roads, pathways and tracks within a wider activity system.

It develops from the example of 'clubhouses' that often serve a community purpose far beyond the simple function of providing changing spaces for sport.

Subject to local situations, such 'hubs' might be a small shelter, an area in a park, toilet provision, a community centre or village hall. They might be co-located in parks, hospital campuses, education sites or public open spaces and provide a catalyst for increased use and a broad range of activities.

ACTIVITY HUBS ARE SMALL SPACES OR BUILDINGS THAT ENCOURAGE AND SUSTAIN COMMUNITY ACTIVITIES. THEY COULD BE A DEFINED MEETING POINT AS PART OF A NETWORK OF MULTI-FUNCTIONAL OPEN SPACE, A BUILDING THAT PROVIDES SOME APPROPRIATE INFRASTRUCTURE LIKE TOILETS OR CHANGING OR PART OF A FACILITY THAT INCLUDES MANY COMMUNITY ACTIVITIES.

THIS DOCUMENT EXPLORES HOW THESE SPACES OR BUILDINGS CAN BE THE CATALYST TO REJUVENATE EXISTING PUBLIC SPACE AND BE AN ESSENTIAL PART OF A WIDER NETWORK OF PROVISION.

¹ For example risk assessment considerations, see page 15 of 'Indoor Spaces' document



THIS GUIDANCE CONSIDERS HOW APPROPRIATE SOCIAL, TOILET, CHANGING AND STORAGE FACILITIES CAN BE PROVIDED TO ENCOURAGE PHYSICAL ACTIVITIES IN A WIDER AND JOINED UP ACTIVITY SYSTEM

2.0 CONSIDERATIONS

GENERAL

Well-considered and appropriate support facilities can encourage and enhance the enjoyment of physical activity in a local area. Examples might include a simple weather shelter on a popular country walk, an accessible gender neutral toilet at a key junction, or a small 'welcome' building at the entrance to a national park. Alternatively, an existing clubhouse on a recreation ground could be 'opened up' for increased community use or a village shop or café might become a stopping point for walkers or cyclists. Such facilities, if in the right location and managed appropriately, can act as support 'hubs' for physical activity and have a significant impact. They can provide a meeting point and destination for a wide variety of community activities from play groups to pilates, keep-fit or karate classes and help create walkable neighbourhoods, cycle/path networks and a supporting infrastructure.

SITE APPRAISAL

It is important to consider the many issues that can influence the potential of a site. For example, links to public transport, legal difficulties such as restricted covenants, availability of service connections or risk of flooding. For further information, see Sport England's 'Clubhouse' Display Panel DP1 Design Principles - Site Analysis at:

<https://www.sportengland.org/facilities-planning/design-and-cost-guidance/clubhouses/>



ANALYSIS, CONSULTATION AND COMMUNITY ENGAGEMENT

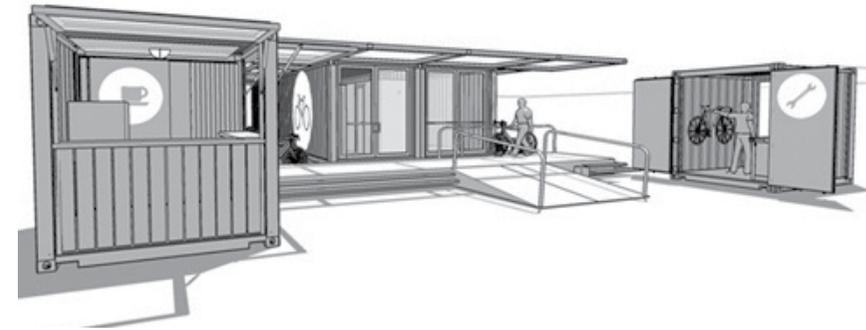
Much will depend on the particular situation and it is important to understand the physical activities that already take place and the potential for further enhancement and development. A wide community consultation process is recommended across the agencies and stakeholders that may be involved, together with an appropriate level of analysis.

