

# Active Design |

The Role Of Master Planning | Phase 1 | September 2005





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# SUMMARY



- 1 Sport England believes that master planning has the potential to create new environments that maximise the opportunities for participation in sports and physical activity. As part of the wider culture shift that is taking place through the health and urban design agendas, Sport England sees the potential for creating healthy communities through promoting good design. This report, produced by David Lock Associates on behalf of Sport England, outlines key objectives for promoting participation in sports and physical activity through the design and layout of development.
  - **Increasing Awareness:** raising the prominence and legibility of sports and recreation facilities and opportunities for exercise through the layout of development.
- 2 Through an analysis of the current health agenda, urban design principles and good practice the term Active Design has been adopted to describe the extent to which master planning can promote healthy environments through creating the conditions for participation in sport and physical activity and the use of active modes of travel (such as walking and cycling). Three Active Design objectives have been identified that should be promoted by master plans:
  - **Improving Accessibility:** providing easy, safe and convenient access to a choice of opportunities for participating in sport and physical activity and active travel for the whole community.
  - **Enhancing Amenity:** promoting environmental quality in the design and layout of new sports and recreational facilities, their links and relationship to other development and the wider public realm.
- 3 These objectives are outlined within the report, including pointers to good practice and guidance for master planners, developers and local planning authorities in promoting Active Design. This report is the first phase of a two stage process, and sets out general guidance and background on the issues. A second phase containing practical detailed guidance is currently under preparation and will expand on the key objectives of access, amenity and awareness.





●●● Accessibility



●●● Amenity



●●● Awareness





# 1.0 INTRODUCTION



## Scope & Purpose

- 1.1 Sport England believe that being active should be an intrinsic part of everyone's life pattern, and that the master planning of major new housing and mixed use development schemes has a vital role in providing opportunities for making new communities more active and healthy through well planned and high quality design.
- 1.2 Sport England also believes that sustainable new communities should have easy access to a choice of opportunities for sport and physical activity to suit all age groups. Activity should be part of the everyday pattern of life within new sustainable communities. Sport England's aim is for communities to be naturally active through their new living environment, with activity built in as part of daily life, setting a pattern for future healthy communities.
- 1.3 Sport England provides strategic leadership for the sporting sector in England, and promotes a vision for sport in England to be the most active and the most successful sporting nation in the world. Sport England has commissioned David Lock Associates to investigate the contribution that master planning can make towards achieving this vision, and in particular to improving levels of participation in sports and physical activity.
- 1.4 This phase one report provides an overview of 'Active Design' objectives for promoting healthier communities through participation in sport and physical activity, derived from the emerging health and sports agenda and current urban design guidance and planning practice.
- 1.5 This report is not about setting standards for provision of new facilities; it is about how and where they are provided. The report provides general guidance on the potentials for promoting Active Design through master plans based on desk top research and a review of case studies: it does not in itself seek to provide detailed design guidance. A second stage is proposed that will derive detailed design guidance through a process of engaging with stakeholders to identify and promote best practice for master planning sports and physical activity.
- 1.6 Master planning is one of the key building blocks in promoting activity, but can only realistically promote the conditions for facilitating sport and physical activity; it cannot in itself make people participate. To be most effective, this work needs to be taken forward as part of a co-ordinated approach alongside Sport England's other promotional initiatives and sports development programmes.

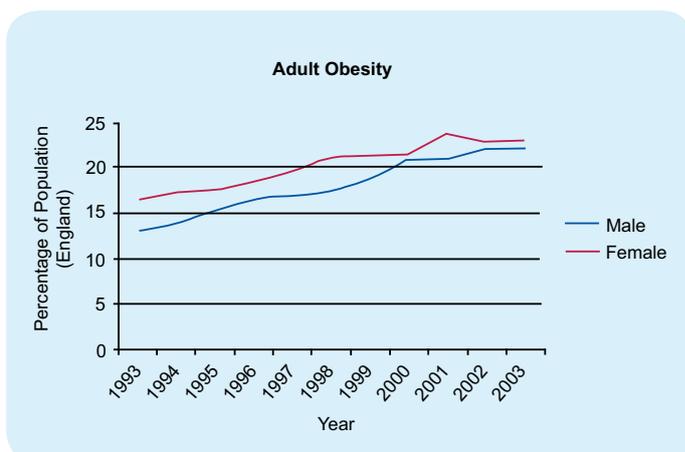




## 2.0 THE CONTEXT FOR ACTIVE DESIGN



- 2.1 The potential exists for master planning to influence the opportunities for people to participate in sports and physical activity to promote public health and well being. Recent trends indicate rising levels of obesity and a potential lowering of life expectancy as a result of poor diet and sedentary lifestyles.
- 2.2 The Government has recognised the seriousness of this trend. In 2005 the Department of Health published *Choosing Activity: a Physical Activity Action Plan* setting out the Government's plans to deliver commitments across all Government Departments (health, sports, education, environment, food, transport, planning etc) to promote a more active and healthier England. The recommendations of the Chief Medical Officer for physical activity are set out at appendix two.

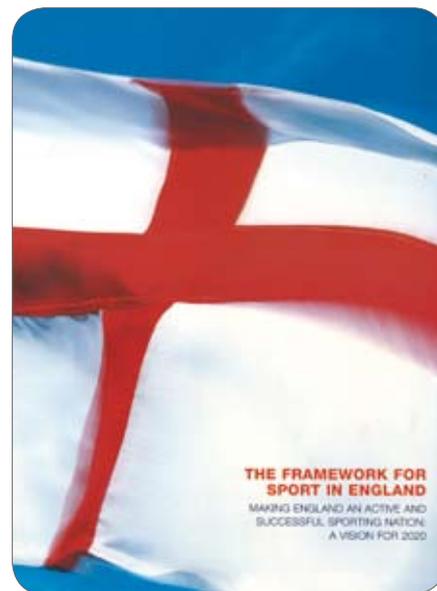


*Rates of adult obesity (body mass index in excess of 30), from Health Survey for England 2003, table 6*

2.3 Sport England leads the response of the sporting sector. *The Framework for Sport in England: making England an Active and Successful Sporting Nation: a Vision for 2020*, sets out a vision for England to be the most active and successful sporting nation in the world. The *Framework for Sport* promotes a 'balanced scorecard' of key performance indicators, the following targets of which are directly relevant to participation and design:

- an activity target of 30 minutes per day;
- participation in sport or active recreation three times a week as part of the 30 minutes per day (60 minutes three times a week for young people)
- addressing the equity gap for women and girls, ethnic minorities, people with a disability and people in the lowest socio-economic groups.

2.4 Sport England's targets seek to achieve a 1% year on year increase in participation in sport and physical activity, building from a current base of around 30% of the population being physically active, towards at least 50% of the population playing sport by 2020. These targets are being promoted by Sport England to be incorporated into Local Development Frameworks to ensure that plans and policies reflect these ends. The delivery of the *Framework for Sport* is through Regional Plans for Sport.





## Sport England's Role In The Planning System

2.5 Sport England plays a key role in the protection of existing facilities and the promotion of new facilities through the planning system at national, regional and local levels. Sport England is identified as a consultee in the preparation of Local Development Frameworks, and is a statutory consultee on any planning application that would have a detrimental effect on playing fields. Sport England also plays a key role as a consultee on major planning applications and on applications relating to sports facilities, and promotes best practice in the specification and development of new facilities.

2.6 Sport England has developed a range of tools and guidance to assist in this current role collected under the heading of the Planning Contributions Kitbag, available through their website ([www.sportengland.org/planningkitbag](http://www.sportengland.org/planningkitbag)). The Planning Contributions Kitbag builds on the *Good Practice Guide: Providing for Sport and Recreation through New Housing Development*, and sets out a number of tools, techniques and examples to assist local authorities in identifying the need for new sports facilities and securing them through planning obligations associated with new development. The Planning Contributions Kitbag is set out under three main headings:

- **Planning Contributions: What are They?** - this section of the kitbag sets out the legislative background to the use of section 106 planning obligations, and advice on their use for sports including reference to *Planning Policy Guidance Note 17: Sport and Recreation (2002)*, the *Framework for Sport* and associated regional plans for sport.
- **Developing Local Frameworks** - this sets out the need for local frameworks to secure investment in sport based on five parts:

**1. Deriving Local Standards** - This includes the use of tools to assess local provision in terms of the quantity, quality and the need for new facilities. Tools include the Sports Facility Calculator, which allows demand to be assessed for major community facilities (e.g. swimming pools, sports halls etc.), Towards a Level Playing Field which sets out a methodology and electronic toolkit for assessing the demand for pitches and Sport England's comprehensive database of sports facilities, Active Places ([www.activeplaces.com](http://www.activeplaces.com)). Active Places has recently been enhanced to integrate this database with census and other data to allow detailed analysis of sports provision within an area.

**2. Approved Development Plan Policies** - Advice is provided on the need for appropriate enabling policies at Regional Spatial Strategy and Local Development Framework level.

**3. Developing a Local framework and Listing Priority Projects** - This involves preparing a local framework or supplementary planning document explaining how the relevant policy in the RSS or LDF will be implemented.

**4. A team approach to negotiation** - Local authorities need to take a team approach to negotiations, combining the skills of different departments of the authority.

**Part 5: Transparency and accountability** - The need for clear information on what will be sought by the local authority is noted, including section 106 contribution calculators, model planning obligations and community use agreements etc.

- **Good Practice and Examples** - this includes pilot projects and examples of policies, Supplementary Planning Guidance/Documents and on site provision negotiated through using the tools in the Planning Contributions Kitbag.

