



Facility Consultation Guidelines for East Lothian Residents

Purpose

This document aims to inform the community about the importance of consultation and the advantages of engaging in sport, 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, reducing stress and improving overall well-being.

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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 enhancing the overall aesthetic of neighbourhoods.

Sport and Recreation

Understanding what facilities and equipment are available in a recreation park can bolster informed decision making in a community. Outlined below are the various styles and methods of developing sports facilities.

Football Pitches

Football pitches commonly use various types of turf, each with its own characteristics. Some of the commonly used football turfs in Scotland include:



1.Natural grass:

Traditional and widely used, natural grass provides a natural playing surface. It requires regular maintenance but offers good playing quality and is affordable to regenerate in the event of damage.

2.Artificial Turf:

Made from synthetic materials like polyethylene or polypropylene, artificial turf provides a consistent playing surface and requires less maintenance than natural grass. This turf is often more expensive initially and may require fenced surrounding for preservation.



3.Hybrid Turf:

Combining natural grass with synthetic fibres, hybrid turf aims to provide the benefit of both offering improved durability and stability.

Other turfs available but less available in Scotland include Sand-Based Grass and Cork Infill Turf. These are less utilised because of considerations including climate long term maintenance budgets and health and safety considerations.

Standard Dimensions:

- 11 a side pitch: 110m by 50m
- 7 a side pitch: 55m by 25m
- 5 a side pitch: 30m by 16m

Pickleball Court

Pickleball is typically played on a variety of court surfaces and is divided into two halves with a net in the middle. The surfaces are commonly:

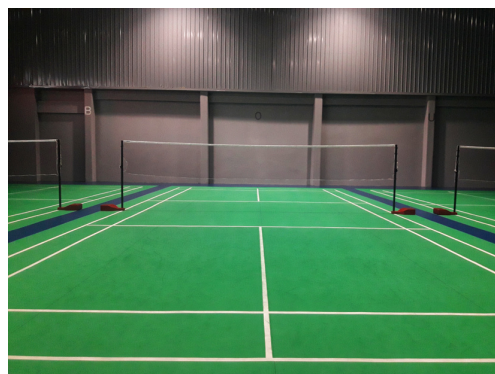


1. Outdoor Pickleball Courts:

These are often made of asphalt or concrete and painted with specific court lines. Outdoor courts are popular due to their durability and resistance to weather conditions. They are often painted in vibrant colours to distinguish the markings clearly on cement.

1. Indoor Pickleball Courts:

Indoor courts are commonly constructed with wood or synthetic flooring, providing a more controlled environment. This type of court is often found in community centres, sports complexes or dedicated pickleball facilities.



Standard Dimensions:

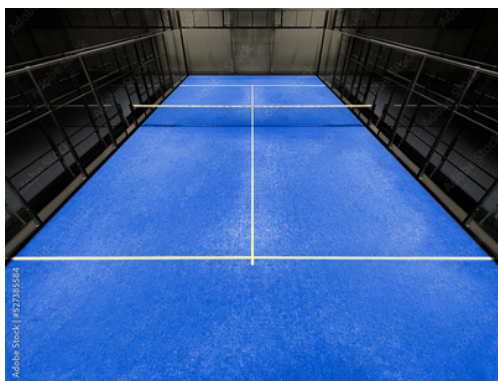
A Picklball court is 13.4m in length by 6.1m in width

Padel Courts

Padel is played on an enclosed court with metal mesh walls, Perspex/glass and an artificial grass or synthetic material type of surface as described:

1. Artificial Grass:

This is a popular choice for padel courts providing a cushioned and consistent playing surface for all age groups. A light topping of sand or rubber can be applied to this surface to increase slide on court and is used at competitive levels.



2. Cushioned Acrylic

A layer of acrylic with cushioning properties is sometimes applied on top of the court surface, offering enhanced shock absorption and player comfort. A light topping of sand can be applied to this surface to increase slide on court and is used at competitive levels.

Standard Dimensions:

The dimensions of a padel court consists of 20m length by 10m width and a cage height of an average of 3m. These courts can be indoor or outdoor with a solid poly carbonate hard canopy covering.

Multi-Use Games Area

A MUGA, or Multi-Use Games Area is a sports court that is designed for playing multiple sports on the same surface. MUGA sport courts are versatile and can accommodate various sports such as basketball, tennis, football and netball. They come in various formats and can be adapted for the need of the area.



1.Asphalt or Concrete:

This is a traditional material used because of its durability and suitability for outdoor play. These can be easily marked with multi-use lines and a metal caging allows for all weather use.

