knox
your city
Knox City Council

Active Knox

A Plan for Active Recreation in Knox

Encouraging our community to be active their own way, everyday

Acknowledgement of traditional land owners

Knox City Council acknowledges the Wurundjeri Woi-wurrung people and Bunurong people of the Kulin Nation as Traditional Custodians of the land. The Knox Aboriginal and Torres Strait Islander Community come from a variety of different Nations within Australia and Torres Strait, including the Traditional Custodians and Stolen Generation. As such we pay respect to all Aboriginal and Torres Strait Islander Elders, past and present, who have resided in the area and have been an integral part of the region's history.

Located at the foot of the Dandenong Ranges, Knox has many places of historic significance to the Kulin nation. Important cultural and historical sites within Knox hold both the traditional knowledge of the First Nations People and the traumatic stories of colonisation.
The journey ahead for Knox involves the land, the traditional custodians, the local Indigenous community, the wider community and the Council itself. Walking together and listening together to create a culturally safe and culturally rich community for all.

Community Vision 2031

"Knox: where we connect with our people and our environment, ensuring they are safe, supported and have every opportunity to thrive."

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Knox City Council

Part 1

Setting the Scene

1.1 Introduction

Purpose of this document

The Knox community rely on parks, open spaces and community facilities for informal active recreation pursuits every day. Physical activity patterns show that flexible, fun and non-club-based activities are the preferred model for many residents.

Knox has a rich and varied network of parks, trails and venues that host a vast array of activities that help to keep the community physically active.

Many residents, however, do not meet the recommended guidelines for physical activity*. Knox City Council has identified the opportunity to increase physical activity levels by encouraging the community to spend more time being active in parks, open spaces and in community facilities.

The purpose of this document is to guide decision making for active recreation to encourage more community led programming and infrastructure development reflective of the diverse recreation needs of the community.

This plan will focus on actions in the following areas:

PROMOTE = highlight what's available
WELCOME = support participation through programming and adaptive management
ADAPT= Improve and develop infrastructure for flexible facilities
PARTNER = support community to create opportunities

*Physical Activity and Exercise Guidelines for all Australians (Federal Department of Health & Aged Care)

Why do we need this plan?

Traditionally, councils throughout Victoria have provided grants and support for community sports clubs and have the responsibility for upgrading and building new sport and recreation facilities.

Due to the structured nature of organised sport programs, including formalised governance and state association advocacy, Council funding is often directed towards established sports, sports clubs and traditional sporting infrastructure.

Active recreation broadens the opportunities to be physically active with a focus on fun, fitness and flexibility.

It differs from formal sport in that it is less structured and often requires less skill and training. Active recreation activities are often more accessible to people of all ages and abilities, and can be done in a variety of non-structured settings, including parks, trails, and community centres.

This Plan aims to break down participation barriers to provide safe and welcoming opportunities for all cultures, genders, ages and abilities. These barriers may include:

- lack of safe and inclusive facilities
- financial barriers
- lack of representation and role models
- lack of awareness and information

This document has been developed to guide Council and the Knox community when planning for and investing in active recreation. It ensures that everyone has opportunities to participate in physical activity in their own way and on their own terms.

Active Knox Framework

Objectives

Increase physical activity participation
Promote, create, instigate activities that increase community participation in physical activity.

Guide planning and decision-making for Active Recreation
Improve planning, design and decision-making to accommodate the diverse and varied needs and preferences of the Knox community.

Amplify the value of Council's existing spaces and assets
Enhance and adapt existing spaces and facilities to welcome more users to build on strengths without requiring significant new investment.

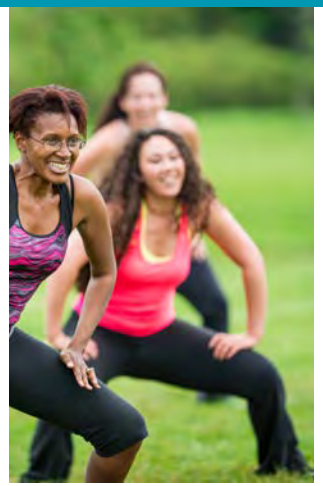
Key themes and areas of opportunity

Promote	Welcome	Adapt	Partner
Seek opportunities to articulate benefits and options available for active recreation to encourage physical activity.	Encourage the community to make the most of the opportunities that exist and support participation through programming and management activities.	Improve infrastructure to accommodate changing needs & trends and provide multiple active recreation options for the diverse community.	Work together with community groups and partners to initiate, provide and sustain activities and services.
Outcomes:	***Outcomes:***	***Outcomes:***	***Outcomes:***
• A community who is aware of and can find active recreation opportunities in Knox. • New projects / initiatives are attractive to external funding bodies and potential partners. • A community that feels confident to walk or cycle around their neighbourhood and find places to be active.	• Council's spaces and facilities are innovative, active, well utilised and valued. • People who use Council's facilities find them convenient, safe, good quality and welcoming. • By sharing facilities, diverse community groups will come together to cross promote opportunities to improve community heath and wellbeing.	• Changes to existing assets increase community participation in active recreation. • The community has access to more varied active recreation opportunities that adapt with community needs and interests. • Facilities are inclusive, accessible and safe.	• Council builds stronger relationships with community groups and other partners who provide active recreation opportunities. • Residents are aware of and have access to the diverse programs run by external parties. • Community/sports groups and commercial operators utilising Council's facilities support or offer inclusive and accessible informal activity opportunities.

Scope and definitions

This plan defines active recreation as all of the types of activities outlined below.

Promoting and increasing participation in formal, organised sport is also a priority of Council but not addressed in this plan.



Active Recreation

Active Living

Physical activity integrated into everyday life

- Riding/ walking to work
- Walk to shops
- Walk the dog
- Walk to school

Play

Unstructured activity for the purpose of fun and enjoyment, particularly by children

- Play spaces
- BMX/ pump
- Nature play
- Skate boarding

Active Recreation

Non-competitive physical activity undertaken during leisure time, individually or in groups

- Walk and talk
- Cycling
- Running
- Outdoor fitness

Social Sport

Social, semi-organised, non-competitive sport activity during leisure time

- Bocce
- Tai Chi
- Park soccer
- Disc Golf

1.2 Active Recreation Benefits

What do we get out of it?

The benefits of participating in regular physical activity either as an individual or as part of a group are well documented with positive impacts on a range of health and wellbeing measures including disease prevention, improved mental health and quality of life.

Both organised sport activities and informal recreation generate these health outcomes.

The following benefits are received through participation in physically activity generally, and are often more likely to be achieved by participating in informal activities.

Health and Wellbeing

Increased opportunities for participants to lead healthier lifestyles and increase health and wellbeing outcomes.

Sense of Identity

Opportunity to be yourself without the structured confines of formalised sport. Allowing people to express their individuality and feel comfortable.

Free or Low Cost

Usually free or low cost. Activities that are low cost or free have been shown to engage and motivate participants, providing more accessibility to those who otherwise might not be able to participate in a structured sport.

Connection to Nature

Most activities are undertaken outside, fostering a connection to nature.