2.7 Sport England's current guidance therefore provides a solid basis for assessing the need for new facilities, negotiating contributions towards new facilities through planning obligations, and for the detailed specification of facilities. **Sport England does not however have any guidance for designers, developers and local planning authorities between the strategic planning tools and detailed design specifications that guides how these elements might be integrated into the master planning process to promote sport and physical activity.** This will be addressed by the detailed guidance emerging through Phase II of Active Design.



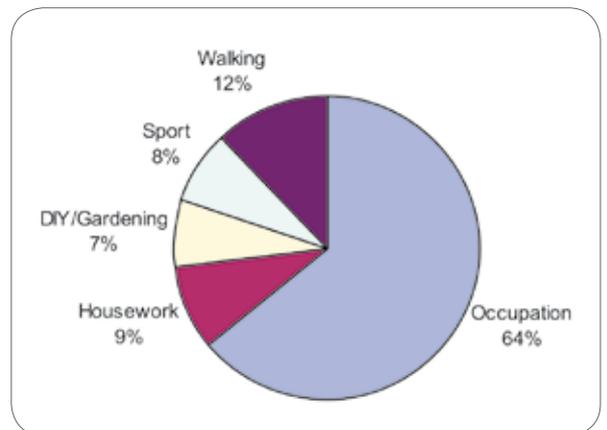


### How Can Master Planning Help?

2.8 The *Framework for Sport* recognises that environmental factors can have an influence on participation in sports and physical activity in terms of variations in access. This is confirmed in a recent project by the University of Oxford (*Understanding Participation in Sport and Physical Activity amongst Children and Adults, University of Oxford, 2005*) which reviewed research into participation in sport. The importance of clean, safe places for activity and access to quality leisure provision were identified as factors in participation in both sport, but also in active travel modes such as walking and cycling. *Living Life to the Full* (2005), the Department of Culture, Media and Sport's five year plan, identifies the provision of the right sports and leisure facilities in the right places as a key measure in promoting participation in sport.

2.9 The promotion of Active Design through master planning therefore has an important role to play in creating environments that allow a culture of sport and physical activity to flourish.

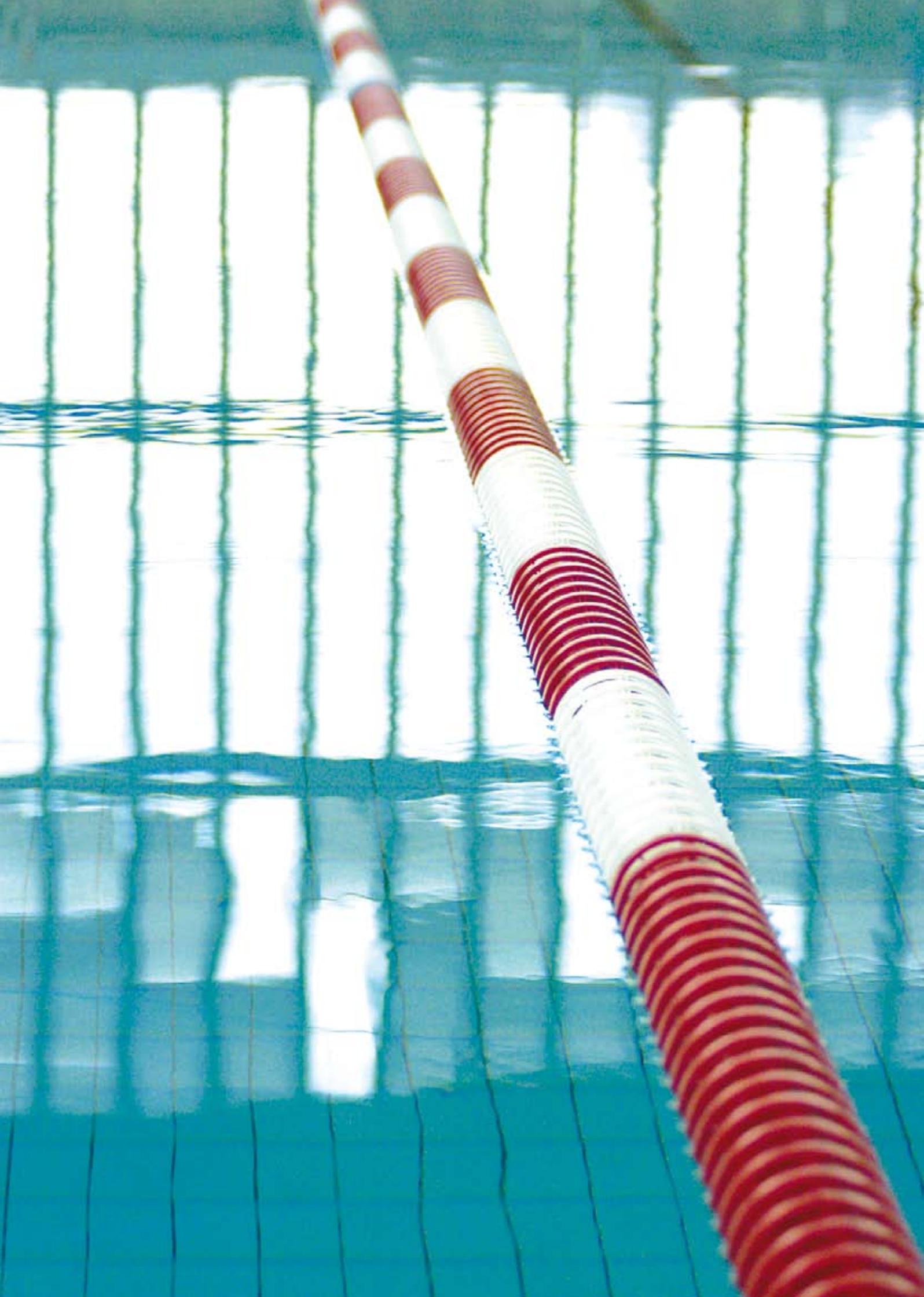
2.10 The *Framework for Sport* cites data from the *Health Survey for England 1998* indicating the breakdown of activities for the 30% or so of the population that currently achieve the five times a week standard.



*Physical activity contributions in England, 1998, % of all active hours as set out in the Framework for Sport.*

- 2.11 Occupation makes up the largest contribution towards achieving physical activity, and this primarily relates to physical manual employment, excluding office based work, followed by walking, housework, sport and DIY/Gardening. The *1998 Health Survey* was not explicit on the contribution made by cycling towards meeting activity targets, classifying it as a sport and exercise activity.
- 2.12 Given the employment trend of a decline in the manufacturing sector and increase in the financial and business services sector, the assumption can be made that the contribution of employment towards achieving physical activity targets might decrease. This highlights the importance of promoting further other means of achieving the targets, including sport and physical activity.

- 2.13 Of these categories of physical activity master planning is unlikely to influence the intrinsic character of occupational activity, or the degree to which housework or DIY is carried out. Master planning may have a limited influence on the contribution towards physical activity targets through gardening by ensuring that most dwellings include meaningful garden space, or access to an allotment.
- 2.14 This leaves two main areas that contribute towards physical activity targets that master planning does have the ability to influence:
- **sport and recreation opportunities by making appropriate provision for new facilities and contributing to a culture of activity; and**
  - **walking and cycling under the heading of active travel, by promoting these transport modes through the layout and disposition of uses.**







## 3.0 THE THREE A's



3.1 The promotion of good design is a key objective of the planning system. All master planning needs to reflect a wide range of planning and design guidance and best practice. A review of key sources of design advice is set out at appendix one. *By Design - Urban Design in the Planning System: towards better practice (CABE/DETR, 2000)* gives an overview, outlining seven overlapping objectives of good urban design:

- **Character:** A place with its own identity. Planning should promote character in townscape and landscape by responding to and reinforcing locally distinctive patterns of development, landscape and culture.
- **Continuity & Enclosure:** A place where public and private spaces are clearly distinguished. Planning should promote continuity of street frontages and enclosure of space by development which clearly defines private and public areas, and provide natural surveillance of public areas.



- **Quality of the public realm:** A place with attractive and successful outdoor areas. Planning should promote public spaces and routes that are attractive, safe, uncluttered and work effectively for all in society, including disabled and elderly people.



- **Ease of movement:** A place that is easy to get to and move through. Planning should promote accessibility and local permeability by making places that connect with each other and are easy to move through, putting people before traffic and integrating land uses and all forms of transport.





- **Legibility:** A place that has a clear image and is easy to understand. Planning should promote legibility through development that provides recognisable routes, intersections and landmarks to help people find their way around.



- **Adaptability:** A place that can change easily. Planning should promote adaptability through development that can respond to changing social, technological and economic conditions.



- **Diversity:** A place with variety and choice. Planning should promote diversity and choice through a mix of compatible developments and uses that work together to create viable places that respond to local needs.

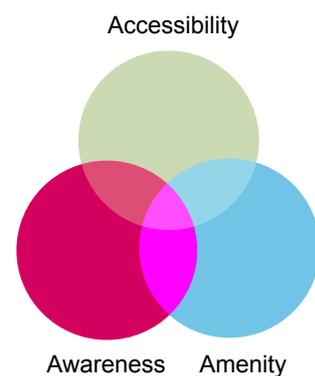


## The Three As

- 3.2 Taking account of the common ground that exists between Sport England's remit and these design objectives, the following active design objectives for promoting sport, recreation and active travel into new development have been derived, **the three A's:**

- Improving **accessibility**;
- Enhancing **amenity** and environment; and
- Increasing **awareness**.

