

Nga Puna Wai Sports Hub and Recreational Park:

A site that promotes health and wellbeing for people of all ages and abilities

Endorsed by: Disability Advisory Group, Christchurch City Council

Collated by: Community and Public Health, Canterbury District Health Board

December 2014

Introduction

Nga Puna Wai Sports Hub and Recreational Park is being designed to provide world-class facilities for a range of activities, from social competitions to international tournaments. It will need to be suitable for spectators, social competitors, and high performance athletes, young and old. The site will include facilities for athletics, hockey and tennis, 10 grass sports fields for general use, administrative facilities, spectator seating, a play zone, and car parking for 800 vehicles. Provision would be made for cycling, walking, and bus transportation.

The Disability Advisory Group sees the building of new facilities in Christchurch as a key opportunity for the Christchurch City Council to make a public commitment to accessibility and to make an investment for the future.

The information below has been gathered from a range of sources that identify how built environments can promote public health and wellbeing. We are advocating for a 'universal' approach for the site – ensuring that it is welcoming and suitable for people of all ages and abilities.

The aim of this document is to provide recommendations for the planners, designers and builders of the Nga Puna Wai Sports Hub and Recreational Park. These points are relevant from the earliest to the latest stages of the project.

“Accessibility” is highly valued by people in Christchurch; it is a foundation on which participation in the community is based. We look forward to a more inclusive city that promotes health for all by creating environments that support individuals and communities to grow well, be well and stay well.

Technical advice and audits such as those carried out by Barrier Free NZ Trust are an essential component of any public building project. This submission assumes and recommends access audits will be integral at each stage of the design and build process.

The Christchurch City Council's Disability Advisory Group would welcome the opportunity to provide clarification or assistance on request. Contacts: leanne.keenan@ccc.govt.nz or allison.nichols-dunsmuir@cdhb.health.nz. The group would appreciate having input into further planning for Nga Puna Wai.

Aspect	Features recommended	Importance
Wider context Encourage arrival and departure by active transport	Promote cycling by easy and safe access from all directions Promote walking routes by easy and safe access from all directions including routes and surfaces suitable for wheelchairs, mobility scooters, walking frames, prams and scooters. Promote bus use by easy and safe access from all directions	Encourage cycling, walking, and public transportation Design-in safety, benefits of walking to health Logical connections among travel routes will encourage bus use
Sustainability Apply the best of current knowledge and materials to create a sustainable future for the lifespan of the site	Include reused/recycled/local building materials Minimise construction waste Minimise electricity usage via passive solar design, insulation and photovoltaic solar panels Site for maximum sun Install an efficient, effective heating and cooling system Minimise water usage. Collect and reuse rainwater Include systems for ongoing waste reduction and recycling Use building materials and products that promote health for example low VOC paint, low allergen products etc.	Reduced costs over lifespan of the site Reduced energy and resource use Demonstrate how sustainability can be built in Prevent illness through using materials that demonstrate reduced health impacts
External environment Demonstrate a commitment to new ways of life in Canterbury	Include features of Maori and cultural significance, celebrate diversity Design simple site and building layouts, maximising line of sight	Linkage to communities Way finding is promoted for all, including those with impairments

Aspect	Features recommended	Importance
<p>External environment Demonstrate a commitment to new ways of life in Canterbury</p>	<p>Include level or easy ramp access throughout the external site</p> <p>Include even, adequate, non-glare exterior lighting</p> <p>Design and install clear, visible exterior signage</p> <p>Position sheltered bus stops not too far from key entry points</p> <p>Install enough safe bicycle stands</p> <p>Include a sheltered, mobility drop off area</p> <p>Include mobility car parking exceeding minimum requirements</p> <p>Provide for a secure area to park mobility scooters</p> <p>Provide for safe pedestrian egress within car parking areas</p> <p>Include some seating/rest areas within the car parks</p> <p>Design in lots of green landscaping, seating</p> <p>Consider setting up outdoor exercise stations</p> <p>Include a scented garden</p> <p>Insure that when outdoor events spaces are designed, they do not impede pedestrian flow</p> <p>Provide sun protection, especially over seating areas</p>	<p>Participation by people of all ages and abilities</p> <p>Safety</p> <p>Welcoming, way finding</p> <p>Encourage use of buses</p> <p>Ease of access for those using active transport</p> <p>Cater to those using wheelchair-carrying vehicles</p> <p>Access for those with mobility parking permits</p> <p>More people will use these as population ages</p> <p>Reduce the incidence of injury to children, people with short stature and people in wheelchairs who are less visible within car parks.</p> <p>Enable people to safely rest if required to walk a distance</p> <p>Landscaping and exterior amenities enhance the usability and appeal of the site</p> <p>Enables people to exercise in the outdoors, at no cost</p> <p>Provides a welcome amenity for people with visual impairments</p> <p>Clear pathways are easier for all to navigate</p> <p>Over exposure to the sun has negative health consequences</p>

