

MAITLAND PARK ESTATE

FITNESS TRAIL PROPOSALS

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This document has been prepared to illustrate the nature and character of the landscape proposals of the installation of play equipment to form a linear fitness, activity and play trail.

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Revision	Description	Date
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This Design & Access Statement has been produced by Turkington Martin, with input from Quod Planning and Tamla Trees Arboriculturists. It is intended to communicate the design rationale of the outdoor fitness provision to be provided at Maitland Park Estate, London Borough of Camden.

Turkington Martin were appointed in August 2021, to prepare a landscape strategy for the site wide outdoor fitness provision for the Maitland Park Estate as a replacement to an historic MUGA that has since been developed as part of the Aspen Court development. The new facilities are primarily aimed to cater for the 12-18 year age range and a number of resident outreach and consultation events have been led by London Borough of Camden to specifically target this demographic. It is acknowledged, and welcomed, that the new facilities will also be of interest to a wider age range and public audience.

The diagram opposite shows the existing site condition.

- 1 Central green space
- 2 'The Glade'
- 3 Existing play area 0-4 (approx.)
- 4 Existing play area 5-11 (approx)
- 5 Existing play area 0-11 (approx) including youth shelter
- 6 Existing garages



lawn area, east of Whitebeam House, looking towards Grafton Terrace



looking south along lawn and trees opposite 0-4 year olds play area

The site has a unique character, with a large central green space and variety of mature trees. The central green slopes from a higher level on the west, towards a pedestrian path on the east. The path provides a level, continuous connection through the central green, connecting a number of the buildings, play areas and access to the open space.

Adjacent to the path is a series of smaller, unused green spaces and areas of lawn. These spaces contain a number of trees and is protected from vehicle traffic.

Adjacent to a number of the residential blocks are areas of lawn and trees surrounded by small walls. These spaces have an ambiguous sense of use and ownership, being close and exposed to the adjacent residential units, without any direct access to these from the blocks.

Above the existing garages is a level paved space, accessed by steps from the east and west. This space provides opportunities to create a social space but has limitations due to the majority of the space being located over the garages at the lower level.

Throughout the estate, there are limited spaces to sit, meet and relax.



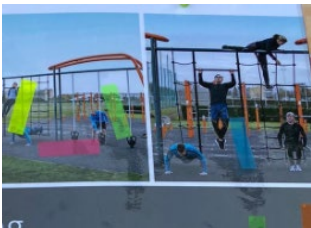

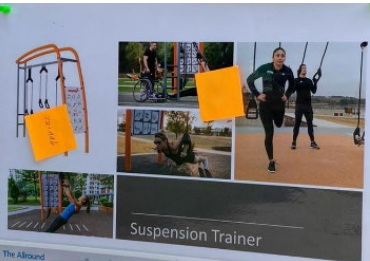




paved space above existing garages, south of Hazel House



lawn area south of the estate, along Maitland Park Road

Appendix 4: Pro-touch survey results- Equipment preferences

	picture	Equipment	Total 'votes'
1		table tennis	44
2		Obstacle Course (pref in order- monkey rings, steps and climb over)	43
3		Cross training	23
4		Street Workout (push up bars)	22
5		Suspension training	19

6		Street Workouts (Crazy Bars/ Play Parc)	18
7		Trim trail	14
8		Cardio	11
9		Leg lift & Flex Wheel	10
10		Hurdles	9
11		Weight lifts/ magnetic bells	6
12		Trim trail (wooden balance bars individually)	5
13		Outdoor seating	4
14		Steps	4
15		Trim trail push up bars individually)	2
16		Running track	1

Extensive consultation has been undertaken by LB Camden to determine a suitable replacement for the MUGA to re-provide suitable amenity provision for the estates youth and young adults, primarily 12-18 years olds.

The latest round of engagement was undertaken as part of an initiative to encourage the estates youth to participate through outdoor exercise and activity classes. This proved to be a successful engagement technique and LB Camden received some positive input from the targeted demographic.

The participants were asked to rate and select their preferred outdoor activities from a selection of images presented to them, including table tennis, parkour, obstacle courses, climbing apparatus amongst other items.

From these series of events, it was determined that table tennis was the preferred option of all activities, as well as a collection of outdoor gym equipment to form a fitness trail, offering a wider variety of exercise opportunities.

LB Camden have provided more information on the consultation and engagement process and events in a separate document.



concept plan

The provision of fitness equipment to promote health and wellbeing amongst the youth and young adults, as well as the wider estate residents is central the proposals.