Community Connections

Strengthen communities by sharing experiences, passion and hobbies. Activities and connections that create a sense of place.

Sense of Achievement

Offers opportunities to gain a sense of achievement based on an individual's own skill development.

Increase in Autonomy

Groups can organise their own time to meet and participate together. Individuals can decide when, where and with whom they participate.

Participation Year-Round

Unlike traditional sports played seasonally, participation can be a year-round pursuit, allowing participants to schedule activity in their own time based around school, work, social lives, etc.

How active should we be?

	Infants (Under 12 months)	Toddlers (1 to 2 years)	Preschoolers (3 to 5 years)
Physical Activity and Exercise Guidelines for all Australians *(Australian Government Department of Health & Aged Care)*	Interactive floor-based play, and at least 30 minutes of tummy time for babies per day.	At least 3 hours of various physical activities each day, including 1 hour of energetic play.	Engage in at least 3 hours of activity each day. This should include 1 hour of energetic play.

Children (5-13 years)	Teens/ Adolescents (14-17 years)	Adults (18-64 years)	Older Adults (65 years +)
At least 1 hour of moderate to vigorous physical activity that makes the heart beat faster. At least 3 days per week engage in activities that strengthen muscle and bone in the hour. Several hours of light activities per day.	At least 1 hour of moderate to vigorous activity involving mainly aerobic activities per day. Vigorous and strengthening activities should be incorporated at least 3 days per week. Several hours of light activities per day.	Be active most days (preferably all), to a weekly total of 2.5 to 5 hours of moderate activity or 1.25 to 2.5 hours of vigorous activity or an equivalent combination of both. Include muscle-strengthening activities at least 2 days each week	Recommend at least 30 minutes of moderate activity on most (preferably all) days. Vary exercise to include moderate fitness, strength, flexibility, and balancing activities.

1.3 Strategic Planning Framework

The Knox Vision

Knox: where we connect with our people and our environment, ensuring they are safe, supported and have every opportunity to thrive

The Community and Council Plan (including the Health and Wellbeing Plan) set the vision for Knox with a strong commitment to improving the health and wellbeing of the Knox community.

There are a number of plans and strategic documents that have or will guide the work to achieve this vision including plans that prioritise the delivery of active recreation, open space, leisure facilities and programs.

Some of these include:

- Open Space, Play and Leisure Plans
- Park, Reserve or Precinct Masterplans
- Child, Youth and Seniors Plan
- Gender Equality Action Plan
- Cycle Action Plan
- Knox CARES strategy

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This Plan

Active Knox responds to the vision and objectives generated from these plans and will be applied where relevant when delivering planned recommendations and actions.

This plan will influence the development of strategies and plans as they are reviewed. This includes the Open Space Plan and Cycling Action Plan that are currently in development.

Council Policy Context

To provide context to the Plan, a review of exisiting local plans and strategies was undertaken. The information obtained during this review has underpinned the development of principles and recommendations.

This table outlines the most influential partner strategies and the relevant themes and focus areas:

Community & Council Plan Relevant theme: Connection, resilience and wellbeing	**Knox Cycling Action Plan (2024-2035)** **Draft under review*	**Open Space Plan (2012 - 2022)** **Currently under review*	**Connection, Access, Respect, Equality and Safety (Knox Cares) Strategy (2022-2027)**
Health and wellbeing links to the natural environment by providing us spaces to enjoy activities, social connections and the various aspects of nature and biodiversity.	Safety systems. Safer ways for the community to move around within the municipalty.	Open space benefits: improved physical and mental health and wellbeing; socialising and play; protecting and connecting with nature.	Open spaces provide opportunity for connection with nature, and supports health and wellbeing through promoting physical activity and mental health.
Foster inclusivity, equality, belonging and safety within the community.	Movement and place. Place (land use) and movement (modes of transport and types of transport, including active travel) have an inter-relationship that impacts how systems and places should be designed.	Highlight the importance of providing multi-use and flexible opportunities in open spaces for active recreation.	Walkable environments encourage active travel, such as walking or bike riding. Walkability should consider access for people with restricted mobility, including wheelchairs, scooters, walking frames, impaired vision or prams.
Support the community to identify and lead community strengthening initiatives.	All abilities and all ages. Accomodate and be accessible to all skill levels and ages.	Open space benefits: improved physical and mental health and wellbeing.	A liveable community is one which provides a mix of social infrastructure, that is accessible to all.

Wider Policy Context

World Health Organisation

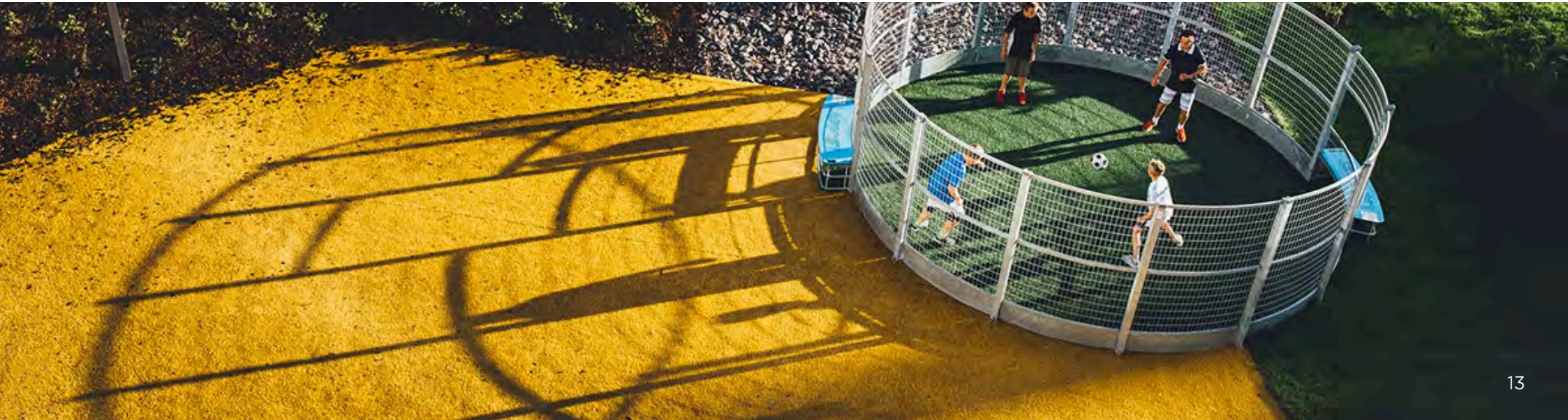
Current global estimates show one in three adults and 81% of adolescents do not do enough physical activity. Furthermore, as countries develop economically, levels of inactivity increase and can be as high as 70% for adults, due to changing transport patterns, increased use of technology for work and recreation, cultural values and increasing sedentary behaviours.

The WHO Global action plan on physical activity 2018–2030: more active people for a healthier world, provides a framework of effective and feasible policy actions which can help support, retain and increase physical activity through cross-government and multisectoral partnerships across all settings. Promoting physical activity for older people, *A toolkit for action*, delivers on actions recommended within this framework.

