



GLEN EIRA
CITY COUNCIL

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MCKINNON
MURRUMBEENA
ORMOND
ST KILDA EAST

GLEN EIRA ACTIVE RECREATION ACTION PLAN

ACTION PLAN JULY 2021

Adopted by Council 20 July 2021



CONTENTS

Executive summary	3
Action Plan development	4
Active Recreation Framework	16
Strategic priorities	23
Implementation plan	26
Appendices	32



EXECUTIVE SUMMARY

The Glen Eira Active Recreation Action Plan aims to improve health and wellbeing by increasing opportunities for active recreation in parks and reserves across the City.

Active recreation (non-competitive physical activity undertaken during leisure time) has become increasingly important as lifestyle, family and employment commitments necessitate flexible forms of physical activity.

Despite having the lowest amount of open space per person of all municipalities in Greater Melbourne (12 square metres per person), the City of Glen Eira maximises the effectiveness of its open space through innovative design and provision of facilities.

This *Action Plan* outlines the priorities for the further development of active recreation infrastructure and recommendations for programs and initiatives to support activation of parks and reserves.

The establishment of key active recreation sites that service neighbourhood-level catchments and provide unique facility components, will encourage increased physical activity across the community.

Facilities at key active recreation sites will be complemented by additional local-level infrastructure in areas of low facility and open space provision to balance opportunities across the network.

Opportunities to create new active recreation facilities to service the north-west of Glen Eira is vital for increasing physical activity in suburbs such as Elsternwick, Gardenvale and St Kilda East, as well as other localised areas that have gaps in the provision of open space.

The development of new activity-specific and ‘unique attractor’ facilities will aim to balance provision and provide equitable opportunities for all residents of Glen Eira.

The activation of spaces through targeted programming and partnerships will aim to counter the lack of open space within Glen Eira by capitalising on the investment in facilities.

The delivery of recommendations from the *Active Recreation Action Plan* will require a co-ordinated approach across Glen Eira City Council and ongoing input from the community and key stakeholders.

With targeted investment and commitment to delivery, the *Active Recreation Action Plan* will achieve the vision of ‘creating an active, healthy and connected community through the provision of diverse, accessible and high-quality opportunities for active recreation.’



Outdoor fitness equipment, Packer Park, Carnegie.

ACTION PLAN DEVELOPMENT



WHAT IS ACTIVE RECREATION?

Active recreation has emerged as an 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 as it creates more flexible and convenient participation opportunities.

Active recreation is defined as **non-competitive physical activity undertaken during leisure time** and is **outside of play or organised sport**.

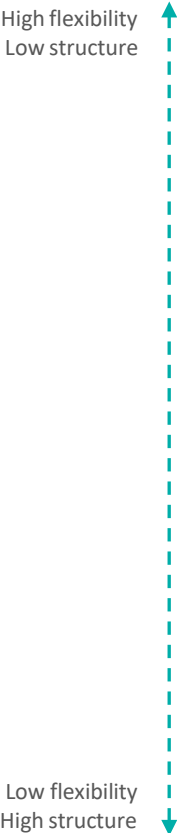
Active recreation is focused on health and fitness, fun, enjoyment and social connection rather than competition.

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

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

Walking, running, cycling, exercise and fitness activities, and informal/non-organised sport activities are key examples of active recreation activities.

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



ABOUT THE ACTION PLAN

The Glen Eira Active Recreation Action Plan guides the future facilities, programs and initiatives that increase opportunities for active recreation across the City of Glen Eira.

The City has a range of well-developed parks and reserves that provide opportunities for active recreation, but further facility development and delivery of programs will contribute to creating a more active and healthy community.

The *Active Recreation Action Plan* establishes the strategic priorities for active recreation projects and will require ongoing collaboration between Council, stakeholders and the community in its implementation.

This *Action Plan* focuses on delivering on the strategic priorities of Council relating to health and physical activity as outlined in Council plans and policies such as the *Council and Community Plan 2017–2020*, *Municipal Public Health and Wellbeing Plan 2017–2021*, and *Glen Eira Community Vision 2040*.

The *Open Space Strategy 2020*, *GET Active — The Future of Sport and Active Recreation Report and Park Masterplans* also provide insights and recommendations that have been integrated into the priorities for delivery.

The project methodology (see page 7) has included detailed data analysis, community and stakeholder engagement and assessment of opportunities for development across the open space network.

The implementation plan (page 27) provides prioritised actions and cost estimates to guide the future delivery of active recreation projects.

Location-specific and activity-specific actions are incorporated into the implementation plan, with requirements for additional community and stakeholder engagement noted when required.

The *Active Recreation Action Plan* will drive project delivery through ongoing collaboration and partnership development within Glen Eira City Council, and between Council, State and Federal Government, stakeholders and the community.



Princes Park, Caulfield South

PROJECT METHODOLOGY

The Active Recreation Action Plan has been developed in stages to ensure recommendations are based on up-to-date planning and policy direction, industry best practice and engagement with the community and key stakeholders.

The project methodology consists of three key stages, with reporting outputs summarising the outcomes of each stage and setting the foundation for the development of the *Active Recreation Action Plan*.



STAGE ONE: REVIEW OF PROVISION, USAGE AND RESEARCH

The **State of Play Report** outlines the analysis of active recreation asset data, community demographic information, policies and strategies relevant to active recreation, and benchmarking of similar metropolitan Local Government authorities.

Stage one included 29 site observations across nine reserves to establish an understanding of characteristics of use and patterns of patronage.

STAGE TWO: CONSULTATION, GAPS AND OPPORTUNITIES ANALYSIS

The *Engagement Report and Gap and Opportunity Analysis* collates the outcomes of community and stakeholder engagement and examines the distribution of active recreation infrastructure and options for initiatives to increase participation.

Stage two sets the foundation for recommendations provided within the *Active Recreation Action Plan*.

STAGE THREE: RECOMMENDATIONS AND ACTION PLAN

The *Active Recreation Action Plan* (this document) establishes the recommendations and implementation plan for the delivery of active recreation infrastructure, programs and initiatives across the City of Glen Eira.

WHY DO WE NEED AN ACTIVE RECREATION ACTION PLAN?

The development of the Glen Eira Active Recreation Action Plan aims to create more opportunities for residents to participate in healthy physical activity.

Glen Eira is a growing community, with the current population of 159,152 expected to grow by 13.5 per cent to reach a population of more than 180,000 by 2036.

The City of Glen Eira has a deficit of open space, with 12 square metres of open space per person¹ compared to an average of 58 square metres per person for Greater Melbourne². The deficit of open space in the City of Glen Eira places pressure on existing recreation infrastructure, particularly as the population continues to grow.

Despite the lack of open space, Glen Eira City Council has created a network of parks and reserves that provide high-quality active recreation facilities and attract high rates of use by residents. A summary of active recreation facility provision is provided on page 10.

This *Active Recreation Action Plan* aims to improve accessibility and reduce barriers to physical activity through further delivery of active recreation facilities and programs, particularly in areas of low provision.

The City of Glen Eira is an active community, with a higher percentage of the community meeting *Australian Physical Activity Guidelines* (52.5 per cent) than the Victorian average (50.9 per cent)³.

Participation behaviours in Glen Eira align with Victorian trends, with the proportion of residents participating in non-organised activity (72.4 per cent) more than doubling the amount that participate in organised physical activity (35.2 per cent).

The City of Glen Eira is generally meeting or exceeding key physical activity and health benchmarks despite the limitations of the open space network.

The continued development of diverse opportunities for active recreation in parks and reserves across Glen Eira will maximise the positive impact physical activity is having on community health and wellbeing.

