

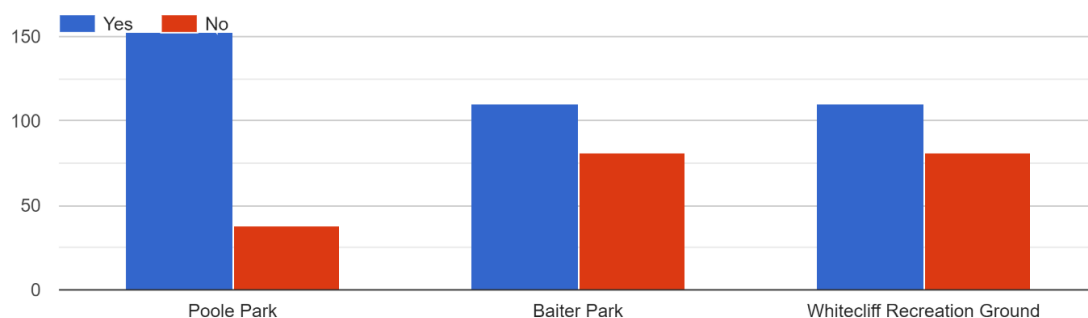
Poole Park, Baiter and Whitecliff Outdoor Fitness Equipment Survey Results October 2020 v2

The aim of the engagement survey was to gain an understanding on the needs and wants of potential users of new outdoor fitness equipment planned for Poole Park, Baiter and Whitecliff. The online survey was completed by 191 people and feedback was also gained from regular users via email and site visits. The online survey was open from 2nd September to 9th October 2020.

Q1 to 5 – Understanding of Outdoor fitness equipment

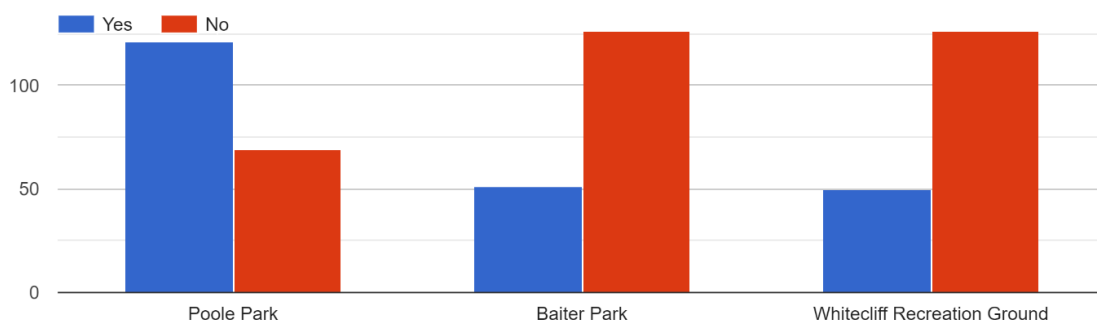
Most people were aware of fitness equipment in Poole Park, but less so for Baiter and Whitecliff. This demonstrates that the stations are not necessarily linked, with some feedback being because they are too far apart. See table below:

1. Have you seen the outdoor gym equipment in Poole Park, Baiter Park and/or Whitecliff recreation ground?



Most people knew what outdoor fitness equipment was, and around two-thirds of respondents had used the equipment at Poole Park, however only one third had used the equipment in Baiter and Whitecliff.