Australian Government

The Australian Government recognises that being physically active and limiting sedentary behaviour is essential for health and wellbeing. **Physical activity participation guidelines** have been developed for infants, toddlers, children, young people, adults and older Australians. The guidelines provide information about the health benefits of leading an active lifestyle, as well as suggestions for how to incorporate physical activity and minimise sedentary behaviour in everyday life.
The Australian Government also has a clear vision for sport in Australia — to ensure we are the world's most active and healthy nation, known for our integrity and sporting success. **Sport 2030** has four key priority areas with the first priority aligning with this plan -

- **Build a more active Australia —** More Australians, more active, more often



Victorian Government

Active Victoria 2022-2026 is a strategic framework for sport and active recreation in Victoria. The objective of this document is to ensure all Victorians have access to high-quality environments and appropriate participation opportunities.

The key directions the State are working towards are:

- Increase and promote opportunities so Victorians can participate in ways that suit them.
- Target efforts towards individuals and communities who participate less.
- Improve community sport and active recreation infrastructure coordination to better meet demand, with a focus on areas and populations who need it most.
- Deliver inclusive, multi-use and sustainable community sport and active recreation infrastructure.
- Implement frameworks to create safe and inclusive sport and active recreation settings.

The ***Victorian Public Health and Wellbeing Plan 2023-2027*** builds on work across the health sector and government departments. It sets a path towards a future where Victorians are the healthiest people in the world.

The vision for this plan is *"A Victoria free of the avoidable burden of disease and injury, so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age."*

The Plan outlines **10 health and wellbeing priorities**, those that are most relevant to the Active Knox Plan are:

- Improving **wellbeing**
- Increasing **healthy eating**
- Increasing **active living**
- Reducing **injury**

Healthy kids, healthy futures 2021 is the Victorian Government's five-year action plan to support children and young people to be healthy, active and well. The plan has a strong focus on creating supportive environments for healthy eating and active living, as well as capturing complementary mental wellbeing intitiatives.

The plan will support key priority actions:

- Increasing efforts to reduce the barriers to taking part in sport and active recreation for women and girls.
- Building on the work undertaken through the 20-minute neighbourhood pilot project.
- Creating and connecting 6,500 hectares of open space for Melbourne's urban kids to play and exercise in and connect with nature.

1.4 The Knox Scene

Health and Wellbeing in Knox

Although significant funding is directed towards parks, recreation, community facilities and infrastructure, there are significant aspects of health and wellbeing that could be improved for the Knox community. Significant numbers of the population have poor physical and/or mental health.

These health indicators may suggest that current recreation provision does not necessarily cater to all residents and that by encouraging more people to participate in more diverse physical activity, more often, the health and wellbeing of Knox residents will improve.

50%

of adults undertake adequate **physical activity** to meet the national guidelines.

41%

of adults rate their **health** as very good or excellent.

45%

of adults in Knox are **overweight** or obese.

28%

of adults suffer from **Psychological distress.**

23%

of young people in Outer Eastern Melbourne have **depressive** symptoms.

63.3%

of adults definitely believe that **multiculturalism** makes their life better.

34%

of women feel **safe** in their neighbourhood at night compared to 71% of men.

1 in 6

adults in Knox are **socially isolated**.

46%

people in Knox **feel valued** by society.

31%

of women in Outer Eastern Melbourne with **poor mental health**, compared to 20% of men.

Sources:
Victorian Population Health Survey (2020)
Community and Council Plan 2021-2031
State of Knox Report (2024)

Council's role & influence

As the level of government with the closest connection to their community, local government has an important role to play in creating healthy and connected communities through:

- Engaging and supporting local people, clubs and volunteers through programs and promotion.
- Shaping local places through effective planning and provision of open spaces and recreation facilities, ensuring they are accessible for all.
- Implementing efficient management partnerships and processes through local plans and policies.
- Working collaboratively to achieve community outcomes.
- Providing programs through Community and Leisure Centres.

Council can seek to influence physical activity levels via these roles:

Land/facility owner/ manager

Fund, own, develop and maintain parks, buildings and facilities for a variety of community activities.

Funder

Provide grants, funding and subsidies to local clubs, groups and agencies to progress and develop services and infrastructure for individuals and groups.

Partner

Partner with state and federal government departments, schools, philanthropic organisations, sports clubs, community groups and Committees of Management to deliver recreation infrastructure and programs.

Service Provider

Provide recreation services via Community Centres and contract service providers. i.e. Knox Leisureworks.

Facilitator & Leader

Bring together relevant stakeholders to address sport and recreation issues. Assist with developing relationships between relevant parties and strengthening their capacity. Provide leadership across the industry and inspires best practice.

Information provider

Provide information to the community about recreation opportunities via promotion and marketing.

Advocate

Advocate for state and federal government investment in recreation projects and programs.

Regulator

Ensure that recreation facilities and parks/reserves are provided and used in accordance with the local law, policies and procedures.

Council's partners

Many programs that are designed to increase physical activity and build community connections are delivered by the Knox community.

The following table outlines Council's key partners and the roles. Making active recreation more accessible to the diverse Knox community relies on strengthening these partnerships:

Partner	Service	Council's Role
Leisure Centre	• Gym & fitness programs • Aquatics	• Facility owner / manager • Contract manager
Community Groups	• Various Community programs & events	• Administers community grants • Subsidises facilities • Lease / License manager • Advocacy
Recreation and Sports Clubs	• Social, Educational, recreational and Sports programs	• Subsidises facilities • Landlord • Advocacy
State Government / Parks Victoria / Melbourne Water	• Land, park and facility owner / manager • Funding provider (grants)	• Deliver on state wide priorities • Manage land on behalf of crown • Project Manager
Committees of Management	• Park and facility management	• Land owner • Administrator
Community Centres	• Community programs	• Information sharing • Advocacy

What is available in Knox?

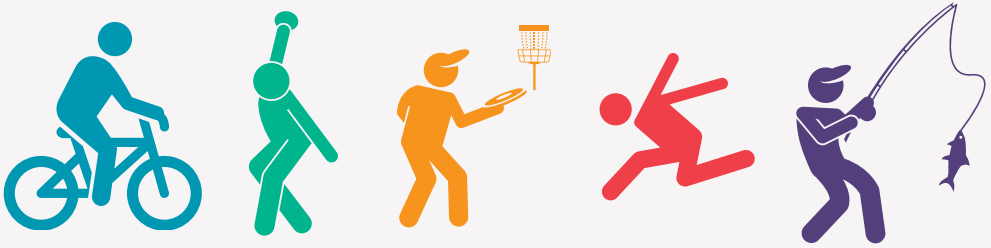
The City of Knox hosts a wide range of settings, facilities and infrastructure that encourages and supports the community to increase their levels of physical activity.

