

# **The Metro Sports Centre:**

## **A facility that promotes health and wellbeing for people of all ages and abilities**

**Endorsed by: Disability Advisory Group, Christchurch City Council**

**Collated by: Community and Public Health, Canterbury District Health Board**

**May 2014**

### **Introduction**

The Metro Sports Centre is being designed to provide world-class facilities for a range of activities, from social competitions to big international tournaments. It will need to be suitable for spectators, social competitors, and high performance athletes, young and old. The Centre will include an indoor stadium, an aquatic centre, a high-performance training centre and a fitness centre. The site will also offer retail, food and beverage, and parking facilities.

The information below has been gathered from a range of sources that identify how built environments can promote public health and wellbeing. We are advocating for a 'universal' approach for the facility – ensuring that it is welcoming and suitable for people of all ages and abilities.

The aim of this document is to provide recommendations for the planners, designers and builders of the Metro Sports Centre. These points are relevant from the earliest to the latest stages of the project. While the recommendations are specific to this facility, many could be considered for other Christchurch building projects.

“Accessibility” is highly valued by people in Christchurch; it is the foundation on which participation in the community is based. We look forward to a more inclusive city that promotes health for all by creating environments that support individuals and communities to grow well, be well and stay well.

Technical advice and audits such as those carried out by Barrier Free NZ Trust are an essential component of any public building project. This submission assumes access audits will be integral at each stage of the design and build process.

The Christchurch City Council's Disability Advisory Group would welcome the opportunity to provide clarification or assistance on request. Contacts: [allison.nichols-dunsmuir@cdhb.health.nz](mailto:allison.nichols-dunsmuir@cdhb.health.nz) or [claire.phillips@ccc.govt.nz](mailto:claire.phillips@ccc.govt.nz)

Aspect	Features recommended	Importance
<b>Wider context</b> Encourage arrival and departure by active transport	Promote cycling by easy and safe access from all directions  Promote walking routes by easy and safe access from all directions  Promote bus use by easy and safe access from all directions	Encourage cycling, walking, and public transportation  Design-in safety, benefits of walking to health  Logical connections among travel routes will encourage bus use
<b>Sustainability</b> Apply the best of current knowledge and materials to create a sustainable future for the lifespan of the site	Include reused/recycled/local building materials  Minimise construction waste  Minimise electricity usage via passive solar design, insulation and photovoltaic solar panels  Site for maximum sun  Install an efficient, effective heating and cooling system  Minimise water usage. Collect and reuse rainwater  Include systems for ongoing waste reduction and recycling	Reduced costs over lifespan of the site  Reduced energy and resource use  Demonstrate how sustainability can be built in
<b>External environment</b> Demonstrate a commitment to new ways of life in Canterbury	Include features of Maori and cultural significance, celebrate diversity  Design simple building layout, maximising line of sight  Include level or easy ramp access throughout the external site	Linkage to communities  Way finding is promoted for all, including those with impairments  Participation by people of all ages and abilities

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<p><b>External environment</b> Demonstrate a commitment to new ways of life in Canterbury</p>	<p>Include even, adequate, non-glare exterior lighting</p> <p>Design and install clear, visible exterior signage</p> <p>Position sheltered bus stop area not too far from entry</p> <p>Install enough safe bicycle stands</p> <p>Include a sheltered, mobility drop off area</p> <p>Include mobility car parking exceeding minimum requirements</p> <p>Provide for a secure area to park mobility scooters</p> <p>Design in lots of green landscaping, seating</p> <p>Consider setting up outdoor exercise stations</p> <p>Include a scented garden</p> <p>Insure that when outdoor events spaces are designed, they do not impede pedestrian flow and access to the main entrance</p> <p>Provide sun protection, especially over seating areas</p> <p>Include biodiversity in planting choices</p>	<p>Safety</p> <p>Welcoming, wayfinding</p> <p>Encourage use of buses</p> <p>Ease of access for those using active transport</p> <p>Cater to those using wheelchair-carrying vehicles</p> <p>Access for those with mobility parking permits</p> <p>More people will use these as population ages</p> <p>Landscaping and exterior amenities enhance the usability and appeal of the site for those who enter, but also for those who do not</p> <p>Enables people to exercise in the outdoors, at no cost</p> <p>Provides a welcome amenity for people with visual impairments</p> <p>Clear pathways are easier for all to navigate</p> <p>Over exposure to the sun has negative health consequences</p> <p>Improves natural habitats</p>

