

Design and Access Statement

In support of the Konsep Gym & Fitness Centre, 10 Mengham
Road, Hayling Island.

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This statement accompanies and supports a planning application on behalf of the applicants Mr W. Moffat & Mrs S. Craciun for the Konsept Gym & Fitness Centre, 10 Mengham Road, Hayling Island.

This document should be read in conjunction with the submitted plans ref: 351 PL01 rev00 to 351 PL11 rev00

Introduction

The World health Organization (WHO) recommends adults aged 18 to 64 should partake in at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or 75 minutes of vigorous activity. Sadly many are not achieving this target with sedentary lifestyles and obesity common place in the UK.

The proposed gym and fitness centre is intended to provide an opportunity for all ages to improve their health and take regular exercise.

Located on Mengham Road, Konsept Gym and Fitness Centre is conveniently located near the District Centre. The fitness centre will be promoted as a hub for fitness on the island, encouraging health and wellbeing for the community.

Context

The site was formally used as a private snooker club with opening hours of 10.30am to 11.30pm.

The site comprises of the entire first floor (5000 square feet) above Sainsbury's on the corner of Seagrove Avenue and Mengham Road.

The building is brick built with a flat roof behind a parapet. The building has distinctive curved ends with Seagrove Avenue. There are air handling units on the flat roofs at first floor and roof level for the supermarket's air conditioning, fridges and freezers.

The elevations of the first floor are ribbon glazed (openable) to the north, west and south elevations. The eastern end of the building is blank and attached to the shops along Mengham Road shopping precinct.

The site is accessed via the main stairs housed in a curved stairwell at the western end of the building. There is an alternative emergency exit and external spiral staircase at the south eastern corner of the building.

To the north, south and west the site is separated from neighbours by Mengham Road, Selsmore Road and Seagrove Avenue respectively.

The site has no dedicated parking but there are public spaces immediately outside the site in Mengham Road as well as two public car parks within 100 yards of the site (Mengham Road & Elm Grove).

There are 7 bike racks associated with the site immediately adjacent to the main entrance.

The Proposals

There is currently no specific fitness centre provision on Hayling Island. There are existing fitness facilities within a local hotel, holiday park and tennis club, however research suggests the population of Hayling could easily support further provision.

The site was previously a snooker hall, use class D2. By way of a planning condition its use was limited to a snooker hall only. The proposed fitness centre is believed to be an appropriate use falling into the same D2 category.

Bringing the site back into use will provide both employment and community benefit to the District Centre location.

The new gym and fitness centre will provide the following facilities:

- Reception and hospitality area
- Warm up area
- Cardiovascular training
- Resistance equipment
- Free weights
- Studio/ classroom
- Sauna
- Changing/showers
- Assessment/treatment room
- Office and stores

Improving the existing building

Improvements to the building will be made in order to provide fitness centre provision expected of a modern centre.

Alongside the provision of new state of the art exercise equipment, sauna, media system, and upgraded toilet/shower facilities, improvement of the thermal and acoustic provision is a key part of the improvements.

The existing single glazed windows are to be replaced with double glazing that will that will perform better thermally and acoustically. The windows will provide natural

ventilation, however additional cooling will be provided by air conditioning modules. The plant for these will be situated on the roof behind the parapet. It is not expected that this equipment will have any greater impact than the existing plant on the building.

The concrete floor slab will be upgraded with acoustic resilient under floor strips and/or acoustic rubber floor matting.

Flanking sound will be attenuated by the introduction of acoustic linings to the separating wall with the adjacent property.

Impact of proposals

Opening times. The applicant is applying for opening times of 6am to 10pm. These are largely concurrent with Sainsbury's opening times situated below and therefore any additional activity generated by the fitness centre would be marginal and shouldn't have a detrimental effect on the surrounding neighbours.

Noise. As outlined above the improvements to the building will provide positive improvement to the building's acoustic attenuation. Music will be played in the gym as it aids focus, rhythm and enjoyment of exercise. However it will be carefully controlled and will not exceed a level that would be audible at the boundary of neighbouring residential dwellings as to cause nuisance.

Lighting. Seagrove Avenue and Selsmore Road are illuminated by street lighting and there is existing shop front lighting along the Parade in Mengham Road. During the evening and early morning it is not believed that the fitness centre's internal lighting would cause any additional impact over the existing lighting levels.

Parking. There is public parking on Mengham Road immediately outside the site. There is also two public car parks within 100 yards of the site (Mengham and Elm Grove). The site also benefits from sustainable transport options in the form of 7 bike racks and an adjacent bus stop.

Signage. Proposed signage will be erected in a prominent position to the north and south of the curved entrance stairwell and directly above the Sainsbury's sign on the north shop front elevation. Signage will be non-illuminated.