At the foot of the Dandenong Ranges, with diverse open spaces, Knox hosts 300 parks including 70 bushland reserves, 200 playgrounds and approx. 100km of off-road shared paths. Compared with other local government areas, Knox has a large amount of open space including both natural spaces and sports fields for organised recreation.[1]

Knox also has many community facilities that are available for casual hire, including:

- sports pavilions
- community halls and centres
- meeting rooms
- neighbourhood houses
- senior citizens halls
- scout and guide halls

This plan focuses on opportunities where Council can better support the community to use existing parks, facilities and infrastructure to increase their levels of physical activity.



Active Recreation opportunities in Knox (available for community use)		
28 outdoor netball courts	300 parks and sports grounds	2 rebound walls 1 parkour park
3 lawn bowling facilities	200 playgrounds 1 beep test station	2 model aircraft fields 3 radio control car tracks
8 tennis clubs with book a court system for casual use	Public tennis courts	1 mini soccer court 1 outdoor futsal court
1 x regional football centre 9 x 5-a-side outdoor football pitches	9 outdoor fitness stations 1 senior outdoor exercise station	1 disc golf course 3 golf practice cages 1 public golf course
25 cricket nets with public access	100km of off-road shared paths	1 mountain bike park (Lysterfield Park)
1 aquatics and leisure centre	1 bocce facility	70 bushland reserves
1 regional netball centre	11 bike repair stations	1 boat/kayak/canoe launch
1 athletics track	2 skate & BMX parks, 1 pump track	2 fishing platforms
1 State basketball stadium	Community gardens	8 community halls * 2 community centres
2 full outdoor basketball courts	24 half court basketball	Baseball/Softball diamonds

**may require hire fee*

[1] *Knox Open Space Strategy Background Report Draft 2023*

1.5 Community Engagement

Previous engagement

To prepare this Plan, we analysed community feedback received in recent years along with focused discussions with Council's Advisory Groups.

Key community health priorities identified during development of the Community and Council Plans

Mental Health

Mental health focus differed across cohorts and engagement activities, however, there was an overarching need to improve mental health with particular focus on increasing social connection.

Physical Activity

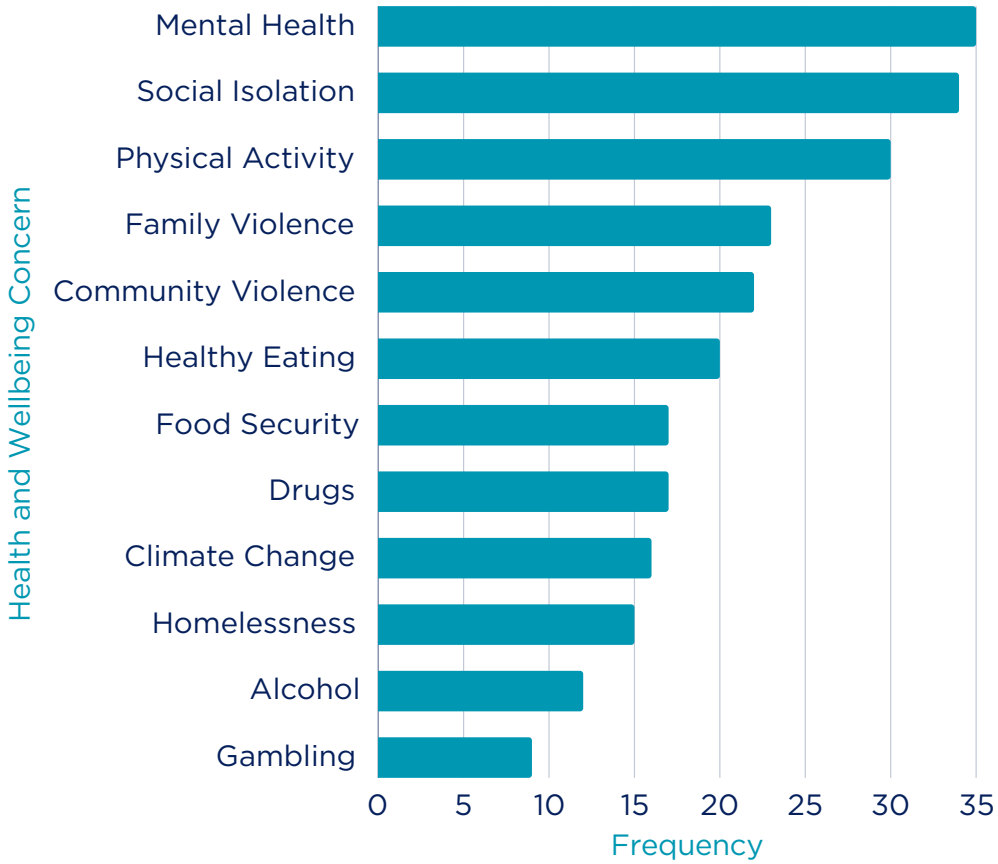
Overall, physical activity was the most prominent health and wellbeing issue to emerge from engagement activities. Increased physical activity being one change people would like to make for their own wellbeing.

Climate Change & Health

Those in the community workshops were highly concerned about the environment and spoke extensively about how the physical environment of Knox can be addressed to minimise the impact of climate change.

Mental Health, Social Isolation and Physical Activity were the top mentioned priorities all of which can be addressed by active recreation.

Most commonly identified health and wellbeing priorities:



Source: Health & Wellbeing Engagement Report (2021)

Focused discussions with stakeholders

Project stakeholders, including various advisory groups, youth and Council officers where asked to identify barriers to participation, initiatives that might improve participation options, opportunities and promote physical activity.

Focus Groups

- Recreation & Leisure Committee
- Multicultural Advisory Committee
- Active Aging Advisory Committee
- Youth Summit
- Project Working Group
- Community Safety, Health and Wellbeing Committee
- Early Years Advisory Committee
- Disability Advisory Committee

"Promoting a full list of public outdoor spaces offered by Council would be useful eg the Disc Golf at Llewellyn Reserve, various Golf Cage locations, Knox Nature Passport etc."

"Sport and rec facilities are overwhelmingly male focused. This does not encourage women/girls to feel connected to these facilities."

"Promotion via council of low cost, fun and social activities, chair yoga, walking groups etc. These could be facilitated by community houses, community health centres etc"

"Promotion of safe, open spaces where informal exercise can be enjoyed with plenty of grass, shade and safety measures such as CCTV"

"More opportunities for Bush Playgroups in Knox for little ones to engage in play outside"

Key Themes

The ideas and barriers that were mentioned most regularly during discussions were:

Toilet availability is important for active recreation. Sometimes toilets exist but are not always open to the public or in an accessible location.

There are many opportunities for physical activity in Knox but there needs to be better **promotion and communication to raise awareness**.

Spaces need to be **well signed, welcoming and safe**. Spaces can feel unsafe after hours when there isn't adequate lighting, especially for women.

There are many opportunities to encourage the community to be **physically active in natural settings.**

Providing programs to **reach all target groups such as culturally diverse communities, people with disabilities and socially disadvantaged** is a priority.

Support and advocate for **programs that are organised and run by community** groups and community organisations.

Lack of transport is a barrier to participation.

Programs need to be culturally appropriate to attract diverse attendees.

Many like to participate in fun informal groups such as yoga, walking or riding in groups. These environments feel safe.

