

## Appendix A – Outdoor Exercise Equipment Analysis

The current outdoor exercise area is located immediately south of the Generations Playground and picnic area. This area has eleven pieces of exercise equipment with varying levels of utilization. However, not all of the exercise equipment has held up to prolonged exposure to the outdoors and/or to provide effective resistance and exercise benefits.

Staff observed and consulted with users of this equipment and held focus groups with representatives from the Peace Arch Hospital Foundation and exercise professionals. Based on these consultations and inspections of the existing equipment, staff recommend the relocation of five pieces of the existing equipment.

Along with the relocation of five pieces of the existing equipment, staff recommend the purchase of three new pieces of equipment from a company called Outdoor-Fit that has equipment installed at many prisons and parks across North America. This equipment is similar to that found in commercial gyms but is built to rigorous standards to withstand outdoor environments. Outdoor Fit sources all their materials and manufactures all their equipment in Canada so no impending tariffs would apply. The configuration of some pieces of the Outdoor Fit equipment allows multiple individuals to utilize the equipment at the same time. It also meets accessibility standards which ensure a broader segment of the community can participate.

For safety reasons, it is recommended that the relocated and new equipment be placed upon rubber-resilient safety surfaces. The southwest corner of the adjacent walking track would be a suitable location as this would attract those individuals already exercising or walking and thereby increase utilization of the exercise equipment.

### Recommended Equipment to be Relocated

- Knee Lift Station
- Bench Dip Station
- Combination Hub (Push-Up, Chin-Up, Row, Plyo) - 2 pieces
- Shoulder Rotator – Accessible

### Equipment Recommended to be Decommissioned

- Recumbent Cycle (x2)
- Chest Press
- Lateral Pull Down
- Leg Press
- Adult Climbing Wall \*

- \* This piece to be stored for future relocation to another park in White Rock

### Recommended New Equipment from Outdoor-Fit

- Apollo Multigym
- Versa Hi-Lo Pulley System
- Flex Multi-Stretch



Image 1: Apollo Multigym



Image 2: Versa Hi-Lo Pulley System



Image 3: Flex Multi-Stretch