The aim would be to identify where the creation of activity hubs can make a significant difference and identify the type and scope of accommodation that is appropriate and proportionate for local user needs.

Consultation

A typical consultation process would include:

- Consult by survey, evening open meetings or workshops, focussed discussions with key individuals, specific groups or organisations
- Collate take all feedback, views and comments into account
- Analyse review all the feedback and identify trends, reoccurring themes
- Prioritise without leaving anything out, list the findings in priority order
- Confirm share the findings of the process with the community for their understanding and agreement.



ACTIVITY HUB CONCEPT

The terms 'clubhouse' and 'pavilion' are often used as shorthand for a small building that is the home for one or more team sports. Such buildings are often at the centre of their community and serve a purpose far beyond simply being somewhere to get changed for sport. They can provide a location, meeting point and be a 'hub' for a wide variety of community activities.

Other types of small buildings and even open spaces can have a similar potential to stimulate wider use. For example, a simple shelter and toilet provision in a key location could become a key destination for walkers or cyclists, or a community centre or village hall could provide useful spaces and focus for activity in the community. An external table tennis table in a public area can create an activity focus and improve the public realm. Such activity hubs could be co-located in parks, hospital campuses, education sites and other public open spaces and provide the catalyst for increased use and a broad range of physical activities.

OTHER GUIDANCE AVAILABLE

There is free guidance available from Sport England that is based on experience of team changing environments and the requirements of National Governing Bodies of Sport (NGBs). There are also standards that can be applied to building types such as schools, village halls and spaces for entertainment. See Sport England Design Guidance Notes on 'Village and Community Halls' and 'Designing for PE and Sport - School Sites' at:

<https://www.sportengland.org/facilities-planning/design-and-cost-guidance/>

TO GAUGE USER DEMAND, A FLEXIBLE PRAGMATIC APPROACH COULD BE TAKEN E.G.

- **INITIALLY INSTALLING A SMALL MODULAR UNIT (WITH GENDER NEUTRAL TOILET, CHANGING ROOM AND LOCKER PROVISION) AND;**
- **ALLOW FUTURE OPTIONS FOR EXPANSION OR RELOCATION**

SEE SECTION 3.0 FOR FURTHER DETAILS

CALCULATING CAPACITY

In the context of small activity hubs in a local area, it can be helpful to go back to first principles to work out what should be provided. A balance should be reached between the potential demands from individuals and groups and the availability of changing spaces, showers, toilets and lockers or other secure storage.

Some basic questions should be considered such as establishing:

- The general pattern of use?
- Variations during the day or across a week?
- The numbers of users and peak demand?

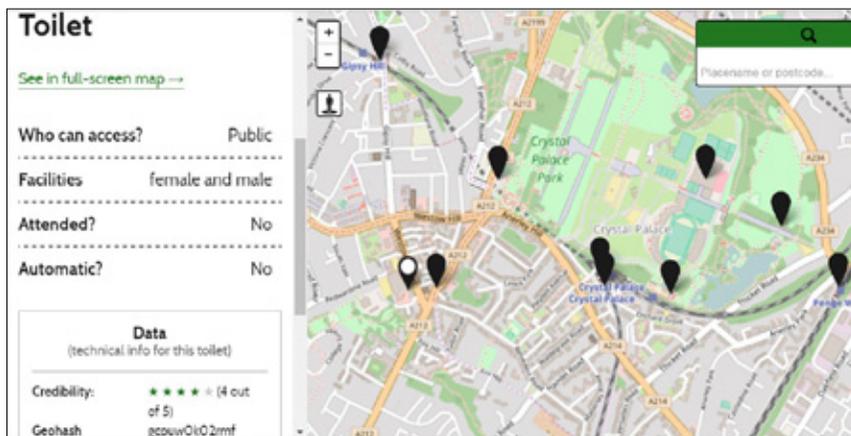
Patterns may vary from location to location, during summer and winter, and school term, holiday and weekend periods. There can be a host of variables. However, important factors can be the likely maximum number of users requiring showers at any one time, or for some activities, a user preference to shower and change in the privacy of their own home. Drawing up a simple programme of use can be helpful in analysing requirements or testing assumptions.

