

Environmental Statement

24 Hour access

Increasingly heavy workloads, 24 hour shift patterns and busy family lifestyles suggests that there is a need to expand the standard 6am -10pm fitness centre provision (as evidenced by the rapid expansion of the large multi-national chains like Pure Fitness and the Gym Group) to better accommodate the public at large to be able to access these evidenced based positive health outcome interventions at a time that suits them.

As the population of Hayling continues to grow and the road network struggles to keep pace with this growth it is perhaps even more important that residents are provided with an opportunity to access a professional Health & Fitness provision without having to commute into the nearby towns of Havant and Waterlooville.

Any member requesting 24 hour access will be screened to minimise the potential for any anti-social behavior.

In the event that 24 hour access is unacceptable to HBC, Active Health would like to revert to a standard operating timetable of 6am to 11pm 7 days per week.

Noise Impact

The Activhealth Fitness centre is no ordinary fitness centre in the context of excessive noise generated by large loud classes. Our Group exercise opportunities (classes) range between 6 and 10 participants and take place to the same background music as is playing in the rest of the site. The emphasis is on Education and Communication not mindless screaming and shouting!

In and around our gym floor you will see many people using Tablets to access music, video and training tips of their choice. To This end the background music cannot exceed the meter readings indicated below without interfering with their ability to enjoy their chosen source of entertainment.

Sound Level

Existing facility emits sound levels via an amplifier at fixed volume level as follows:

Off Peak Times: All other times except peak times

Location	Amp Volume	Decibel Reading
Inside gym door	50	66
Centre of Gym floor	50	66
Outside Gym Door (reception	50	57

Peak Times 7-8am, 12-2pm and 5-8pm

Location	Amp Volume	Decibel Reading
Inside gym door	55	70
Centre of Gym floor	55	70
Outside Gym Door (reception)	55	58

Exceptionally busy times that May occur from time to time. This is based on our current facility which is less than once or twice a month.

Location	Amp Volume	Decibel Reading
Inside gym door	60	77
Centre of Gym floor	60	74
Outside Gym Door (reception)	60	59

Further to this, over 30% of the available floor space will be covered by 6 mm of rubber to minimise noise generated from weights impacting the floor and Group Exercise Opportunities.

If these sound levels and interventions are not acceptable to HBC Active Health will apply best endeavours with our construction team to identify more suitable interventions. At this stage secondary glazing or locks on all of the windows to compliment the installation of 4n° 12.5kW suspended A/C heat pump units (will heat and cool) has been tabled as an alternative.

Noise levels of these units can be confirmed once supplier has been determined but if there is an acceptable range or limit, please advise and we will work this into our procurement.

Lighting Impact

It is not anticipated the lighting levels will be increased over and above the existing levels.

In the event that is not acceptable to HBC, Active Health will apply best endeavours with our construction team to identify suitable interventions. At this stage, black out blinds, vertical blinds or tinted window film would appear to be options but we would await guidance from HBC on what would be acceptable.

Signage

It is not anticipated that there will be a need for illuminated signage instead opting for laminated plastic, formalite or foamex board.