Monash Active Recreation Opportunities Strategy

Draft Strategy

July 2021



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EXECUTIVE SUMMARY

The Monash Active Recreation Opportunities Strategy aims to create more opportunities for the residents to participate 'in their own way'.

Active recreation (non-competitive physical activity undertaken during leisure time) accounts for the majority of physical activity in the community and has become increasingly important due to work, education and lifestyle commitments.

The City of Monash provides a network of parks and reserves across the municipality that provide space for sport, recreation and play. Parks and reserves have traditionally been developed to cater for organised sport and play, but facilities that create opportunities for active recreation are only now becoming prominent due to increasing demand.

The City of Monash has delivered a range of active recreation facilities across its open space network, including outdoor fitness equipment, circuit paths and trails, basketball courts and cricket practice facilities.

The Active Recreation Opportunities Strategy aims to increase the diversity of opportunities for physical activity and balance the provision of facilities across the network.

The establishment of a series of 'key active recreation sites' will increase the diversity of facilities, creating destinations for active recreation and providing new opportunities for residents to become active.

Supporting key sites with additional local-level active recreation nodes will increase access to regular opportunities for physical activity. Engagement with the community highlighted the importance of convenience and facility location in encouraging residents to be more active more often.

Creating facilities that provide new and interesting opportunities will attract new participants. 'Unique attractor' facilities such as skate parks, climbing and parkour facilities, or obstacle courses create interest and engage residents in different ways.

Paths, trails and the active transport network play an important role in promoting a healthy and active lifestyle. Walking, cycling and running are three of the highest participation activities, and the network of paths and trails are vital in connecting communities to parks and reserves, activity centres and community facilities.

Activating facilities through promotion, delivery of targeted programs and partnership establishment will generate a higher diversity of active recreation opportunities and a more active community. Monash City Council will play a lead role in activating active recreation facilities, but engaging with the community as a key partner will ensure sustainability in the long-term.

The Active Recreation Opportunities Strategy establishes Council's commitment to creating environments that improve the health and wellbeing of its communities.

Through the delivery of the priorities established in this strategy, the City of Monash will deliver on the vision of providing *'diverse and accessible opportunities for active recreation that contribute to a healthy, active and connected community'.*

ACKNOWLEDGEMENTS

The Monash Active Recreation Opportunities Strategy was developed by *insideEDGE* Sport and Leisure Planning on behalf of Monash City Council.

The development of the Monash Active Recreation Opportunities Strategy was funded in partnership with the Victorian Government.

Additional support for the development of the Monash Active Recreation Opportunities Strategy was provided by Playce.



Strategy Development

WHAT IS ACTIVE RECREATION?

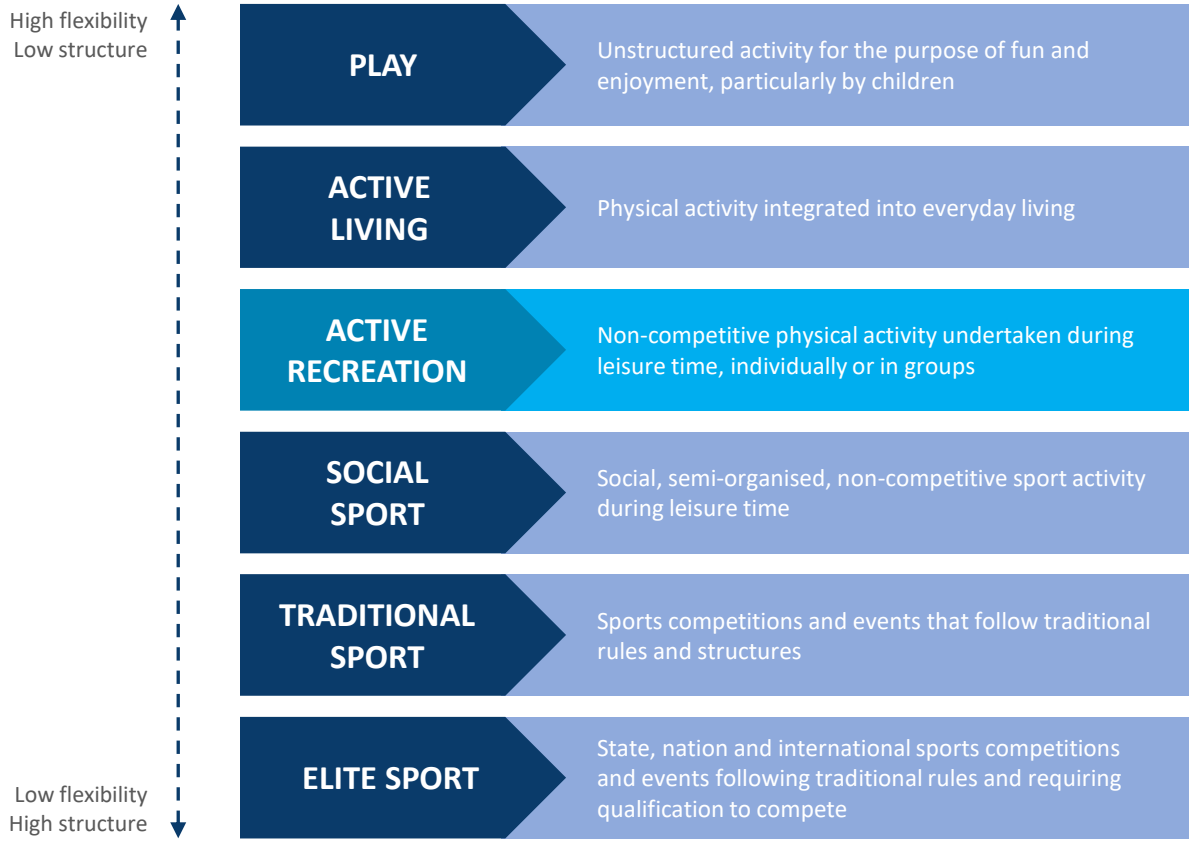
Active recreation has emerged as an increasing important contributor to the health and wellbeing of communities. While all physical activity is important to build healthy and connected communities, active recreation has become increasingly important due to the flexibility it provides for people to participate '*in their own way*'.

Active recreation is defined as activity that is **non-competitive** and **outside of organised sport or play**. Active recreation is undertaken in a person's leisure time and is focused on health and fitness, fun, enjoyment and social connection.

Active recreation is less structured than sport, providing flexibility to participate at times and in places that are convenient.

Active recreation can be undertaken individually or in groups, and is primarily self-initiated by the participant.

The adjacent definitions of physical activity are adapted from the VicHealth Doing Sport Differently resource (2020)



ABOUT THE STRATEGY

The Monash Active Recreation Opportunities Strategy aims to improve community health and wellbeing by increasing access to places, spaces and initiatives that encourage people to be more physically active.

The Strategy guides the development of facilities that encourage active recreation in parks and reserves, as well as recommending initiatives that increase awareness and reduce barriers to participation.

Parks and reserves across the City of Monash provide a range of opportunities for physical activity, spanning the physical activity continuum from play to traditional sport.

The acknowledgement of the importance of active recreation in providing opportunities for residents of all ages and abilities has led to a greater focus on unstructured and non-organised activities.

This Strategy establishes the priorities to create a network of facilities and program initiatives that maximise the impact of investment in active recreation.

The key strategic drivers for the Strategy stem from Council's corporate plans, including the *Council Plan 2017-2021, A Healthy and Resilient Monash: Integrated Plan 2017-2021* and *Monash Open Space Strategy (2018)* which outline the importance of physical activity to the health of the community.

The Active Monash vision – *Enabling you to participate your way* – is a central focus of this Strategy, as it aims to create more opportunities for flexible participation and removes barriers to physical activity.

The Strategy also draws on existing site-specific planning for the development of parks and reserves across the City of Monash. Recommendations from Master Plans and open space planning documents at key sites have been incorporated into the implementation plan and prioritised for delivery.

The implementation plan prioritises the actions from the Strategy and provides estimated costs to guide the sequencing of investment into active recreation projects.

The delivery of recommendations from the Active Recreation Opportunities Strategy will enable more of the community to '*participate in their way*', and contribute to creating a healthy, active and connected community.



METHODOLOGY

The Monash Active Recreation Opportunities Strategy has been developed in a staged process in order to create a strategy that is evidence-based and reflects the desires and expectations of the Monash community.

The development of the Strategy has included analysis of trends and policy, collection and analysis of asset information, in-depth engagement with community and stakeholders, and detailed analysis and synthesis of data.

The Strategy incorporates five stages of development:

STAGE 1: BACKGROUND & DATA COLLECTION

The **Background Report** collates local, state and national policy related to active recreation, developed a community demographic profile, assessed the provision and condition of active recreation infrastructure via 50 site assessments and conducted benchmarking with nine LGAs.

STAGE 2: STAKEHOLDER ENGAGEMENT & COLLABORATION

The **Engagement Report** outlines results of consultation with a range of stakeholders including advisory committees, state government and peak bodies, and the Monash community.

STAGE 3: DATA SYNTHESIS & NEEDS ANALYSIS

The **Active Recreation Framework and Needs Analysis** establishes the gaps in provision and opportunities for development of active recreation infrastructure and initiatives.

STAGE 4: DRAFT STRATEGY

The **Draft Active Recreation Opportunities Strategy** (this document) establishes the strategic priorities and recommended implementation plan for active recreation projects and initiatives.

STAGE 5: FINAL STRATEGY

Following public exhibition, the **Active Recreation Opportunities Strategy** will be finalised and will guide the delivery of active recreation projects and initiatives within the City of Monash.

ACTIVE RECREATION IN THE CITY OF MONASH

The City of Monash is a diverse and active community, with a network of parks and reserves that provide opportunities for physical activity.

While the open space network provides opportunities for active recreation, facility development within parks and reserves has generally focused on sport and play.

The review of participation trends, analysis of site assessment data, and engagement with stakeholders and the broader community revealed a range of factors that influence participation in active recreation.

Active recreation participation

The most common active recreation activities are walking, cycling, running/jogging and fitness/exercise activities. Informal sport activities such as basketball or kick-to-kick within parks are also popular.

These activity types align with the Ausplay 2019-2020 participation data for Victoria that indicates walking, fitness/gym, running, swimming and cycling are the top five activities for adults.

Active recreation facilities

The City of Monash provides a range of active recreation facilities, from open space and trails, to specific active recreation facilities such as basketball courts, climbing walls and outdoor fitness equipment.

The provision of facilities for active recreation is somewhat imbalanced across the open space network, with contrasting provision in the east and west of the municipality, as well as localised gaps in specific type of infrastructure.

Suburbs in the east of the City such as Glen Waverley, Mulgrave and Wheelers Hill have more open space and larger reserves, whereas suburbs in the west of the municipality have a higher diversity and distribution of active recreation facilities.

Factors that influence participation

Engagement with residents and community stakeholders identified a range of factors that influence their active recreation participation behaviour.

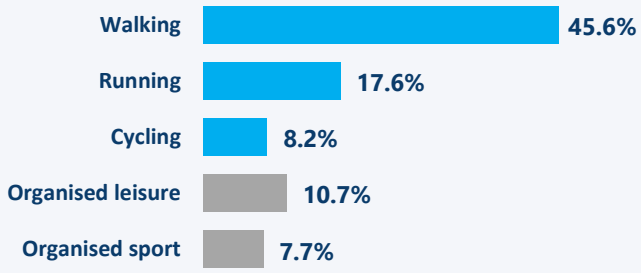
- Proximity of active recreation facilities and opportunities to home, convenience, and perceptions of safety in parks and reserves are all key influencing factors.
- Affordability and accessibility are key barriers to physical activity, with active recreation opportunities seen as a way to increase access.
- The quality and distribution of facilities provided in parks and reserves has an impact on participation.
- Supporting infrastructure such as toilets, shade and park furniture is important in extending the length of stay in parks and reserves, as well as encouraging less active people to visit parks.
- The diversity of active recreation opportunities is important to encouraging new participants to be active.
- Providing facilities that cater for a range of age cohorts will encourage intergenerational participation and increase participation for an ageing community.

The following page provides a snapshot of Active Recreation facilities and participation in the City of Monash.