1.6 Community Aspirations

Based on targeted conversations, the following community aspirations were identified. These type of spaces and facilities should be considered when planning and designing parks, public spaces and during the development of policies and strategies to encourage active recreation:

Youth Spaces

Spaces which encourage physical activity, social interaction, and overall well-being among young individuals.

Interactive Play

Play equipment offering a range of social, developmental, cognitive, and physical benefits.

Social Hangouts

Spaces that foster social connections, promote community well-being and create a sense of unity among residents.

Bike Facilities

Facilities that cater to users of all skill levels, and provide connection with like-minded individuals.

Active Cities

Connected, safe, and comfortable pathways which link parks, shops, schools and other community destinations.

Placemaking

Places that are reimagined and reinvented to create a welcoming sense of place and social connection.

Youth Spaces

Youth outdoor spaces offer a range of benefits, promoting both physical fitness and overall well-being among young individuals.

Spaces such as outdoor gyms and obstacle courses provide access to various exercise equipment designed to improve strength, endurance, flexibility, and cardiovascular fitness. They encourage physical activity, helping young people stay active and maintain a healthy lifestyle. They are freely accessible, making fitness opportunities available to a wider range of individuals, including those who might not have access to traditional indoor gym facilities.

Youth spaces can become hubs for social interaction and community engagement.

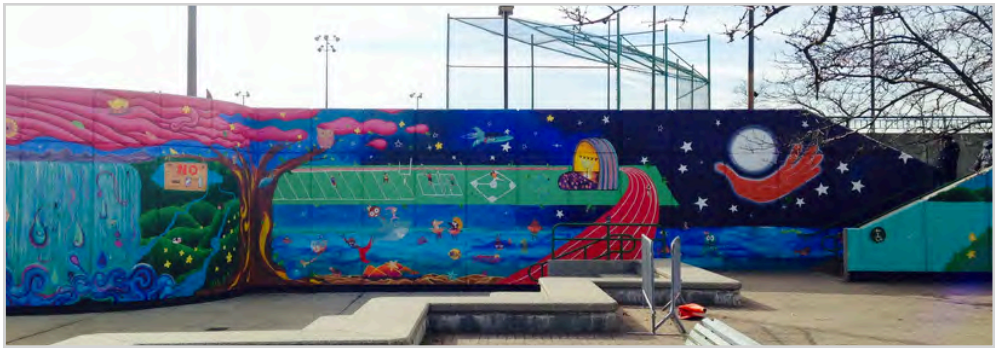
Infrastructure should be multi-use and flexible i.e. hit up walls that can be used for hand ball & down ball but also double as a graffiti wall for art experimentation. They encourage young people to exercise together, fostering a sense of camaraderie and support among peers.

Having public spaces like these encourages young people to opt for an active lifestyle, fostering a culture of fitness and health.

Youth outdoor spaces serve as valuable assets in promoting physical activity, social interaction, and overall well-being among young individuals in a convenient and accessible manner and should be considered in parks, places and spaces.

Consider:

- Parkour obstacle courses
- Street workout stations
- Rock climbing equipment
- Graffiti walls
- Basketball/multiuse halfcourts
- Co-design opportunities



Interactive Play

Interactive equipment encourages movement, which is essential for developing motor skills, coordination, and balance in children. It promotes healthy physical development through activities like climbing, running, jumping, and balancing. Many interactive play structures also incorporate puzzles, mazes, or games that stimulate cognitive abilities, problem-solving skills, and creativity. These activities engage children's minds while they play.

When children engage with interactive play equipment, they often interact with others, fostering social skills like communication, cooperation, sharing, and teamwork. It encourages them to interact and play together, promoting a sense of community.

Interactive play equipment offers numerous benefits, particularly for children, by combining physical activity with engagement and fun.

Can foster family bonding as it often attracts families, providing opportunities for parents or caregivers to interact and bond with their children while participating in play activities together.

In summary, interactive play equipment goes beyond mere entertainment by offering a range of developmental, social, cognitive, and physical benefits for children, making playtime a valuable learning and growth experience and should be considered in future park planning.

Consider:

- Interactive dance floors
- Dance and play arches
- Interactive play pillars
- Interactive ball wall
- Interactive DJ booths
- Solar powered screen for exercise programs

Social Hangout

Social hangout spots (gathering spaces) in parks provide numerous benefits that contribute to both individual well-being and community cohesion. They provide a space where people from all walks of life can come together and feel included in communal activities.

Social spaces serve as gathering points, fostering connection among diverse groups within the community.

They create a sense of belonging and facilitate interactions among people of different ages, backgrounds, and interests. Whilst encouraging face-to-face interactions, enabling people to socialize, engage in conversations, and build friendships, in their own way and on their own time.

Human connection helps combat feelings of isolation and loneliness; park hangout spots are often open to everyone.

Overall, social hangout spots in parks play a crucial role in fostering social connections, promoting community well-being, encouraging physical activity, and creating a sense of unity among residents.

They can contribute significantly to the overall livability and cohesion (if installed) in Knox parks. There is future opportunity for spaces to be programmable with opportunities for external providers to provide outreach programming in these spaces in the future.

Consider:

- Lookout platform (yoga, exercise space)
- Chess tables
- Social seating
- Outdoor fitness equipment/ circuit training stations (including accessible options)

Boulevarde Hill Lookout (yoga platform), Ruffey Lake Park

Bike Facilities

BMX jumps, skate parks and pump tracks, which are continuous loops of rollers, berms, and jumps designed for bikes, skateboards, scooters, and more, offer a multitude of benefits.

They improve balance, coordination, and bike and skate handling skills. It allows riders to practice various techniques, such as pumping, manualing, and cornering, which are transferable to other disciplines.

These facilities cater to users of all skill levels, from beginners to advanced riders and skaters. They provide a safe and unintimidating environment for learning and progression.

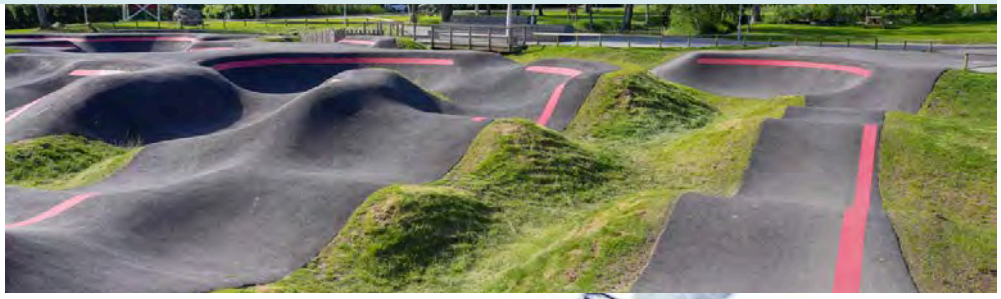
They often become community hubs where riders gather, share tips, and build friendships. They foster social interaction and a sense of camaraderie among enthusiasts.

Pump tracks and skate parks are generally low maintenance compared to other sports facilities. Once constructed, they require minimal upkeep, making them a cost-effective option for communities.