- 3.3 These active design objectives are overlapping and need to be considered in a holistic manner. Each master plan or proposal will vary in the extent to which it promotes all of these objectives, but the aim should be to promote each of the three A's in any proposal.





### Active Design Objective 1 - Improving Accessibility

3.4 The degree to which people have ready and convenient access to a particular location or facility is likely to influence its use and overall participation rates. The careful location of facilities, open spaces and foot and cycle networks in places where the greatest number of people can conveniently access them by a range of transport modes is therefore an important consideration.

3.5 This suggests locating sports and recreational facilities and opportunities close to or between where people spend their time:

- close to homes;
- close to work places;
- close to schools; and
- close to shops.



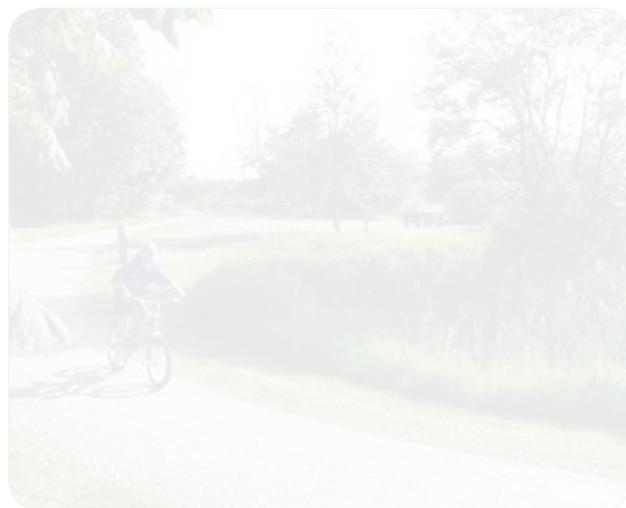
*Opportunities for activity should be easily accessible at and between key destinations*

3.6 Active travel networks promoting walking and cycling should link directly each of these key destinations, offering the potential to incorporate physical activity into the daily routine (for example the journey to work or to school). One of the key factors in lack of participation in sport and physical activity is lack of time. This approach offers the opportunity for active travel without placing additional time demands on the individual. This suggests a compact mixed use form where day to day facilities (including sports and recreation opportunities) are within easy walking distance of the home (generally described as 400m or 800m, equivalent to 5 or 10 minutes walk). This might be increased to 1200m to provide a 15 minute walk, comprising a 30 minute round trip, offering the potential to contribute towards the 30 minutes physical activity target.

3.7 Active travel networks also need to integrate with wider strategic networks such as the Sustrans national cycle network to ensure that they also provide for longer journeys, and trips made for leisure purposes. Networks must be fully accessible to all groups, including those with disabilities.

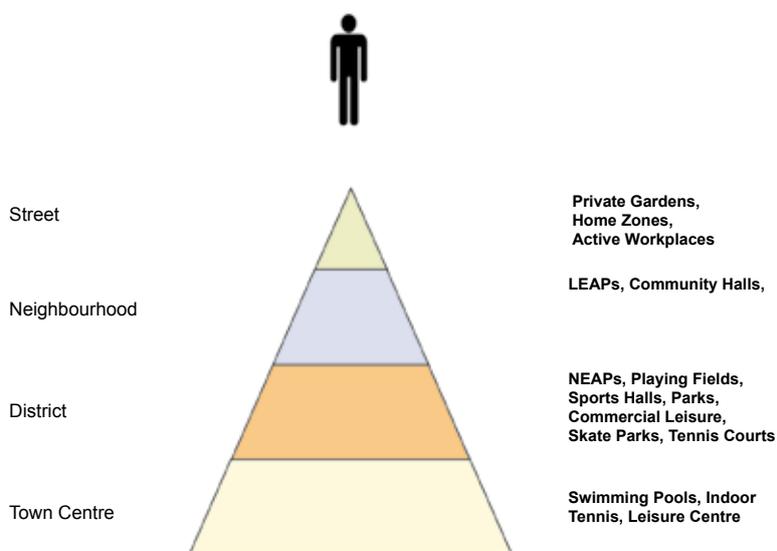


*A compact urban form focussed on a school and local centre*



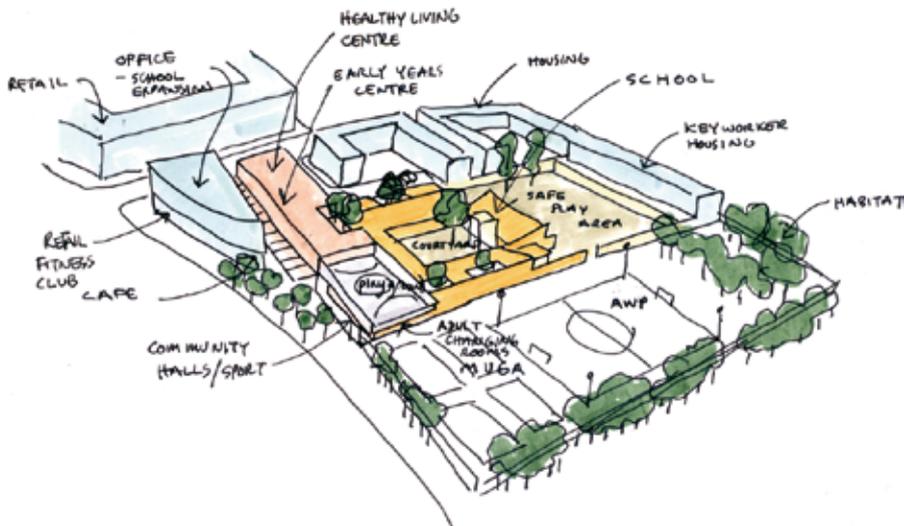


3.8 Different sports and recreation opportunities have different locational requirements. Major leisure facilities such as swimming pools require large catchments from a wide area. Such uses therefore require high levels of accessibility that are often only found within town centre locations where accessibility by all transport modes is highest, an approach underpinned by planning policy for town centres. However, as the size and catchment of facilities decreases, greater locational flexibility exists.



*A range of opportunities for activity exist at different scales*

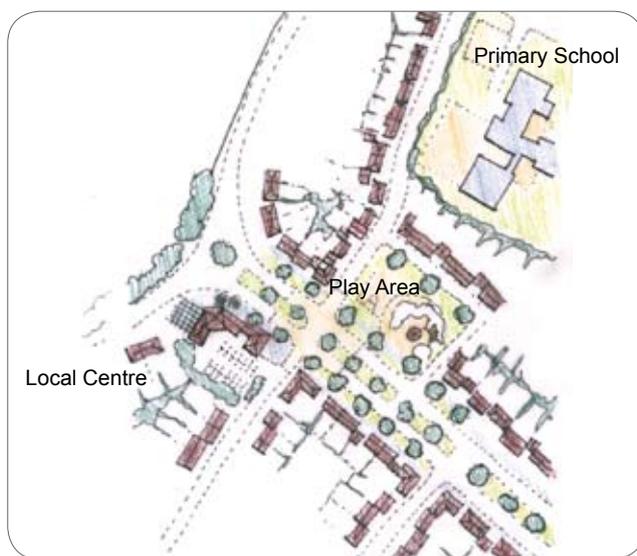
## Co-location, Co-location, Co-location



*A preliminary sketch of schools for the future concept, page 9, KCC template 01, Kent County Council et al, 2005*

3.9 An important concept in considering the accessibility of facilities is that of co-location. By locating facilities together, economies of scale can be realised in terms of use of changing facilities, maintenance and general patronage. Most urban parks work in this way containing tennis courts, bowls greens, football pitches etc. More recently, the concept of sports hub clubs or multi-sport clubs are being explored where a number of sports share skills and resources, such as management, as well as facilities such as changing rooms and activity spaces, pitches etc. The concept of co-location may be applied more widely to co-locating sports and recreation facilities alongside other key uses. An example would be the location of a health and fitness centre over a supermarket, allowing joint trips to be made for a visit to the gym and for shopping. This has the benefit of combining two activities within a single journey, reducing the need to travel and sharing car parking.

3.10 The co-location of integrated facilities is an emerging concept where community facilities, including sporting facilities, are being located together in sporting and cultural hubs (sometimes referred to as Discovery Centres). The wider use of school facilities outside of school hours is another example where creative approaches are being developed under the Government's Extended Schools and Schools for the Future programmes. Kent County Council has recently published *KCC Template 01, Schools for the Future, 2005* which notes that most school facilities are used for only 12% of the total time, and identifies the potential for schools including their sports facilities to fulfil a wider function as community hubs. While there remain issues to be addressed, this concept has the potential to have a significant impact on the local availability of high quality sports facilities in accessible locations, and therefore on opportunities for participation in sports.



*Play and other facilities should be accessible between key destinations*

3.11 Other examples of co-location are worthy of note: integrating other uses into sports changing facilities such as community rooms/offices, artists studios, or doctors surgeries can assist in providing activity and natural surveillance across the day, reducing the risk of vandalism and the associated reduction in environmental quality. The integration of children's play facilities into streets as part of the Home Zones concept, where streets are treated as social spaces rather than solely serving car access, is a further important area where activity can be co-located at the heart of a residential community.

3.12 This multiple use of space is an important design issue that can promote wider accessibility of facilities and the efficient use of land, and activity throughout the day, adding to the diversity of experience on offer and promoting social interaction and a sense of community. A creative approach is required to identify opportunities where multiple uses for sports and physical activity including opportunities for informal sport and recreation may be possible.