2.Artificial Turf:

This is a synthetic turf or fake grass that resembles natural grass made of polyethylene or polypropylene and provides a consistent and durable surface suitable for various field sports.



3.Acrylic or Polymeric:

These are nonslip materials that are resilient to weather and water damage. These materials can be easily marked with lines for various sports and often do so by outlining the various sports in different contrasting colours.

Standard Dimensions:

The dimensions of a MUGA court is dependent on the need, sport and local regulations. Many MUGA facilities are adapted to the space available and the location where it lies. Near a school, the MUGA is often build smaller with hoop heights reduced.

Pétanque

Pétanque is a popular French boules game, and it is played on a rectangular court however as this is a versatile game, the court can vary based on local preference and available space. The key is to have a flat and consistent surface for fair gameplay.

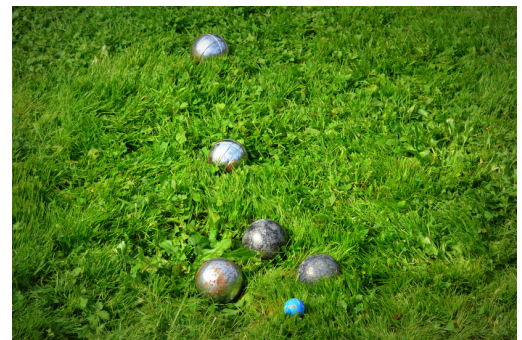


1.Hard Surfaces:

Pétanque is different in court requirements as it requires a flat, consistent ground. A hard surface will allow for roll and interference with gravel. Many hard surfaces include stone, cement and wood.

1.Soft Surfaces:

Pétanque is different in court requirements as it requires a flat, consistent ground. A soft surface will minimise roll. Many soft surfaces include carpet and grass.



Standard Dimensions:

There are no standard dimensions for Pétanque. The equipment will determine the spacing and agreed distance from balls are agreed between each team.

Hockey

A hockey pitch is the playing surface for the sport of field hockey. It is a rectangular field that are commonly made up of two main materials:



1.Artificial Turf:

Most modern hockey pitches are made of artificial turf, also known as synthetic turf or artificial grass. This type of surface offers consistent playing conditions, reduced maintenance requirements and increased durability. The turf is often made of synthetic fibres, such as polyethylene or polypropylene, supported by a rubber or sand infill.

Natural Grass: Traditional hockey pitches were often made of natural grass. The quality and type of grass used can vary, but it should provide a smooth and even playing surface. This is not a commonly used type of pitch in Scotland and would be used for training purposes instead of matches.

The standard dimensions:

A field hockey pitch is 91.4m in length by 55m in width.

Running Track/Walking Route

A running track is used to provide standardised lane space for track and field events including sprinting, middle-distance running long-distance running and various jumping or throwing events. The specific materials used can impact factors such as shock absorption, traction, and the overall feel of the surface for athletes.

There are 4 popular outdoor running track materials used to provide a suitable surface for all weather running. The most common outdoor running tracks are:

1.Polyurethane:

These tracks are popular for their durability, shock absorption, and consistent performance. They are often used in professional and high-level competitions. Polyurethane tracks may have a solid or porous surface.

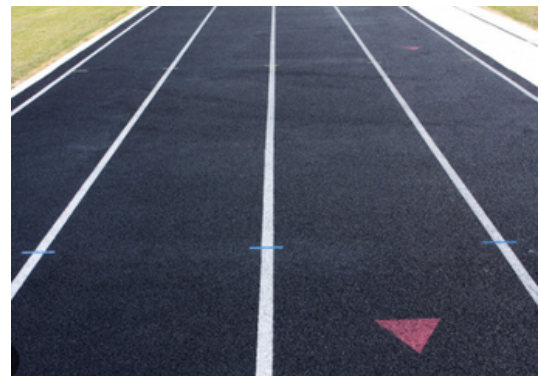


2.Rubber:

Rubber tracks are made from materials like EPDM (Ethylene Propylene Diene Monomer) or SBR (Styrene-Butadiene Rubber) and are commonly used for recreational or school tracks. They offer good shock absorption and are more cost-effective and easier for maintenance.

3.Asphalt:

Some running tracks have an asphalt base, particularly in older or less specialised facilities. While asphalt provides a hard surface, it may lack the cushioning properties of other track materials.



4.Polyethylene:

Some tracks use a polyethylene-based surface for added durability and weather resistance. This material is often combined with other components to create a resilient and low-maintenance track. This is often a layer that is provided to the above options for improved shock absorption.

The standard dimensions:

There are no specific sizes and can adapt to the need of the space, however typical running distances would be 400m tracks where 100m, 200m and alternative distances would be utilised on this size.