



## OUTDOOR FITNESS EQUIPMENT

Standards Australia has recently released a standard for permanently installed outdoor fitness equipment – AS 16630:2021. Outdoor fitness equipment has become a popular addition to public open space in recent years.

The addition of outdoor fitness equipment helps to promote physical activity across a wide range of abilities. It is freely accessible and can be used unsupervised and without outside help.

Permanently installed outdoor fitness equipment can come in many forms and is available from a wide range of manufacturers.

It can be in the form of a single user station, a multi-use station or a fitness trail.

It is not recommended for children under the age of 12 years.





## Safety Requirements

- Components made from timber should be designed in such a way that precipitation can drain or drip off freely and water accumulation is avoided.
- Metal parts should be protected against atmospheric conditions and corrosion, and should not be toxic.
- The equipment should be designed so the intended use is easily identified by the user.
- When at rest the equipment should automatically adjust so it's ready for the next user.
- It shall be permanently connected to the surface on which it stands.
- There shall be no sharp edges or protrusions on the equipment.
- Any tread surface should be non-slip and be a minimum width of 100mm and maximum of 300mm available per foot.
- There should be no head entrapments more than 600mm above the ground surface.
- Connections should be secure so they cannot be undone without tools.
- Grasp requirements should not exceed 80mm.
- Foundations should be designed so they do not present a hazard.
- Some outdoor exercise equipment requires safety surfacing.



## Shade and Sun Protection

Outdoor exercise areas should be designed with areas of effective summer shade from either trees or built elements, or both.

The provision of shade has the additional benefit of reducing the potential for skin burns from exposed hot surfaces

The design should take into account the reflective index of various surfaces and materials to minimise UV exposure.

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