References:

- ¹Glen Eira Open Space Strategy, Glen Eira City Council 2020
- ²Metropolitan Open Space Network, Victorian Planning Authority, 2017
- ³VicHealth Indicators Survey, VicHealth, 2015
- ⁴Victorian Health Indicators Survey, Victorian Government, 2017

OPEN SPACE PER RESIDENT

12 m2 Glen Eira ¹	58 m2 Greater Melbourne ²
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GLEN EIRA PHYSICAL ACTIVITY SNAPSHOT

	Glen Eira	Victoria
Residents active 4+ days per week ³	40.1%	41.3%
Residents active 0 days per week ³	14.6%	18.9%
Residents that meet Australian physical activity guidelines ³	52.5%	50.9%
Participation in organised physical activity ³	35.2%	28.7%
Participation in non-organised physical activity ⁴	72.4%	70.5%

ENGAGING COMMUNITY AND STAKEHOLDERS

The Active Recreation Action Plan has been developed via engagement with the community and stakeholders, including:

- Online community survey and data collection
- State Government and peak agencies relating to active recreation policy, planning and priorities
- Consultation with relevant Glen Eira City Council departments
- Review of Council, Government and peak agency plans and strategies
- Review of the results of previous Council community engagement

The following summarises key themes that arose through the community and stakeholder engagement with stakeholders.

What the community and stakeholders told us

Which activities do you participate in?

The most popular activities are walking (including dog-walking), cycling, running, fitness/exercise and informal sport activities such as shooting hoops and kick-to-kick at local parks.

What is important when considering where you will participate in active recreation?

Proximity to home, convenience, perceived safety and facility provision all influence decisions relating to active recreation participation.

Would organised activities in parks and reserves encourage more active recreation?

Twenty per cent of survey respondents said “yes, definitely”, while 36 per cent said “it depends on the activity”.

Twenty-five per cent of respondents indicated that organised sessions wouldn’t encourage them to become more active.

Have you accessed information on active recreation opportunities in the last 12 months?

One-third of survey respondents indicated that they had accessed information relating to active recreation, with the most frequent channels Council’s website and the *Glen Eira News*.

What would encourage more activity in parks and reserves?

Activating parks, cycling paths, group fitness activities and fitness equipment would encourage more activity. Activities for young people and older adults, and flexible spaces are also important.

How can Council support more active recreation in parks and reserves?

Providing facilities and programs that increase access and reduce barriers to participation. The lack of open space places pressure on facilities, so activation of parks and reserves is important to encourage more physical activity.

OUR ACTIVE RECREATION FACILITIES

The City of Glen Eira provides active recreation facility components across 28 parks and reserves.

Active recreation activities are generally self-initiated and flexible, making convenience and accessibility of facilities vital to encourage participation. Most active recreation facilities are available free-of-charge within public open space and do not require a booking. Council also operates some active recreation spaces, such as the court facilities at East Caulfield Reserve and Moorleigh Community Village, that can be booked for casual use.

It is noted that there are additional facilities that are available for booking through clubs such as tennis courts and lawn bowls greens, but these have not been considered within this action plan.

The distribution of active recreation facilities is generally balanced throughout Glen Eira, although there are areas of lower provision, particularly in the west of Glen Eira in suburbs such as Elsternwick, Gardenvale, Caulfield and St Kilda East.

Further details regarding the distribution of active recreation facilities can be found in the Gap and Opportunity Analysis Report.

	SITES	COMPONENTS
Outdoor fitness equipment	11	11 sets
Outdoor basketball courts	15	17 goals
Netball courts/rings	11	30 rings
Cricket/baseball/softball practice facilities	17	19 facilities
Sportsgrounds	19	45 grounds
Public tennis courts	1	2 courts
Tennis hit-up walls	6	6 walls
Golf 'birdie' cages	11	11 cages
Skate parks	1	1 skate park
Bouldering walls	2	2 walls
Outdoor table tennis tables	3	3 tables
Public bowls/bocce courts	1	2 green/court
Multipurpose courts	2	4 courts
AFL, soccer, futsal goals (permanent)	3	5 goal sets
Velodrome	1	1 velodrome



Multipurpose court, Joyce Park, Ormond.



Fitness equipment, Packer Park, Carnegie.

FACILITY DISTRIBUTION

The distribution of parks and reserves with active recreation facility components is generally well balanced, although there are gaps in provision that limit opportunities for residents.

Providing places and spaces that encourage physical activity is vital to increasing participation in active recreation. The shortfall of total open space increases the importance of the distribution of parks and reserves in comparison to communities with sufficient or surplus open space.

While the distribution shown in the adjacent map shows a relatively balanced provision of parks and reserves with active recreation facilities, several sites are either small in size or are largely developed with limited opportunities for development of new infrastructure.

The distribution of active recreation facilities through the south and east of Glen Eira is generally sufficient, but gaps in provision in the west of Glen Eira limit opportunities for participation in close proximity to residents. Access to large parks outside of the western boundary of Glen Eira provide additional access and opportunities for residents.

The implementation plan (page 27) outlines a series of actions that will increase provision of facilities and capitalise on the open space available for active recreation purposes.