DIGITAL AND OTHER TOOLS

There are various digital tools and free apps available to help understand the locations of existing provision that can facilitate or encourage physical activity or where there may be gaps that can be filled.

For example, local toilet provision can be seen on The Great British Public Toilet Map website at: <https://www.toiletmap.org.uk/> . Running and walking routes can also be seen at: <https://runtogether.co.uk/> .

Local authorities and other organisations may also provide maps and website information on cycle, footpath and other opportunities for physical activity in a specific location.



Example digital application showing public toilet availability

SHARED TOILET PROVISION

Similarly, a web search may reveal local opportunities to share toilet or changing provision to support physical activities. These may exist in:

- Schools
- Village halls
- Clubhouse buildings
- Cafés and public houses
- Shops
- Local business premises.

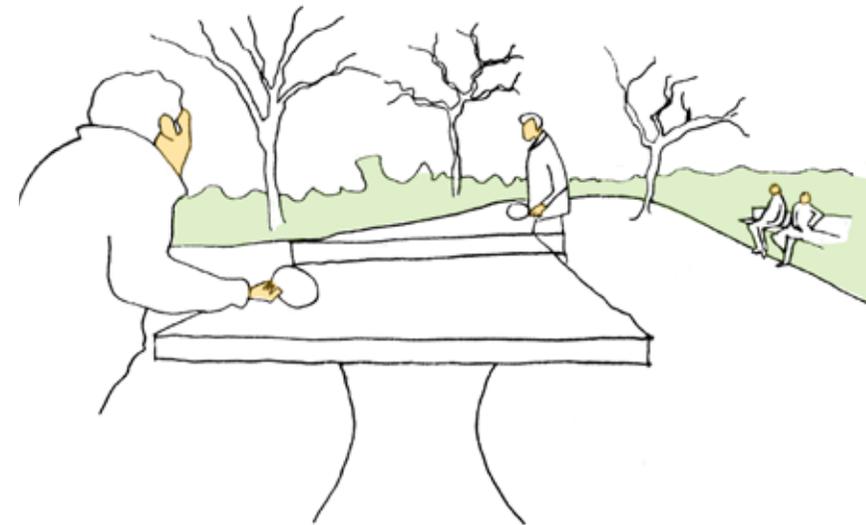
For example, facilities operated by sports clubs and businesses that are normally only used by club members, employees or customers might be made available for wider community use by arrangement. Alternatively, a keep-fit group might hire space in a particular building for the physical activity and then, by agreement, use an adjacent café or pub for toilets and changing and even as a social base before and after sessions.

UNIVERSAL AND INCLUSIVE DESIGN

It is increasingly common to find access routes and toilets in shops, offices, restaurants and cafés that all follow a ‘universal and inclusive design’ approach in which adequate space and provision caters for the needs of all members of society. That is to say, allowing for a gender neutral approach, a range of ages and levels of mobility, particularly for wheelchair access and those with young children.

SPORTS CLOTHING

With developments in sports clothing and increasing use of ‘fashionable’ lightweight waterproof and breathable fabrics, in some situations, this can reduce the need for traditional changing accommodation. Many people will be content to change at home before and after physical activity sessions, or build this into their journey to and from work. Modest work-based toilet, shower and changing facilities will also encourage such trends. The provision of lockers or local arrangements to temporarily store kit bags may also be required.



Appropriate clothing can enable many physical activities to be enjoyed outdoors in all seasons

TEMPORARY AND PERMANENT SOLUTIONS

A strong tradition of self-sufficiency can be found in many strands of physical activity. For example, swimmers may be happy to change on the beach with a towel or beach robe, and windsurfers may change into their wetsuits in a car park using an open car door as a modesty screen. A range of lightweight pop-up privacy screens and changing tents are also available on the market.