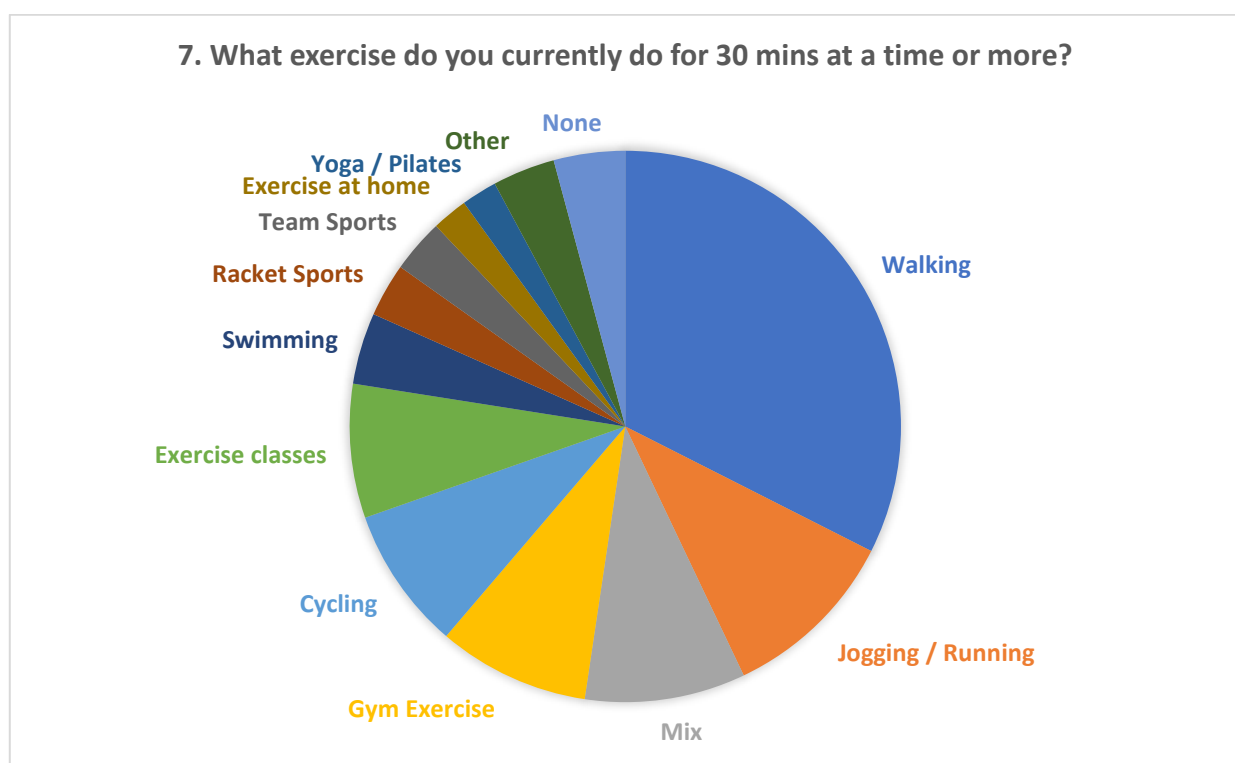
3. Have you ever used the outdoor gym equipment in Poole Park, Baiter Park and/or Whitecliff recreation ground?



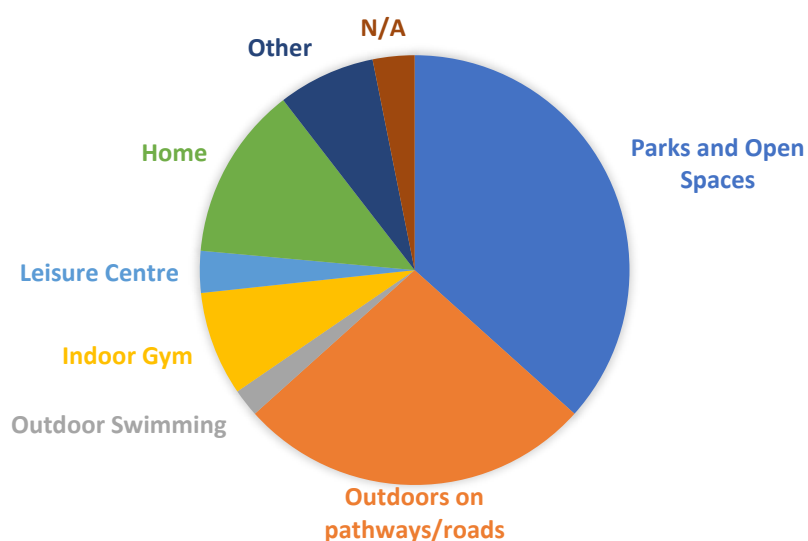
In terms of how the words fitness, gym and exercise made people feel, most of the responses were positive feelings such as 'happy' and 'motivated'. However a number of people said they felt self-conscious and many said the words made them felt guilty! The most popular word to describe the equipment appears to be 'fitness'.