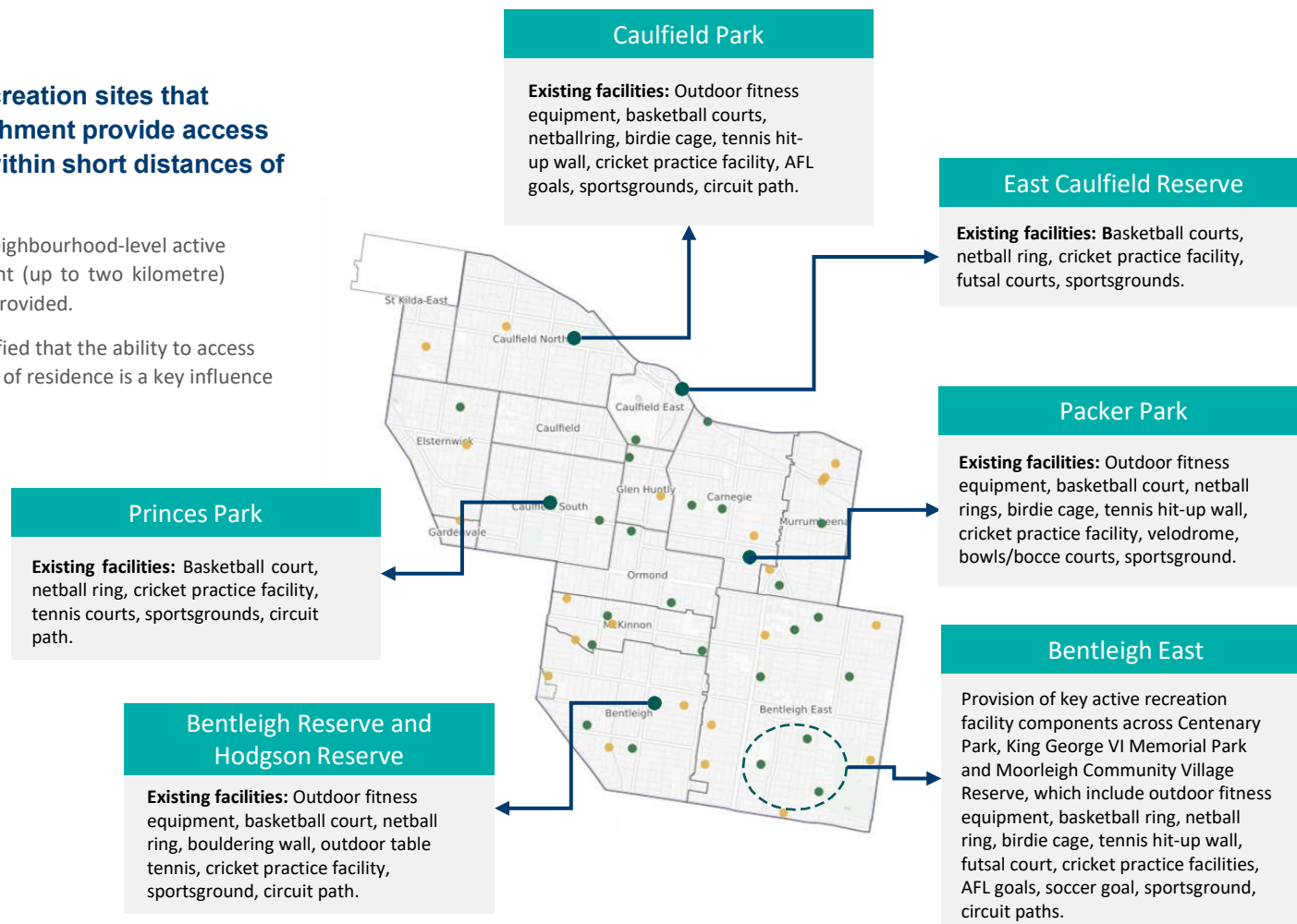


KEY ACTIVE RECREATION SITES

The establishment of key active recreation sites that service a neighbourhood-level catchment provide access to active recreation opportunities within short distances of travel for the majority of residents.

The sites outlined on the adjacent map act as neighbourhood-level active recreation sites, catering for a larger catchment (up to two kilometre) based on the existing facilities and open space provided.

Community and stakeholder engagement identified that the ability to access diverse facilities in close proximity to their place of residence is a key influence on participation.



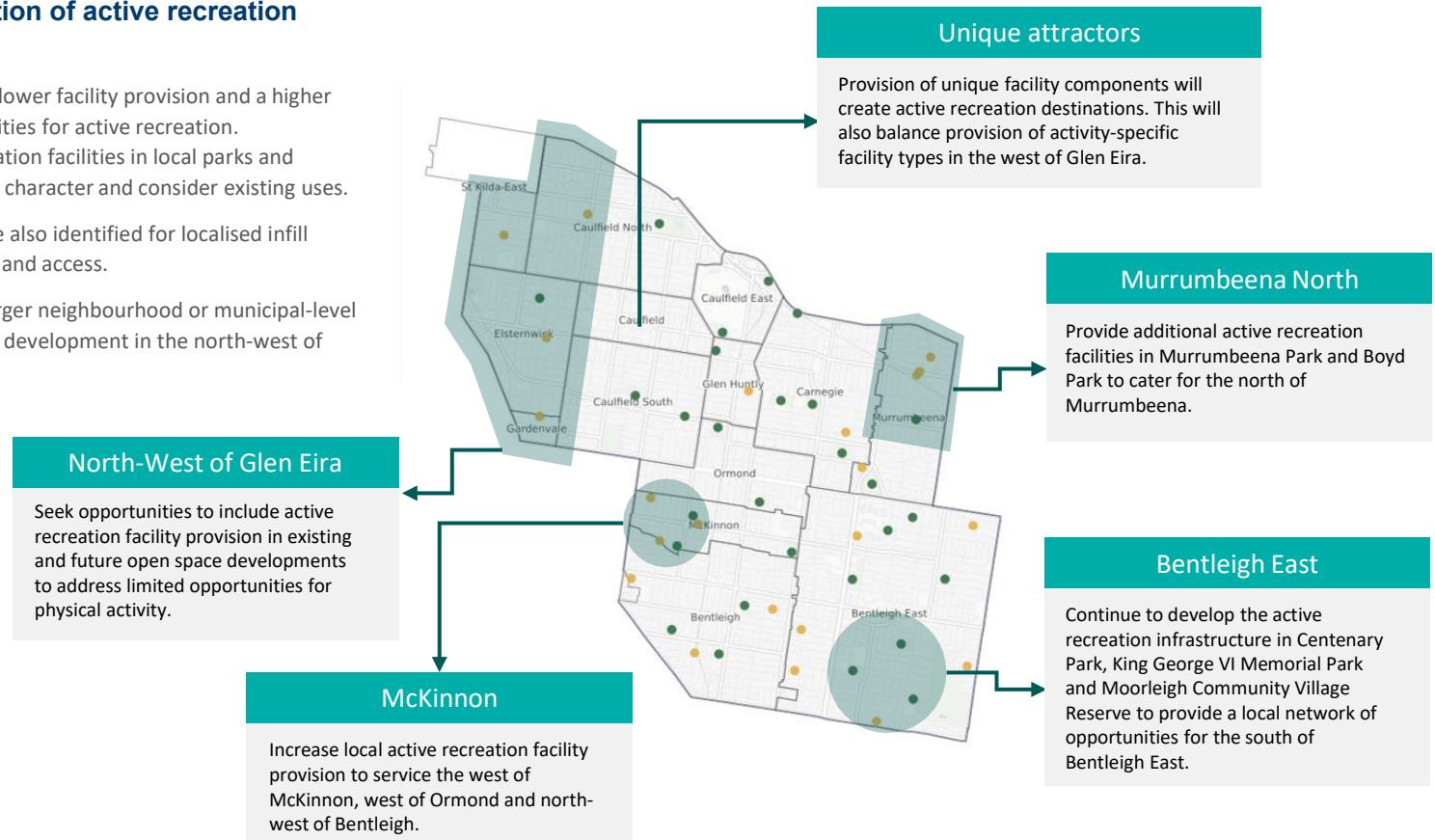
STRATEGIC FACILITY OPPORTUNITIES

Targeted facility development in areas of low provision will improve the equitable distribution of active recreation opportunities for residents.

The north-west of Glen Eira generally has lower facility provision and a higher shortfall of open space, limiting opportunities for active recreation. Opportunities to incorporate active recreation facilities in local parks and reserve will need to align with open space character and consider existing uses.

Areas of McKinnon and Murrumbeena are also identified for localised infill facility development to balance provision and access.

‘Unique attractor’ facilities that service larger neighbourhood or municipal-level catchments should also be considered for development in the north-west of Glen Eira.