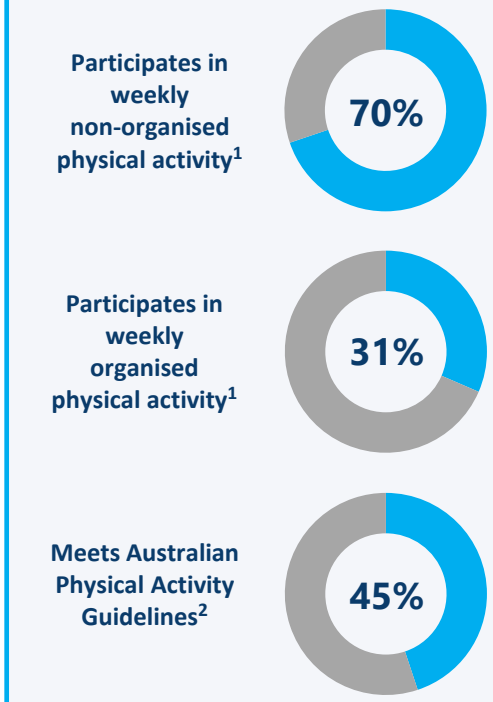
City of Monash Active Recreation Snapshot



Monash Activity Type Comparison[1]

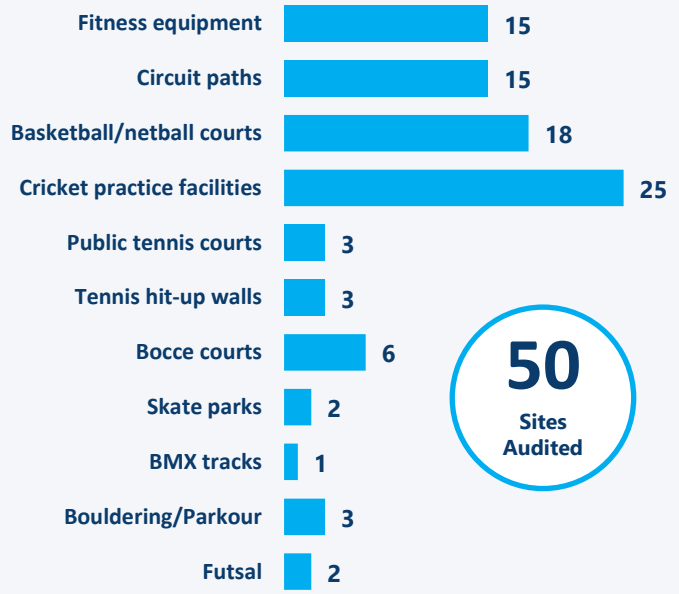


Active Recreation Indicators



Active Recreation Facility Inventory

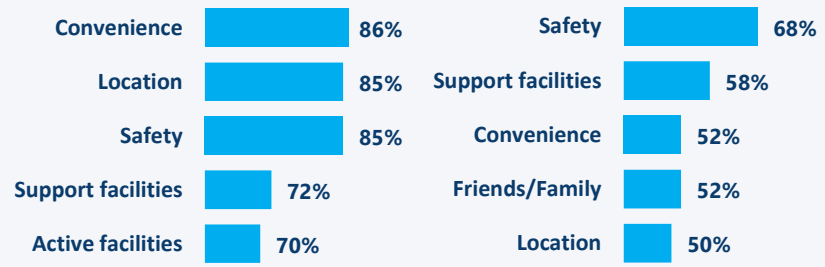
Sites with Active Recreation Facilities



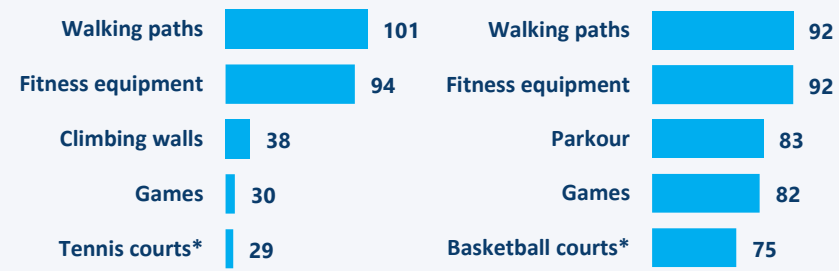
Community Survey



Factors Influencing Active Recreation Participation (%)



Active Recreation Facility Priorities (N)



[1]VicHealth. (2015). VicHealth Indicators Survey 2015 Results.

[2]Department of health and Human Services Victoria. (2017). Victorian Population Health Survey 2017.

* Refers to public (free) courts only

ENGAGING COMMUNITY & STAKEHOLDERS

The Active Recreation Opportunities Strategy has been developed through engagement with the community and key stakeholders to create a strategy that reflects community aspirations and expectations.

Community and stakeholder groups were consulted via the following engagement opportunities.

- **Interviews and presentations:** Monash Advisory Committees, peak agencies and government representatives
- **Surveys:** Online Community Survey (128 responses), youth survey (413 responses), drop-in session (16 surveys)
- **Online Community Panel**
- **Resident submissions**
- **Local government benchmarking:** Nine local government authorities

A detailed summary of community and stakeholder engagement is available in the Engagement Report (stage two). The following provides a summary of the key engagement outcomes:

What types of active recreation activities do we participate in?

Walking, running/jogging, cycling, exercise and fitness activities, informal sport activities, skateboarding and scootering are popular activities. Group fitness, yoga and tai chi, and BMX were also identified.

How often are we participating in active recreation as a community?

56% of community survey responses indicated that they are active on 4 or more days per week, with 62% indicating that they visit parks and reserves multiple times per week for active recreation.

What are the key barriers to increasing active recreation?

Access to facilities, lack of supporting facilities, cost, perceived safety, lack of confidence, lack of awareness of opportunities, diversity of activities, conflicts with other users, and impacts of family and work commitments.

Which factors influence our active recreation participation and behaviour?

Location/proximity to home, convenience and perceptions of safety have the biggest influence on participation. The facilities provided in parks and reserves are also important, particularly relating to quality and diversity.

What types of active recreation facilities do we want more of?

Walking trails, outdoor fitness equipment, climbing facilities, multipurpose courts, games, parkour and skate parks. Facilities that provide new and diverse opportunities to the community.

How can Council influence more people to participate in active recreation?

Install high-quality and diverse facilities, provide supporting infrastructure, make facilities convenient and accessible, activate facilities through programs and resources, and promote the benefits of active recreation.

FEMALE PARTICIPATION IN ACTIVE RECREATION

Increasing opportunities for participation in active recreation is vital for encouraging women and girls to be more physically active.

While an in-depth gender impact assessment was not conducted, analysis of engagement outcomes and gender preferences for physical activity was undertaken during the development of the Active Recreation Opportunities Strategy.

The priorities and recommendations of this strategy aim to reduce barriers to active recreation and provide access to more physical activity options for women and girls across the City of Monash.

Key considerations for increasing access to active recreation for women and girls:

- Female participation is generally higher than male participation in activities such as walking, fitness/exercise activities and yoga/pilates.
- 2019-2020 Ausplay data for Victoria found that 58.4% of women participate in walking (men 36%) and 42.7% participate in fitness/gym activities (men 33.8%).
- From the 341 female responses across the community, drop-in and youth surveys:
    - 284 indicated participation in walking
    - 173 indicated participation in cycling
    - 165 indicated participation in running
- Considering all female responses to surveys, the most significant factor that influences use of reserves for active participation is 'how safe I feel there'. 78% of responses indicated that this was important or very important when considering use of parks and reserves.
- The next highest considerations are 'supporting infrastructure' (63% important/very important) and 'convenience' (61% important/very important).
- The top priorities for additional facilities in survey responses from female respondents were primarily focused on walking paths/trails (117 responses) and outdoor fitness equipment (112 responses).
- The next highest priorities were games (67 responses), climbing walls (58 responses) and basketball courts (57 responses).

The Active Recreation Opportunities Strategy increases access to active recreation for women and girls by providing more options for physical activity that respond to the participation trends and engagement outcomes.

The development of active recreation facilities that provide convenient access to walking, fitness and other diverse activity options is a core principle of the strategy.

An increased focus on ensuring that perceptions of safety and accessibility are addressed through facility design will also address a key barrier identified by women and girls during community engagement.

The delivery of programs that target female participation and encourage less-active women and girls to engage in physical activity will increase opportunities to engage in more active recreation in council-managed parks and reserves.

FACILITY INVENTORY

A baseline inventory of active recreation facility provision was established via the auditing of 50 parks and reserves across the City of Monash.

The audit of selected parks and reserves using *Sports Facility Auditor* collated data on active recreation facilities, supporting infrastructure and site characteristics.

The Active Recreation Needs Analysis (stage 3) examined active recreation facility provision across the City of Monash.

In general, active recreation facilities are provided within parks and reserves as single components rather than as part of multipurpose activity nodes.

The provision of basketball/netball courts (18 sites), circuit paths (15 sites) and outdoor fitness equipment (15 sites) across the city provide opportunities for unstructured physical activity, but these components are often developed in isolation where surplus space is available at active sports reserves.

Raising the priority of active recreation facilities as primary attractors to key active recreation destinations will increase patronage and expand participation throughout the community.

Key findings

- The City of Monash is generally well serviced by its open space network, with 2.7 hectares of open space per 1,000 residents
- The distribution of active recreation facilities across the city is unbalanced, with gaps in provision of across most facility components.
- Provision of outdoor fitness equipment, basketball courts and circuit paths is higher than other active recreation components, but facility distribution is somewhat unbalanced, and facility components are often provided in isolation.
- Cricket practice facilities play a secondary active recreation role, with facilities evenly distributed across the city primarily for cricket club training use.
- The provision of public tennis courts is limited to a small number of sites, although club tennis facilities can be accessed via local booking processes.
- Provision of other active recreation facility components is generally limited, particularly for activity-specific facilities such as skate parks, BMX tracks, bouldering walls and futsal goals.

FACILITY COMPONENT	NO. OF SITES
Outdoor fitness equipment	15
Circuit paths	15
Outdoor basketball/netball courts	18
Cricket practice facilities	25
Public tennis courts	3
Tennis hit-up walls	3
Bocce courts	6
Skate parks	2
BMX tracks	1
Bouldering walls	3
Futsal	2

NEEDS ANALYSIS

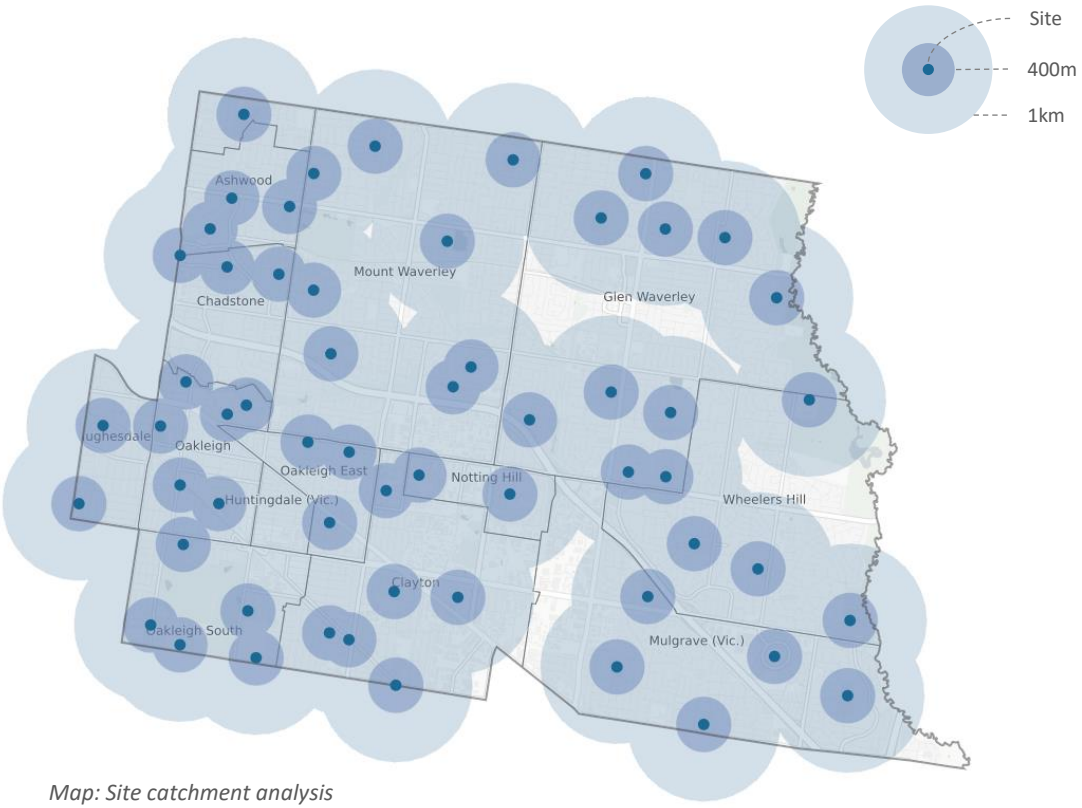
The Active Recreation Needs Analysis identified gaps in provision, areas of need and opportunities for development.

