

NOISE MANAGEMENT PLAN - June 2022

Ref: APP22/00625

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 remain closed when I am with a client
- A small air con unit (portable, not an externally fixed unit), is used alongside a fan during the warmer weather to keep the area cool.
- All 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.
- The facility is only used Monday to Friday.
- 99% of my clients are female, and I ensure that all weights are not dropped but placed by me on the floor (to minimise any noise and also to prolong the life of my equipment).
- As set out by my previous conditions, I never have any more than 2-1 clients, although all my clients are 1-1 training.
- There is a 5mm purpose built floor that has been laid. This will prevent and absorb any noise when weights are placed on the floor, as it is rubber.
- All training will take place within the facility and not within my garden.
- Any music played is background music, and the level is monitored and cannot be heard from outside the facility.