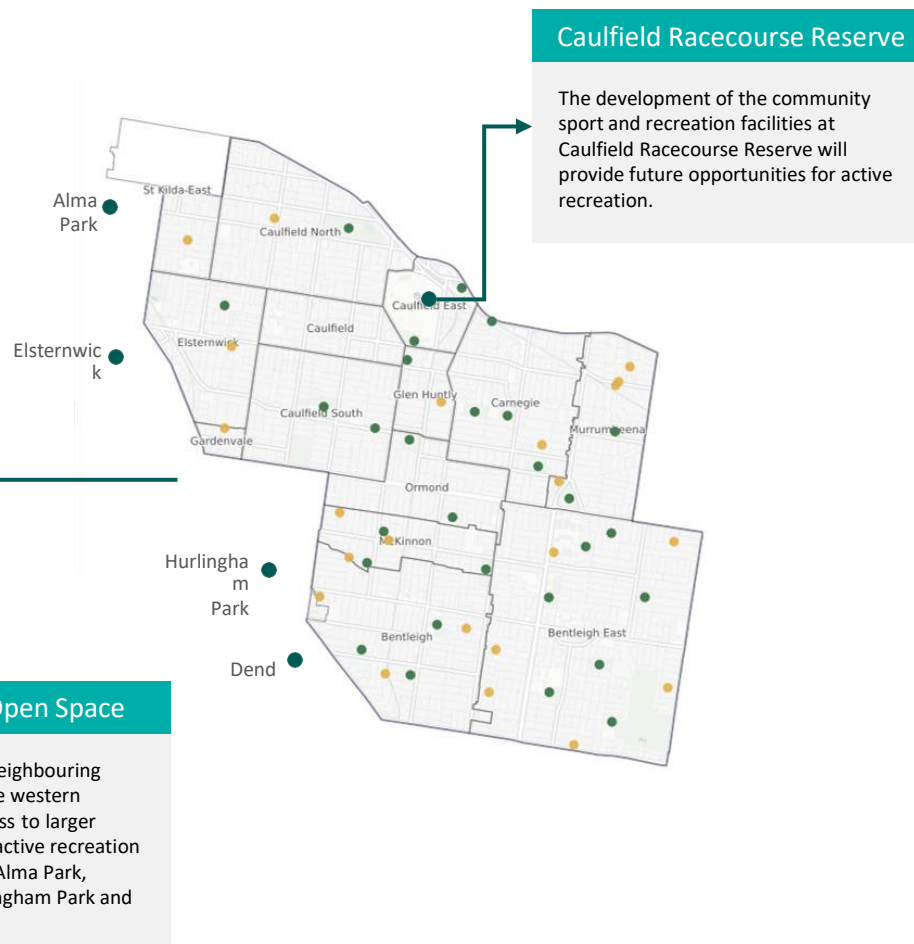
OTHER SITES AND SPACES

While the Active Recreation Action Plan focuses on Council-managed parks and reserves, there are additional sites in neighbouring Local Government areas and on non-Council managed land that support participation in areas of low provision.

Large open space reserves in adjacent Local Government areas including Alma Park, Elsternwick Park, Hurlingham Park and Dendy Park provide active recreation opportunities for residents in areas of lower provision in the west of Glen Eira.

The development of local-level active recreation facilities in St Kilda East, Elsternwick and Gardenvale will support greater local access and convenience for residents.

The *Caulfield Racecourse Reserve Land Management Plan* details the future development of Caulfield Racecourse Reserve as an opportunity to create a large public open space, including facilities for sport and active recreation. The proposed facilities to be delivered as part of a staged program of works.





ACTIVE RECREATION FRAMEWORK



ACTIVE RECREATION FRAMEWORK

Vision

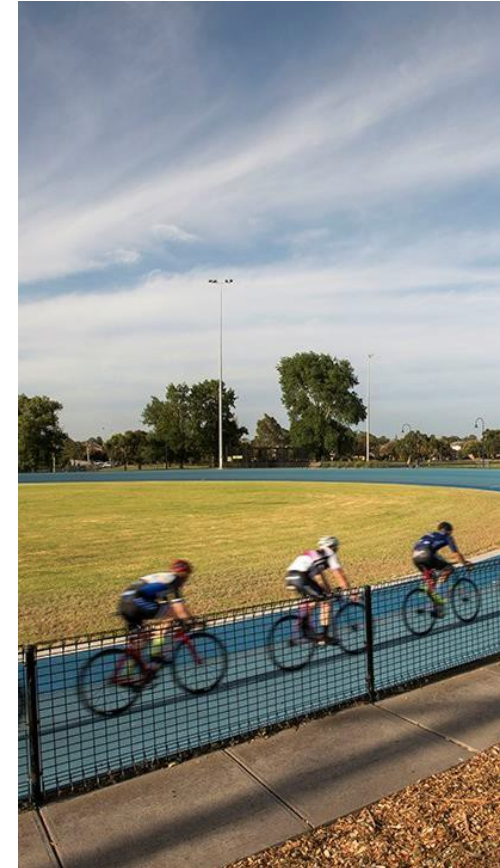
The City of Glen Eira creates an active, healthy and connected community through the provision of diverse, accessible and high-quality opportunities for active recreation.

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, enjoyment and challenge**
7. **Activate spaces** through program delivery, awareness building, promotion and partnerships

Outcomes

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



Velodrome, Packer Park, Carnegie.

ACTIVE RECREATION FRAMEWORK

Active recreation facilities are defined by five key characteristics: activity type, age focus, physical requirements, setting and hierarchy.

Consideration of these characteristics is vital for the development of a balanced network of active recreation facilities across the municipality. The opportunity analysis outlined on pages 19–22 summarises the primary outcomes of the *Gap and Opportunity Analysis Report*.

Further detail on activity types and facility hierarchy is provided as an appendix.

Purpose of the classification of active recreation facility characteristics

- Provide a means of assessing the balance of facility provision for activity types and age cohorts
- Understand opportunities for multipurpose facilities, co-location and diversity of use
- Assess active recreation facility provision based on hierarchy level and related service catchments
- Identify opportunities to provide facilities that complement a variety of settings
- Consider the activation and programming of facilities

Activity type	Age focus	Physical requirements	Setting	Hierarchy
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• Pre-teen (9–12 years)• Teens (13–17 years)• Young adults (18–30 years)• Adults (31–65 years)• Older adults (65+ years)	<ul style="list-style-type: none">• Surface: Open space, sportsgrounds, hard surface/pavement, paths and trails, activity-specific surfaces.• Equipment and components: Outdoor fitness equipment, basketball backboard, soccer goals, cricket nets, skate park components.• Supporting infrastructure: Public toilets, shade, park furniture, signage, drinking fountains, lighting, car parking, landscaping, vegetation. (As appropriate to site).	<ul style="list-style-type: none">• Open space parks and reserves• Active open space• Paths and trails• Sport-specific facilities• Activity-specific facilities• Multipurpose• Urban environments• Gardens and memorial parks• Other settings	<ul style="list-style-type: none">• Local (up to 1km)• Neighbourhood (1–2km)• Municipal (2–5km)

OPPORTUNITY ANALYSIS

The following opportunity analysis provides an assessment of provision of active recreation facilities and opportunities based on the Active Recreation Framework.

The opportunity analysis provides a high-level summary of the findings of the *Gap and Opportunity Analysis* (stage two) based on the five facility characteristics outlined in the *Active Recreation Facility Framework* and aligns to the vision and principles outlined on page 17.

Additional considerations relevant to active recreation in Glen Eira are provided on page 21–22.

Activity type

The City of Glen Eira provides a diverse range of active recreation activity types in parks and reserves. The majority of sites provide options across free movement, movement on object and ball-focused activities, while provision for wheeled activities other than cycling is somewhat limited.

The network of key active recreation sites (see page 12) provides diverse participation options, particularly at sites with multipurpose active recreation nodes.

Access to exercise and fitness activities and space for informal sport activities is generally well balanced, although provision of active recreation facilities in the north-west of Glen Eira is somewhat limited. Providing more options for high participation activities such as walking, running, and fitness/exercise is a priority of the *Active Recreation Action Plan*.

Opportunities for additional wheeled activities such as skate, scooter and BMX in the north-west of Glen Eira should be considered. Development of the cycling network will be delivered via the *Integrated Transport Strategy*, but additional focus on connections with parks and reserves will increase local access and participation.

Facilities should be developed to cater for novice-intermediate skill proficiency across each activity type.

Age focus

Provision of facilities that cater for users across each of the age cohorts is generally balanced, although further provision of facilities that cater for young people may engage the pre-teen and teen cohorts.

Facilities that provide for youth-focused activities such as skate, scooter, climbing/parkour and informal/social sport activities will encourage greater participation from young people. Activation of facilities through programming will encourage use of new and existing facilities by young people.

Provision of facilities for adults and older adults generally meets requirements, with the provision of fitness equipment, circuit paths within reserves, and open spaces for dog-walking and other activities balanced across the network.