The key findings of the Needs Analysis are:

- **Open space provision** within the City of Monash is generally sufficient, but there are suburb precincts with low provision including Clayton, Hughesdale, Notting Hill, Oakleigh South and Oakleigh East – Huntingdale.
- **Facility provision** for active recreation is somewhat unbalanced, with varying provision between the east and west of the city.

  Based on the 50 sites audited, reserves in the west of the city are generally smaller but have more active recreation-specific facilities, whereas reserves in the east provide larger open spaces with facilities focused on more traditional activities and sport.
- The majority of facilities are **single-purpose**, limiting opportunities for multipurpose use and intergenerational use.
- The provision of **supporting infrastructure** such as park furniture and shade is generally sufficient, but the provision of public toilets and lighting should be improved at key active recreation sites.

Further detail is available in the Active Recreation Framework and Needs Analysis Report (stage three).



Map: Site catchment analysis

Active Recreation Framework

ACTIVE RECREATION FRAMEWORK

Vision

The City of Monash provides diverse and accessible opportunities for active recreation that contribute to a healthy, active and connected community

Principles

1. Improve **community health and wellbeing** through active recreation
2. Provide a **diversity** of active recreation opportunities
3. Focus active recreation opportunities at the **novice-to-intermediate skill proficiency** level
4. Provide opportunities that are **convenient, affordable and accessible**
5. Provide for **intergenerational use** and support a wide cross-section of the community to be physically active, with a focus on **people with low physical activity levels**
6. Provide opportunities for **social interaction, connection, fun and challenge**
7. Establish **partnerships** to drive delivery and sustainability

Outcomes

1. A **more active** community
2. A **more connected** and **inclusive** community
3. **Reduced barriers** to physical activity
4. **More opportunities** for **under-represented** and **less active** communities
5. A **networked system of key players** that support **investment and delivery** of active recreation facilities, programs and initiatives



ACTIVE RECREATION FRAMEWORK

The development of active recreation infrastructure throughout the open space network will create more opportunities for physical activity.

Active recreation infrastructure is classified by five key characteristics: *activity type, age focus, physical requirements, setting and hierarchy.*

A summary of the needs analysis undertaken during stage three is provided on pages 17-18 using the five active recreation facility characteristics as a framework for assessment.

The active recreation facility characteristics classification provides a means of:

- Assessing the balance of provision for activity types and age cohorts
- Understanding opportunities for multipurpose facilities, co-location and diversity of use
- Assessing active recreation facility provision based on hierarchy level and related service catchments
- Identifying opportunities to provide facilities that complement a variety of settings
- Identifying opportunities for activation and programming

Activity Type	Age Focus	Physical Requirements	Setting	Hierarchy
• **Free movement:** Activities focused on movement of the body in space. • **Movement on object:** Activities focused on movement of the body on an object. • **Ball-focused activities:** Activities focused on use of a ball, generally relating to informal sport activities • **Wheeled activities:** Activities incorporating use of a wheeled element.	• **Tweens (9-12 years)** • **Teens (13-17 years)** • **Young adults (18-30 years)** • **Adults (31-65 years)** • **Older adults (65+ years)**	• **Surface:** Open space, playing field, hard surface/pavement, paths ands trail, activity-specific surfaces • **Equipment and components:** Exercise equipment, basketball backboard, soccer goals, cricket nets, skate park components • **Supporting infrastructure:** Public toilets, shade, park furniture, drinking fountains, lighting, car parking, vegetation	• **Open space parks and reserves** • **Active open space** • **Paths and trails** • **Sport-specific** • **Activity-specific** • **Multi-purpose** • **Urban environments** • **Other settings**	• **Local (up to 1km)** • **Neighbourhood (1-2km)** • **District (2-3km)** • **Municipal (3-5km)**

OPPORTUNITY ANALYSIS

The Active Recreation Framework has been applied to the outcomes of stages 1-3 to provide the following opportunity analysis.

The opportunity analysis is provided under the five key characteristics of active recreation facilities, as well as other considerations important to the development of active recreation initiatives and programs within the City of Monash.

Activity Type

Active recreation facilities in the City of Monash generally provide opportunities across the four key activity types: free movement, movement on object, ball-focused activities and wheeled activities.

Provision for free movement and ball-focused activities is generally sufficient, with provision of open space, playing fields, and paths and trails providing unstructured physical activity options.

Facilities for movement on object activities are provided but improving the provision and distribution of facilities such as outdoor fitness equipment and incorporating new facility types such as parkour and climbing/obstacle components will encourage greater diversity of participation.

Provision for wheeled activities such as skate, scooter and BMX/cycle skills should be improved in terms of quality and distribution. Improving the existing skate and BMX facilities and incorporating skateable components into new facilities will increase opportunities for active recreation, particularly for young people.

A key focus of this Strategy will be establishing multipurpose active recreation facilities that incorporate options for multiple activity types at each location.

Age Focus

Engagement with stakeholders identified the need for more active recreation opportunities across all age cohorts, with a particular focus on young people and older adults.

Facilities for these two age cohorts generally require careful consideration to address barriers to participation such as accessibility, cost and transport.

Access to walking paths and trails, and suitable fitness equipment in close proximity to place of residence are primary opportunities to engage older adults.

Young people generally have a more diverse range of interests, extending to activities such as skate, scooter, BMX, mountain biking and climbing/parkour. These activities are less structured and more socially focused than traditional sport activities.

Facilities and programs that create opportunities for novice participants to try new activities with their peer groups encourage social interaction and promote ongoing participation.

Provision for older adults should be incorporated into active recreation node design to ensure access to facilities for older adults across the open space network. Consultation with stakeholders identified a preference for intergenerational facilities that are in close proximity to place of residence and convenient to access rather than a small number of specialised sites.

OPPORTUNITY ANALYSIS

Physical Requirements

The physical requirements of new active recreation facilities will require careful consideration to ensure siting, multipurpose use, and the effectiveness of co-location/integration with existing facilities is maximised.

The establishment of multipurpose active recreation nodes within parks and reserves (such as a multipurpose court with a tennis hit-up wall and outdoor fitness equipment) can be provided shared spaces. This creates efficiencies in the use of space, surfaces, facility components and supporting infrastructure. Building on the existing provision of active recreation facility components is a key opportunity of this strategy.

Sites that draw use from beyond a local catchment should provide supporting infrastructure that allows for extended duration of stay. This includes public toilets, park furniture, parking, lighting and drinking fountains.

Access to public toilets is limited in reserves across the City of Monash. While it is not recommended to install public toilets at local-level reserves, locating public toilets at key active recreation sites in high traffic areas is required to support increased patronage.

Setting

The open space network within the City of Monash provides the primary opportunity for the development of active recreation facilities and delivery of programs.

The provision and distribution of parks and reserves is generally well balanced across the municipality. Access to a network of key active recreation sites that are supported by additional provision in local-level parks and reserves will be the primary focus for developing new facilities.

Suburbs with lower levels of open space provision such as Clayton, Hughesdale, Notting Hill and Oakleigh East – Huntingdale should also consider further development of facilities in urban and other settings. The facilities provided at the Level Crossing Removal Areas in Clayton are good examples of providing new active recreation options in urban settings.

The provision of multipurpose facilities within parks and reserves will provide participation opportunities for a greater cross-section of the community.

Providing activity specific facilities (such as skate parks and climbing components) in conjunction with multipurpose activity nodes will also drive increased use from a broad cross-section of the community.

Hierarchy

Active recreation facilities that cater for a range of hierarchies can be provided in one location. Multipurpose active recreation nodes within reserves may provide a combination of a basketball half court (local), bouldering wall (neighbourhood) and skate park (district), which attract use from a range of geographic catchment sizes.

In order to maximise the impact of investment into active recreation facilities, the opportunity to develop a network of neighbourhood-level active recreation facilities that attract usage from a catchment of up to 2km is recommended.

Key sites to be developed as neighbourhood-level active recreation facilities are nominated on pages 24 and 25. These sites generally align with existing planning and expand on existing facility development priorities.

Local-level active recreation facilities will play an important role in providing active recreation opportunities in close proximity to places of residence. Co-locating active recreation facilities with other activity options such as playspaces will expand the intergenerational reach of local parks and reserves, creating more opportunities for incidental physical activity.

OPPORTUNITY ANALYSIS

OTHER CONSIDERATIONS

Multipurpose Active Recreation Nodes

The development of multipurpose active recreation nodes at key active recreation sites and in local parks and reserves provides opportunities for more diversity of physical activity and greater engagement across a range of age cohorts.

Active recreation facilities in the City of Monash have often been installed in isolation, such as outdoor fitness equipment pods and basketball half-courts.

The development of multipurpose active recreation nodes that provide a diversity of opportunities will be a primary focus of future facility planning for active recreation.

Co-location of active recreation components such as multipurpose courts, outdoor fitness equipment, circuit paths, climbing components and skateable surfaces creates active recreation destinations that attract participation.

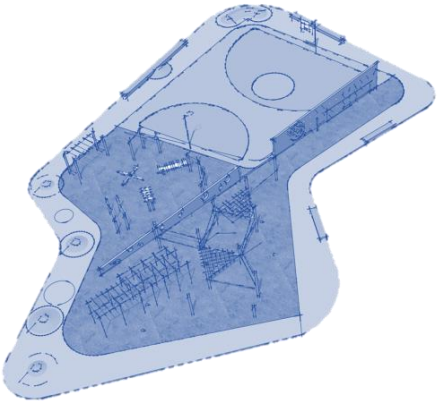
Establishment of active recreation nodes in close proximity to playspaces and sporting infrastructure can further expand opportunities for physical activity across age cohorts.

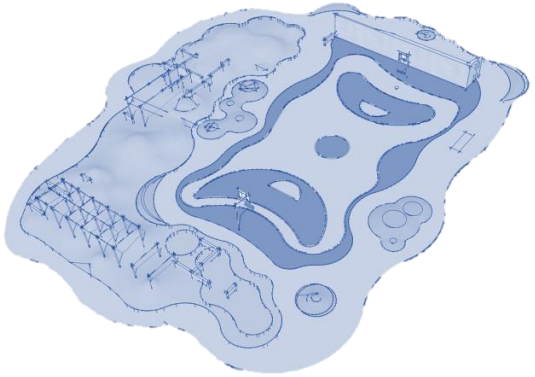
The design of multipurpose active recreation nodes requires consideration of:

- Appropriate scale of facilities for the site
- Diversity of facilities in relation to other sites in close proximity
- Use of 'unique attractors' and new facility components
- Impact of existing use and neighbouring properties
- Passive surveillance and implementation of Crime Prevention Through Environmental Design principles
- Supporting infrastructure
- Connections to the site, including active transport and public transport

The delivery of multipurpose active recreation nodes across the open space network is a key recommendation of this strategy and should be considered the preferred method of active recreation facility development.

Sample designs of multipurpose active recreation nodes are provided as an appendix.





OPPORTUNITY ANALYSIS

OTHER CONSIDERATIONS (CONTINUED)

Activity-Specific Facilities

The provision of activity-specific such as skate parks, BMX tracks, climbing walls and other single use components is important to create diverse opportunities across the open space network.

Activity-specific facilities cater for neighbourhood-level catchments or higher depending on the scale of the facilities.

Co-locating activity-specific facilities with other active recreation facilities can act as 'unique attractors' and increase intergenerational use of facilities.

Locations for activity-specific facilities may require further investigation following the finalisation this strategy due to technical facility requirements and potential impact of existing uses.

Paths, Trails and Active Transport

While the Active Recreation Opportunities Strategy focuses on the delivery of infrastructure within parks and reserves, the provision of a connected and accessible active transport network is vital for increasing physical activity through walking, cycling and running.

The shared trail network and cycling network outlined in the Active Recreation Needs Analysis (stage three) provides the basis for connections to and between parks and reserves.

The outcomes of community engagement found that access to active recreation opportunities in close proximity to home is a key influence on participation. The ongoing improvement of the active transport network should be a priority for Council to ensure access to active recreation is maximised.

The development of the active transport network should be driven by the Integrated Transport Strategy and Walking and Cycling Strategy, with due consideration given to connections between open spaces, activity centres and community facilities in future planning.

The provision of circuit paths including distance marker within reserves are also important to encourage walking and running destinations, particularly for adults and older adults.