In other situations, public changing cubicles, lockers and toilets might be appropriate for activity hubs where investment in permanent facilities can be justified to meet the needs of a local community, or the provision of portable installations for peak seasonal periods.

Alternatively, some sites might have electricity and water supplies to allow temporary facilities to be installed as demand requires.

POTENTIAL APPLICATIONS

The table below explores some physical activities that could benefit from facility interventions in example locations. However, the list is not exhaustive and serves only to illustrate some potential scenarios.

	Example locations							
	Open spaces	Parks	Village green	Green routes / trails	River banks	Coastline	Lake surrounds	Roads / lanes / tracks
Physical activity								
Walking for travel	●	●	●	●	●	●	●	●
Walking for leisure	●	●	●	●	●	●	●	●
Cycling for travel	●	●	●	●	●	●	●	●
Cycling for leisure / sport	●	●	●	●	●	●	●	●
Running	●	●	●	●	●	●	●	●
Example hub facilities								
Seating / shelters	●	●	●	●	●	●	●	●
Public toilets	●	●	●	●	●	●	●	●
Hub buildings	●	●	●	●	●	●	●	●
Café / social	●	●	●	●	●	●	●	●
Changing	●	●	●	●	●	●	●	●
Office changing	●	●	●	●	●	●	●	●
New footpaths	●	●	●	●	●	●	●	●
New access to open spaces	●	●	●	●	●	●	●	●

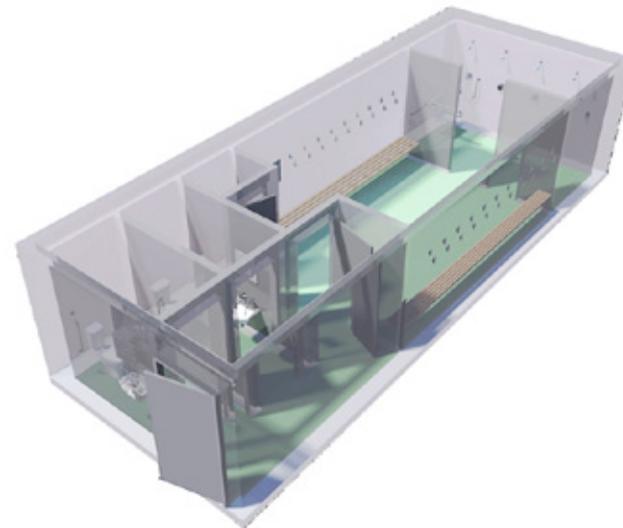


THE PRINCIPLES OF MODULAR CONSTRUCTION CAN BE USED AS A STARTING POINT AND BASIS FOR DEVELOPING APPROPRIATE ACCOMMODATION AND BUILDING LAYOUTS

3.0 MODULAR EXAMPLES

GENERAL

Modular construction is the process of manufacturing / pre-engineering sections of buildings in an off-site factory environment which are then transported to site and connected together on suitable foundations with service connections. It may be worth considering this approach as an alternative to traditional construction. Where demand is difficult to gauge, a pragmatic approach could be taken such as initially providing a small modular unit (with toilet, changing and locker provision) which can then be easily added to or relocated.