There are areas of limited provision, such as the north-west of Glen Eira, north of Murrumbeena and west of McKinnon that will benefit from local-level infill in existing parks to cater for participation across all ages.

The creation of facilities that provide intergenerational activity options is preferred. Co-locating new facility components with existing active recreation facilities will encourage greater participation, particularly by family groups.

OPPORTUNITY ANALYSIS



Physical requirements

The physical requirements of each site should be considered in the design and development of new active recreation facilities. The following opportunities regarding physical requirements should be taken into account during the planning and delivery of active recreation facilities in Glen Eira:

- Balancing the provision of facility components and open space requires careful planning. Co-locating facilities in multipurpose nodes makes best use of limited open space within Glen Eira.
- The physical requirements of facilities in local-level infill projects requires careful consideration, particularly relating to the impact on existing open space character and neighbouring properties.
- Supporting infrastructure such as public toilets, shade and park furniture is generally well provisioned within parks and reserves. New active recreation facilities and programs should be prioritised for delivery at sites with appropriate supporting infrastructure.

Setting

Parks and reserves in the City of Glen Eira are generally well developed, with a range of multipurpose, activity specific and active open space options for residents.

- The general deficit of open space is countered by facility provision to some degree, but pressure is created on reserves to cater for highly diverse uses and concurrent user groups. Development in parks and reserves needs to create additional opportunities while preserving open space for general recreation activities.
- Further development of active transport and trail connections, particularly connecting to parks and reserves, will encourage increased physical activity within the on-road and off-road network.
- Exploring opportunities to provide new active recreation facilities in urban settings will provide further options for facility development given the limited surplus open space within parks and reserves.
- Facilities that require a small footprint and use of hard surfaces are generally suitable in urban settings, including multipurpose courts with skateable surfaces and small climbing/parkour components. Recent development of sites within level crossing removal areas are examples of how urban settings can provide new opportunities for active recreation.

Facility 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 (municipal), which attract use from a range of geographic catchment sizes.

Providing key active recreation sites that cater for neighbourhood-level catchments (up to 2km) and supporting these with local-level facilities in parks and reserves will be a primary focus of the Action Plan.

- **Municipal-level:** Activity-specific facilities that service a large catchment due to the physical requirements or setting characteristics of the facility.
- **Neighbourhood-level:** Key active recreation sites provide for neighbourhood-level catchments and incorporate a diverse range of activity options. Sites identified on page 12 will act as neighbourhood-level facilities.
- **Local-level:** Provision of local-level facilities can be provided in local parks and reserves to create additional local opportunities. Additional local facilities in areas of low provision (see page 13) should be considered.

OPPORTUNITY ANALYSIS

OTHER CONSIDERATIONS

Multipurpose active recreation nodes

Multipurpose active recreation nodes that cater for a range of users are provided at a number of sites across Glen Eira and have generally been successful in encouraging participation.

The delivery of multipurpose facilities should continue across the network, with a focus on creating flexible, intergenerational facilities that cater for a wide range of users.

Co-location with other facilities such as sportsgrounds and supporting play spaces creates diverse physical activity options.

Multipurpose courts with goals for basketball, netball and soccer/futsal, tennis hit-up walls, outdoor fitness equipment, outdoor table tennis, climbing components and skateable components should be considered.

The following should also be considered when investigating potential sites and locations for multipurpose nodes:

- Buffers to adjoining properties require consideration to limit impacts on local amenity.
- Allowing space for the provision of supporting infrastructure such as shade, seating and bins is required.
- Consider co-location of multipurpose active recreation nodes with playspaces, sportsgrounds and circuit paths.
- Passive surveillance from adjacent properties and roadways should be prioritised.
- Active transport connections to sites and path connections to nodes within parks and reserves increase accessibility.
- Protect existing trees and utilise natural canopy to provide shade.

Paths, trails and active transport

Walking, running and cycling are three of the highest participation active recreation activities. These activities are accessible to the majority of residents as they require little specialised equipment or facilities and are generally accessible in urban and openspace environments.

Ensuring the path and trail network is connected and accessible is vital to supporting participation in walking, running and cycling. Within parks and reserves, providing circuit paths will create active recreation destinations, particularly for adults and older adults.

The *Integrated Transport Strategy* will guide the delivery of the active transport network, but connections between open spaces and activity centres should be considered in future network planning.

OPPORTUNITY ANALYSIS

OTHER CONSIDERATIONS (CONTINUED)

Activity-specific facilities

While multipurpose facilities should be the primary focus for the City of Glen Eira, delivering activity-specific facilities that cater for larger geographic catchments act as ‘unique attractors’ to parks and reserves.

Due to the general lack of open space across the network, and Council’s commitment to increase tree canopy, the provision of activity-specific facilities that take up large amounts of space or require tree removal are generally not recommended (e.g. mountain bike tracks or disc golf courses).

Development of activity-specific facilities that focus on pre-teen (nine to 12 years) and teen (13 to 17 years) age cohorts such as skate, scooter and climbing will provide greater diversity of options, particularly for those not engaged in organised sport.

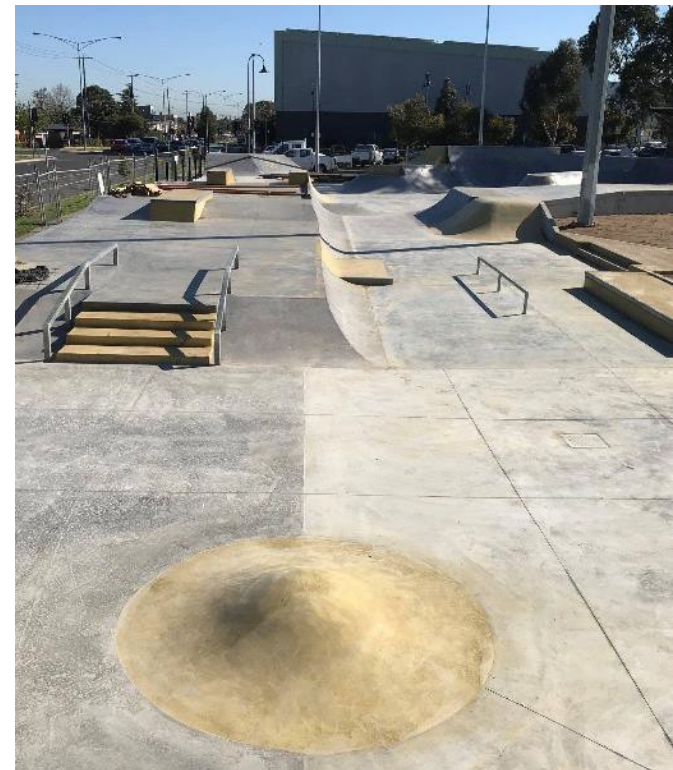
Provision for adults is generally less focused on activity-specific facilities, with walking paths and outdoor fitness equipment generally considered a higher priority, particularly for older adults. Design for outdoor fitness equipment should give consideration to mobility needs of older adults.

Skate park provision

The City of Glen Eira has one skate park located at Bailey Reserve that primarily services the southern and central suburbs including Bentleigh, Bentleigh East, Carnegie, McKinnon, Murrumbeena and Ormond.

Council should investigate providing skate facilities to service the north-west of Glen Eira, considering the following when investigating potential sites:

- Co-locate skate facilities with other participation opportunities, such as multipurpose active recreation nodes and play spaces.
- Locate skate parks in areas where young people access other facilities and services including activity centres and transport hubs.
- Consider the potential for locating a skate park or skateable components in an appropriate urban setting given the existing demands on open space.
- Skate facilities should have good passive surveillance and include access to supporting infrastructure such as shade, seating, public toilets and public transport.