Strategic Priorities

STRATEGIC PRIORITIES

The Active Recreation Opportunities Strategy establishes six strategic priorities that aim to increase access to active recreation facilities, information and programs for all residents of the City of Monash:

1	Create a network of neighbourhood-level active recreation sites
2	Address gaps in local facility provision and provide more local opportunities for active recreation
3	Develop activity-specific facilities in conjunction with active recreation facilities to act as ‘unique attractors’
4	Support the delivery and connection of the recreational trail network and active transport priorities
5	Build awareness of active recreation opportunities within the City of Monash
6	Provide active recreation opportunities through direct program delivery and partnerships with clubs, community organisations, peak bodies and private operators

STRATEGIC PRIORITIES

No.	Strategic Priority	Strategic Priority Implementation
1	**Create a network of neighbourhood-level active recreation sites**	1.1 Establish key sites to act as neighbourhood-level active recreation facilities 1.2 Develop multipurpose active recreation facilities at each site that cater for a range of activities 1.3 Incorporate activity-specific and 'unique attractor' facilities to draw use from the broader Monash community 1.4 Implement the recommendations of Master Plans and open space planning documents relevant to active recreation 1.5 Provide supporting infrastructure to support extended length of stay at neighbourhood-level active recreation sites
2	**Address gaps in local facility provision and provide more local opportunities for active recreation.**	2.1 Address gaps in local facility provision and access to active recreation opportunities via local facility development 2.2 Increase the diversity of active recreation opportunities in local parks and reserves 2.3 Co-locate active recreation facilities with existing recreation opportunities such as playspaces and playing fields
3	**Develop activity-specific facilities in conjunction with active recreation facilities to act as 'unique attractors'**	3.1 Deliver activity-specific and unique attractor facilities in conjunction with other active recreation facilities, with a focus on provision within neighbourhood-level active recreation sites 3.2 Renew existing activity-specific facilities such as skate parks (Central Reserve) and BMX tracks (Stan Riley Reserve) 3.3 Identify opportunities to incorporate unique facility components into multipurpose active recreation node design
4	**Support the delivery and connection of the recreational trail network and active transport priorities**	4.1 Support the development of the off-road trail network and connection of active transport routes 4.2 Support the development of the on-road active transport network and provision of safe non-car transport to parks and reserves 4.3 Provide circuit paths within reserves to encourage walking and running within open space
5	**Build awareness of active recreation opportunities within the City of Monash**	5.1 Provide information and resources via the City of Monash website, social media and other promotional channels relating to active recreation facilities, programs and initiatives 5.2 Support the promotion of active recreation opportunities by program deliverers in Council parks and reserves
6	**Provide active recreation opportunities through direct program delivery and partnerships with clubs, community organisations, peak bodies and private operators**	6.1 Expand the Active Communities calendar of targeted programs to encourage active recreation participation 6.2 Partner with peak bodies, clubs, community organisations and private operators to deliver active recreation opportunities targeting new participants in Council parks and reserves 6.3 Encourage the development of programs and initiatives that connect participants with sustainable ongoing participation opportunities

KEY ACTIVE RECREATION SITES (WEST)

The establishment of key active recreation sites that will attract usage from a neighbourhood-level catchment is a primary strategic priority of the Active Recreation Opportunities Strategy.

The following sites will be prioritised as neighbourhood-level active recreation sites in the west of the City:

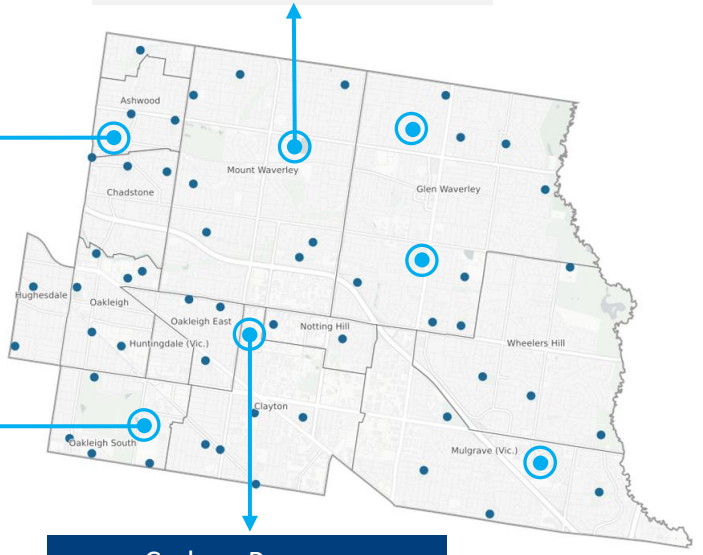
- **Jingella Reserve:** Explore the opportunity to develop of multipurpose active recreation facilities. The site also provides playing fields, play opportunities and is connected with the trail network.
- **Davies Reserve:** While Davies Reserve provides a range of active recreation opportunities in its current configuration, further opportunities to create new participation opportunities and establish age-specific activity nodes should be explored.
- **Carlson Reserve:** Existing provision at Carlson Reserve is focused on traditional sport, with a range of single use facilities for soccer, tennis, cricket and bocce provided. The opportunity to convert the existing tennis courts into a multipurpose active recreation node should be explored.
- **Mount Waverley Reserve:** The draft Mount Waverley Reserve Master Plan identifies opportunities to provide multipurpose active recreation facilities at this site will provide for an area of limited provision throughout Mount Waverley.

Mount Waverley Reserve

Recommendation: Install multipurpose court, outdoor fitness equipment, outdoor table tennis, circuit path, informal recreation area and relocation of cricket practice facility.

Jingella Reserve

Recommendation: Installation of shared paths and connections, integration of cricket practice facilities with existing outdoor exercise equipment, and development of multipurpose court (basketball/netball court).



Davies Reserve

Recommendation: Upgrade shared paths and recreational running track, upgrade outdoor exercise equipment to incorporate multipurpose components in three nodes for adult fitness, youth activities and tai chi or similar.

Carlson Reserve

Recommendation: Replacement of tennis courts with multipurpose courts, relocate cricket practice facilities and install outdoor exercise equipment in place of the bocce court.

KEY ACTIVE RECREATION SITES (EAST)

The following sites will be prioritised as neighbourhood-level active recreation sites in the east of the City:

- **Glen Waverley North Reserve:** Existing provision at Glen Waverley North Reserve is focused on traditional sport (cricket, tennis) and play. A basketball half-court is also currently provided at the site. It is recommended that the active recreation provision at the site be expanded in the area to the north of the playing field.
- **Central Reserve:** Central Reserve is recommended to become a focal point for active recreation, with a range of opportunities available to expand the use of the site. The existing skate park is in need of renewal, with the opportunity to co-locate a district-level skate facility and multipurpose active recreation node.

  Use of the surrounding open space and playing fields for informal sports activities outside of times of organised use will make Central Reserve a key active recreation site for the residents of Monash.
- **Waverley Park:** The development of the skate park, climbing wall, basketball court, exercise equipment, outdoor table tennis and natural turf kick around area is an example of the type of active recreation node that should be provided at key active recreation sites.

Local-level facility development priorities are outlined in the implementation plan and a distribution map is provided as an appendix

Glen Waverley Nth Reserve

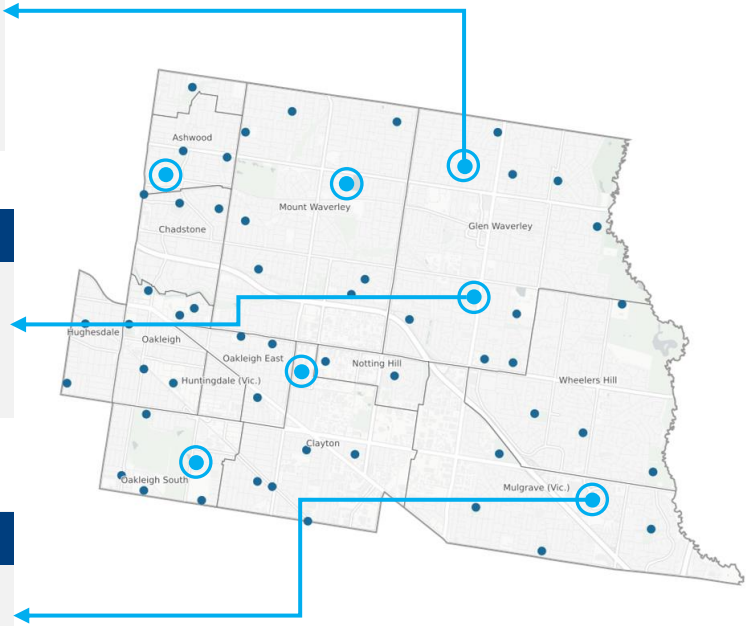
Recommendation: Install active recreation facilities targeting adults including exercise equipment and outdoor table tennis adjacent to the playspace and basketball court to create an intergenerational activity node.

Central Reserve

Recommendation: Circuit paths around ovals, upgrade to skate park and development of a multipurpose court, climbing wall/parkour components, outdoor table tennis.

Waverley Park

Recommendation: Active recreation node has been created via existing provision of skate park, climbing wall, basketball court, outdoor fitness equipment, outdoor table tennis and soccer goals.



Implementation Plan

IMPLEMENTATION PLAN

The implementation plan guides the prioritised delivery of recommendations of the Active Recreation Opportunities Strategy.

The establishment of a network of neighbourhood and local-level facilities that provide access to diverse opportunities for active recreation is the core recommendation of this strategy.

Establishing programs and initiatives that activate facilities and build partnerships with stakeholders will ensure that the impact of investment in active recreation facilities is maximized.

Cost estimates provided within the implementation are based on an opinion of probable cost for infrastructure similar to the scope recommended.

The description of facilities with the implementation plan indicates the type and hierarchy of facilities to be installed without describing specific components. This allows for community consultation to guide facility design at the time of implementation.

Detailed design will be required to establish the accurate costs and site-specific requirements for the delivery of each recommended project.

The recommendations outlined within the implementation plan are based on the assessment of opportunities at the time of development of the Active Recreation Opportunities Strategy and may change over time.

Summary of estimated cost of implementation

Priority Level	Estimated Cost
High	$1.77M
Medium	$5.25M
Low	$0.50M
Total	**$7.52M**

IMPLEMENTATION PLAN – ACTIVE RECREATION FACILITIES

No.	Location	Strategic Priority	Recommendation	Estimated Cost	Priority
1	Central Reserve	1	• Renewal of skate park (approximately 1,000 m2) • Active recreation node including multipurpose court, climbing wall/parkour and outdoor exercise equipment adjacent to skate park • Install 2-metre-wide concrete circuit paths around ovals	$650,000 $250,000 $200,000	High High Medium
2	Jingella Reserve	1	• Relocation of cricket practice facilities (three lanes) with existing outdoor exercise equipment • Install multipurpose court (basketball/netball court)	$120,000 $70,000	Medium Medium
3	Davies Reserve	1	• Upgrade gravel running track loop (650 metres) • Upgrade outdoor exercise equipment to incorporate multipurpose components in three nodes for adult fitness, youth activities and tai chi or similar	$80,000 $140,000	High Medium
4	Carlson Reserve	1	• Replacement of tennis courts with multipurpose courts • Relocate cricket practice facilities (three lanes) • Install outdoor exercise equipment in place of the existing bocce court	$180,000 $120,000 $50,000	High Medium Medium
5	Mount Waverley Reserve	1	• Install multipurpose court and outdoor exercise equipment • Install 2-metre-wide circuit path (500 metres) • Create informal recreation area in south-east corner of reserve • Relocate cricket practice facility (three lanes)	$140,000 $120,000 $50,000 $120,000	High High Medium Medium
6	Glen Waverley North Reserve	1	• Install active recreation node targeting adults adjacent to the playspace and basketball court, including outdoor exercise equipment and seating	$70,000	High

IMPLEMENTATION PLAN – ACTIVE RECREATION FACILITIES

No.	Location	Strategic Priority	Recommendation	Estimated Cost	Priority
7	Wellington Reserve	2	• Install circuit path and outdoor fitness equipment	$284,000	High
8	Mulgrave Reserve	2	• Replacement of existing cricket practice facility with multipurpose cricket/netball facility • Install concrete circuit path around southern and south-eastern ovals (approx. 600 metres)	$150,000 $140,000	Medium Medium
9	Batesford Reserve	4	• Establish 2-metre-wide perimeter path (approx. 500 metres)	$170,000	Medium
10	Argyle Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
11	Legana Street Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
12	Samada St Reserve	2	• Install multipurpose court adjacent to outdoor fitness equipment	$70,000	Medium
13	Brickmakers Park	2	• Install fitness equipment to complement circuit path and basketball court	$60,000	Medium
14	Princes Highway Reserve	2	• Install outdoor fitness equipment around circuit path	$60,000	Medium
15	Cameron Ave Reserve	2	• Deliver planned multipurpose active recreation node *(currently in design)*	$230,000	Medium
16	Warrawee Park	2	• Install local-level multipurpose active recreation node	$230,000	Medium
17	Columbia Park Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
18	Capital Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
19	Bogong Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
20	Hinkler Reserve	2	• Install local-level multipurpose active recreation node	$230,000	Medium
21	Jack Edwards Reserve	4	• Complete circuit path surrounding playing fields (approx. 400 metres)	$90,000	Low
22	Gardiners Reserve	2	• Install active recreation facilities at reserve and/or along creek trail	$50,000	Low

