



Facility Consultation Guidelines for East Lothian Residents

Play Provision

Purpose

This document aims to inform the community about the importance of consultation and the advantages of engaging in sport, outdoor, play and recreation. By presenting information on diverse facilities and equipment, it seeks to enhance awareness and contribute to informed decision-making regarding community space.

What is a recreational park consultation?

A recreation park consultation is a process where community members, stakeholders, and experts provide input and feedback on the planning, design, and development of an environment. It may involve discussions, surveys, workshops, or public meetings to gather opinions on features, amenities, accessibility, and overall design, ensuring the park meets the community's recreational needs and preferences.

Why are recreational facility consultations important?

A recreational park consultation is important because they involve gathering input from the community, ensuring that the park's design and amenities align with the preferences and needs of the residents. This inclusive process promotes community engagement, fosters ownership over the venue and helps create space that cater to diverse interests and demographics.

Recreation parks provide 6 key benefits within a community setting. These benefits include:

Physical Health: Provide space for physical activity, promoting healthier lifestyles and combats sedentary behaviour.

Social Interactions: Foster community connections by offering spaces for people to gather, socialise, and participate in group activity.

Mental Wellbeing: Support mental health through outdoor recreation, getting close to nature, reducing stress and improving overall well-being.

Community Building: Enhance community cohesion by creating spaces where residents can engage in various recreational activities together.

Skills Development: Offer opportunities for skill development and teamwork, especially in sports facilities, contributing to personal and social growth.

Environmental Benefits: Contributing to green space, promoting environmental sustainability, and climate resilience and enhancing the overall neighbourhoods.

Play Provision

Identifying what play and recreational facilities/equipment are currently available in a recreation park and better understanding what enhancements could be made, will bolster informed decision making in a community. Outlined below are the various categories of play that could be considered when enhancing local parks.

Accessibility and Inclusive Play Equipment

This is a requirement and can include larger items such as wheelchair accessible roundabouts, sensory items such as Play Panels, accessible and inclusive multi-play units and play houses, items with sound, movement and texture, suitable for children with a range of abilities.



Wheelchair Roundabout

Wheelchair roundabouts are inclusive playground features that enable children in wheelchairs to enjoy spinning activities alongside their peers. They promote inclusivity, physical activity, and social interaction amongst children with and without mobility challenges, enhancing accessibility.

Accessible Basket Seat

Accessible Basket seats are an excellent addition to an accessible play area because they promote inclusion by providing a safe and comfortable space for children of all abilities to enjoy the playground together. These seats offer support and stability, allowing children with mobility impairments or sensory sensitivities to participate in swinging activities alongside their peers.



The basket design provides ample room and security, ensuring that children with diverse needs can experience the joy and benefits of swinging in a welcoming and inclusive environment.

Challenging Formal Play Equipment

Challenging Formal Play equipment provides an opportunity for children and young people to engage in physical activity while testing their limits and building confidence. These structures encourage children to push themselves both mentally and physically as they navigate obstacles, develop problem-solving skills, and conquer fears. Challenging play equipment offers children a thrilling and rewarding experience that promotes growth, resilience, and healthy risk-taking behaviour.

Flying Fox (cableway):

A Flying Fox is a zip line that offers fun and adventure. It helps in physical development, boosts confidence, encourages social interaction and enhances problem solving skills. By allowing children to 'fly' through the air, it provides a thrilling experience that promotes outdoor play and engagement.



Large Multi-Play Equipment

Multi-play equipment offer children benefits including enhanced physical fitness, cognitive skills and social interaction. They offer a space for risk-taking and problem solving, boosting confidence through successful navigation. These may include slides, wall climb, rope bridge, ladders and playhouses.

Climbing Wall:

A climbing wall promotes physical strength, coordination, problem-solving skills, confidence and risk through a challenging yet fun activity. A climbing wall has various shapes and sizes of grips to challenge areas of grip, hold and pull.



Exercise Equipment

Exercise equipment offers children and adults alike a fun and engaging way to stay active and promote physical fitness. From monkey bars and balance beams to pull-up bars and cross trainers, these installations provide opportunities for a full-body workout while enjoying the outdoors. The exercise equipment encourages individuals to develop strength, coordination and endurance while having fun with friends and family. Outdoor exercise equipment fosters a culture of health and wellness, inspiring individuals to lead active lifestyles.

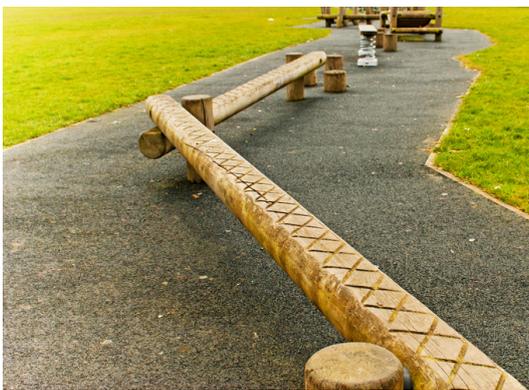


Outdoor Static Bike

Outdoor bikes promote physical health and mental well-being through accessible, low-impact cardiovascular exercise that encourages a community-wide active lifestyle. This equipment imitates a real bike without requiring the stability necessary to cycle.

Monkey bars

A monkey bar consists of a series of horizontally mounted bars that children can use to swing between and/or on. Monkey bars help develop upper body strength, coordination and motor skills as children learn to navigate across the bars.



Balance Beam

A balance beam is a long, narrow beam raised slightly off the ground, designed to help children develop their balance and coordination. Walking across the beam requires focus and physical control, enhancing motor skills, confidence and spatial awareness. This is a fundamental in gymnastics, offering a fun challenge that supports physical development.