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<b>External environment</b> Demonstrate a commitment to new ways of life in Canterbury	Install drinking water fountain/s outside  Consider including a public toilet accessed from the exterior  Carry out Crime Prevention Through Environmental Design (CPTED) and Injury Prevention Through Environmental Design (IPTED) analyses	Hydration is important to health for all  Public amenities like public toilets draw people  Build in safety features throughout the site
<b>General internal environment</b> Demonstrate universal design and health promotion principles	Design an easily understood layout for entries, exits, passageways  Locate the main information/reception area/s so they are easy to find  Make provision for an easy to find facility layout diagramme and a virtual walk-through that includes headphones. Pamphlets should have a large font size.  Ensure facility is well ventilated, with healthy indoor air quality  Install display boards that can be used for events like Olympics & Paralympics information, community notices  Locate defibrillator equipment centrally and prominently  Install adequate water fountains throughout the facility, at heights suitable to adults/children/wheelchair users  Limit food and drink sales to those that offer healthy options eg no sugary drinks  Include reception counters and eftpos terminals accessible to	Way finding – easy navigation is good for all and essential to be dementia-friendly  Welcoming  Accessible information will encourage facility usage and be welcoming to all  Healthy air  Demonstrates role of the sport and recreation facility in the community, sharing information  Emergency planning, time to respond affects health outcome  Hydration is important to health for all  Make the good choices the easy choices  Access by people of all ages and abilities

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<p><b>General internal environment</b> Demonstrate universal design and health promotion principles</p>	<p>wheelchair users</p> <p>Make all of the building, including staff-only areas, wheelchair accessible</p> <p>Have at least one large lift</p> <p>Include chairs for people to rest, wait or relax, that are a contrasting colour to the floor and at least some have arms</p> <p>Provide staff who are trained to serve all customers and who can assist when requested to do so.</p>	<p>Enables employment by people with mobility impairments</p> <p>Some people require wheelchairs that are too large to fit into a standard lift and they are therefore often excluded</p> <p>Seating layout and suitable seating equipment need to be available throughout the site to encourage facility usage</p> <p>The best built environment will not work unless the human side works well – empathy and understanding are key</p>
<p><b>Fitness</b> To promote health and wellbeing for all</p>	<p>Ensure gym is designed to have space around equipment for those with mobility impairments</p> <p>Include at least two hand cycles</p> <p>Include a wheelchair accessible scale that can also be used by those heavier than usual scales can accommodate</p> <p>Design gym alcove areas, which are part of the wider gym but which could be used by small groups, trainers and clients, or those with dementia ie quiet, more private than the main gym area</p>	<p>All can access fitness, reduces population morbidity and mortality</p> <p>Enables aerobic exercise without using legs</p> <p>Increased wellbeing, population morbidity and mortality</p> <p>Encourages use by those who might not consider themselves 'gym' people. Reduction in health costs</p>