IMPLEMENTATION PLAN – ACTIVE RECREATION FACILITIES

No.	Location	Strategic Priority	Recommendation	Estimated Cost	Priority
23	Essex Heights Reserve	4	• Install gravel circuit path (approximately 600 metres)	$75,000	Low
24	Reg Harris Reserve	2	• Install circuit path and local active recreation node	$280,000	Low
25	Skate Facility	3	• Investigate establishment of a district-level skate park to service the west of Monash (site analysis required)	$500,000	Medium
26	BMX/Cycle Skills facility	3	• Consider repurposing existing BMX track at Stan Riley Reserve to provide additional cycling skills/pump track provision	$300,000	Medium
27	Cycle skills facility	3	• Investigate establishment of a cycle skills facility to service the east of Monash (site analysis required)	$300,000	Medium
28	Cricket practice facilities	2	• Consider the establishment of a maintenance and renewal program for cricket practice facilities to increase quality, access and safety	$120,000 per annum	Medium
29	Facilities for dog-walking and dog-related recreation	3	• Undertake further planning related to the provision of facilities for dog-walking and dog-related recreation within parks and reserves	---	High
30	Public toilet provision at key active recreation sites	1	• Consider installation of public toilets at key active recreation sites in alignment with the Monash Public Toilet Strategy, including Holmesglen Reserve, Galbally Reserve and Waverley Park • Consider improving access to public toilets at pavilions in alignment with the Monash Public Toilet Strategy, including at Carlson Reserve, Davies Reserve and Glen Waverley North Reserve	$250,000 per unit $15,000 per site	Medium Medium
31	Annual active recreation asset assessment program	1/2	• Establish an annual asset assessment program for active recreation infrastructure in council reserves to identify ongoing asset maintenance and renewal requirements	---	High

IMPLEMENTATION PLAN – PROGRAMS AND INITIATIVES

No.	Location	Strategic Priority	Recommendation	Estimated Cost	Priority
1	Active Communities Active Recreation activity calendar	6	Develop an annual calendar of free or low-cost active recreation programs in partnership with peak sporting bodies, local clubs, community groups and private providers. Consider targeted programming for: • Young people: Skate sessions, pick-up/3x3 basketball competitions, group fitness, outdoor gym • Older adults: Walking groups, group fitness, outdoor gym, tai chi • Informal sport: Partnerships with peak sporting bodies, clubs and neighbourhood houses	N/A	High
2	Active Recreation Partner program	5	Establish an Active Recreation Partner program to provide support to community organisations, sports clubs and private operators to provide new active recreation opportunities for the community: • Promotion of activities via Council's website, social media and other communication channels • Access to open space and facilities via booking processes • Community grant opportunities for equipment/set-up costs	N/A	High
3	Community grant funding for active recreation programs	6	Prioritise Community Grant funding for active recreation programs to incentivise community organisations and clubs to provide new participation opportunities.	*Within existing budget*	Medium
4	Develop online content to support activity in parks and reserves	5	Develop a series of resources to engage less active residents in active recreation at parks and reserves. Potential opportunities include interactive trail mapping, locally created video content and instruction and participation challenges.	*To be confirmed*	Medium
5	Support the delivery of the active transport network	4	Work with Council's Engineering Services Department to deliver the on-road and off-road active transport networks. Encourage active transport connections between open spaces, leisure facilities, activity centres and community facilities.	*To be confirmed*	Medium

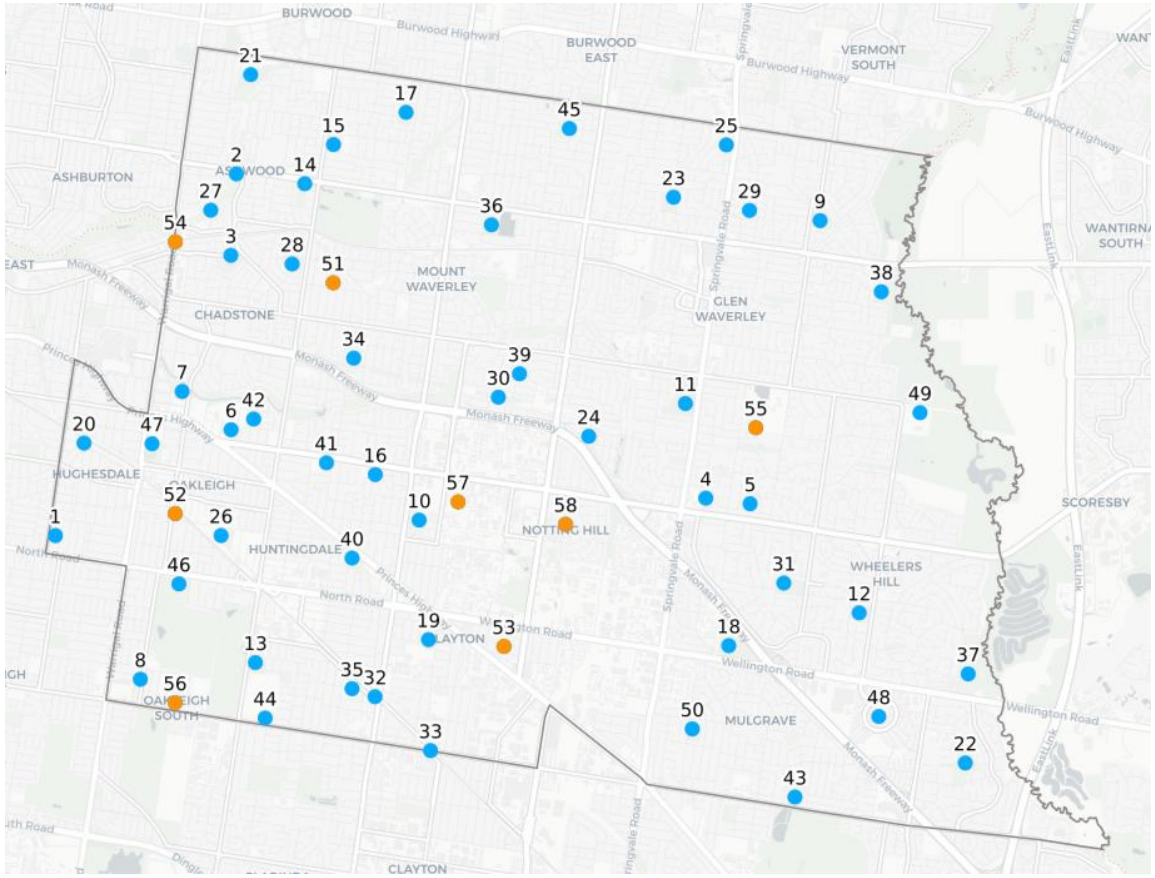
Appendices

APPENDICES

No.	Appendix
1	Supporting reports (attached) A. Background Report B. Engagement Report C. Active Recreation Framework and Needs Analysis D. Facility Audit Reports
2	Site maps and facility inventory
3	Active Recreation Framework A. Active recreation facility hierarchy B. Active recreation facility summary
4	Local facility priorities
5	Active recreation node sample designs
6	Guidance note: Active recreation facility development

Site Maps and Facility Inventory

SITE MAP



Note: Sites that were not audited are indicated with an asterisk in the table and orange marker on the site map

No.	Site Name	No.	Site Name
1	Argyle Reserve	30	Legana Street Reserve
2	Ashwood Reserve (North)	31	Lum Reserve
3	Batesford Reserve	32	LXRA (Clayton Road)
4	Brandon Park Reserve	33	LXRA (Centre Road)
5	Brentwood Reserve	34	Mayfield Park
6	Brickmakers Park	35	Meade Reserve
7	Caloola Reserve	36	Mount Waverley Reserve
8	Cameron Ave Reserve (inc. Stan Riley)	37	Mulgrave Reserve
9	Capital Reserve	38	Napier Park
10	Carlson Reserve	39	Pinewood Reserve
11	Central Reserve	40	Princes Hwy Reserve
12	Columbia Park Reserve	41	Reg Harris Reserve
13	Davies Reserve	42	Scotchmans Run Reserve
14	Electra Reserve	43	Southern Reserve
15	Essex Heights Reserve	44	Talbot Park
16	FE Hunt Reserve	45	Tally Ho Reserve
17	Federal Reserve	46	WA Scammell Reserve
18	Freeway Reserve	47	Warrawee Park
19	Fregon Reserve	48	Waverley Park
20	Galbally Reserve	49	Waverley Women's Softball Centre
21	Gardiners Reserve	50	Wellington Reserve
22	Gladeswood Reserve	*51**	*Bayview Reserve*
23	Glen Waverley North Reserve	*52**	*Cambridge Street Reserve*
24	Herriots Blvd Reserve (incl. Callaghan Avenue Reserve)	*53**	*Dennis Street Reserve*
25	Highview Park	*54**	*Holmesglen Bouldering Wall*
26	Jack Edwards Reserve	*55**	*Mannering Drive Reserve*
27	Jingella Reserve (inc. Holmesglen)	*56**	*Murumba Drive Reserve*
28	Jordan Reserve	*57**	*Notting Hill Business Park*
29	Larpent Reserve	*58**	*Samada Street Reserve*

FACILITY INVENTORY

No.	Site Name	Suburb	Fitness Equipment	Basketball/ Netball Court	Circuit Path	Cricket Nets	Public Tennis Courts	Tennis Hit-Up Walls	Bocce Courts	Skate Park	BMX Tracks	Bouldering Wall/ Parkour	Futsal	Playing Fields
1	Argyle Reserve	Hughesdale	-	-	-	-	-	-	-	-	-	-	-	1
2	Ashwood Reserve (North)	Ashwood/Burwood	-	-	-	-	-	-	-	-	-	-	-	2
3	Batesford Reserve	Chadstone	-	1	-	2	-	1	-	-	-	-	-	1
4	Brandon Park Reserve	Glen Waverley	-	-	Yes	2	-	-	-	-	-	-	-	1
5	Brentwood Reserve	Glen Waverley	-	-	-	3	-	-	-	-	-	-	-	1
6	Brickmakers Park	Oakleigh	-	1	Yes	-	-	-	-	-	-	-	-	-
7	Caloola Reserve	Oakleigh	Circuit	1	-	3	-	-	-	-	-	-	-	2
8	Cameron Ave Reserve (inc. Stan Riley)	Oakleigh South	-	-	-	-	-	-	-	-	1	-	-	-
9	Capital Reserve	Glen Waverley	-	-	-	3	-	-	-	-	-	-	-	1
10	Carlson Reserve	Clayton	-	-	-	2	2	-	1	-	-	-	-	1
11	Central Reserve	Glen Waverley	-	-	-	3	-	-	-	1	-	-	-	2
12	Columbia Park Reserve	Wheelers Hill	-	-	-	3	-	-	-	-	-	-	-	2
13	Davies Reserve	Oakleigh South	Circuit	-	Yes	-	-	-	-	-	-	-	-	-
14	Electra Reserve	Ashwood/Burwood	Node	1	-	-	-	-	1	-	-	-	-	2
15	Essex Heights Reserve	Mount Waverley	Node	-	-	5	-	-	-	-	-	-	-	1
16	FE Hunt Reserve	Oakleigh East / H'dale	-	-	-	-	-	-	-	-	-	-	-	-
17	Federal Reserve	Mount Waverley	-	-	Yes	-	-	-	-	-	-	-	-	-
18	Freeway Reserve	Mulgrave	Circuit	-	Yes	-	-	-	-	-	-	-	-	2
19	Fregon Reserve	Clayton	-	-	Yes	3	-	-	-	-	-	-	-	2
20	Galbally Reserve	Hughesdale	Node	1	-	-	-	-	-	-	-	-	-	-
21	Gardiners Reserve	Ashwood/Burwood	-	-	-	-	-	-	-	-	-	-	-	3
22	Gladeswood Reserve	Mulgrave	-	-	Yes	-	-	-	1	-	-	-	-	1
23	Glen Waverley North Reserve		-	1	-	2	-	1	-	-	-	-	-	1
24	Herriots Blvd Reserve (incl. Callaghan Avenue Reserve)	Glen Waverley	-	-	Yes	-	-	-	-	-	-	-	-	-
25	Highview Park	Glen Waverley	-	-	-	-	-	-	-	-	-	-	-	-
26	Jack Edwards Reserve	Oakleigh	-	-	-	-	-	-	-	-	-	-	-	2
27	Jingella Reserve (inc. Holmesglen)	Ashwood/Burwood	Node	-	-	2	-	-	-	-	-	-	-	2
28	Jordan Reserve	Chadstone	-	-	-	2	-	-	-	-	-	-	-	1
29	Larpent Reserve	Glen Waverley	-	-	-	2	-	-	-	-	-	-	-	3