Q6 to 12 – Current Exercise Regimes

Around two thirds of respondents exercised several times per week or more and 84% exercised at least once per week, which is significantly higher than the general population. One third did this through walking at a slow, moderate or fast pace; 10% took part in jogging/running; 8% cycled; 8% went to the gym and a further 7% took part in exercise classes. Significantly, the results from Q8 indicate that 60% of respondents exercised in an outdoor setting. Please see tables below for more details.

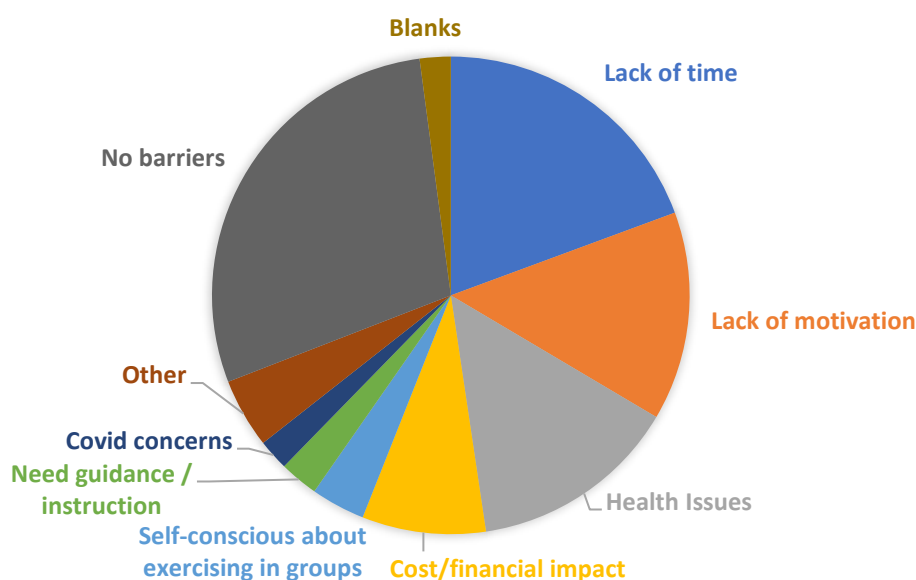


8. Where do you regularly exercise?



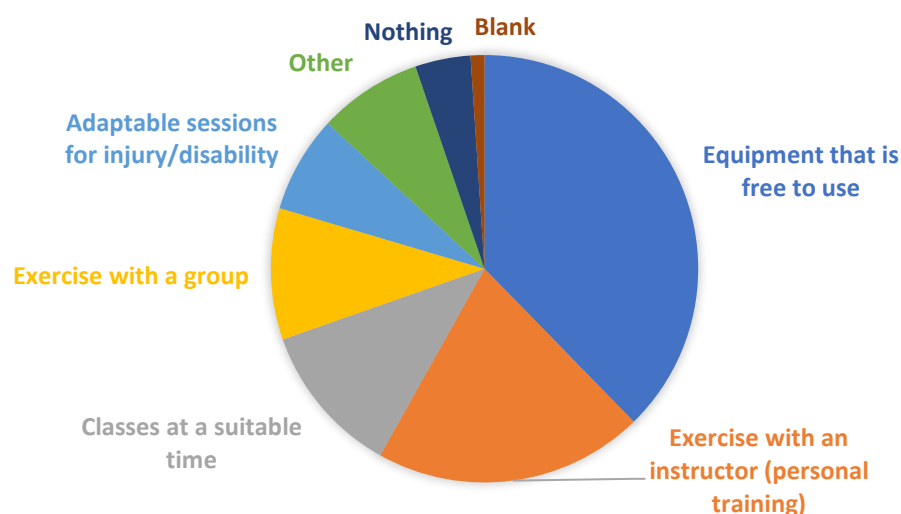
The times which people took part in exercise was spread out throughout the day, demonstrating the need for flexibility which outdoor fitness equipment provides. The results for Q10 detailed in the table below, illustrates that whilst 28% stated that they felt no barriers to exercise, 20% said time management was as an issue, 14% said they lacked motivation, 8% cited health issues and 8% stated a lack of funds was a barrier.

