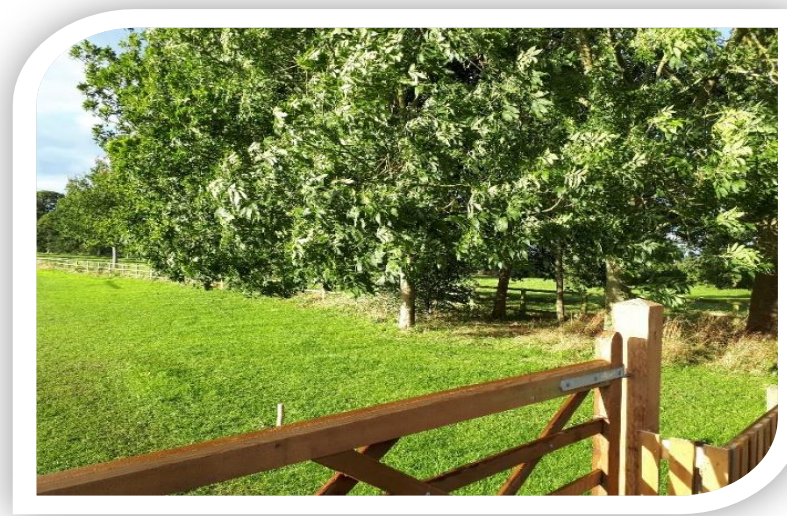


Strategic Plan Context

The installation of trim trails aligns with the Strategic Plan - Delivering more services locally to meet the needs and aspirations of our community for a better and safer environment.

The proposed location of the trim trail would be close to the trees to the right of the gated entrance onto the Football field.



All the equipment in the options is designed to use all the major muscle groups, improve flexibility and stamina. One of the great benefits of trim trails is that they promote vigorous physical education in a fun and playful way – perfect for primary and secondary school playgrounds, but also great for public outdoor spaces.

Each obstacle within a trim trail has their own challenges and is a great multigenerational type of playground equipment as it can be used by children and adults of all ages, and because of the various obstacles on offer with different levels of difficulty, they're great for people of all skill levels. Furthermore, they're excellent at inviting older children to use them, who would otherwise may not be interested in a playground.

All the options and prices are displayed on the boards dotted around the hall. The prices for the equipment are displayed on the last page of each Option and include installation and matting. Should this project be supported by residents of Overton, the Community Council will be sourcing Grants to match fund the scheme.

Whilst every attempt will be made to construct the options design to plan, certain elements may have to be altered during the implementation stage due to unforeseen technical or logistical issues.

Proposed Trim Trail – Option 1

1 x Double Cross Country Skier

Suitable for all abilities, users can set their own pace to work all major muscle groups and build stamina, balance and coordination



Proposed Trim Trail – Option 1

1 x Combination

Adults develop muscular and heart strength,
flexibility, control and balance



Proposed Trim Trail – Option 1

1 x Cardio Combi

Working the chest, shoulder and arms
muscles on one side, while working the lats
and arms on the other



Proposed Trim Trail Option 1

1 x Double Rower

Improves flexibility, core strength and cardio fitness. Suitable for 1 or 2 users at once and all abilities, users simply set their own pace.

**The cost of installation, includes grass mats and signs for all equipment, it excludes VAT
£9,558.62**



Proposed Trim Trail – Option 3

1 x Double Slalom Skier

Works lower body and cardiovascular.
Improves balance and co-ordination



Proposed Trim Trail – Option 3

1 x Health Walker

Improves flexibility in hip joints, helps
improve overall mobility.



Proposed Trim Trail – Option 3

1 x Rower

This piece of equipment provides a workout the core and upper body. This is a self-weighted workout.



Proposed Trim Trail – Option 3

1 x Double Squat Push

This piece of equipment allows the user to complete a lower body strength workout.

**The cost of installation, includes grass mats and signs for all equipment, it excludes VAT
£6,700.00**