FACILITY INVENTORY

No.	Site Name	Suburb	Fitness Equipment	Basketball/ Netball Court	Circuit Path	Cricket Nets	Public Tennis Courts	Tennis Hit-Up Walls	Bocce Courts	Skate Park	BMX Tracks	Bouldering Wall/ Parkour	Futsal	Playing Fields
30	Legana Street Reserve	Mount Waverley	-	-	-	-	-	-	-	-	-	-	-	-
31	Lum Reserve	Wheelers Hill	-	-	-	2	-	-	-	-	-	-	-	2
32	LXRA (Clayton Road)	Clayton	-	1	-	-	-	-	-	*(Skateable surface)*	-	1	-	-
33	LXRA (Centre Road)	Clayton	Node	3	-	-	-	-	-	-	-	-	1	-
34	Mayfield Park	Mount Waverley	-	1	-	2	-	-	-	-	-	-	-	1
35	Meade Reserve	Clayton	Node	-	-	3	-	-	-	-	-	-	-	1
36	Mount Waverley Reserve	Mount Waverley	-	1	-	3	1	1	-	-	-	-	-	1
37	Mulgrave Reserve	Wheelers Hill	-	-	-	4	-	-	-	-	-	-	-	2
38	Napier Park	Glen Waverley	Node	-	-	-	-	-	-	-	-	-	-	3
39	Pinewood Reserve	Mount Waverley	-	-	-	-	-	-	-	-	-	-	-	1
40	Princes Hwy Reserve	Oakleigh East / H'dale	-	-	Yes	3	-	-	2	-	-	-	-	2
41	Reg Harris Reserve	Oakleigh East / H'dale	-	1	-	-	-	-	-	-	-	-	-	-
42	Scotchmans Run Reserve	Oakleigh	-	-	-	2	-	-	-	-	-	-	-	1
43	Southern Reserve	Mulgrave	-	-	Yes	3	-	-	-	-	-	-	-	1
44	Talbot Park	Oakleigh South	-	-	Yes	-	-	-	2	-	-	-	-	-
45	Tally Ho Reserve	Mount Waverley	-	1	Yes	2	-	-	-	-	-	-	-	1
46	WA Scammell Reserve	Oakleigh South	-	1	-	3	-	-	-	-	-	-	-	1
47	Warrawee Park	Oakleigh	-	-	Yes	-	-	-	-	-	-	-	-	1
48	Waverley Park	Mulgrave	Node	1	Yes	-	-	-	-	1	-	-	1	1
49	Waverley Women's Softball Centre	Wheelers Hill	-	-	-	-	-	-	-	-	-	-	-	2
50	Wellington Reserve	Mulgrave	Node	3	-	3	-	-	-	-	-	-	-	1
*51**	*Bayview Reserve*	Mount Waverley	-	-	-	-	-	-	-	-	-	-	-	-
*52**	*Cambridge Street Reserve*	Oakleigh	-	-	-	-	-	-	1	-	-	-	-	-
*53**	*Dennis Street Reserve*	Clayton	Node	-	-	-	-	-	-	-	-	-	-	-
*54**	*Holmesglen Bouldering Wall*	Chadstone	-	-	-	-	-	-	-	-	-	1	-	-
*55**	*Mannering Drive Reserve*	Glen Waverley	Node	-	-	-	-	-	-	-	-	-	-	-
*56**	*Murumba Drive Reserve*	Oakleigh South	-	-	-	-	-	-	-	-	-	-	-	-
*57**	*Notting Hill Business Park*	Notting Hill	-	-	-	-	1	-	-	-	-	-	-	-
*58**	*Samada Street Reserve*	Notting Hill	Node	-	-	-	-	-	-	-	-	-	-	-

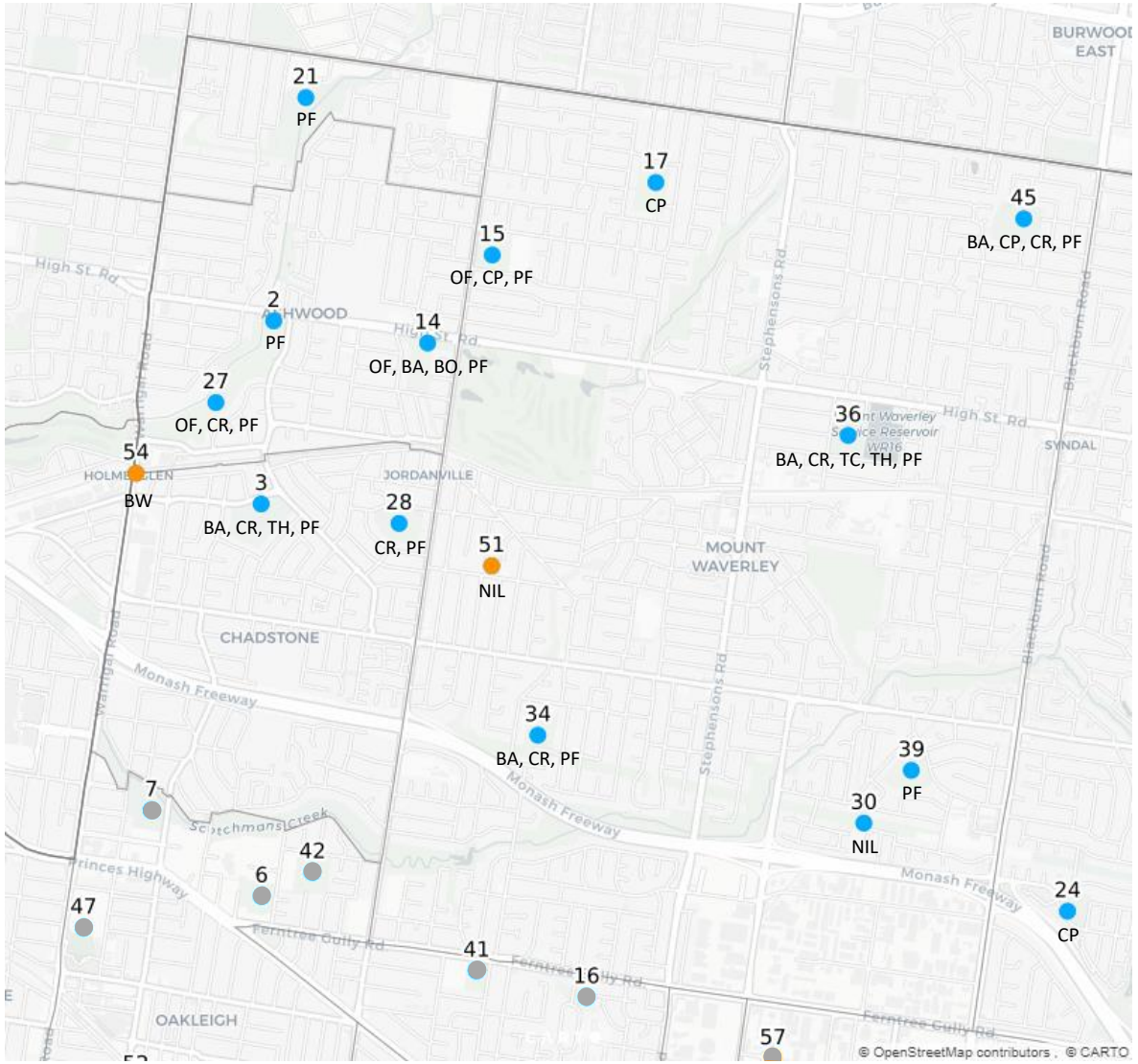
SITE MAP

Catchment:
Ashwood/Burwood, Chadstone, Mount Waverley

Key

OF: Outdoor fitness equipment
BA: Basketball/netball court
CP: Circuit path
CR: Cricket practice facility
TC: Tennis court
TH: Tennis hit-up wall
BO: Bocce court
SK: Skate park
BM: BMX track
BW: Bouldering wall/parkour
FU: Futsal
PF: Playing field

- Audited site
- Non-audited site
- *Not within catchment*



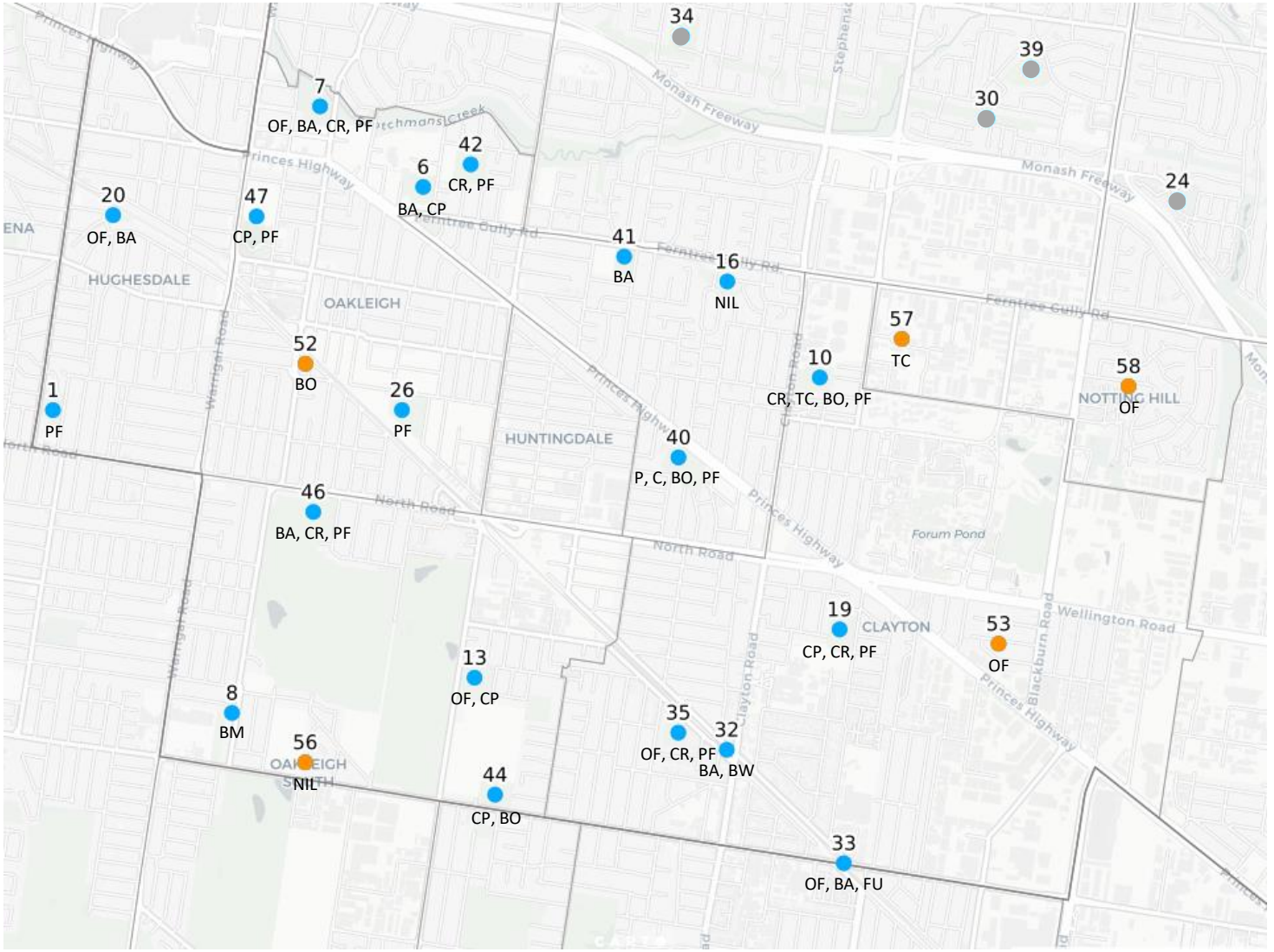
SITE MAP

Catchment:
Clayton, Hughesdale, Oakleigh, Oakleigh East – Huntingdale, Oakleigh South, Notting Hill