Skate park, Bailey Reserve, Bentleigh East.



STRATEGIC PRIORITIES

STRATEGIC PRIORITIES

The strategic priorities of the Active Recreation Action Plan focus on providing a network of active recreation facilities and supporting the activation of the facility network through targeted programs, partnerships and promotion of active recreation opportunities.

No.	Strategic Priority	Description
1	Develop a network of multipurpose active recreation facilities that service neighbourhood-level catchments	1.1 Establish and/or formalise key active recreation sites to act as central hubs to service active recreation needs at a neighbourhood-level 1.2 Establish multipurpose and intergenerational active recreation facilities at key active recreation sites 1.3 Incorporate 'unique attractor' facility components at active recreation sites to drive participation
2	Address gaps in local facility provision and provide more local opportunities for active recreation	2.1 Provide local-level active recreation facilities in areas of low provision or gaps in the distribution of facilities in alignment with the Open Space Strategy 2020 2.2 Implement master plan recommendations relating to active recreation facilities, giving consideration to the priorities of this action plan when designing spaces 2.3 Build on existing facility provision to create options for intergenerational participation within parks and reserves 2.4 Support the development of the active transport network, particularly connections to parks and reserves
3	Develop activity-specific facilities in conjunction with active recreation nodes	3.1 Identify opportunities for activity-specific facilities such as skate parks and bouldering walls 3.2 Co-locate activity-specific facility components at multipurpose active recreation nodes to act as 'unique attractors'
4	Build community awareness of active recreation opportunities in Council parks and reserves	4.1 Use Council's communication and promotion channels to build awareness of active recreation opportunities 4.2 Provide additional resources and information related to active recreation via Council's distribution channels 4.3 Provide support to program deliverers to create active recreation opportunities in Council parks and reserves
5	Deliver programs and initiatives that encourage increased active recreation participation	5.1 Deliver targeted programs to encourage less-active residents to participate and create active behaviours 5.2 Partner with clubs, community organisations and private operators to support the delivery of active recreation programs and initiatives in Council parks and reserves





IMPLEMENTATION PLAN

IMPLEMENTATION PLAN

The implementation plan guides the prioritised delivery of recommendations of the Active Recreation Action Plan.

The establishment of neighbourhood and local-level active recreation sites to cater for demand is key to the delivery of equitable and accessible opportunities across the City of Glen Eira.

Targeted installation of local-level active recreation facilities in parks and reserves will address local gaps in provision.

Programs and initiatives to activate places and spaces are vital to ensure that the benefits of infrastructure investment are maximised.

Each recommendation is aligned with the strategic priorities outlined on page 24 and the priority levels (high/medium/low) have been determined via consultation, current actions and/or priorities in other strategies, Masterplans, etc.; and from the gap and opportunity analysis.

Community engagement and detailed design will be required to establish the site-specific requirements and accurate costs 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 *Action Plan* and may change over time.



Multipurpose courts, East Caulfield Reserve, Caulfield East.

IMPLEMENTATION PLAN — FACILITIES

No.	Location	Strategic priority	Recommendation	Priority
1	Princes Park	1	Deliver on the playground upgrade that was informed by the community engagement and endorsed by Council in March 2021. The design expands the provision of active recreation facilities, to include an integrated playspace featuring basketball and netball goals; climbing, parkour and fitness equipment; and skateable surface and elements.	High
2	Caulfield Park	1	Deliver recommendations of the <i>Caulfield Park Master Plan</i> relating to active recreation: <ul style="list-style-type: none"> • Replace cricket nets with multipurpose training facility with capacity for cricket, lacrosse, futsal, hockey and other activities; • Enhance existing multisport courts with new linemarking, additional basketball/netball hoops and seating for expanded social opportunities; • Continue to reinforce granitic gravel path network along Balaclava Road by replacing existing concrete surfaces with granitic gravel to create continuous loop; • Develop a new intergenerational multi-play precinct which incorporates elements of fitness training, casual sports and dynamic movement and play; and • Consider active recreation facility opportunities for the underutilised space within the existing leased sports area. 	High
3	Greenmeadows Gardens	2	Install local-level active recreation facilities adjacent to the existing playspace (such as fitness equipment) ensuring development is in accordance with the character of the site.	High
4	Elsternwick/Gardenvale	1/2	Investigate options to provide local-level active recreation facilities at Hopetoun Gardens and Gardenvale Park ensuring development is in accordance with the character of the site. Consider opportunities to create active recreation facilities should the croquet facility be repurposed in alignment with the <i>Open Space Strategy 2020</i> .	High
5	EE Gunn Reserve	2	Deliver recommendations of the <i>EE Gunn Reserve Master Plan</i> relating to active recreation: <ul style="list-style-type: none"> • Upgrade existing fitness station and enhance with new equipment; • Improve shared path connection between EE Gunn Reserve and the Rosstown Rail Trail, specifically through Oakleigh Road Reserve; and • Investigate opportunity for increased active recreation facilities, in line with EE Gunn Reserve Master Plan recommendations. 	Medium

IMPLEMENTATION PLAN — FACILITIES

No.	Location	Strategic priority	Recommendation	Priority
6	Murrumbeena Park	2	Deliver recommendations of the <i>Murrumbeena Park Master Plan</i> relating to active recreation: <ul style="list-style-type: none"> • Installation of multipurpose court and outdoor table tennis at existing Bute Street car park; • Replace cricket nets with multipurpose training facility with capacity for cricket, netball, futsal, hockey and other activities; and • Provide outdoor fitness equipment stations adjacent to playspace (south) and adjacent to cricket practice facility (north). 	Medium
7	Bailey Reserve	2	Integrate the two existing outdoor fitness equipment pods to provide a unified fitness facility.	Medium
8	Centenary Park	2	Installation of basketball and netball facilities and upgrade the existing outdoor fitness equipment.	Medium
9	Bentleigh Reserve	2	Future planned upgrade to cricket net facility to consider multipurpose functionality and access for additional user groups and casual active recreation use.	Medium
10	Halley Park	2	Upgrade existing basketball and outdoor fitness equipment to create an integrated and multipurpose active recreation node.	Medium
11	Koornang Park	2	Deliver recommendations of the <i>Lord Reserve Koornang Park Masterplan</i> recommendations relating to active recreation: <ul style="list-style-type: none"> • Establishment of multipurpose spaces suitable for active recreation activities; • Replace cricket nets with multipurpose training facility with capacity for cricket, netball, futsal and other activities; and • Upgrading of outdoor fitness equipment. 	Medium
12	Mackie Road Reserve	2	Investigate opportunities to include active recreation facilities as part of the <i>Mackie Road Reserve Masterplan</i> .	Medium
13	Marlborough Reserve / Virginia Park	2	Consider active recreation opportunities as part of 1) East Village development and/or 2) future upgrade of the playspaces.	Medium