In essence, bike and BMX facilities, skate parks and pump tracks offer a range of physical, social, and developmental benefits, providing a space for individuals to improve their skills, stay active, and engage with a community of fellow users and Knox should consider these in appropriate places.

Consider:

- Skate Parks
- Pump Tracks
- BMX Jumps
- Mountain Bike Trails
- Skatable elements along pathways



Active Cities

"Active cities" refer to urban areas designed to encourage and facilitate physical activity through thoughtful planning, infrastructure and activation initiatives. These cities prioritise active transportation (walking, cycling), recreational opportunities, and access to green spaces, contributing to the overall health and well-being of the population.

Some key characteristics and elements of active cities that should always be considered when planning for active recreation opportunities in Knox include:

1. **Active Transportation Infrastructure**
   - Safe networks of sidewalks, bike lanes, and pedestrian-friendly streets.
   - Traffic-calming measures to reduce vehicle speeds and improve safety for walkers and cyclists.
2. **Access to Green Spaces and Recreation**
   - A variety of parks, green spaces, and recreational facilities within easy reach of residential areas.
   - Well-maintained paths, trails, and green corridors that encourage walking, running, and cycling.
3. **Community Engagement and Programs**
   - Initiatives and events that promote physical activity, such as community walks, bike rides, fitness classes, and sports leagues.
   - Public awareness campaigns highlighting the benefits of an active lifestyle.
4. **Safe and Inclusive Design**
   - Streets and public spaces designed to be safe and accessible for all age groups and abilities
   - Good lighting, clear signage, and maintenance of public areas to enhance safety and usability.

Consider:

- Comfortable walking environments - shade, trees, which don't feel too hot and/or exposed, attractive, clean and enticing settings
- Safety - wide pathways with a buffer between the street and path
- Accessibility of both the path and connections/crossings for people using wheelchairs, mobility scooters and other mobility devices
- Shared pathways to enable walking and cycling where appropriate, or people walking in a group
- Linear open spaces for connectivity through neighbourhoods
- Walking routes that are loops, or link destinations of interest

Placemaking

Placemaking *effectively improves physical activity levels by creating environments that are inviting, safe, and conducive to movement. With quality design of functional public spaces, we can foster healthier, more active communities.*

Placemaking can foster more active communities by -

- Providing attractive dynamic and inclusive settings which encourage participation and engagement.
- Encouraging community activities and events which inspire both purposeful and incidental physical activity.
- Activating streets and neighbourhood, encouraging active, social interaction.

Placemaking Approach

- Community-Led Management: the community is the main driver for creating welcoming spaces that build a sense of place and social capital.
- Flexible Use: public spaces are a blank canvas for activity and communities can use simple elements like moveable furniture and community art to attract active participation in pop up or temporary activities.

Knox already provides numerous opportunities for placemaking and community building within the City.

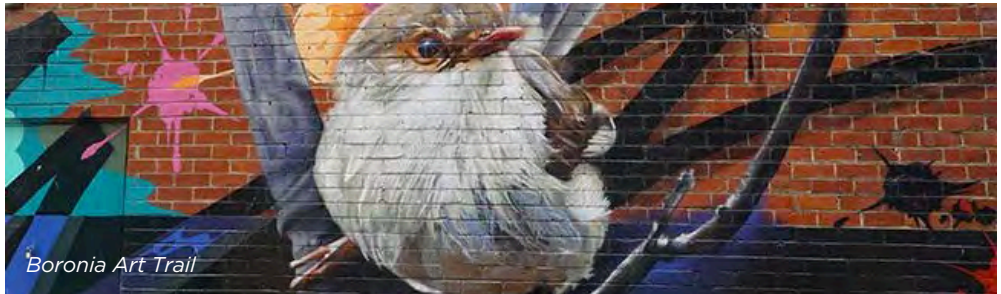
Building on these successes and encouraging initiatives that encourage both incidental and purposeful physical activity will play a key role in encouraging the community to be active in Knox.

Consider:

- Flexible, multifunctional public spaces which can be used for a variety of activities, events and uses
- Providing a mix of opportunities for play and recreation within a neighborhood
- Providing access to power, water, storage and lighting which can be made available for community events
- Reviewing policies and processes to enable easy, spontaneous placemaking activities
- Slow and closed streets
- Public and community art

Play Park 257 - free pop up play space with games, arts and music

Knox Festival



Boronia Art Trail

1.7 Challenges and opportunities

This document aims to increase levels of participation in physical activity by addressing the following challenges, identifying new opportunities, and encouraging change of thinking.

Inequitable participation

Public spaces play a significant role in community life and also provide venues and spaces for active recreation.

There are a number of factors that may influence participation rates due to inequity such as gender, age, socioeconomic status, levels of ability or cultural background.

Providing accessible active recreation options can reduce barriers for participation in physical activity as the location, time and level of ability required can adapt to individual requirements.

When exploring opportunities to increase physical activity levels. It's important to consider:

- Women are more likely to participate in active recreation compared to organised sport.
- Informal participation is popular with communities traditionally underrepresented in organised sport, including newly-arrived and multicultural communities, and individuals from low socioeconomic backgrounds.

Inequitable access to public spaces

Some barriers that prevent equitable access to public spaces include:

- poor access or transport options
- perceptions of feeling unsafe or vulnerable
- lack of skills or experience
- lack of essential facilities i.e. toilets, drink taps

Evidence shows that women are more likely than men to feel unsafe in public spaces. This is particularly true for women who experience other intersecting forms of marginalisation, such as those who identify as LGBTIQ, women from migrant backgrounds, older women, Aboriginal women and women with a disability.

This document aims to raise the profile of active and informal recreation to enable the diverse community and target groups to have more opportunities to be physically active.

Access to nature

Natural spaces such as state and local parks or bushland reserves can be ideal places for the community to gather, walk, explore, ride and connect.

There is strong evidence to support time spent in nature builds stronger connection to nature, creating greater awareness and positive stewardship behaviours.

Activities within parks and reserves are successful when they complement and respect environmental values, avoiding encroachment on conservation objectives.

Conflict can arise when activities aren't compatible, or community members have differing values and expectations.

For example, dogs off-lead, mountain bike or horse riders can have impacts on sensitive bushland areas, if not managed appropriately.

On the other hand, nature play programs for children may impact bushland areas, however teaching children to love, protect and restore the environment can be highly beneficial.

There are significant opportunities within Knox to identify initiatives that further promote active recreation within natural spaces. Programs include bush walks, bush playgroup, nature exploration etc.