Key

OF: Outdoor fitness equipment
BA: Basketball/netball court
CP: Circuit path
CR: Cricket practice facility
TC: Tennis court
TH: Tennis hit-up wall
BO: Bocce court
SK: Skate park
BM: BMX track
BW: Bouldering wall/parkour
FU: Futsal
PF: Playing field

- Audited site
- Non-audited site
- *Not within catchment*



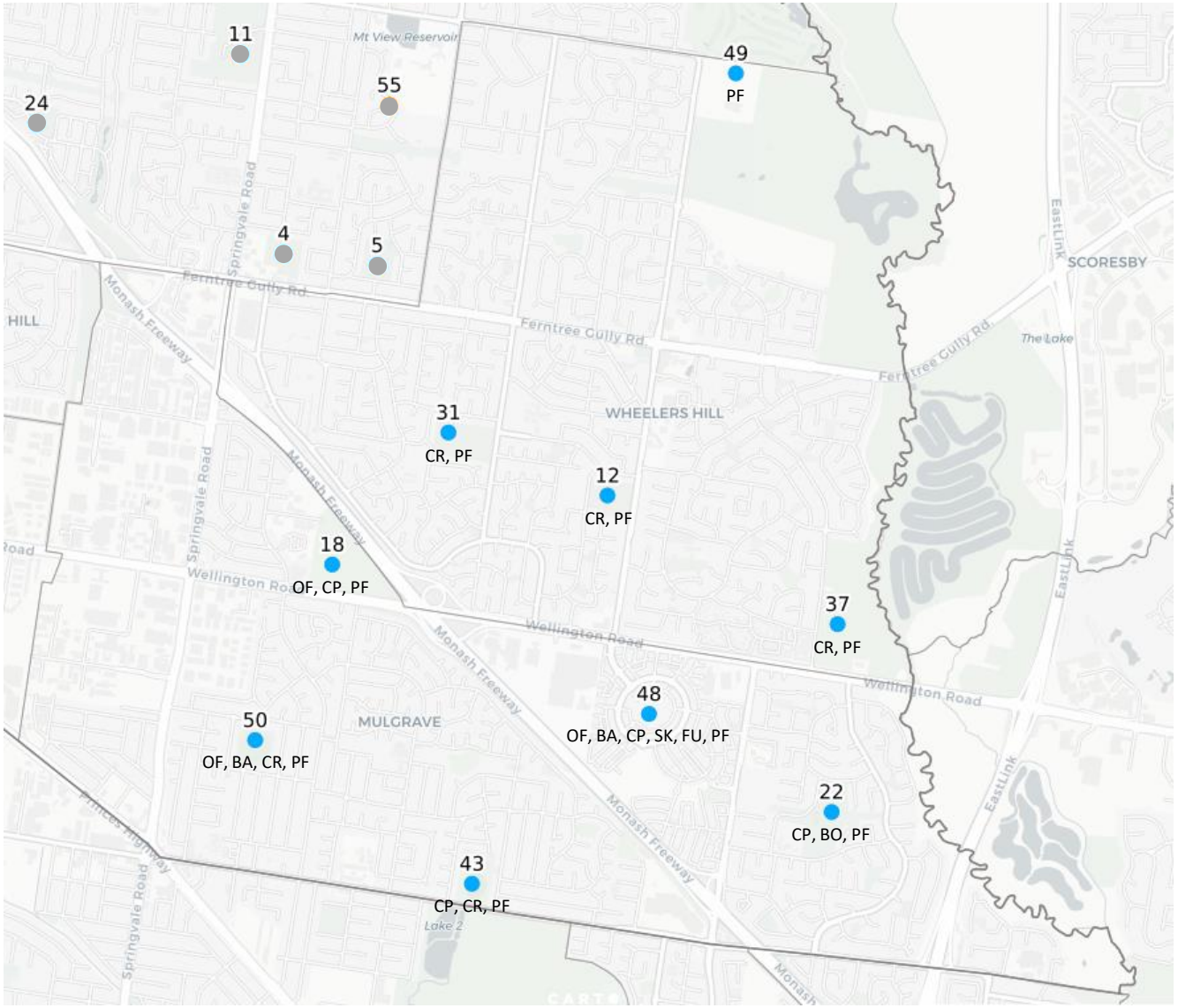
SITE MAP

Catchment:
Mulgrave, Wheelers Hill

Key

OF: Outdoor fitness equipment
BA: Basketball/netball court
CP: Circuit path
CR: Cricket practice facility
TC: Tennis court
TH: Tennis hit-up wall
BO: Bocce court
SK: Skate park
BM: BMX track
BW: Bouldering wall/parkour
FU: Futsal
PF: Playing field

- Audited site
- Non-audited site
- *Not within catchment*



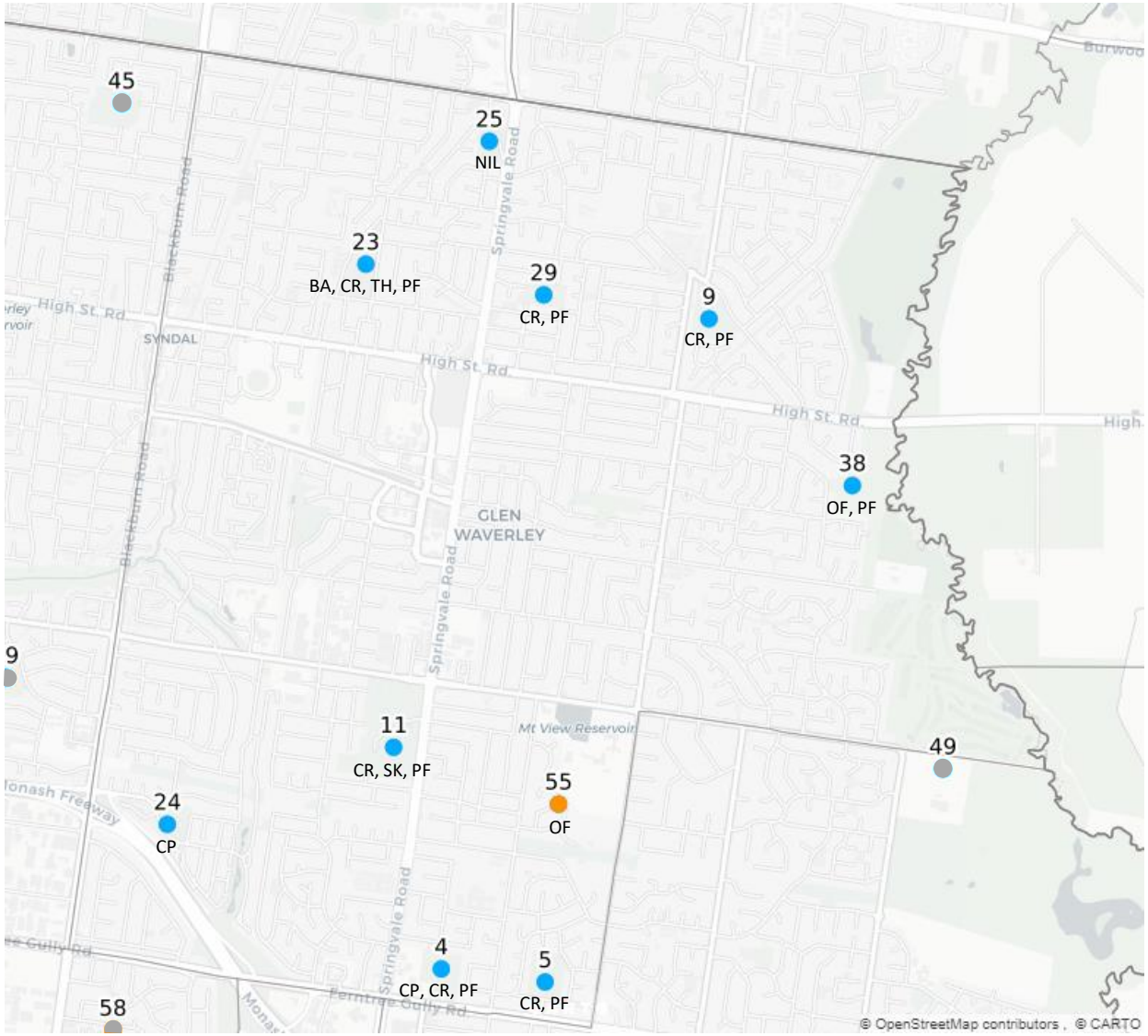
SITE MAP

Catchment:
Glen Waverley

Key

OF: Outdoor fitness equipment
BA: Basketball/netball court
CP: Circuit path
CR: Cricket practice facility
TC: Tennis court
TH: Tennis hit-up wall
BO: Bocce court
SK: Skate park
BM: BMX track
BW: Bouldering wall/parkour
FU: Futsal
PF: Playing field

- Audited site
- Non-audited site
- *Not within catchment*



Active Recreation Framework

ACTIVE RECREATION FACILITY HIERARCHY

Local



Catchment: Up to 1km
Length of stay: 30-45 minutes
Facility type: Local parks and reserves
Facility configuration: Single use or multi-purpose
Facility components: 1-2 active recreation facility components, general active recreation facilities
Supporting infrastructure: Shade, park furniture, bins
Activation: Local use
Example: Galbally Reserve

Neighbourhood



Catchment: 1-2km
Length of stay: 45-60 minutes
Facility type: Sports reserves and large local parks, urban spaces
Facility configuration: Multi-purpose
Facility components: 3-4 active recreation facility components, general and activity-specific facilities
Supporting infrastructure: Shade, park furniture, bins, drinking fountain, public toilets
Activation: Local use and facility specific users, programmed use
Example: Davies Reserve

District



Catchment: 2-3km
Length of stay: 60-90 minutes
Facility type: Large sports reserves and local parks
Facility configuration: Multi-purpose or specialised
Facility components: 5-6 active recreation facility components, general and activity-specific facilities
Supporting infrastructure: Shade, park furniture, bins, drinking fountain, public toilets
Activation: Local use and facility specific users, programmed use
Example: Central Reserve

Municipal



Catchment: 4-5km
Length of stay: 60-120 minutes
Facility type: Large sports reserves and parks
Facility configuration: Multi-purpose or specialised
Facility components: 5-6 active recreation facility components, general and activity-specific facilities
Supporting infrastructure: Shade, park furniture, bins, drinking fountain, public toilets
Activation: Local use and facility specific users, programmed use
Example: Waverley Park

ACTIVE RECREATION FACILITY FRAMEWORK

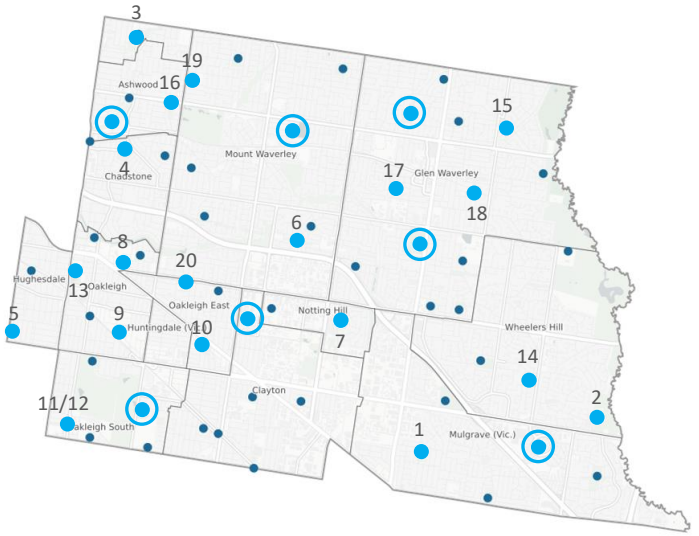
Summary of Active Recreation Facility Network Characteristics & Associated Activity Types