3.13 Co-location also needs to be considered in the context of travel networks. By making access to sports and recreation as convenient as possible, the opportunities for participation are likely to be enhanced.

3.14 As well as linking key destinations of homes, schools, workplaces and shops, active travel networks also need to integrate with sports and recreation facilities. By co-locating sports and recreation opportunities on active travel networks, the potential exists for journeys between key destinations to be broken for other sports and recreation activities. For example, a children's playground located on the journey from school to home is likely to be well patronised, or tennis courts or sports fields located between the workplace and home.

3.15 These linkages suggest that master plans should be based on a permeable layout of pedestrian friendly streets, footpaths and cycleways together with 'green networks' of joined up open spaces, parks and pitches. This promotes and encourages walking and cycling by making it as straightforward as possible for people to get out and about, providing a choice of routes and transport modes instead of relying solely on motorised forms of transport. It is also important that appropriate provision is made at key destinations for the needs of pedestrians and cyclists, such as covered cycle parking and public conveniences and adequate provision for cycle provision within the home (oversized garages are one way of addressing this issue allowing the storage of a car and leaving space for cycle storage also).

3.16 Improving the accessibility of facilities to the greatest number of people by a range of modes of travel also has the benefit of enhancing social inclusion. Parks, sports grounds, leisure centres and community halls can provide a focus for communities in the same way as schools or town centres, especially where they are combined with other activities.



*A traditional permeable street network*



3.17 It is important that those without access to the private car are not disadvantaged where facilities are beyond a convenient walking distance, or where the individual may find walking or cycling impractical (this might particularly apply to the elderly). All town centre facilities (and preferably district facilities) should therefore be within easy reach by public transport, and master plans should seek to place all dwellings within easy reach of a bus route or stop.

3.18 It is also important that appropriate provision for car access is maintained. Car access will be the primary means of access to some facilities and is especially important for some groups, such as the disabled. Also in considering larger facilities with wider catchments car access is fundamental to viability. Therefore the priority should be that a high standard of access is provided to all modes of transport.

3.19 In terms of detailed design the opportunity does exist to favour pedestrian, cycle and public transport access over car access to larger facilities by:

- Designing entrances that prioritise access by the disabled, then pedestrians and cyclists, then public transport users and finally car users. This suggests that larger facilities should seek to cultivate a direct relationship between the entrance to a facility and the public realm, rather than siting a facility behind a car parking area.
- Promoting the efficient use of land by sharing car parking with other uses, especially in town centre locations. This also reinforces the concept of co-location as previously mentioned where a trip to the supermarket might be combined with a visit to the gym for example.



*Placing entrances on street frontages helps to promote access by all modes of travel*

## Active Design Objective 2 - Enhancing Amenity

- 3.20 Safe, well designed, attractive and cared for environments will always be more popular and well used than those which are stark or neglected. Improving the amenity and environmental quality of open spaces, sports facilities and path and cycle networks will therefore help to increase their attractiveness to a wider number of participants and enhance the integration of sports facilities into central, accessible locations. This must of course go hand in hand with ensuring that facilities are well designed and fit for purpose.
- 3.21 At the macro level a strong and well defined landscape framework is a key component of master planning. Landform and important features of the existing landscape where they exist, such as ponds, hedgerows and trees, shape what can be achieved through a master plan and create the landscape setting and form of a development and its sense of place and identity. The landscape framework can support a network of linked pedestrian and cycle routes, open spaces, sports facilities and parkland while serving other functions such as providing for wildlife and water management corridors.
- 3.22 Landform can also be taken advantage of to promote physical activity. Where a site features changes in level, these can be used to promote physical activity by designing in appropriate gradients to paths and cycle routes across level changes. Landform can also promote grade separation of pedestrians and cyclists from major roads at strategic points, enhancing the safety of users.



*Priors Hall, Corby - a mixed use scheme for 5,000 dwellings*



3.23 The landscape framework provides a context for built form. Conversely, built form also provides a setting for open spaces. Detailed design should focus on the edges of open spaces to promote a positive relationship between open spaces and built form (in particular housing) to promote a feeling of safety through passive policing and 'eyes on the street' that allows natural surveillance of the space and its facilities, pathways and cycleways. This will avoid the potential for 'no-go' places defined by close boarded fences and blank elevations and will help promote a feeling of safety for users. A positive relationship between housing and open spaces can also encourage a sense of ownership by the wider community that may assist in ensuring appropriate management and usage of the space.



*A positive relationship should be promoted between open space and development*

3.24 In large parks and open spaces it is almost inevitable that there will be areas where this positive relationship is not possible, and development will face away from the open space. In such situations efforts should be focussed on providing a positive relationship between development, and the most well used parts of the open space, such as entrances, main routes through etc.

3.25 Promoting the safety and amenity of foot and cycle networks should be a priority throughout a development. Measures promoting cycle and pedestrian priority over the private car should be employed to promote active travel and the safety of users. Direct and attractive routes linking key destinations will be better used, promoting activity and with it natural surveillance and opportunities for socialising. Positive overlooking of routes to provide natural surveillance is encouraged, including from passing cars. For this reason foot and cycle networks should follow road networks where possible. Where foot and cycle networks do not follow road networks, promoting surveillance through other activities and overlooking is particularly important.

3.26 In all cases, foot and cycle networks should be direct, safe and of a high environmental quality with appropriate surfacing, lighting and detailed design to remove blind corners that might be perceived as dangerous.

3.26 At a smaller scale the integration of play areas into the street (home zones) can provide important opportunities for children to play as a group close to home. This is especially important for younger children where parents can keep a check on their safety. This creates an environment where the street serves a wider social function (as opposed to only providing access) and adds to the richness and variety of the local environment. However, there is clearly a balance to be struck between promoting activity and protecting amenity within residential areas.



*Positive overlooking of pedestrian and cycle routes is encouraged*



*An example of a Home Zone environment*



- 3.27 Sport also has the potential to enliven spaces, by creating activity and adding to the cultural diversity of a location. The creation of multi purpose spaces with ample viewing areas creates the opportunity for natural amphitheatres that might lend themselves to sports events or demonstrations, seasonal ice skating as well as theatre, musical performance etc. This could assist in raising the profile of sport and placing it alongside other cultural offers.
- 3.28 Flexibility and adaptability is a key urban design objective, allowing places to evolve and mature without the need for wholesale renewal of buildings and spaces. The same adaptability should also be promoted in thinking about the provision of sports facilities. The design of many individual facilities already incorporates flexibility (such as Multi Use Games Areas). In responding to the changing needs of a community, it is important that as much flexibility is built into new facilities, pitch provision and associated infrastructure as possible.
- 3.29 The quality of new facilities and networks can be

promoted through straightforward design measures such as tree planting, and the use of high quality and durable materials. Equally, the enhancement of existing facilities, streets and open spaces can have a significant impact on the character and amenity of a space or route and how it is used. Quality design need not be expensive but will usually prove to be durable over time and has the additional benefit of raising the profile of sport and activity. Sport England's *Better Places for Sport* provides advice on the design and delivery of new facilities.



Physical activity can enliven public space



Durable materials promote environmental quality

### Co-location & Amenity

3.30 Under Active Design Objective One: Accessibility the opportunities to co-locate sports and recreation facilities close to other uses in town and local centres was identified. In order for this to take place successfully, the particular characteristics of facilities must be understood in order to integrate them with other buildings and uses.

3.31 Many sports and recreation facilities suffer from a 'boxes, fences, and bunkers' aesthetic, with large scale buildings with limited active frontages, and playing courts surrounded by fences, enclosures and other structures such as floodlighting. This is partly a functional necessity, partly a cost driven issue. Even smaller scale play areas can require fencing and buffer areas. These features can detract from amenity and quality of the environment by their visual appearance, and the lack of activity they contribute to public spaces due to their blank frontages.



*Floodlit all weather pitches, Milton Keynes*



*Sports facilities such as this bowling alley often feature large areas of blank frontage*



- 3.32 In most cases the response to accommodating these facilities is to provide an appropriate degree of physical separation from other uses such that their scale and external effects (noise, light pollution, traffic) can be dissipated and protect amenity, especially to residential areas. This approach tends to displace activity away from accessible central areas to less accessible peripheral locations.
- 3.33 One opportunity already identified above is the provision of floodlit facilities within schools and their joint use by the wider community. This makes efficient use of land, while taking advantage of the natural buffer around schools that exists for play space etc. and of schools proximity to neighbourhoods. There is however the issue of the costs of wider use, in that it is understood that public facilities are currently liable to VAT, whereas solely educational facilities are not (although this may change in the future). The implications of this cost and issues of managing public access to educational facilities need to be acknowledged and taken into account early in the master planning process. Nevertheless, there is a growing realisation that educational facilities have the potential to play a much wider role in meeting the needs of local communities, including sports provision.
- 3.34 Another approach is to consider alternative approaches that integrate large facilities more fully with their context. In promoting variety and choice in the urban environment, master planning seeks to mix compatible developments. Outdoor sports facilities due to their scale are likely to be more compatible with other large-scale built forms such as supermarkets, offices or industrial units than smaller-scale residential uses. This form of co-location may help reduce the perception of their scale, as well as separating them from residential uses and offering sports and recreation opportunities to employees, shoppers etc. Given that the busiest time at most sports facilities is weekday evenings outside of the working day, the potential also exists for the shared use of parking and access infrastructure, offering economies in the use of land.
- 3.35 The opportunity also exists for large indoor facilities with little active frontage to be organised with entrances and front of house facilities on the street, promoting activity and placing sports alongside other activities and goods on offer in the High Street. The bulk of the facility with blank frontages might then be integrated within the centre of a development block, again with the opportunity for sharing parking and servicing access.