Managing risk

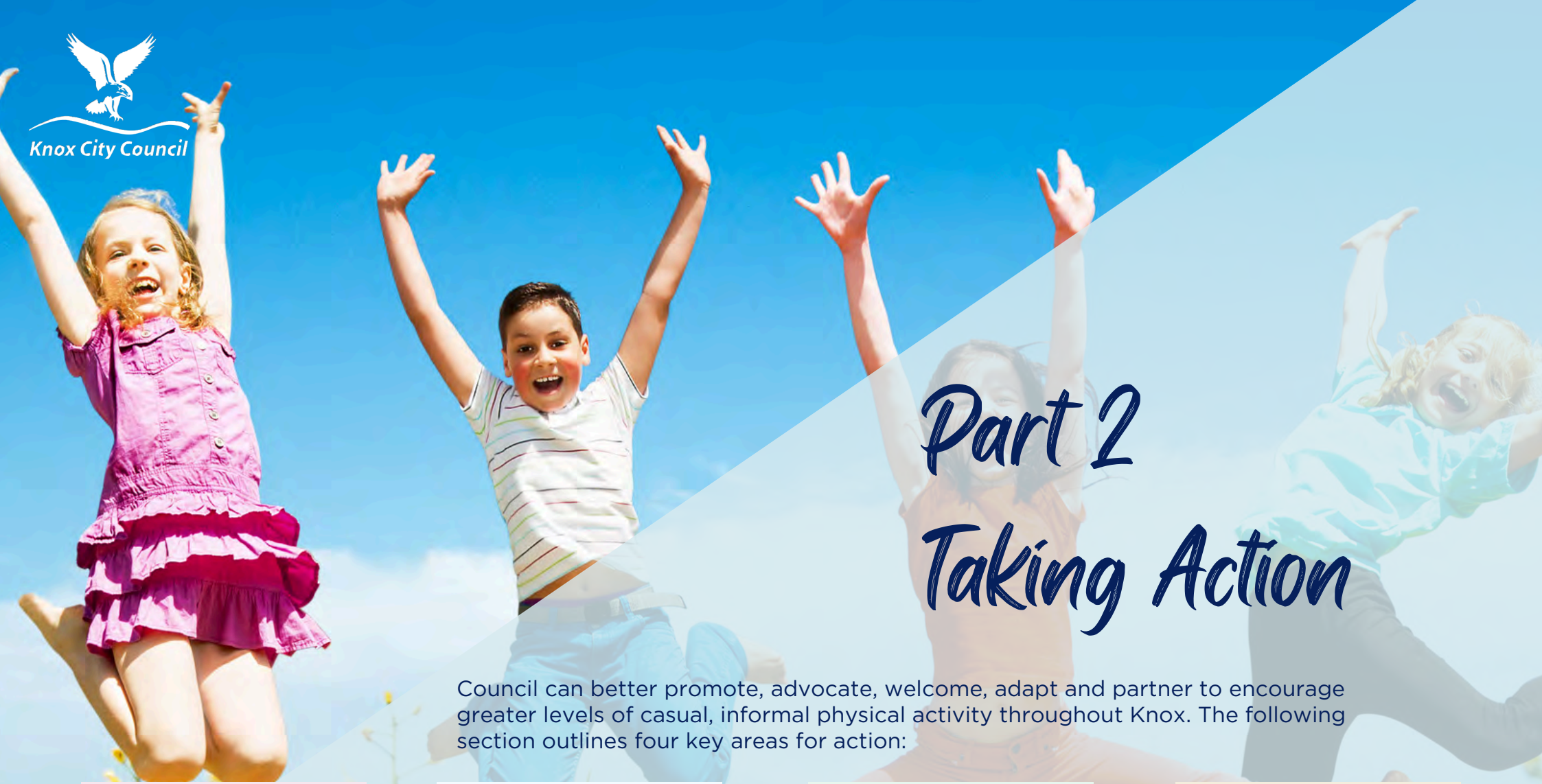
Some active recreation activities such as dirt bike jumps, Mountain Biking, parkour, skateboarding or tree climbing may be perceived as risky or dangerous.

Community safety is a key consideration for all Council initiatives and polices and may impinge on the contribution of these activities to health and wellbeing. A balance needs to be struck between safety and challenge to ensure that recreation opportunities provide essential skill development and progression whilst providing enticing options for everyone.

It is important to acknowledge that popular common structured sports such as football also carry some risk for participants and can in comparison have higher injury rates than for active recreation pursuits such as cycling or skating.

Risk management can become a barrier for small community groups looking to establish an event or program. Public liability insurance and risk management practices can discourage community members from establishing or participating in activities.

When considering active recreation initiatives for the community, Refer to the International Standard 4980:2023 Benefit-risk assessment for sports and recreational facilities, activities and equipment.



Part 2
Taking Action

Council can better promote, advocate, welcome, adapt and partner to encourage greater levels of casual, informal physical activity throughout Knox. The following section outlines four key areas for action:

Promote

Seek opportunities to articulate benefits and options available for active recreation to encourage physical activity.

Welcome

Encourage the community to make the most of the opportunities that exist and support participation through programming and management activities.

Adapt

Improve infrastructure to accommodate changing needs and trends and provide multiple active recreation options for the diverse community.

Partner

Work alongside community groups and partners to initiate, provide and sustain activities and services.

2.1 Promote

Inspire movement & investment through education

Seek opportunities to communicate benefits and options available for active recreation to encourage physical activity.

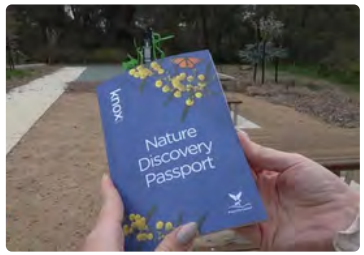
What you've told us:

- Trends are changing, new activities such as pickleball are becoming more popular.
- Way finding around Knox needs improvement.
- There is a lack of information available / knowledge of options.
- Some people want to participate but don't know how or where.
- Some culturally diverse groups who don't see value in undertaking physical activity or feel uncomfortable doing so.

What you'd like to see:

- A community that is aware of and can find active recreation opportunities in Knox.
- New projects / initiatives are attractive to external funding bodies and potential partners.
- A community that feels confident to walk or cycle around their neighbourhood and find places to be active.

Current Initiatives



Knox Discovery Passport
A guide to the top 50 bushland reserves in Knox.

Move Your Way
Free activities across various locations in Knox. Activities such as yoga, basketball, gym classes, tennis, soccer, something for all ages and abilities.

Explore the Oppy Route
Trail promotion, challenge and information.

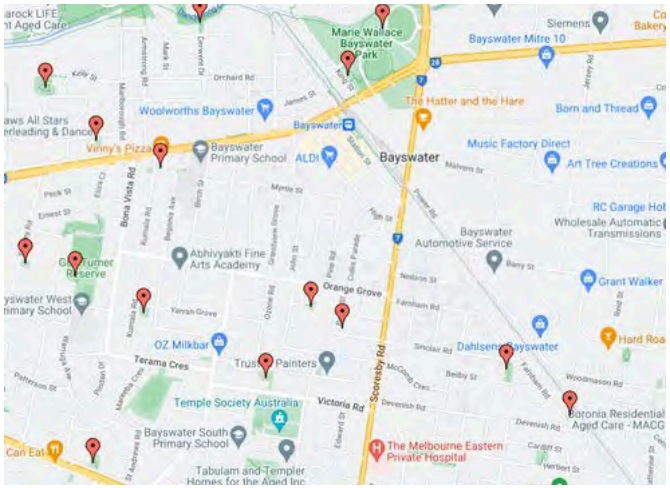
Tag on
Initiative being trialed in schools that encourages active travel participation, monitors numbers and increases safety.