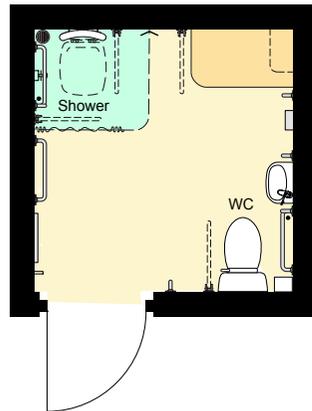


The following diagrams illustrate examples of modular layouts that can be used as a starting point for developing appropriate accommodation for particular sites. For further information, see the Sport England website at:

<https://www.sportengland.org/facilities-planning/design-and-cost-guidance/clubhouses/>

EXAMPLE 1

ACCESSIBLE GENDER NEUTRAL TOILET / SHOWER / CHANGING UNIT



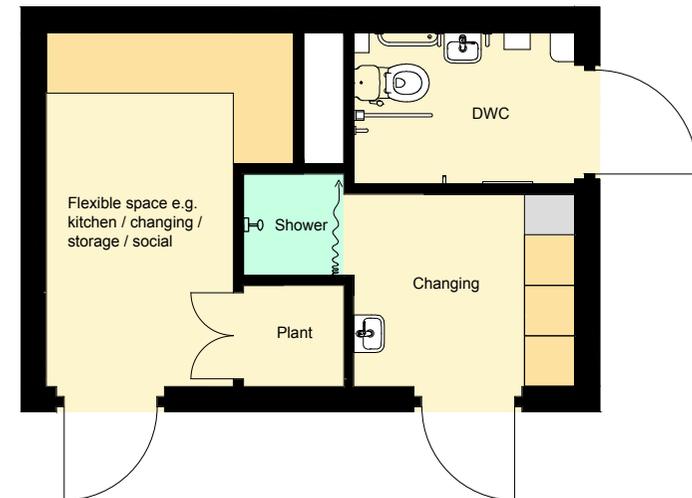
The internal dimensions allow easy access for a wheelchair user and give transfer space and turning area for the WC, shower or changing bench. For further details, see Sport England's 'Accessible Sports Facilities' Design Guidance Note and Figure 17 downloadable layout available at: <https://www.sportengland.org/facilities-planning/design-and-cost-guidance/accessible-facilities/>

The layout could be used as a single standalone public toilet/changing facility or as an upgrade to a range of buildings such as:

- Offices (for people running or cycling to and from work)
- Cafés / restaurants
- Shops / commercial premises
- Village or community halls.

EXAMPLE 2

FLEXIBLE UNIT INCLUDING ACCESSIBLE GENDER NEUTRAL TOILET / SHOWER / CHANGING



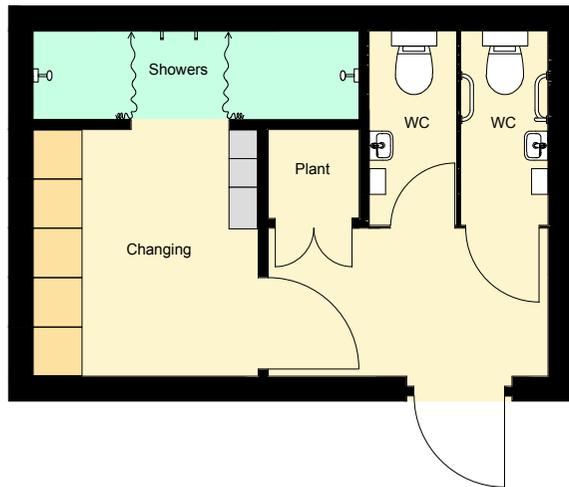
The layout shows a small modular meeting and changing unit that can be quickly installed on site.

The compact arrangement provides changing for up to three people at one time, an accessible toilet and a small flexible space that could be used as a kitchen/meeting/briefing/coaching/storage space.

This could be further enhanced by adding an additional block of secure storage lockers.