3.36 A further aspect of co-location and amenity is the issue of noise and disturbance in residential areas. Children and young people playing in the street or in other public areas and open spaces can be perceived as a nuisance or a threat. There are no straightforward answers to this issue, although the promotion of surveillance and activity within and around a space is likely to promote a self-policing environment that might serve as a moderating influence.

3.37 Lifestyle sports such as skateboarding create particular issues within the urban environment. Master planning for these uses is difficult; while provision should be made, part of the appeal of the activity is the use of public spaces. Provision for skateboarding might therefore best be made within or close to public areas, and appropriately related to surrounding uses.



*Lifestyle sports such as BMX and skateboarding raise particular issues*



### Active Design Objective 3 - Increasing Awareness



3.38 An important part of encouraging people to participate is to increase awareness, not only of the benefits of exercise, but also of the variety of activities that can contribute to good health, including the places where they can be done. If people are aware that daily activities, such as walking to the shops or to school, can contribute to well-being then this may help to inform their choices. Increasing awareness would need to involve a combination of soft measures, such as promotional campaigns, and hard measures based on according prominent sites to sports and recreation provision.

3.39 In terms of soft measures, Sport England's Everyday Sport campaign indicates that promotional campaigns can impact on people's attitudes towards getting active and encourages them to change their lifestyles. The Active Places database is also a national initiative providing detailed information on sports facilities.

3.40 Promotion of activity can also be through other avenues: employers can promote active workplaces that can include a range of measures such as encouraging stair walking, providing shower facilities for cyclists or runners, corporate gyms within the building and other measures. Doctor's surgeries also play an important role in increasing awareness of the benefits of activity.

The 'Walking the Way to Health Initiative' promoted by the British Heart Foundation and the Countryside Agency, is a good example which aims to get more people walking in their own communities, especially those who take little exercise or live in areas of poor health.

3.41 Master planning is able to contribute to raising awareness in a number of ways. Locating sports and recreation facilities at the conceptual as well as the physical heart of the community can help raise the profile of sport and awareness of the opportunities for participation. A clear street presence close to where other uses are located, such as shops, schools, health centres and places of work is desirable.

3.42 From an urban design perspective, it has been long understood that people navigate around a town through the identification of key mental cues. These have been characterised as including key landmarks, nodes (or intersections of routes), edges and barriers. To maximise the potentials for participation in sports and physical activity, facilities must be laid out in a manner that people understand what it is and where it is. This means locating major sports and recreation provision in areas that are highly visible such as at key junctions of streets or paths, on key public spaces such as squares, along key routes, or close to other focal points such as in town centres.

3.43 The detailed layout of sports facilities needs to reflect the need for street presence. For indoor facilities that tend to have blank frontages, this might include integrating sports shops or other active uses into the front of facilities. This format is being promoted by retailers in the north of England. With outdoor facilities, this might include placing pavilions/changing facilities in a prominent location, or making them part of a wider facility such as a community centre or local shopping centre.



*Landmarks form vital mental cues to aid navigation and legibility of a place*



3.44 Awareness can also be enhanced by placing the sports pitch in a prominent position. A common example of this is the historic location of cricket pitches on the village green. In this way people become aware of the location of all places that are able to offer an opportunity for taking part or engaging in exercise. At the same time, the sporting event also enlivens the space and adds activity.

3.45 Promoting the legibility of opportunities for activity should also be supported by signposting, and other cues such as the colour, texture and design of hardsurfacing. This is particularly important where pedestrian and cycle networks are proposed that do not follow the alignment of existing roads. As well as highlighting destinations, signposting and surfacing can also support the concept of activity zones by indicating the distance to a destination, or the time it would take at a brisk walk. Likewise, recreational routes through open spaces can be signposted to form a range of different distances for pedestrians and cyclists that can contribute to the 30 minutes a day five times a week target.

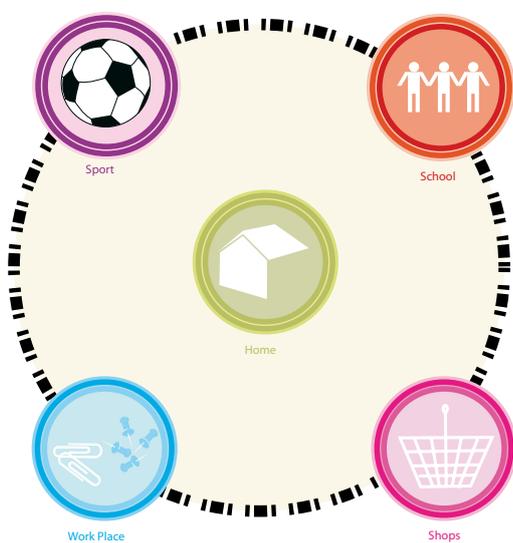


*Signposting plays a vital role in raising awareness*



*Cricket pitches form a familiar focal point in many villages and towns*

3.46 This approach can be taken further: the disposition of different key destinations across a development such as housing, employment, schools and shops can be designed using appropriate walking or cycling distances to contribute towards achieving the half an hour 5 times a week target. Establishing 'activity zones' across a new development based on these key destinations could be one way in which people undertake a circular journey during which they would be sure that it will equate to a measurable unit of exercise, and signposted as such.



*Activity 'zones' might be established to promote activity targets*







## 4.0 ACTIVE DESIGN CASE STUDIES



### Case Study 1

**Fitness First Gymnasium**  
*Berkhamsted*



### Case Study 2

**Talacre Community Sports Centre**  
*Kentish Town*



### Case Study 3

**Shenley Leisure Centre**  
**Shenley Church End**  
*Milton Keynes*



### Case Study 4

**Hampton Secondary School**  
**Hampton**  
*Peterborough*



- 4.1 Case studies have been undertaken to provide an analysis of existing facilities that promote each of the three active design objectives. The examples have been selected to assess the active design potentials of a range of types of facility in differing settings and scales of development.
- 4.2 It should be noted that larger development proposals can often represent the best way to take a comprehensive approach to the overall pattern and layout of development including the provision of new sports and recreation infrastructure. Nevertheless, application of the three As to smaller development proposals is equally valuable, particularly when the wider context is taken into account.



## Case Studies

Fitness First  
Talacre Community  
Shenley Church End  
Hampton Secondary School



## Case Studies One | Fitness First, High Street, Berkhamsted, Herts

### Description ●●●

This town centre fitness club makes use of the first floor above what was formerly a supermarket located on the High Street within a conservation area. The entrance is via a stairway/lift from the High Street itself.

### Accessibility ●●●

The facility is centrally located within 400m of Berkhamsted railway station, close to bus stops and adjacent to one of the main town centre car parking areas. Cycle parking is located nearby within the High Street.

The co-location next to town centre uses provides significant scope for visits to be combined with shopping etc. The proximity to the railway station is also notable given the high levels of commuting into London that take place from Berkhamsted, and the potential to tap into existing patterns of movement to and from the station.