10. What prevents you from exercising?



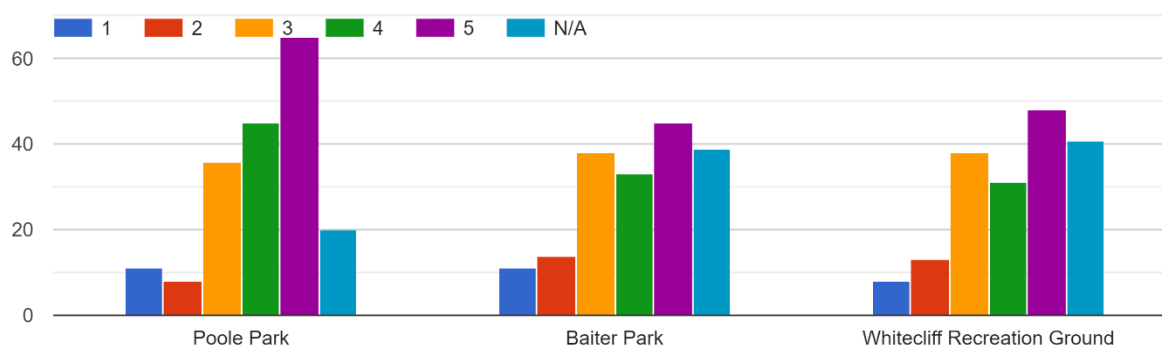
Encouragingly, the results of Q11 (see table below) indicate that 38% of people felt that free to use equipment would motivate them to exercise, whilst a further 20% stated having an instructor would do this. 11% said having classes at a suitable time and 10% said group exercise was a motivation. All of those categories can be supported through the installation of outdoor fitness equipment.

11. What would encourage you to exercise more?



For Q12, in terms of safety, most people felt safe or very safe exercising in all three parks.

12. Between 1 and 5, how safe do you feel exercising in Poole Park, Baiter Park and Whitecliff? With 1 feeling 'Very unsafe', 3 feeling 'Neither safe nor unsafe' and 5 feeling 'Very safe'.

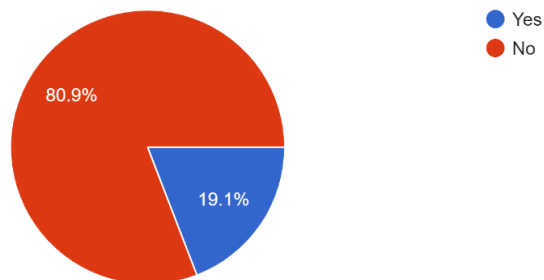


Q13 to 14 – The link between inactivity from middle age and risk of falls in later life

19% of respondents said that they had fallen due to a lack of strength or balance, but 36% of people were not aware of the link between inactivity in middle age and falling over in later life. Once installed, the use of outdoor fitness equipment could therefore be highlighted as helping to prevent falls in later life. The fitness instructor could also be asked to discuss this with participants in more detail. It would be beneficial to deliver this message working in partnership with existing contacts at Poole Hospital.

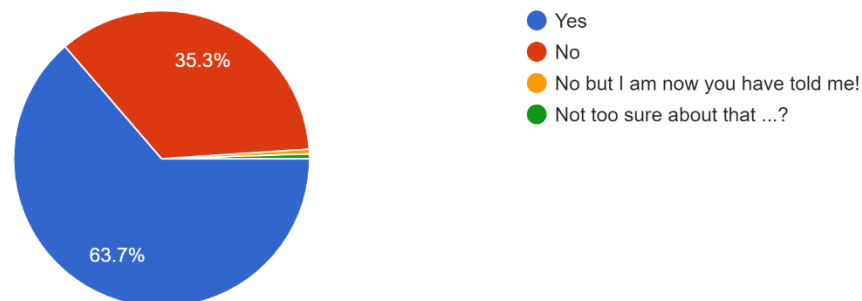
13. Have you ever experienced a fall due to lack of strength or lack of balance?