EXAMPLE 3

DEDICATED AMBULANT GENDER NEUTRAL TOILET / SHOWER / CHANGING UNIT



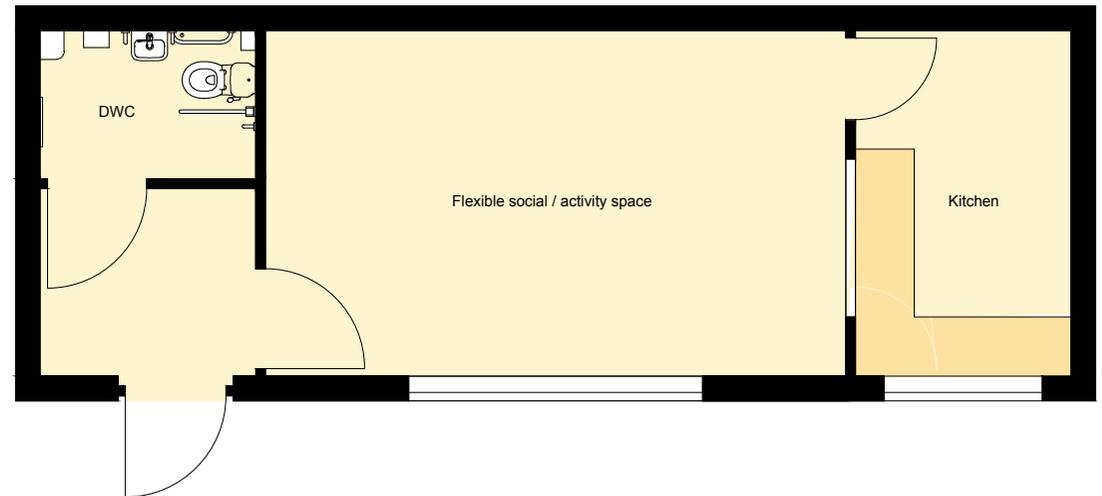
The layout gives dedicated changing and ambulant toilet provision including:

- Entrance zone
- Changing room with seating for five people and three locker units
- Shower room with two shower places, towel hooks and curtains
- Two gender neutral toilets with hand basin, hand dryer and WC (one with ambulant Doc M pack).

This could be in conjunction with other accessible toilet and changing provision as in Example 5.

EXAMPLE 4

LARGER FLEXIBLE UNIT INCLUDING ACCESSIBLE GENDER NEUTRAL TOILET / SOCIAL / KITCHEN



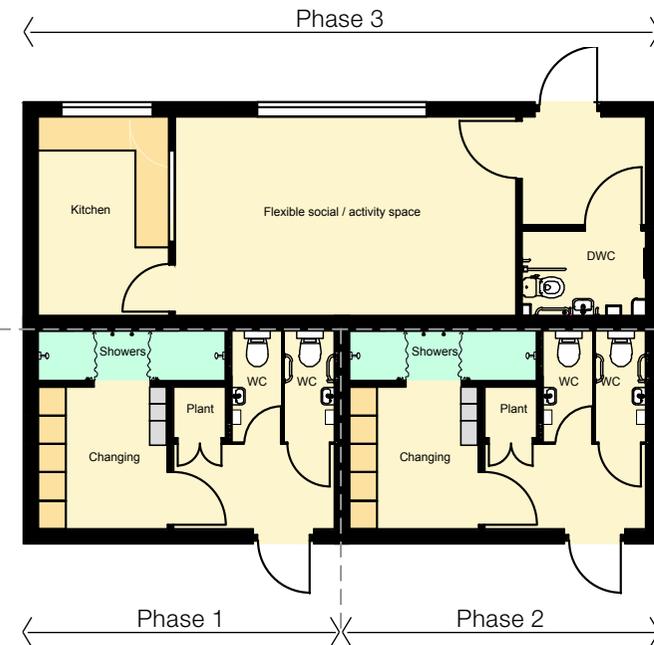
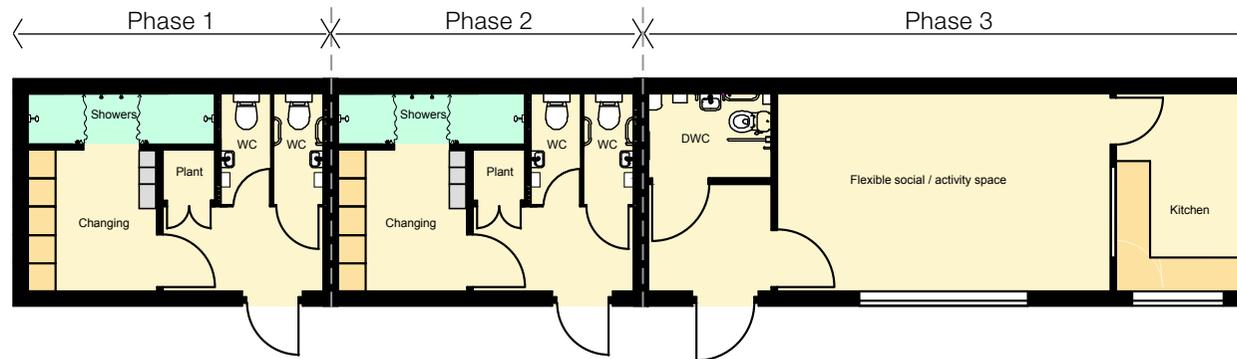
The layout gives a high level of flexibility. The internal dimensions allow easy access for wheelchair users via an entrance lobby to the facilities within. The accommodation includes:

- Entrance lobby
- Kitchen with worktops, base and wall units, sink and drainer unit, with hatch to flexible social / activity space and slot window
- Gender neutral accessible toilet with Doc M pack.

However, other combinations of accommodation could be incorporated.

EXAMPLE 5

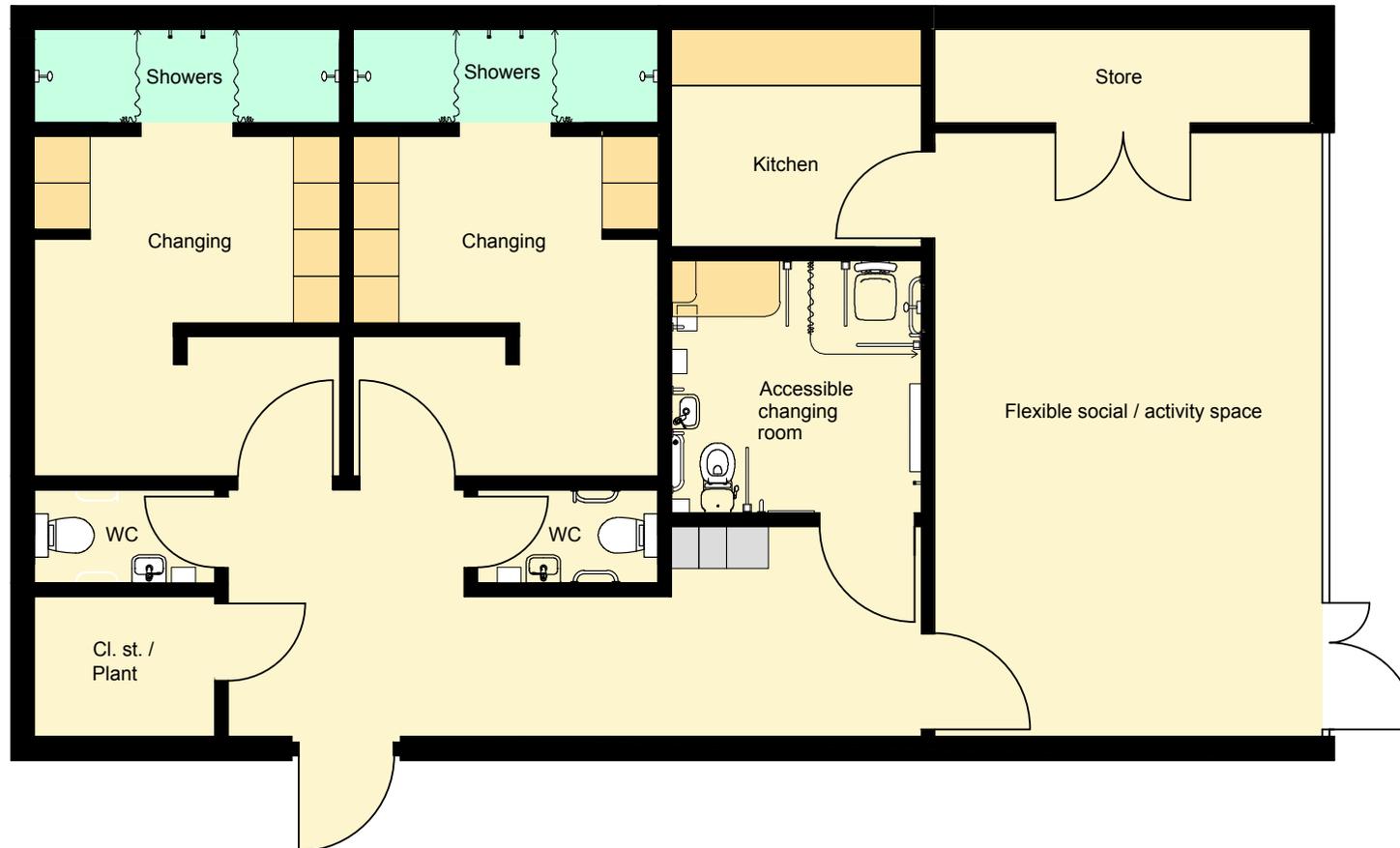
SOME POTENTIAL COMBINATIONS OF EXAMPLES 3 AND 4



The layouts illustrate the flexibility possible with modular design, enabling units to be combined in a range of configurations.

EXAMPLE 6

LARGER FLEXIBLE UNIT INCLUDING ACCESSIBLE GENDER NEUTRAL TOILET / SOCIAL / KITCHEN / CHANGING



The layout gives a compact but comfortable level of accommodation incorporating a generous entrance lobby, two changing rooms, accessible changing room with bench, kitchen and social space with storage facilities.

For further clubhouse layouts, see Sport England's 'Clubhouse' Design Principles (DP) and Design Examples (DE) Display Panels at: <https://www.sportengland.org/facilities-planning/design-and-cost-guidance/clubhouses/>



ALTERNATIVE LANGUAGES AND FORMATS:

This document can be provided in alternative languages, or alternative formats such as large print, braille, tape and on disk upon request. Call the sport england switchboard on 08458 508 508 for more details.

ACKNOWLEDGEMENTS:

Sport England wishes to thank all the individuals and organisations who have contributed to this document including Integra Modular Construction, Pozzoni Architects, Public Convenience, Sport England Modular Framework Contractors, The Baring Foundation, and The Waste Disposal Hub.

PREPARED BY:

Sport England, Robin Wilson Consulting and Abacus Cost Management Ltd (Design Services).

USER GUIDE:

Before using this design guidance note for any specific projects all users should refer to the User Guide to understand when and how to use the guidance as well as understanding the limitations of use.

Click here for **'User Guide'**

Click here for current **'Design and Cost Guidance'**

ISSUE TRACKER:

001 – Initial Publication: April 2019

FURTHER INFORMATION:

To find out more about Sport England and to get the latest news and information about our various initiatives and programmes, please go to www.sportengland.org

DISCLAIMER:

This guidance note is provided for general information only. Sport England is not your adviser and any reliance you may place on this guidance is at your own risk. Neither Sport England, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note but Sport England cannot guarantee that the information is up to date or reflects all relevant legal requirements. The information and drawings contained in this guidance note are not site specific and therefore may not be suitable for your project, facility or event. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action on the basis of information contained in this note. This guidance note is not intended for, and should not be used in connection with, any procurement activities, or for obtaining planning or other statutory approvals.



© Sport England, April 2019

Sport England

1st Floor
21 Bloomsbury Street
London
WC1B 3HF

Tel : +44 (0)8458 508 508