IMPLEMENTATION PLAN — FACILITIES

No.	Location	Strategic priority	Recommendation	Priority
14	Boyd Park	2	In line with the <i>Outer Circle Linear Park Management Plan</i> , install active recreation facilities in line with the upgrade of the playground equipment to provide for intergeneration play within Boyd Park (Central).	Medium
15	Allnutt Park	2	Provide a local-level active recreation node to act as a central activity hub for the west of McKinnon, west of Ormond and north-west of Bentleigh.	Medium
16	Wattle Grove Reserve	2	Upgrade the existing tennis hit-up wall and create an integrated active recreation node with diverse facilities.	Low
17	Annie and Arthur Abrahams Reserve	2	Upgrade the existing basketball facility and create an integrated active recreation node with diverse facilities.	Low
18	Joyce Park	2	Consider installing outdoor fitness facilities at Joyce Park to create an intergenerational space as part of a future playspace upgrade.	Low
19	<i>Location to be determined</i>	3	Investigate potential sites for the development of a municipal-level skate park to service the north-west of Glen Eira (<i>noting provision of skate park at Elsternwick Park</i>).	Medium
20	<i>Location to be determined</i>	3	Incorporate climbing/parkour components at active recreation nodes in the north and west of Glen Eira.	Medium
21	<i>Various</i>	3	Continue to explore options to incorporate multipurpose active recreation facilities and incorporate tennis (court/tennis-hit up walls).	Medium
22	<i>Various</i>	4	Install wayfinding signage within the active transport network to encourage connections between open spaces, activity centres and community facilities.	Medium

IMPLEMENTATION PLAN — PROGRAMS AND INITIATIVES

No.	Project/initiative	Strategic priority	Recommendation	Priority
23	Active Communities program delivery	5	<p>Continue the delivery of the <i>Active Communities</i> program to provide free or low-cost active recreation opportunities, with a focus on less active residents and novice participants.</p> <p>Consider the expansion of activities to include: Yoga, tai chi, Pilates, outdoor gym, group fitness and walking groups.</p>	High
24	Active recreation activity program promotion	5	<p>Promotion of free or low-cost active recreation programs in partnership with local clubs, community groups and private providers via Council communication channels and service providers.</p> <p>Consider targeted programming for:</p> <ul style="list-style-type: none"> • young people: skate sessions, basketball competitions, climbing instruction, group fitness, outdoor gym; and • older adults: walking groups, group fitness, outdoor gym, tai chi. 	High
25	Small grants for active recreation programs	5	Investigate the realignment of the establishment of council community grants to support and incentivise applications from clubs and community groups that provide additional active recreation and informal activity options.	Medium
26	Partnerships with schools and education institutions	4	<p>Explore opportunities to partner with schools and education institutions relating to shared use of facilities in areas of low open space and active recreation facility provision.</p> <p>Explore opportunities to partner with schools and education institutions to deliver programs and opportunities within active recreation.</p>	Medium
27	Develop online content to support activity in parks and reserves	4	Develop a series of resources to engage less active residents in active recreation at parks and reserves, including the development of local video content providing workout instruction for outdoor fitness equipment. Provide instructional videos for different levels of knowledge and activity levels.	Medium



APPENDICES

APPENDICES

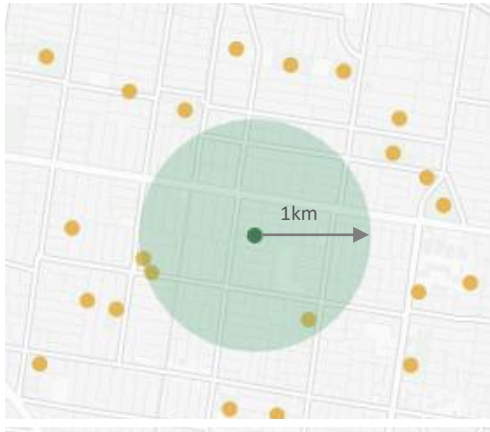
No.	Appendix
1	Supporting reports (attached) A. <i>State of Play Report</i> B. <i>Engagement Report and Gap and Opportunity Analysis</i>
2	Active Recreation Framework A. Active recreation facility hierarchy B. Active recreation facility summary
3	Active recreation node sample designs
4	Guidance note: Active recreation facility development

ACTIVE RECREATION FRAMEWORK



ACTIVE RECREATION FACILITY HIERARCHY

Local



Catchment: Up to 1km

Length of stay: 30-45 minutes

Facility type: Local parks and reserves

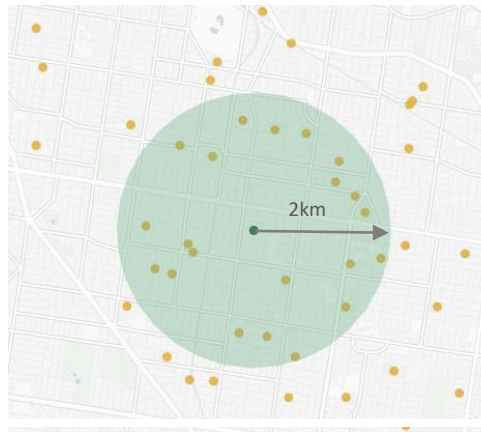
Facility configuration: Single use or multi-purpose

Facility components: 1-2 active recreation facility components, general active recreation facilities

Supporting infrastructure: Shade, park furniture, bins

Activation: Local use

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

Activation: Local use and facility specific users, programmed use

Municipal



Catchment: 2-5km

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

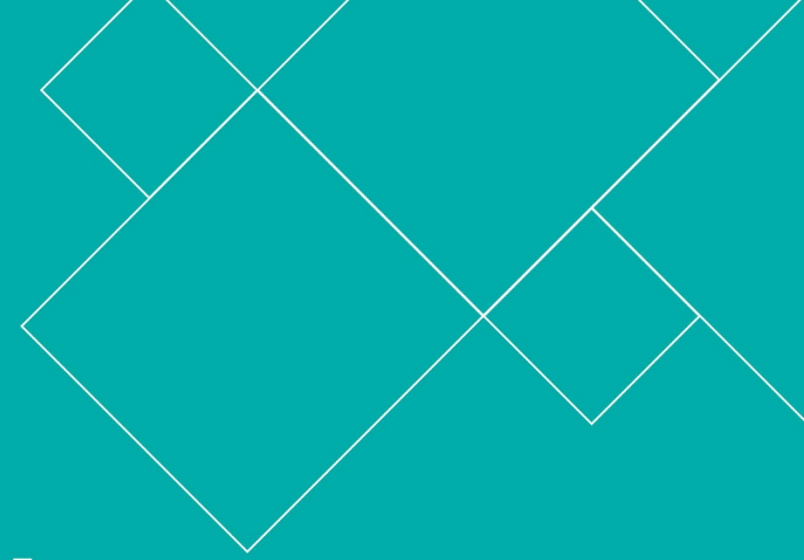
Supporting infrastructure: Shade, park furniture, bins, drinking fountain, public toilets

Activation: Local use and facility specific users, programmed use

ACTIVE RECREATION FACILITY SUMMARY

Summary of active recreation facility network characteristics and associated activity types