Outdoor Cross Trainer

A cross trainer is a piece of fitness equipment suitable for outdoor space by simulating walking, running or stair climbing without causing excessive pressure to the joints. It combines arm and leg movements to offer a full body workout improving cardiovascular health, endurance, and muscle tone. It is accessible to all fitness levels.



Family Space

Family space serves as a welcoming and inclusive environment where families can come together to bond, relax, and create lasting memories. Equipped with social seating arrangements and shaded spots, this designated space encourages families to unwind and enjoy quality time together amidst the bustling activity of the park. With amenities such as tables and benches, families can gather for meals, celebrations, or simply to share laughter and conversation. By providing a dedicated social area for families to connect and enjoy the outdoors, the Play park fosters a sense of community and strengthens familial relationships.



Family Play Space

Outdoor family play spaces foster bonding, creativity, and physical activity amongst family members, nurturing holistic development in a natural environment.

Outdoor Seating

Outdoor seating refers to benches, chairs or picnic benches placed in public spaces. The benefits include providing a comfortable place for rest and relaxation, encouraging social interaction amongst community members and enhancing the attractiveness of outdoor areas for eating, socialising or enjoying nature.



Nature Play Zone

A nature play zone provides children with an immersive and enriching experience that reconnects them with the natural world. Designed to inspire curiosity and exploration, this area features elements such as logs, boulders and natural materials that encourage imaginative play and discovery. With opportunities for hands-on exploration and unstructured play, the nature play zone encourages children to engage with the outdoors in meaningful ways, sparking wonder and appreciation for the beauty and diversity of nature. As a sanctuary within the Play park, this space promotes environmental stewardship and provides a place where children can learn, play, and thrive in harmony with the natural world.



Planted Area

Planted areas are spaces filled with various plants, including trees, shrubs, flowers, and grass including community growing spaces. This offers environmental benefits like improved air quality, temperature regulation and water management. They provide social and psychological advantages including access to nature,

recreational opportunities, enhancing your mental health, exploration for children, increased aesthetics in the area and promoting biodiversity.

Balance Trails

A balance trail is an outdoor trail featuring natural obstacles designed for balance and coordination. The benefits include improved physical health, core strength, enhanced mental well-being and developing motor skills. The trail can be adaptable and made for accessible use.



Sensory Play

Sensory play items provide children with a stimulating and interactive experience that engages their senses and fosters cognitive development. This specialised equipment is designed with a variety of textures, colours and sounds to encourage exploration and discovery. From tactile surfaces to musical instruments, sensory play equipment provides opportunities for children to engage their senses of touch, sight, hearing, and sometimes even smell. By immersing themselves in sensory-rich environments, children can enhance their fine motor skills, spatial awareness, and creativity while having fun outdoors. With inclusive features that cater to children of all abilities, sensory play areas in Play parks promote social interaction and sensory integration, contributing to holistic development and joyful learning experiences.



Play Panels with Moving Parts

Play panels are interactive installations designed for children to manipulate and engage with physically. These panels might include gears, levers, dials or other movable components that children can push, or rotate. They encourage cognitive stimulation by encouraging problem solving and creative play and provide a tactile and engaging play experience.

Musical Play

Musical play are installations of outdoor instruments or equipment designed to produce sound or music when interacted with. This type of play encourages creative expression and exploration of sound, enhances cognitive development and sensory skills, and facilitates social interaction and team working through making music together.



Small Play Equipment

Smaller play items offer children a variety of engaging activities to enjoy. These items, such as swings, slides, rockers, spinners and see-saws, provide classic forms of entertainment that cater to a wide range of ages and abilities. Whether toddlers gleefully glide down miniature slides or older children compete in friendly races on swings, these smaller play items promote physical activity, coordination, and imaginative play. With their compact size and diverse features, they provide ample opportunities for children to socialise, problem-solve, and develop essential skills while having fun in a safe challenging environment. As integral components of the Play park, these smaller play items contribute to its overall appeal as a valuable community space for families and friends to enjoy together.



Swings (Flat and Cradle)

Swings are suspended seats designed for individuals and groups to sit on and move back and forth through the air. They offer physical benefits by improving balance and coordination, strengthening muscles and sensory stimulation. They also provide emotional benefits including relaxation and joy.

See-Saw

A see-saw is a long, narrow board balanced in the middle so that, as one end goes up, the other end goes down. Its benefits include promoting balance and coordination, encouraging social interaction and teamwork, as users must cooperate to balance efficiently and provides physical exercise through the pushing action.



Team Building Play Equipment

Team-building play equipment fosters cooperation, communication, and camaraderie among children as they engage in collaborative activities and challenges. These structures encourage children to work together to overcome obstacles, solve problems, and achieve common goals. By requiring teamwork and coordination, team-building play equipment promotes essential skills like leadership, empathy, and conflict resolution in a dynamic and playful environment. In the Play park, these team-building elements serve as valuable tools for fostering positive social dynamics and promoting a sense of unity among participants.



Large Rope / Cargo Net Structure

A large net structure is a climbing installation made from interwoven ropes and nets, designed for climbing and exploration. Its benefits include enhancing physical strength and coordination, promoting problem solving and perseverance as children navigate the structure through teamworking and interaction.

Group Swing

A group swing is a large swing designed to accommodate multiple users at once, promoting shared play experiences. Its benefits include teamworking as users coordinate their movements, providing sensory stimulation and physical exercise, and enhancing joy and excitement of swinging together.