188 responses



14. Are you aware of the link between inactivity in middle age and falling over in later life?

190 responses



Q15 to 19 – Exercise Priorities

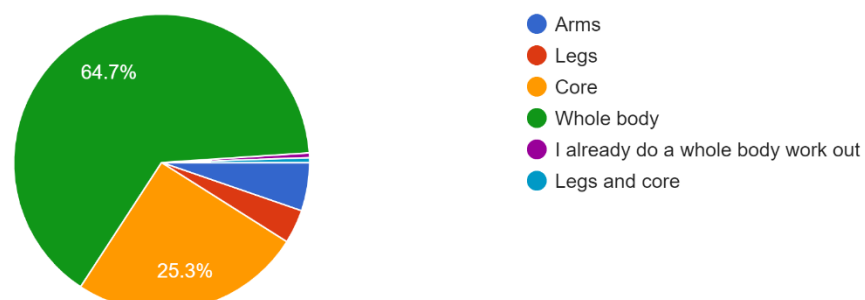
Respondents were asked to give a score out of ten (with 1 being not very important and 10 being very important) regarding the type of fitness they were hoping to achieve in terms of 'Strength', 'Balance', 'Cardio' and 'Flexibility'. The results for those who gave a score of 8 or above, are as follows:

- 62% saw strength as important
- 58% saw balance as important
- 65% Cardio
- 70% Flexibility

In addition, 65% wished to exercise their whole body, and a further 25% wished to exercise their core.

19. What area of your body would you like to exercise more?

190 responses



Q20. Is there any other information or comments you would like to share?

For this question, we had 88 responses and the key comments from those include:

- provide cover
- calisthenics equipment (mentioned several times)
- having less/bigger stations
- having a range of equipment to exercise different parts of the body
- being part of a trail, possibly include a short running track
- parallel bars for supported walking, plus low steps and a gentle slope for low impact exercise (supports people recovering from injury and people in wheelchairs)
- include instructions
- stations should be closer together
- should support a range of fitness abilities
- have exercise programmes you can follow on your phone whilst using the equipment, perhaps a 6-week programme
- static bikes looking out across the lake
- excited about using the new equipment
- it's a waste of money
- it needs to be better maintained after being installed, not left to rust

About you

A brief summary of the background of respondents is detailed below. The survey was disseminated through links with Poole Hospital, BCP Council e-newsletters, social media posts and promoted on posters placed in Poole Park.

Age - Around 44% of respondents were aged 55 years or older, 35% were aged between 35 and 54, and 18% were aged 16 to 34 years old

Gender – 67% of respondents were female, 31% were male, 2% preferred not to say

Disability – 7% were limited in their day-to-day activities a lot, 18% were limited a little (some of this may reflect respondents linked to Poole Hospital)

Ethnicity – 91% were White British

Summary of Results

- Overall most respondents were aware of the outdoor gym equipment. However whilst two thirds of respondents had used the equipment at Poole Park, only one third had used the equipment stations in Baiter and in Whitecliff.
- 84% of respondents exercised at least once per week and 60% exercised in an outdoors setting
- The biggest factors preventing respondents from exercising where lack of time, lack of motivation, health issues and cost
- The biggest factors that would encourage respondents to exercise more were equipment that is free to use and exercise with an instructor
- Most respondents wanted to exercise their whole body (65%) and their core (25%)
- Under further comments wanting to exercise using calisthenics was mentioned several times

- Of the 27 respondents with health issues, 11 would like adaptable sessions for injury/disability and 9 wanted equipment that was free to use
- Of the 84 respondents aged 55 years and over, 20 cited health issues as a prevention from exercise whilst 26 cited no barriers to exercise.
- Interestingly 66% of those aged 55 and over exercised in an outdoor setting, compared to 60% across all age groups.
- Finally 38% of those aged 55 years and above said that equipment that was free to use would encourage them to exercise more.