Activity type	Age focus	Physical requirements	Setting	Hierarchy
Wheeled activities: <i>use of a wheeled element for activity</i>				
Skateboarding, Scootering, Rollerblading	Pre-teen and above	Paved space (street/park/bowl) or path	Dedicated facilities or integrated components in multi-purpose space	Municipal/neighbourhood
BMX, MTB	Pre-teen and above	Track or trail	Dedicated facility	Municipal/neighbourhood
Bicycle riding	All ages	Path, trail, road or velodrome	Path, trail, road or dedicated facility	Municipal/neighbourhood/local
Movement on object: <i>use of a space or objects for the activity</i>				
Climbing: bouldering, climbing walls, parkour, free running, ninja warrior, spartan racing	Pre-teen/teens/young adults	Obstacles (vaults, bars etc), wall	Dedicated facilities or integrated components in multi-purpose space	Municipal/neighbourhood
Exercise/fitness activities	Young adults and above	Equipment (vaults, steps, bars etc)	Fitness stations/circuits	Municipal/neighbourhood/local
Games: Giant chess, snakes and ladders	All ages	Paved space, tables	Play space, board games tables	Municipal/neighbourhood
Ball activities: <i>informal, social or practice activities</i>				
Ball sports e.g. AFL, soccer, rugby	Pre-teen and above	Open space	Playing field, open space area	Neighbourhood/local
Table tennis	Pre-teen and above	Table tennis table	Table tennis table	Neighbourhood/local
Futsal	Pre-teen and above	Court with goals	Multipurpose 1/2 to full court	Neighbourhood/local
Tennis practice/hit-up	Pre-teen and above	Paved space with wall or net	Multipurpose 1/2 to full court	Neighbourhood/local
Basketball, Netball, Volleyball	Pre-teen and above	Court/paved space	Multipurpose 1/2 to full court	Neighbourhood/local
Cricket practice	Pre-teen and above	Cricket nets/pitch	Practice nets or multipurpose court	Neighbourhood/local
Bowls, Bocce, Petanque	Older adults	Court, open gravel space	Bocce/petanque court	Neighbourhood/local
Golf practice	Adults	Enclosed net	Practice nets	Neighbourhood/local
Free movement: <i>use of paths/environment for activity</i>				
Walking, Dog-walking	All ages	Trail, path or open space	Path, open space	Neighbourhood/local
Running, Jogging	Young adults and above	Trail, path or open space	Path, open space	Neighbourhood/local
Group fitness	Young adults and above	Open space, paved space	Open space or dedicated facility	Neighbourhood/Local
Yoga, tai chi	Young adults and above	Open space, paved space	Open space	Neighbourhood/Local

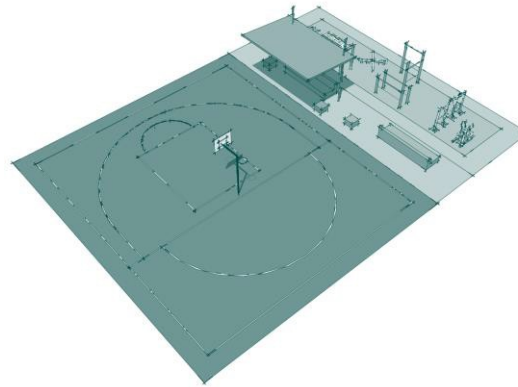


ACTIVE RECREATION NODE SAMPLE DESIGNS

ACTIVE RECREATION NODES SAMPLE DESIGNS

Local active recreation node

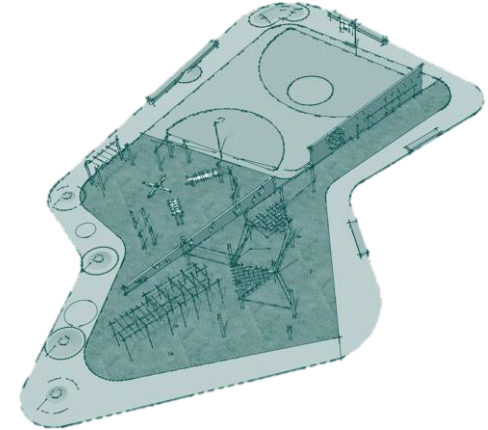
- Multipurpose half-court
- Tennis hit-up
- Climbing/other component
- Outdoor fitness equipment
- Social space and amenity



Local active recreation node

Multipurpose sample design one

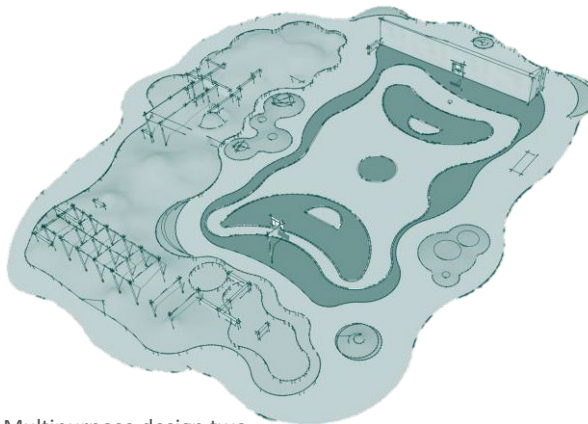
- Basketball half-court
- Tennis hit-up/climbing wall
- Scooter loop
- Parkour equipment
- Outdoor fitness equipment



Multipurpose design one

Multipurpose sample design two

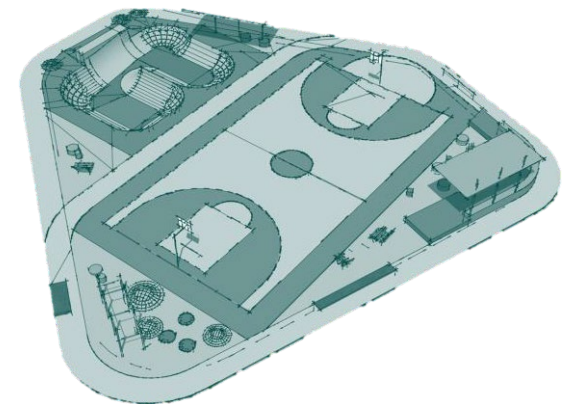
- Basketball full-court
- Tennis hit-up/climbing wall
- Scooter loop
- Parkour equipment
- Outdoor fitness equipment
- Social space and amenity



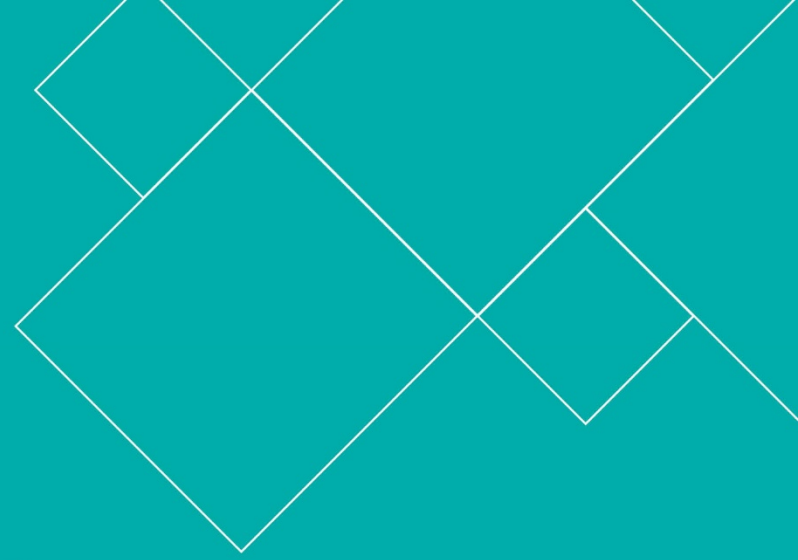
Multipurpose design two

Multipurpose sample design three

- Basketball full-court
- Scooter loop
- Skate park bowl
- Parkour equipment
- Outdoor fitness equipment
- Social space and amenity



Multipurpose design three



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 and 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, pre-teens, 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.

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. Crime Prevention Through Environmental Design (CPTED) principles should always be applied during the project design phase. 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 accessibility for participants.

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, enjoyment 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 (eg. Austroads), with particular consideration of:

- **Path width:** Paths should be at least 2.5 metres wide to minimise conflict between pedestrians and cyclists.
- **Surface:** Paths can be constructed with 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>



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GLEN EIRA
CITY COUNCIL

Glen Eira City Council

Corner Glen Eira and Hawthorn Roads, Caulfield

Mail address: PO Box 42
Caulfield South, 3162

Phone: (03) 9524 3333

Fax: (03) 9523 0339

mail@gleneira.vic.gov.au
www.gleneira.vic.gov.au

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