

NOISE MANAGEMENT PLAN

Ref: GEN/20/0152 - 36 Osprey Drive Hayling Island Hants PO11 9BX

Responsible Person: Donna Hickman

Please refer below, on how I wish to prevent any noise nuisance having an impact on the neighbouring houses.

- All windows and doors will remain closed, when I am with a client.
- A small air con unit (portable, not an externally fixed unit), will be used alongside a fan during the warmer weather to keep the area cool.
- All the walls and ceilings have been fully insulated, with a minimum of 75mm insulation, which has acted as a sound barrier.
- I will make my working hours within the garage, from 8.00am to 6.00pm, if this will help with my application, rather than my previous 6.30am start.
- The facility will only be used Monday to Friday.
- 99% of my clients are female, and I ensure that all weights are not dropped but placed on the floor (to minimise any noise and also to prolong the life of my equipment).
- I will only have 1 client at a time, thereby reducing the amount of any possible noise.
- There is a 5mm purpose built rubber flooring that is currently waiting to be laid. Again this will prevent any noise being made when weights are being placed on the floor, as it is a soft flooring. (The floor unfortunately cannot be laid until the atmospheric air temperature reaches 16-18 degrees, as this is the requirement for the glue that used when laying the flooring).
- All exercises will take place within the facility and not within my garden.
- Any music that is played is background music, and I have monitored the noise level, when I am training myself, and this can only be heard very faintly, if at all.