The fitness provision has been conceived as a linear trail, utilising the pedestrian path to the east of the central green space to create a series of activity nodes that address existing facilities, such as the existing play spaces as well as key pedestrian junctions in the estate.

It is also acknowledged that the estate provides little opportunity for young people to come together, to meet and socialise, and so the proposals should cater for this in the design in an appropriate location.



exploring gym equipment options and layout



developing proposals for super graphics as part of the fitness trail

Constraints were identified as part of a site walk around of the estate with LB Camden officers and team members including the estates neighbourhood wardens, tree officers and Green Spaces team. Factors influencing the design development have included location of trees and extents of root protection areas, proximity to buildings, level changes across the site as well as sites of existing anti-social behaviour.

The design of the fitness trail has been an iterative process which has involved extensive dialogue with the LB Camden Green Spaces Team, to ensure that the layout and selection of equipment is in line with the management and maintenance considerations of the borough. A number of layouts have been tested and explored with the wider team to ensure the correct balance of fitness provision is selected.

During the consultation, it was also mentioned that colourful surfaces could be provided as part of a fitness route. This has been explored as a way to connect the various pieces of equipment together and create a space that is more welcoming and engaging.



illustrative landscape proposals



detailed area 1



detailed area 2

The design for the linear fitness route is intended to create an engaging, unique offer for the estate. The trim trail extends the length of the pedestrian path, utilising robust furniture and 'super graphic' ground markings to the existing paving compliments the formal fitness equipment, creating a facility that is usable and accessible by all residents.

The fitness equipment is located in two zones to create impact and extend the usability of the equipment for circuit training and as a trail. The north of the site, a combination of three pieces of fitness equipment provides opportunities for upper body strength and fitness. The location has been selected as there is a broad area of existing lawn, with large mature trees providing privacy and shelter for the residents of the adjacent Whitebeam House.

A second zone of equipment is located on the higher side of the existing play area, for 5-11 year olds. It is anticipated that as the children get older they will be interested in starting to use the fitness equipment. In this zone, a larger piece of equipment allows a number of users at any one time to exercise in a range of ways. An exercise bench for sit-ups and back raises is also located in this area.

To the south of the estate, new seating and table tennis is provided in the area above the existing garages. Together with the proposed graphics, this spaces signals a gateway in to the estate and social space for people to come together, both of which are lacking in the existing condition of the estate.

Fitness equipment and furniture has been located to minimise impact on existing trees. Some regrading of land around the fitness equipment zones is required but this is outside of the tree root protection areas.

- 1 equipment zone, arm walker, pull-up bars and dip / sit-up bars
- 2 equipment zone; multi-use frame and exercise bench
- 3 concrete benches
- 4 outdoor table tennis table
- 5 tiered seating
- 6 existing play area



Multi-ladder - NW110



Armwalker - NW108



Dual Pull-Up - NW107

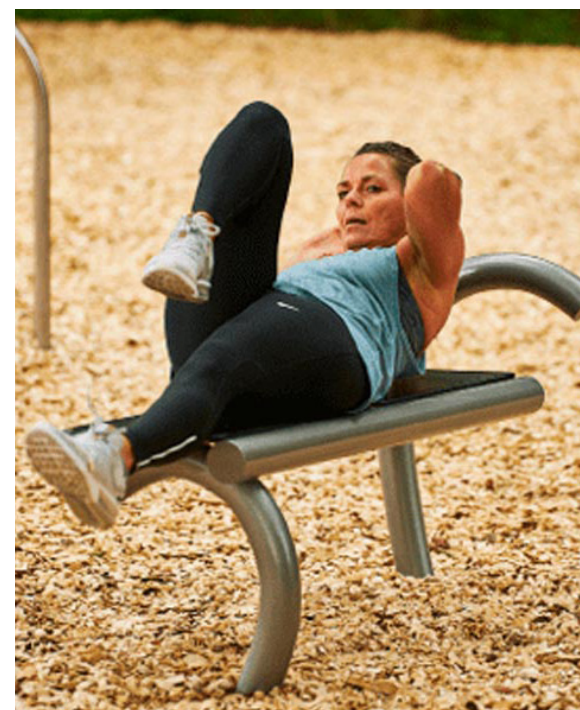
The design of the fitness trail has been an iterative process which has involved extensive dialogue with the LB Camden Green Spaces Team, to ensure that the layout and selection of equipment is in line with the management and maintenance considerations of the borough.