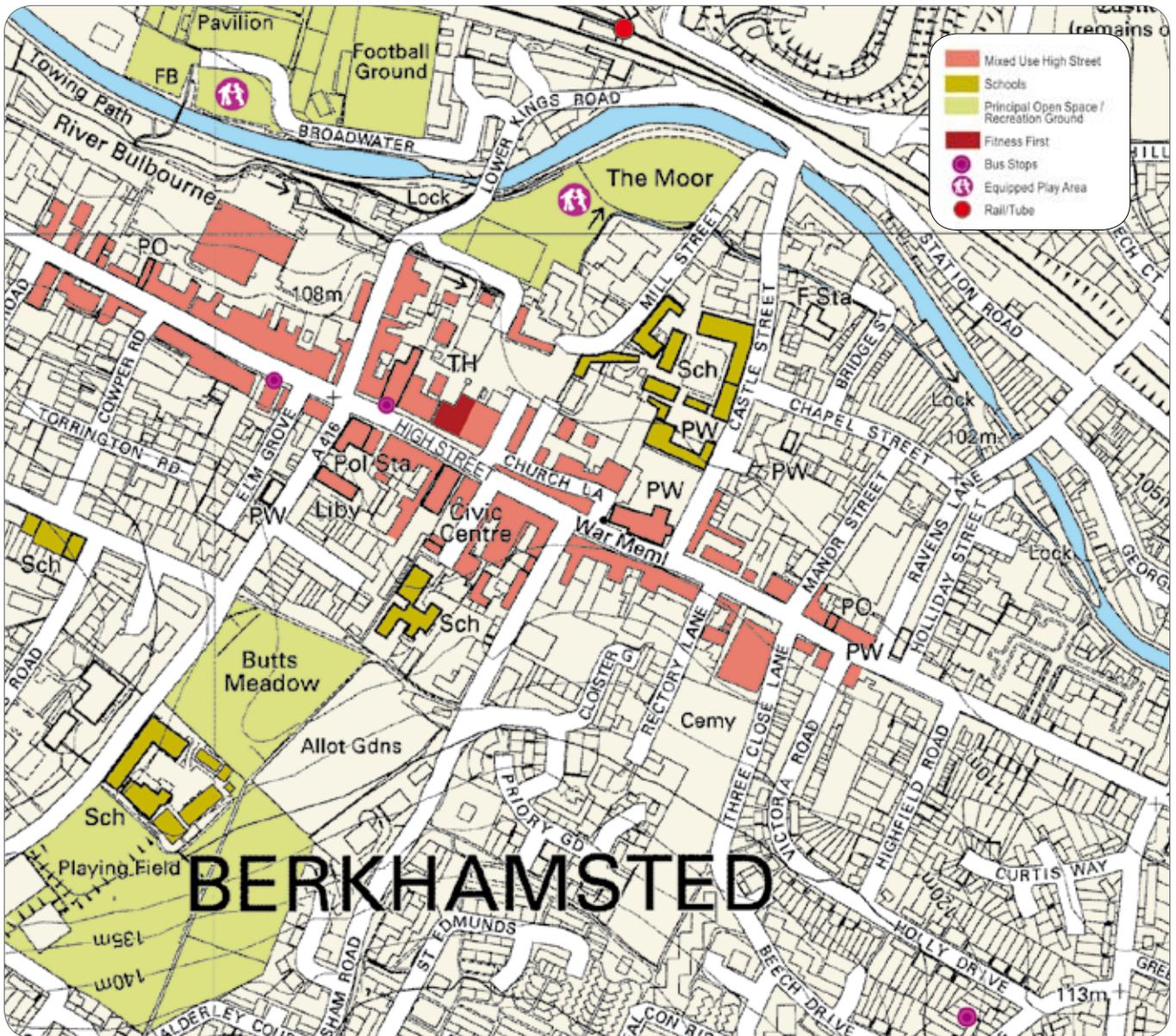
### Amenity ●●●

The facility is in a sensitive conservation area location, and is well-integrated into the street frontage, with only signage indicating the nature of the use. The rear of the unit comprises a service yard backing onto to a surface level car parking area. This arrangement, while not attractive, is common to most high streets allowing access and servicing. The location of the entrance to the street frontage (and away from the car park) promotes equality of access, and adds activity to an important and lively route.

### Awareness ●●●

The town centre location alongside other high street brands gives the facility a strong profile, and helps raise awareness of the opportunity for participation.







## Case Studies Two | Talacre Community Sports Centre, Kentish Town

### Description ●●●

Set within urban London, this recently constructed centre is located within a square formerly occupied by housing. The centre incorporates a floodlit astroturf pitch, a gymnastics hall, a multi-purpose sports hall, a multi-level soft play centre for under 10's and is set within a wider open space that accommodates car parking, a children's playground, a small park and an area for dog exercising.

### Accessibility ●●●

The centre is highly accessible, being located adjacent to Kentish Town West railway station, and in proximity to bus routes and stops and Kentish Town tube and rail stations. The centre is within a largely residential area, and is close to other community uses. The integration and range of facilities available at the centre provides sports and recreation opportunities for all ages.

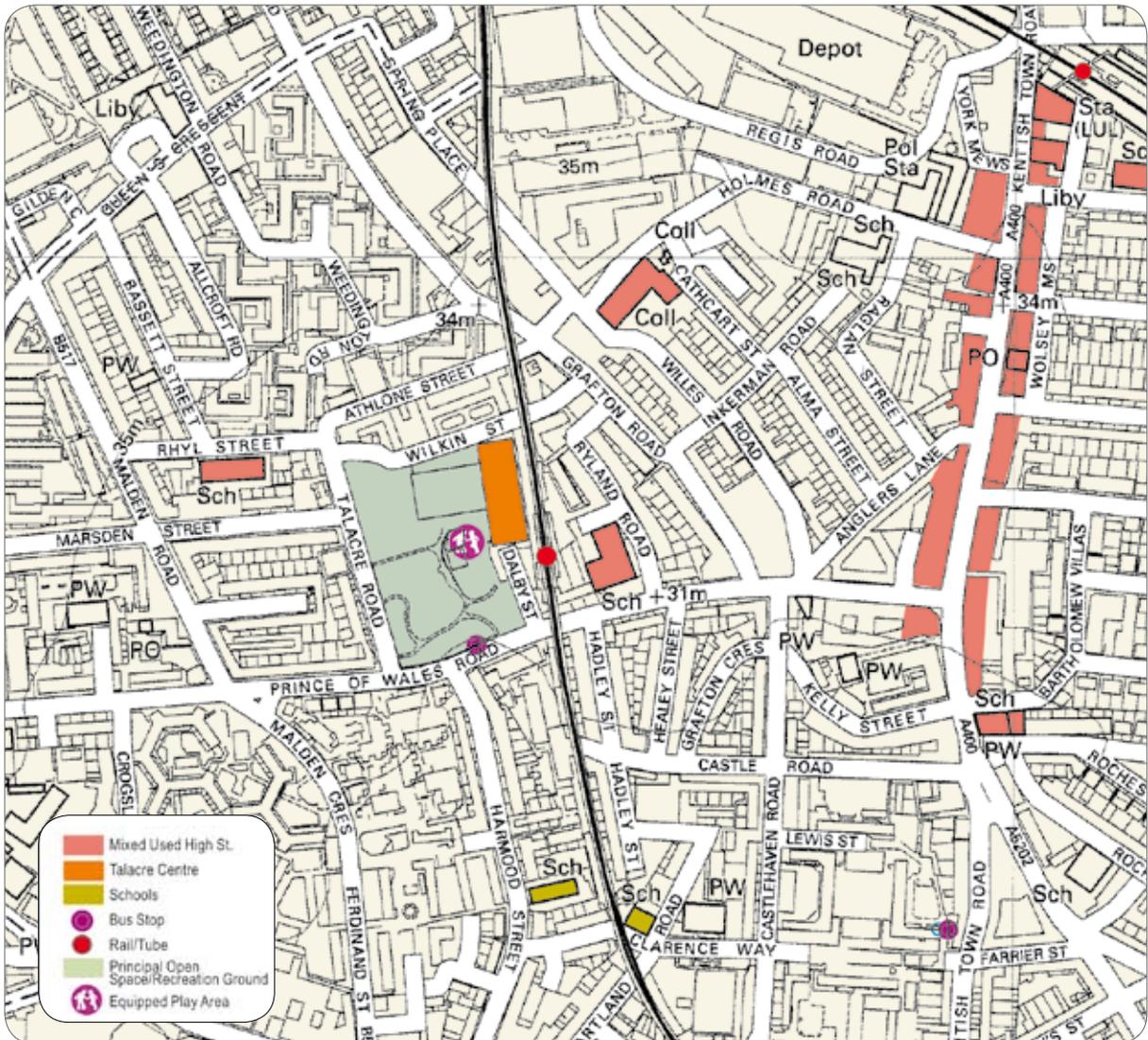
### Amenity ●●●

The facility and the surrounding open space and planting create a green oasis within this densely urbanised area. The building and detailing of the space are of a high quality that enhances the appeal of the facility and the amenities of the area. Careful thought has been given in the layout to keeping the noise and floodlighting of the outdoor pitches away from residential properties and the park area.

### Awareness ●●●

The location of the main entrance away from the street edge and behind car parking does limit the prominence of the building. Nevertheless, the quality of the building and the way that the open space punctuates the urban grain give a strong presence to the facility.







## Case Studies Three | Shenley Church End, Milton Keynes

### Description ●●●

This case study looks at the sports provision associated with the Shenley Church End local centre in Milton Keynes which integrates a leisure centre into a local retail centre and secondary school. The leisure facility houses: a Sports Hall, Squash Courts, Gymnasium, Fitness Room, Dance Studio, Floodlit Artificial Grass Area, Floodlit Tennis Courts, Theatre, Function Room/Annexe and a Bar. To the west lies a playing field used by both the school and the public. Also within the area, but separate from the leisure centre is a swimming pool.

Shenley Church End comprises one of Milton Keynes grid squares, and is a residential neighbourhood. The sports facilities serve a wider catchment within the western flank of the City.

### Accessibility ●●●

The leisure centre is located close to the cities grid road network and is integrated into the cities red route network of footpaths and cycleways. Bus services stop within the local centre adjacent to the facility. Cycle parking is located adjacent to the front entrance, while the main car parking area is located to the rear, although some general on-street public parking exists to the front. The co-location next to local shops promotes combined trips, and places sport and physical activity next to other well used day-to-day facilities.

### Amenity ●●●

The facilities adjoin the secondary school and are used by the school during school hours. The facilities are set in an attractive crescent shaped open space that underpins the retail centre. The design of the building presents largely blank frontages and give little clue to what goes on. However, the bar area is placed at the frontage, and offers a degree of activity to the public realm. The floodlit facilities are located away from residential development.

### Awareness ●●●

The front entrance to the facility is not particularly prominent. Signposting for both the leisure centre has been employed to aid legibility.







## Case Studies Four | Hampton Secondary School, Peterborough

### Description ●●●

Hampton is a major new township to the south of Peterborough of around 8,000 new dwellings, along with employment, retail, open space and associated community infrastructure. The township is currently under construction and at the present time, around 2,000 dwellings have been completed.

Hampton secondary school is co-located to place public sports pitch provision alongside school sports pitch provision in a central location within the township close to a mixed use centre. While there is dual use of the pitches, the school facilities will not be publicly accessible. A full range of sports pitches are envisaged, including tennis courts.

### Accessibility ●●●

The school and sports facilities are located close to the mixed use township centre, within walking distance of shops, employment and residential uses. The facility is integrated within the wider landscape framework that shapes the development, and the informal recreational footpath network that this supports.

### Amenity ●●●

The facility is still at the planning stage, although construction of the school has commenced. Adjacent areas are also under construction presently. The pitches integrate well into their waterside setting, as part of the broader landscape framework for the township.