Activity Type	Age Focus	Physical Requirements	Setting	Hierarchy	Examples
wheeled activities - ***use of a wheeled element for activity***					
Skateboarding, Scootering, Rollerblading	Tweens and above	Paved space (street/park/bowl) or path	Dedicated facilities or integrated components in multi-purpose space	Municipal/district	Central Reserve, Waverley Park
BMX, MTB	Tweens and above	Track or trail	Dedicated facility	Municipal/district	Stan Riley Reserve
Bicycle riding	All ages	Path, trail or road	Path, trail or road	Municipal/district/neighbourhood /local	Trail/active transport network
movement on object - ***use of a space or objects for the activity***					
Climbing: bouldering, climbing walls, parkour, free running, ninja warrior, spartan racing	Tweens/teens/young adults	Obstacles (vaults, bars etc), wall	Dedicated facilities or integrated components in multi-purpose space	District/neighbourhood	Waverley Park, Level Crossing Removal Area (Clayton Road), Holmesglen TAFE
Exercise/fitness	Young adults and above	Equipment (vaults, steps, bars etc)	Fitness stations/circuits	District/neighbourhood/local	Freeway Reserve
Games (e.g Giant chess, snakes & ladders)	All ages	Paved space, tables	Play space, board games tables	District/neighbourhood	Play spaces
ball activities – ***informal, social or practice activities***					
Ball sports e.g. AFL, soccer, rugby	Tweens and above	Open space	Playing field, open space area	Neighbourhood/local	Central Reserve, Freeway Reserve
Table tennis	Tweens and above	Table tennis table	Table tennis table	Neighbourhood/local	Glen Waverley Library Forecourt
Futsal	Tweens and above	Court with goals	Multi-purpose 1/2 to full court	Neighbourhood/local	Level Crossing Removal Area
Tennis practice/hit-up	Tweens and above	Paved space with wall or net	Multi-purpose 1/2 to full court	Neighbourhood/local	Carlson Reserve
Basketball, Netball, Volleyball	Tweens and above	Court/paved space	Multi-purpose 1/2 to full court	Neighbourhood/local	Wellington Reserve
Cricket practice	Tweens and above	Cricket nets/pitch	Practice nets or multipurpose court	Neighbourhood/local	WA Scammell Reserve, Glen Waverley North Reserve
Bocce, Petanque	Older adults	Court, open gravel space	Bocce/petanque court	Neighbourhood/local	Electra Reserve, Carlson Reserve
Golf practice	Adults	Enclosed net	Practice nets	Neighbourhood/local	Not applicable
free movement - ***use of paths/environment for activity***					
Walking, Dog-walking	All ages	Trail, path or open space	Path, open space	District/neighbourhood/local	Freeway Reserve
Running, Jogging	Young adults and above	Trail, path or open space	Path, open space	District/neighbourhood/local	Davies Reserve
Group fitness	Young adults and above	Open space, paved space	Open space	Neighbourhood/Local	General open space
Yoga, tai chi	Young adults and above	Open space, paved space	Open space	Neighbourhood/Local	General open space

Local Facility Priorities

LOCAL FACILITY PRIORITIES

No.	Site	Recommendation
1	Wellington Reserve	Install circuit path and outdoor fitness equipment
2	Mulgrave Reserve	1) Replacement of existing cricket practice facility with multipurpose cricket/netball facility 2) Installation of circuit path around southern and south-eastern ovals
3	Gardiners Reserve	Install active recreation facilities at reserve and along creek trail
4	Batesford Reserve	Establish 2-metre-wide perimeter path (500 metres required)
5	Argyle Reserve	Install local multipurpose active recreation node
6	Legana St Reserve	Install local multipurpose active recreation node
7	Samada St Reserve	Install multipurpose court adjacent to outdoor fitness equipment
8	Brickmakers Park	Install fitness equipment to complement circuit path and basketball court
9	Jack Edwards Reserve	Complete circuit path surrounding playing fields and connect to Djerring Trail
10	Princes Highway Reserve	Install outdoor fitness equipment around circuit path
11	Stan Riley Reserve	Upgrade BMX track and/or provide additional facilities such as pump track
12	Cameron Ave Reserve	Deliver planned multipurpose active recreation node
13	Warrawee Park	Install local multipurpose active recreation node
14	Columbia Park Reserve	Install local multipurpose active recreation node
15	Capital Reserve	Install local multipurpose active recreation node
16	Electra Reserve	Installation of circuit path
17	Bogong Reserve	Install local multipurpose active recreation node
18	Hinkler Reserve	Install local multipurpose active recreation node
19	Essex Heights Reserve	Installation of circuit path
20	Reg Harris Reserve	Installation of circuit path and local active recreation node

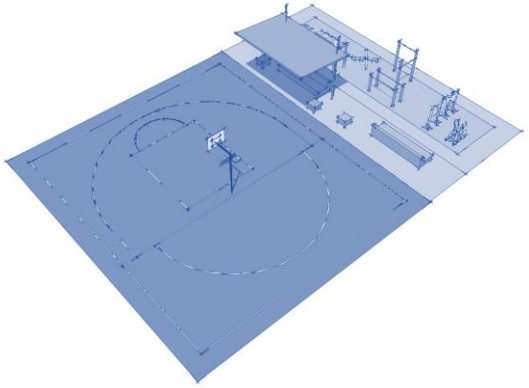


Active Recreation Node Sample Designs

ACTIVE RECREATION NODES SAMPLE DESIGNS

Local Active Recreation Node - $230,000

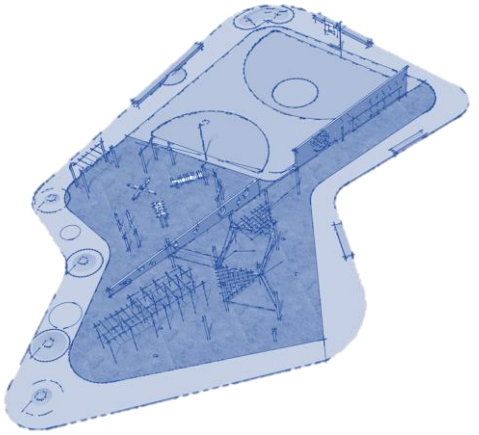
- Multipurpose half-court $70K
- Tennis hit-up $30K
- Climbing/other component $50K
- Outdoor fitness equipment $40K
- Social space and amenity $40K



Local Active Recreation Node

Multipurpose Design 1 - $330,000

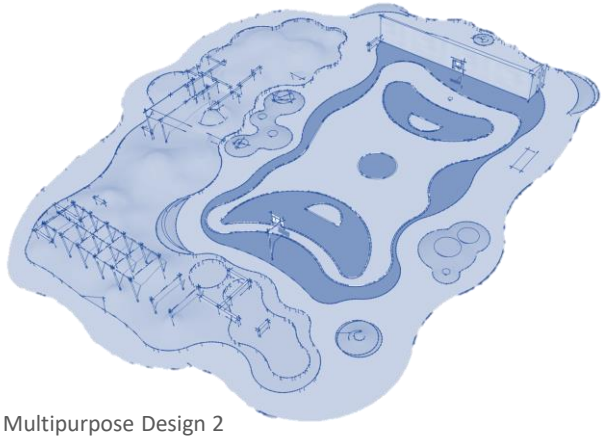
- Basketball half-court $60K
- Tennis hit-up/climbing wall $80K
- Scooter loop $90K
- Parkour equipment $60K
- Outdoor fitness equipment $40K



Multipurpose Design 1

Multipurpose Design 2 - $500,000

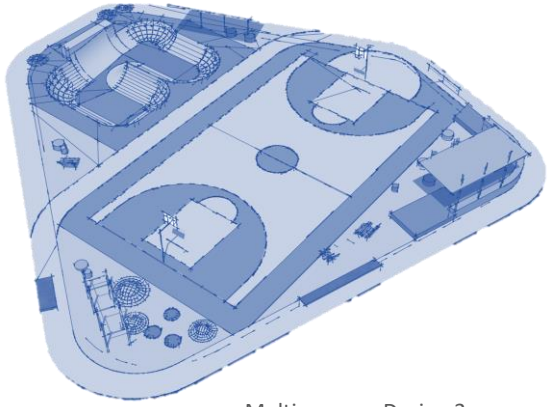
- Basketball full-court $120K
- Tennis hit-up/climbing wall $80K
- Scooter loop $100K
- Parkour equipment $100K
- Outdoor fitness equipment $60K
- Social space and amenity $40K



Multipurpose Design 2

Multipurpose Design 3 - $550,000

- Basketball full-court $120K
- Scooter loop $110K
- Skate park bowl $120K
- Parkour equipment $100K
- Outdoor fitness equipment $60K
- Social space and amenity $40K



Multipurpose Design 3

Guidance Note:
Active Recreation Facility Development

GUIDANCE NOTE: ACTIVE RECREATION FACILITY DEVELOPMENT

Active recreation facility development requires careful planning to ensure that facilities meet community expectations.

The following guidance note provides general recommendations for planning active recreation facilities in parks and reserves.

Multipurpose facilities

Active recreation infrastructure is best delivered in multipurpose nodes that combine a range of facilities in a central location. Provision of multipurpose active recreation facilities encourages diversity of use provides efficiencies relating to supporting infrastructure.

Co-location

Co-locating active recreation facilities with other reserve components such as playgrounds and sportsgrounds encourages use by a broader cross-section of participants.

Siting of active recreation infrastructure in conjunction with other reserve components should consider the potential for conflicts between users.

Intergenerational facilities

Providing facilities that cater for a range of age cohorts encourages use by family and friendship groups. Intergenerational facilities are particularly important for parents and carers to allow for physical activity while supervising children.

An example of an intergenerational facility is the provision of a multipurpose court, outdoor fitness equipment and playspace in one location. This allows for young children, tweens, teens and adults to be active together at a single site.

Supporting infrastructure

The provision of supporting infrastructure is vital for promoting the use of active recreation facilities and encouraging longer stays in parks and reserves.

As a principle, active recreation nodes that provide for a neighbourhood catchment should provide access to public toilets.

All sites with active recreation infrastructure should provide ample shade, park furniture such as benches, drinking fountains and bins.

Careful consideration should also be given to parking availability (including parking for people with disabilities) and entry/exit lighting.



GUIDANCE NOTE: ACTIVE RECREATION FACILITY DEVELOPMENT

Accessible surfaces

Active recreation facilities should have accessible surfaces, including pathways and entry points. Pathways and access points should provide a hard, stable surface and a level grade to promote access and remove barriers for people with mobility issues.

Use of mulch as a surface for outdoor fitness equipment should generally be avoided as it is not stable and is prone to degradation over time.

Safety and passive surveillance

As active recreation is quite often undertaken individually or in small groups, safety is an important consideration for participants.

Perceptions of safety are vital for active recreation facilities in parks and reserves. Facilities should generally be sited in areas of open space that have good passive surveillance such as close to entry points or adjacent to roadways.

Avoid locating facilities in hidden areas of reserves, behind dense vegetation or buildings, or in areas with limited vehicular or pedestrian traffic.

Providing lighting, particularly at entry and exit points, also ensures visibility and can extend hours of use.

Signage and information

Providing signage and information promotes correct use of active recreation facilities. This is particularly important for new users and novice participants to increase confidence and reduce the potential for injuries through misuse.

Instructional signage can be located with active recreation facility components, with the option to provide QR codes to link to additional information via mobile devices

Facilities for novice-to-intermediate level participants

While active recreation facilities should provide opportunities for everyone, facilities should aim to cater for novice-to-intermediate users as a priority.

The proficiency level required to use active recreation facilities should particularly consider strength and mobility requirements to ensure access for less active people.

Specific facilities for older adults should also be considered to provide opportunities for people with lower strength and stability.



GUIDANCE NOTE: ACTIVE RECREATION FACILITY DEVELOPMENT

Paths and trails

Path and trail networks provide for three of the highest participation activity types: walking, running and cycling.

Paths and trails should meet relevant design and engineering standards (e.g. Austroads), with particular consideration of:

- **Shared path width:** Paths should be at least 2.5 metres wide to minimise conflict between pedestrians and cyclists. Paths within reserves that are focused on walking and running can be 2 metres wide.
- **Surface:** Paths can be constructed be concrete, asphalt or gravel, all of which require regular maintenance to ensure surfaces continue to be safe and accessible.
- **Entry and exit points:** Points of entry and exit should be level and clear of obstacles. Steps and significant changes of gradient at entry points should be avoided.
- **Sight lines:** Shared paths should have clear sight lines to reduce conflicts and increase safety, particularly where pedestrians and cyclists share a path or trail.
- **Signage:** Directional and wayfinding signage ensures path users understand the location of nearby facilities and connections.

Outdoor fitness equipment

Outdoor fitness equipment is provided in a range of types and configurations, and requires careful consideration relating to planning, installation and activation.

Equipment selection should consider the skill proficiency, fitness and strength of users, and provide options for all potential users. Equipment that requires high levels of upper body strength may not be accessible to the majority of the community.

Fitness equipment that encourages the use of gross motor skills that can be repeated with simple instruction are generally preferred for novice users.

Guidance for planning, installing and activating outdoor fitness equipment can be found at the Sport and Recreation Victoria website:

https://sport.vic.gov.au/publications-and-resources/community-sport-resources/guidelines-planning-installing-and-activating



insideEDGE
sport and leisure planning
www.ieslp.com.au

The Monash Active Recreation Opportunities Strategy was prepared by *insideEDGE* Sport & Leisure Planning for Monash City Council