All of the fitness equipment has been selected from a single supplier, providing a sense of unity and cohesion across the estate. The equipment provides a range of ways to exercise, alone or in small groups. Each piece can be used in a number of ways and will allow the user to develop different circuits of activity, promoting continuous challenge and use.

The equipment is located to avoid impact on existing trees or root protection areas and complimented by new furniture and line markings on the ground to extend the fitness possibilities.

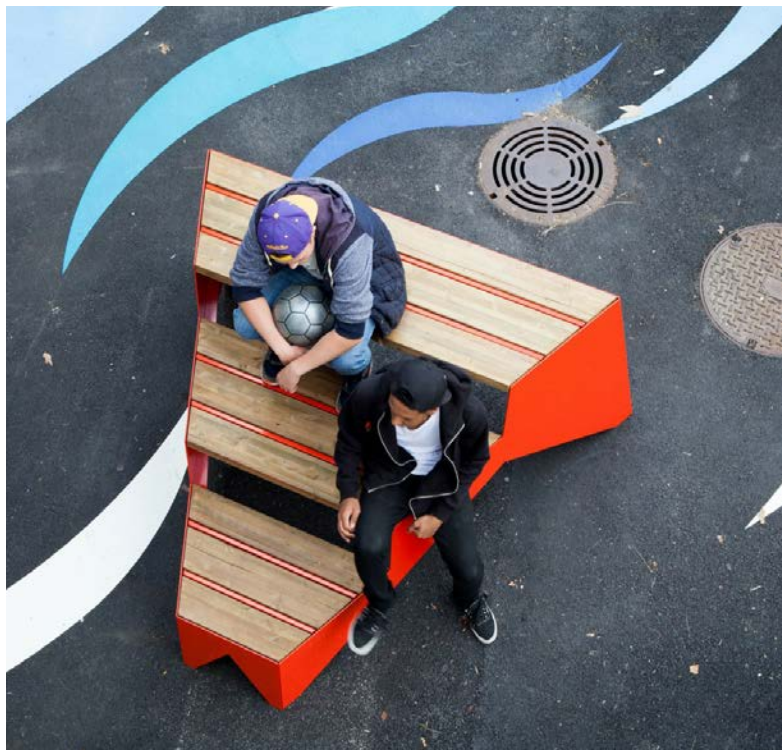


Calisthenics - NWC607



Exercise bench - NW501





tiered seating in timber and powder coated metal



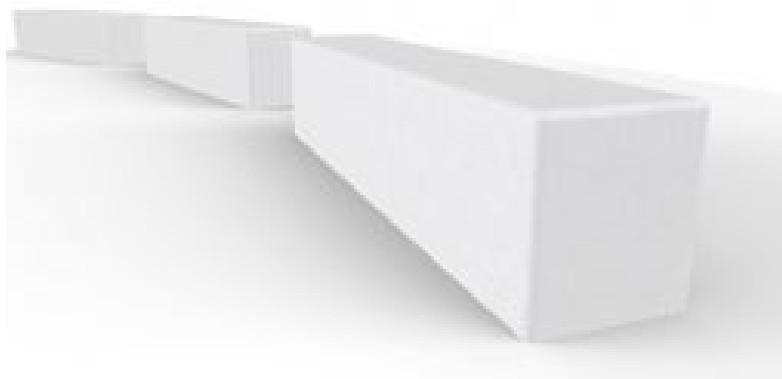
A range of robust furniture is used to compliment the fitness equipment and provide flexible use as part of the exercise trail as well as creating social spaces.

Along the linear route, simple concrete benches are proposed in groups that can be used for push-ups, sit-ups, balancing, jumping as well as seating. These are located opposite the existing play areas, beneath the shade of trees, so creating pleasant spaces for parents and carers to sit and meet whilst over-seeing children in the play spaces.

A larger social space is created in the area above the existing garages. An outdoor table tennis table is complimented by tiered seating which allows people to sit in small groups. The seating is south facing, orientated away from the residential block to the north of the space.



outdoor table tennis table



concrete cube and bench seating



super graphics in bright colours and forms



As part of the fitness trail, new line marking and super graphics are proposed to the existing footpath and social space. The intention is to use the graphics as a way to draw the different exercise zones together. The graphics can also be used as an extension of the fitness equipment for jumping, running, timing etc.

The play surface at the base of the gym equipment will be a wetpour surface, as agreed with the LB Camden Green Spaces Team. This will be a palette of colours to match the paving super graphics.



play surface in bright colours to match super graphics