### Awareness ●●●

The co-location of the pitch provision with the secondary school and close to the township centre, and on routes to and from these key destinations is likely to assist in promoting the opportunities for sport and physical activity as part of a daily routine.









## 5.0 EMERGING ACTIVE DESIGN GUIDANCE

### Next Steps: Towards Phase II

- 5.1 There is evidence that physical environmental issues are one of a number of factors in decisions people make in participating in sport and physical activity. This report has demonstrated that there a number of areas where best practice in master planning can cultivate opportunities for participating in sport and physical activity by promoting sports and recreation opportunities and active travel.
- 5.2 The concept of active design has been established with three key objectives as a means of facilitating environments that support opportunities for sport, recreation and active travel:
- Improving **accessibility** to sports, recreation and active travel opportunities;
  - Enhancing **amenity** and environment to promote high design standards and safety to encourage the use of facilities; and
  - Increasing **awareness** of the opportunities for participation in physical activity and sport that exist.
- 5.3 A review of case studies has revealed the extent to which a range of facilities and development types can contribute towards realising these active design objectives. However, this scoping document is only the start; there is a need for detailed design guidance to promote sport and physical activity and a healthy communities agenda through the planning and master planning process.
- 5.4 The interaction between health and planning is a highly topical area, and many organisations are active in the area from the health sector, transport sector and planning and design sector. The production of detailed active design guidance will provide a platform from which Sport England can make its voice heard on matters of design, layout and urban form at an early stage in the planning and design process. By becoming involved at an early stage the opportunities to influence master planning to promote active design are maximised.
- 5.5 The protection of existing provision and promoting and negotiating new provision for sport will remain a vital area of activity. However, by taking a wider involvement in the design process the wider opportunities that exist for promoting physical activity and thereby moving towards the targets within the *Framework for Sport* might be better realised.
- 5.6 Guidance should be aimed at two key groups: landowners and developers and their advisors in formulating proposals, and local planning authorities in producing the policy framework to support active design, assessing proposals (including the review of design statements) and negotiating new sports, recreation and active travel infrastructure. Design guidance may also assist in the assessment of proposals as part of CABE's design reviewed programme.

- 5.7 In promoting good design a checklist approach should be used to form a consistent base against which to score the performance of developments with respect to the active design objectives. This could lead to a system of badging development which reflects best practice in active design to provide an exemplar for other developments to follow. This approach is already taken forward in other areas such as the green flag award system for parks and green spaces operated by the Civic Trust on behalf of CABA Space.
- 5.8 In formulating detailed design guidance close liaison is recommended with the health, transport, and planning and design sectors to establish robust cross-cutting principles. This might include joint working with other organisations with an interest in this arena such as Government design champions, and representatives from the sports and health sectors.
- 5.9 Sport England as the strategic lead for sports promotion has a key role to play as active design champions, adding its voice to the debate to highlight the importance of sport and physical activity to the health and well being of communities, and the benefits of master planning sport and physical activity into new, healthier and sustainable communities.



## APPENDICES

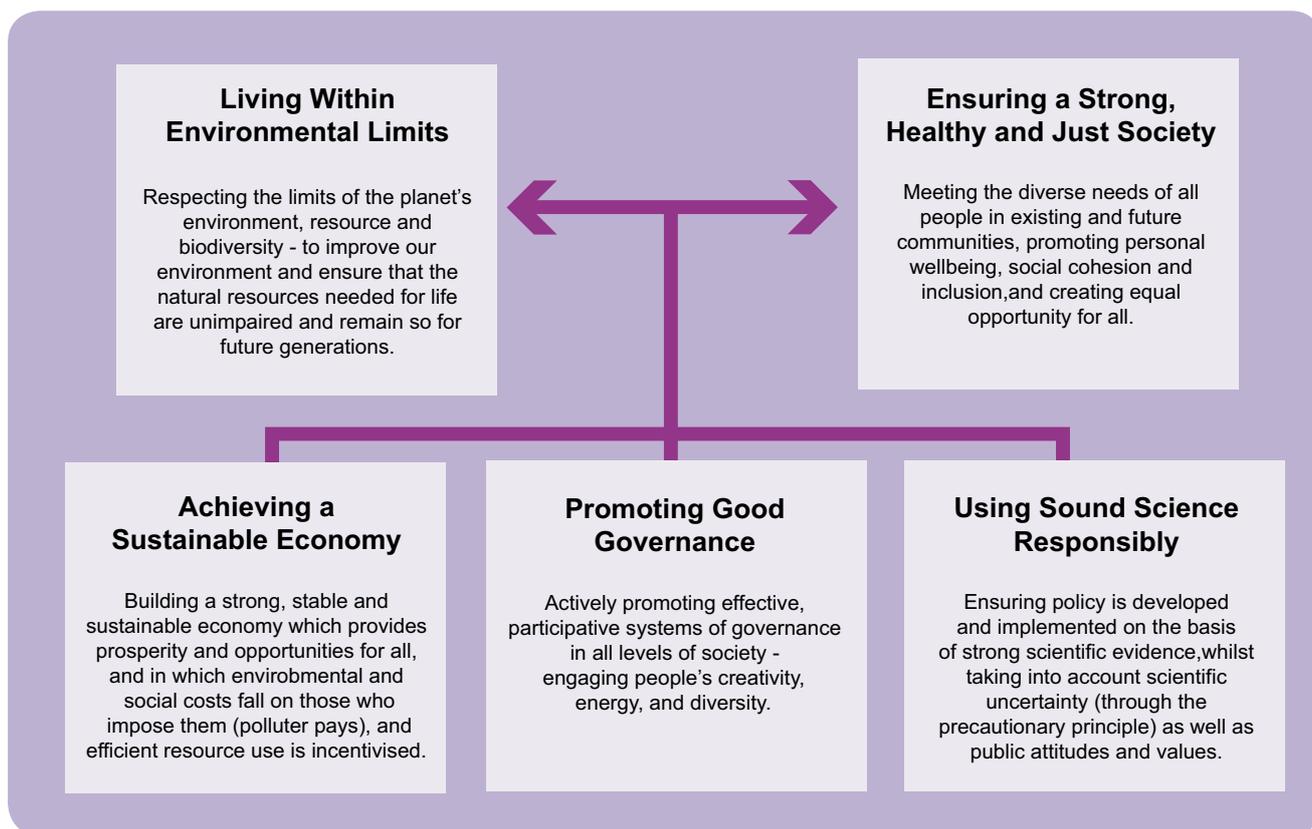
**APPENDIX ONE**  
National Planning &  
Design Advice Outline

**APPENDIX TWO**  
Advice Of The Chief  
Medical Officer

# APPENDIX ONE | National Planning and Design Advice Outline

The planning system is currently being reformed to promote a spatial planning approach that integrates with other policies and programmes which influence the nature and function of places with sustainable development at its heart.

At a national level Government planning policy is expressed through planning policy guidance notes and statement, departmental circulars and good practice publications.



Shared UK principles to achieve sustainable development are set out in *Securing the Future: delivering the UK Sustainable Development Strategy*



### **PLANNING POLICY STATEMENT 1: Delivering Sustainable Development (2005)**

PPS1 emphasises the role that planning can take in the facilitation and promotion of sustainable and socially inclusive patterns of urban and rural development that offer accessibility to a full range of jobs, housing and facilities. Good design is indivisible from good planning. The guidance promotes high quality and inclusive design as a means of contributing positively to making places better for people. Well-mixed and integrated developments that avoid segregation and have well-planned public spaces can bring people together and provide opportunities for physical activity and recreation.

### **PLANNING POLICY GUIDANCE 3: Housing (2000)**

PPG3 promotes good design in new housing developments in order to create attractive, high quality living environments in which people will choose to live. Local planning authorities should adopt policies which:

- create attractive places and spaces with the needs of people in mind;
- promote designs and layouts which are safe and take account of public health, crime prevention and community safety considerations; and
- focus on the quality of the places and living environments being created and give priority to the needs of pedestrians rather than the movement and parking of vehicles.

### **PLANNING POLICY STATEMENT 6: Planning for Town Centres (2005)**

PPS6 promotes the vitality and viability of town centres by focusing growth on town centres and encouraging a wide range of services in a good environment, accessible to all by a choice of means of transport. This includes enhancing consumer choice by making provision for a range of shopping, leisure (including the more intensive sport and recreation uses) and local services, which allow genuine choice to meet the needs of the entire community.

### **PLANNING POLICY GUIDANCE 13: Transport (2001)**

PPG13 aims to integrate land use planning and transport as a means of promoting more sustainable transport choices. The guidance seeks to actively manage the pattern of urban growth to ensure local day to day facilities are accessible primarily by walking and cycling, with priority given to walking, cycling and public transport ahead of the private car. The design and layout of development should secure community safety and road safety.

## PLANNING POLICY GUIDANCE 17: Planning for Open Space, Sport and Recreation (2002)

PPG17 states the importance of open space, sport and recreation in underpinning people's quality of life. The guidance highlights how well designed and implemented planning policies for open space, sport and recreation can contribute to delivering broader Government objectives, such as:

- supporting an urban renaissance – local networks of high quality and well managed and maintained open spaces can help create urban environments that are attractive, clean and safe. Green spaces in urban areas perform vital functions as 'green lungs' to assist in meeting objectives to improve air quality;
- supporting the rural economy – open spaces within rural settlements and accessibility to local sports and recreational facilities can contribute to the quality of life and well being of people who live in rural areas;
- promotion of social inclusion and community cohesion – open spaces and good quality sports and recreational facilities can play a major part in improving people's sense of well being in the place they live and can act as a focal point for community activities;
- health and well being – open space, sports and recreational facilities have a vital role to play in promoting healthy living and preventing illness, and in the social development of children of all ages through interaction with others; and
- promoting more sustainable development – by ensuring that all facilities are easily accessible by walking and cycling.