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<p><b>Aquatic</b> Lifelong recreation, fun and fitness for the whole family</p>	<p>Include lane pool/s</p> <p>Include a warm pool (therapy)</p> <p>Include learn to swim pool/s</p> <p>Make provision for small groups to swim in private at designated times</p> <p>All pools have ramp entry that does not intrude into a lane</p> <p>Consider access in choosing family water play equipment and layout</p> <p>Ensure the area surrounding pools cater to caregivers with children, and that they may have smaller children in prams with them</p>	<p>Swimming is one of the best forms of exercise for the population as a whole</p> <p>Enables self-rehabilitation when main pool is too cold for slow swimmers</p> <p>Enables better skilled swimmers; safety</p> <p>Enables women-only groups eg for ethnic groups, community groups</p> <p>Ease of use by all abilities. Entry with no steps enables all to use without reduction in lanes</p> <p>Accepting that not all people will be able to use all equipment, design for the best access possible</p> <p>Ease of supervision by non-swimming caregivers</p>
<p><b>Recreational sports participation</b> Everyone has a way to participate</p>	<p>Include accessible general spaces for a variety of physical activities</p> <p>Enable people of all abilities to participate in all clubs/groups</p> <p>Include accessible areas that can be booked for community use</p>	<p>Inclusion!</p> <p>Building social capital and community connections to the facility</p>

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<p><b>Spectator seating</b> Everyone in the community is welcome</p>	<p>Design the spaces for viewing in a way that considers all spectators</p> <p>Areas designed for those who use wheelchairs should not be segregated and unable to sit with family/friends. The CBS Arena approach works well – gaps left for wheelchairs. But the best scenario is for there to be a range of options.</p>	<p>Spectators who use assistive devices, walkers, wheelchairs etc and those with prams are able to view events and activities comfortably</p> <p>All people should have choices. Attending as spectators can be important to social well-being</p>
<p><b>Children/family play area</b> Support families/whanau to be physically active together</p>	<p>Consider accessibility and inclusion in choosing family play equipment and layout</p> <p>Consider the needs of both disabled parents and disabled children – both should be able to participate</p> <p>Investigate the equipment and design approaches used by accessible playgrounds in the US eg <a href="http://www.shanesinspiration.org">www.shanesinspiration.org</a></p>	<p>Accepting that not all people may be able to use all equipment, design for the best access possible</p> <p>Shared play and participation are important to all parents and all children</p> <p>Draw on expertise in inclusive play areas, including the safety aspects.</p>
<p><b>Elite disabled sport</b> Celebrate those who excel</p>	<p>Make high performance equipment choices based on the assumption that some users will have impairments</p> <p>Design coaching facilities assuming that some coaches will have impairments</p>	<p>Supports aspirations</p> <p>Supports Christchurch as an elite disabled sports destination for international events and training</p>

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<p><b>Accessible changing rooms</b> A variety of layouts to suit a variety of needs</p>	<p>Design <u>accessible</u> changing rooms as distinct from <u>family</u> changing rooms.</p> <p>Ensure any hoists and water wheelchairs fit into the accessible changing rooms easily</p> <p>Allocate space for people’s personal wheelchairs to be placed while they are using the water wheelchair</p> <p>Plan enough space for support worker or family members to assist people with disabilities in the accessible changing rooms</p> <p>Signage ensures people with disabilities have priority use for accessible changing rooms</p> <p>Install a changing table that has adjustable heights</p> <p>Include toilets in accessible changing rooms</p> <p>An adequate number of family changing rooms should reduce the problem of families using the accessible changing rooms</p> <p>Ensure that the area where people wait to use a changing room is adequately heated</p>	<p>Access for all ages and abilities, demonstrating the highest level of inclusion</p> <p>Research around NZ has identified accessible changing rooms as being particularly difficult to design in a way that works for all people.</p>



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<b>Toilets</b> Easy to use by everyone	Exceed NZS 4121 space requirements in all toilet facilities  Install handrails in <u>all</u> toilets  Set out pairs of accessible toilets as 'mirror images' to support to those with a strong/weak side  Install dual flush/water saving toilets  Install water efficient showers for staff who cycle or run to work	Access for all ages and abilities  Reduces chance of falls for all users; frees up accessible toilets for those who need the additional space  Specifically addresses needs of those who have had strokes or similar- these conditions will increase!  Sustainability  Encourages active transport