Aspect	Features recommended	Importance
<p>External environment Demonstrate a commitment to new ways of life in Canterbury</p>	<p>Include biodiversity in planting choices and enhance ecological values of Nga Puna Wai</p> <p>Use low allergen planting and exterior materials</p> <p>Install outdoor drinking water fountains throughout the site, at heights suitable to adults/children/wheelchair users</p> <p>Include indoor and outdoor public toilets</p> <p>Carry out Crime Prevention Through Environmental Design (CPTED) and Injury Prevention Through Environmental Design (IPTED) analyses</p> <p>Within the Active Modes Strategy actively and explicitly provide for people with impairments to access and use the site including providing appropriate surfaces for people using wheelchairs and assisted walking devices.</p> <p>Storm water treatments (in particular swales) should not pose as a trip or fall hazard including when initially installed if using planting to define areas.</p>	<p>Improves natural habitats</p> <p>Prevent illness through using materials that demonstrate reduced health impacts</p> <p>Hydration is important to health for all</p> <p>Public amenities like public toilets draw people</p> <p>Build in safety features throughout the site</p> <p>Cater to a range of people which specific access needs</p> <p>Ensure the site is safe</p>
<p>General internal environment Demonstrate universal design and health promotion principles</p>	<p>Design an easily understood layout for entries, exits, passageways</p> <p>Locate the main information/reception area/s so they are easy to find</p> <p>Make provision for an easy to find facility layout diagrams</p> <p>Information pamphlets and signs should have a large font size.</p>	<p>Way finding – easy navigation is good for all and essential to be dementia-friendly</p> <p>Welcoming</p> <p>Accessible information will encourage facility usage and be welcoming to all</p> <p>Readable by more people</p>

Aspect	Features recommended	Importance
<p>General internal environment Demonstrate universal design and health promotion principles</p>	<p>Ensure facilities are well ventilated, with healthy indoor air quality</p> <p>Install display boards that can be used for events like Olympics & Paralympics information, community notices</p> <p>Locate defibrillator equipment centrally and prominently</p> <p>Install indoor water fountains throughout, at heights suitable to adults/children/wheelchair users</p> <p>Limit food and drink sales to those that offer healthy options e.g. no sugary drinks</p> <p>Include reception counters and eftpos terminals accessible to wheelchair users</p> <p>Make all of the buildings, including staff-only areas, wheelchair accessible</p> <p>Have at least one large lift</p> <p>Include chairs for people to rest, wait or relax, that are a contrasting colour to the floor and at least some have arms</p> <p>Provide staff who are trained to serve all customers and who can assist when requested to do so.</p> <p>Include a wheelchair accessible scale that can also be used by those heavier than usual scales can accommodate</p>	<p>Healthy air</p> <p>Demonstrates role of the facilities in the community, sharing information</p> <p>Emergency planning, time to respond affects health outcome</p> <p>Hydration is important to health for all</p> <p>Make the good choices the easy choices</p> <p>Access by people of all ages and abilities</p> <p>Enables employment by people with mobility impairments</p> <p>Some people require wheelchairs that are too large to fit into a standard lift and they are therefore often excluded</p> <p>Seating layout and suitable seating equipment need to be available throughout the site to encourage facility usage</p> <p>The best built environment will not work unless the human side works well – empathy and understanding are key</p> <p>Increased wellbeing, decreased population morbidity and mortality</p>

Aspect	Features recommended	Importance
	Consider building in free Wifi access across the site	Improves access to communication
Spectator seating Everyone in the community is welcome	Design the spaces for viewing in a way that considers all spectators Areas designed for those who use wheelchairs should not be segregated and unable to sit with family/friends. The CBS Arena approach works well – gaps left for wheelchairs. But the best scenario is for there to be a range of options.	Spectators who use assistive devices, walkers, wheelchairs etc and those with prams are able to view events and activities comfortably All people should have choices. Attending as spectators can be important to social well-being
Play Zone Support families/whanau to be physically active together	Consider accessibility and inclusion in choosing family play equipment and layout Consider the needs of both disabled parents and disabled children – both should be able to participate Investigate the equipment and design approaches used by accessible playgrounds in the US e.g. www.shanesinspiration.org	Accepting that not all people may be able to use all equipment, design for the best access possible Shared play and participation are important to all parents and all children Draw on expertise in inclusive play areas, including the safety aspects.
Elite disabled sport Celebrate those who excel	Make high performance equipment choices based on the assumption that some users will have impairments Design coaching facilities assuming that some coaches will have impairments	Supports aspirations Supports Christchurch as an elite disabled sports destination for international events and training
Accessible changing rooms A variety of layouts to suit a variety of needs	Design <u>accessible</u> changing rooms as distinct from <u>family</u> changing rooms. Ensure any hoists fit into the accessible changing rooms easily Plan enough space for support worker or family members to assist people with disabilities in the accessible changing rooms	Access for all ages and abilities, demonstrating the highest level of inclusion Research around NZ has identified accessible changing rooms as being particularly difficult to design in a way that works for all people.

Aspect	Features recommended	Importance
	<p>Signage ensures people with disabilities have priority use for accessible changing rooms</p> <p>Install a changing table that has adjustable heights</p> <p>Include toilets in accessible changing rooms</p> <p>Ensure that the area where people wait to use a changing room is adequately heated</p>	
<p>Toilets Easy to use by everyone</p>	<p>Exceed NZS 4121 space requirements in all toilet facilities</p> <p>Install handrails in <u>all</u> toilets</p> <p>Set out pairs of accessible toilets as ‘mirror images’ to support to those with a strong/weak side</p> <p>Install dual flush/water saving toilets</p> <p>Install water efficient showers for staff who cycle or run to work</p>	<p>Access for all ages and abilities</p> <p>Reduces chance of falls for all users; frees up accessible toilets for those who need the additional space</p> <p>Specifically addresses needs of those who have had strokes or similar- these conditions will increase!</p> <p>Sustainability</p> <p>Encourages active transport</p>