To ensure effective planning for open space, sport and recreation the guidance emphasises the need for local authorities to undertake robust assessments of existing and future needs of their communities. The guidance outlines requirements for the establishment of locally derived open space standards and provides general principles for planning for new open space, sports and recreational facilities.



Detailed guidance is given regarding the location of new areas of open space, sports and recreational facilities; local planning authorities should:

- i. promote accessibility by walking, cycling and public transport, and ensure that facilities are accessible for people with disabilities;
- ii. locate more intensive recreational uses in sites where they can contribute to town centre vitality and viability;
- iii. avoid any significant loss of amenity to residents, neighbouring uses or biodiversity;
- iv. improve the quality of the public realm through good design;
- v. look to provide areas of open space in commercial and industrial areas;
- vi. add to and enhance the range and quality of existing facilities;
- vii. carefully consider security and personal safety, especially for children;
- viii. meet the regeneration needs of areas, using brownfield in preference to greenfield sites;
- ix. consider the scope for using any surplus land for open space, sport or recreational use, weighing this against alternative uses;

x. assess the impact of new facilities on social inclusion; and

xi. consider the recreational needs of visitors and tourists.

*(PPG17, paragraph 20)*

## PRIMARY SOURCES OF DESIGN GUIDANCE

### BY DESIGN – Urban Design in the Planning System: towards better practice (2000)

This document outlines seven objectives of good urban design.

**Character** A place with its own identity. Planning should promote character in townscape and landscape by responding to and reinforcing locally distinctive patterns of development, landscape and culture.

**Continuity and enclosure** A place where public and private spaces are clearly distinguished. Planning should promote continuity of street frontages and enclosure of space by development which clearly defines private and public areas.

**Quality of the public realm** A place with attractive and successful outdoor areas. Planning should promote public spaces and routes that are attractive, safe, uncluttered and work effectively for all in society, including disabled and elderly people.

**Ease of movement** A place that is easy to get to and move through. Planning should promote accessibility and local permeability by making places that connect with each other and are easy to move through, putting people before traffic and integrating land uses and transport.

**Legibility** A place that has a clear image and is easy to understand. Planning should promote legibility through development that provides recognisable routes, intersections and landmarks to help people find their way around.

**Adaptability** A place that can change easily. Planning should promote adaptability through development that can respond to changing social, technological and economic conditions.

**Diversity** A place with variety and choice. Planning should promote diversity and choice through a mix of compatible developments and uses that work together to create viable places that respond to local needs.



A fundamental objective for urban design is the creation of a place with attractive and successful outdoor areas. The guidance outlines the important roles of a quality public realm:

- a successful place has a system of open and green spaces that respect natural features and are accessible;
- the need to promote public spaces that work effectively for all in society, including the disabled and elderly people;
- it is important to design public spaces as functioning parts of a network of pedestrian routes;
- public spaces should be designed with a purpose in mind and should not be considered as space left over after development;
- the design of spaces should ensure natural surveillance, to encourage a greater sense of safety and security.

## URBAN DESIGN COMPENDIUM – Llewelyn-Davies

The design compendium illustrates how a successful and sustainable local neighbourhood is a product of the distances people have to walk to access daily facilities, the presence of a sufficient range of such facilities and places and spaces where a variety of activities can take place. A mixed-use development, designed around 400 metre walkable catchments can help contribute towards more sustainable and healthy living through the promotion of walking and cycling and the reduction in the use of the car. Landscape, including open spaces, movement corridors, parks, squares and streets, should be designed as an integral element in creating a successful urban environment. The urban design challenge is to design the scheme so that there is a cohesive landscape structure, within which local open space standards can be met while making a positive contribution to the sense of place, both overall and in local terms.

Public access to local parks is considered important as space for children's play, nature conservation and sports are provided within walking distance. Local Parks are ideally placed within 3-5 minutes walk (250-400m) of the majority of homes. Building frontage onto public spaces provides overlooking and attractive aspects.

## **THE VALUE OF PUBLIC SPACES – How High Quality Parks and Public Spaces create Economic, Social and Environmental Value – CABE SPACE (2002)**

This report outlines the many ways in which public spaces improve and enrich our lives. Good quality, attractive public open space can contribute to the economic, social and environmental well being of society:

- the presence of good parks, squares and gardens and other public spaces can become a vital business and marketing tool: companies are attracted to locations that offer well-designed and well managed public places;
- access to good quality, well-maintained public spaces can help improve our physical and mental health by encouraging us to walk more to play sport, or simply enjoy a green and natural environment. Green spaces are a powerful weapon in the fight against obesity and ill-health;
- good quality public spaces can help create important opportunities for children's play, recreation and culture that are crucial for child development;
- fear of crime can deter people from using public spaces. Physical changes to, and the better management of, public space can help allay these fears;
- properly designed and cared for public spaces can bring communities together, provide meeting places and foster social ties;
- well designed streets and public spaces encourage walking and cycling, and have the power to make the environment a safer one by reducing vehicle speeds and use; and
- vegetation – whether in public spaces or private gardens – can bring many environmental benefits to urban areas, including the cooling of air and the absorption of atmospheric pollutants.



## The Planning & Master Planning Process

At a regional level Regional Spatial Strategies provide a strategic steer to the factors in the provision of major sports facilities of national or regional significance. Detailed planning policy relating to the provision of sports facilities and master planning of developments is expressed at a local level through Local Plans, now superseded by Local Development Frameworks (LDFs).

The process of producing Regional Spatial Strategies and Local Development Frameworks presents opportunities for promoting the health and sports agendas and active design guidance:

- Plan production now promotes a process of continuous and meaningful involvement with communities and stakeholders where opportunities exist to make inputs;
- Plan production also includes a parallel Sustainability Assessment process, which seeks to identify and report on the likely significant effects of plans and proposals to ensure that plans contribute to the achievement of sustainable development. This process is also open to consultation.
- The LDF is the land use and development delivery mechanism of the Community Strategy. Produced by the Local Strategic Partnership (an umbrella organisation of public, private, community and voluntary representatives) the Community Strategy sets out a long term vision for an area focussed on improving the quality of life.

A further area where the health and planning agendas overlap is Health Impact Assessments. These are a non-statutory tool that assesses the health impacts of proposals and presents recommendations that can assist in the decision making process.

A fundamental objective for urban design is the creation of a place with attractive and successful outdoor areas. Guidance outlines the important roles of a quality public realm:

- a successful place has a system of open and green spaces that respect natural features and are accessible;
- the need to promote public spaces that work effectively for all in society, including the disabled and elderly people;
- it is important to design public spaces as functioning parts of a network of pedestrian routes;
- public spaces should be designed with a purpose in mind and should not be considered as space left over after development;
- the design of spaces should ensure natural surveillance, to encourage a greater sense of safety and security.



Extract from master plan for Priors Hall, Corby



The design of a development is generally communicated through a master plan setting out the disposition of land uses, linkages between them, focal points for activity etc. Most master planning is brought through the planning system in a number of stages:

- major redevelopment sites are identified in Local Plans/Local Development Frameworks, and key planning and design objectives are communicated through Local Development Framework policy.
- master plans are prepared. Supplementary Planning Documents (SPDs) are employed in the form of design codes and development briefs to add further detail to LDF policy in setting out the master plan and guiding the detailed design. Community and stakeholder involvement is a key component of both the preparation of master plans, and the drafting and adoption of SPD.
- plans are brought forward through planning applications, with further consultation. For major applications outline planning applications tend to be employed in order that the principle of development can be established. Design codes then inform the determination of subsequent detailed reserved matters applications.

The Planning and Compulsory Purchase Bill 2004 has introduced a requirement for the submission of design and access statements to accompany planning applications. This further highlights the increasing profile of design issues as a material consideration in reaching planning decisions.

There are therefore many opportunities for involvement within the local development framework and master planning process, with early and continuing involvement encouraged as best practice. Early involvement is likely to yield greater influence on the final form a master plan takes.

### Recommendations of the Chief Medical Officer

- Children and young people should achieve a total of at least 60 minutes moderate intensity physical activity each day. At least twice a week this should include activities to improve bone health (activities that produce high physical stresses on the bones), muscle strength and flexibility.
- For general health benefit, adults should achieve a total of at least 30 minutes a day of at least moderate-intensity physical activity on five or more days of the week.
- The recommended levels of activity can be achieved either by doing all the daily activity in one session, or through several shorter bouts of activity of 10 minutes or more. The activity can be lifestyle activity or structured exercise or sport, or a combination of these.
- More specific activity recommendations for adults are made for beneficial effects for individual diseases and conditions. All movement contributes to energy expenditure and is important for weight management. It is likely that for many people, 45–60 minutes of moderate-intensity physical activity a day is necessary to prevent obesity. For bone health, activities that produce high physical stresses on the bones are necessary.
- The recommendations for adults are also appropriate for older adults. Older people should take particular care to keep moving and retain their mobility through daily activity. Additionally, specific activities that promote improved strength, coordination and balance are particularly beneficial for older people.

*Source: At least five a week: evidence on the impact of physical activity and its relationship to health: Dept of Health; 2004*





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