Knox Tree Trails
discover some of the beautiful and old trees that look after the birds, insects and other creatures in our community.

Key Areas of Opportunity

Showcase Knox's local walks and trails, building on the success of the Knox Nature Discovery Passport, Art trails and historical walks.

Work with the community to better understand the most effective way to promote educate and inspire the community to regularly walk or ride in Knox to improve their health and wellbeing. i.e. walking maps online, printed information or wayfinding signage to identify trail routes.



Improve availability of information on Council's website, for active/informal recreation opportunities within Knox.

Consider updating current mapping on the Knox website to include all infrastructure that supports informal recreation such as fishing, exercise equipment, golf cages community halls, park run etc.

This information can also be provided on Google Maps and Apple Maps.

Create a resource for Council staff which encourages diversity in use of images including people, activities undertaken, and places for informal play in Knox.

Reach target groups by promoting and sharing news and images and stories of diverse groups of people of all ages, genders, abilities and from various cultural backgrounds.

2.2 Welcome

Encourage and facilitate use

Encourage the community to make the most of the opportunities that exist and support participation through programming and management activities.

What you've told us

- Older people prefer to walk in a group, because they feel safer.
- Facilities need to be easy to book.
- Some people don't have access to the equipment needed to participate in an activity.
- It is inconvenient for informal groups to have to bring all their equipment every time.
- Some facilities are only available for formal sports groups to use and should be available for informal groups too.
- It's an inconvenience when public toilets at reserves are only open during training and on game days.
- There are not many small community spaces where groups can meet each other.

What you'd like to see:

- Council's spaces and facilities are active, well utilised and valued.
- People who use Council's facilities find them convenient, safe and of good quality.
- Community groups come together to cross promote opportunities to improve health and wellbeing through physical activity by sharing facilities.

Current Initiatives

Road Safety and Travel Planning
Knox provides many programs and resources to encourage more students to walk and cycle to school including safety incursions with the school crossing mascot, Lottie.

All-abilities Tennis Program
Partnership between Council, Tennis Victoria and the NDIS to establish an all-abilities tennis program.

Carrington seniors exercise champions
We have trained some members of our community, called the Senior Champions, to train others how to use the equipment.

Mollusc Sculptures - Boronia Art Trail

Knox Public Art Trail
The Knox Public Art Trails lead walkers and cyclists on an active journey to visit a variety of creative installations in shopping areas, sports reserves, playgrounds, and open and civic spaces.

Welcome

Encourage and facilitate use

Key Areas of Opportunity

Untitled Mural, Wantirna South
Artist: Callum Riley

Continue to develop and enhance Public Art and experiential trails to encourage the community to explore the city on foot or by bike.

Public art can visually connect civic spaces, inspire walkable communities and provide experiential journeys or destinations for walking or cycling.

There are many opportunities to expand Public Art Trails program and explore new artwork themes and locations to encourage walking and or cycling through local neighbourhoods and beyond.

Review, via the Public Toilet Implementation Plan opening times of public toilets at all Council reserves and facilities to consider possibility of extending hours of operation.

We know that lack of toilet facilities is a major barrier for a large section of the community. Extending opening hours and making external toilets at sports pavilions publicly accessible may reduce this barrier without significant cost.

This could be undertaken via an update to the Public Toilet Implementation Plan (2017-2022).

Expand community champion programs to other active recreation pursuits.

Build on the success of the Carrington Seniors exercise champions to apply learnings to other active recreation pursuits, such a disc golf, and exercise stations.

2.3 Adapt

Improve and develop infrastructure for flexible facilities

Improve infrastructure to accommodate changing needs & trends and provide multiple active recreation options for the diverse community.

What you've told us

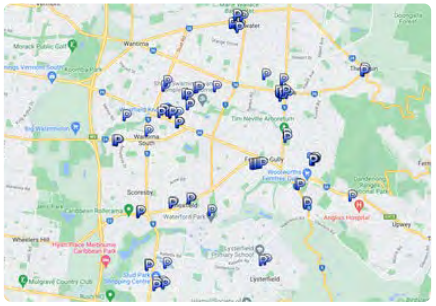
- You feel unsafe when there is no lighting.
- Some of the facilities are not in a central, easy to access location.
- There is a lack of female friendly spaces for women to just be themselves without judgement.
- Connectivity of bike paths, and to trains and/or buses is important for good access.
- Spaces that provide a mix of different opportunities for informal recreation support social interaction and encourage intergenerational use.
- Knox has a wide range of informal recreation opportunities, equipment and amenities and some require some slight changes to make them more accessible or convenient to use.
- Some facilities can't cope with the demand and have limited availability for informal groups.

What you'd like to see:

- Changes to existing assets to increase participation in informal recreation by better meeting the needs of the community.
- Residents have access to more and different opportunities as a result of changes made to existing assets.
- Facilities are increasingly inclusive, accessible, welcoming and safe.

Current Initiatives

Path around Carrington Oval
Popular for parents to walk laps of while children are training.



Bike Parking at facilities
Council provides bike parking at facilities and reserves to encourage active transport.

Fairpark Reserve, Ferntree Gully
The new multipurpose communtiy facility is designed to foster new modes of interaction between users and the broader community, enhance user experience and deliver diverse benefits to the community.

Daylighting of Blind Creek
Converting 1.65 km of underground concrete drainage channel into a natural waterway, and turning Lewis Park into a cooler, greener space and a haven for biodiversity and recreation.

Adapt

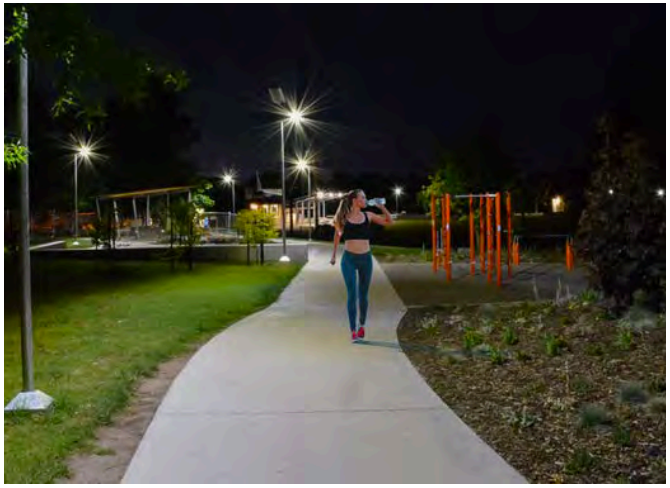
Upgrade existing assets to diversify options

Key Areas of Opportunity

Consider retrofitting existing facilities to make them multiuse and more flexible.

For example:

- Knox has underused facilities such as tennis courts and these could host activities such as pickleball, basketball, kids learning to ride or skate, outdoor fitness training etc.
- additional line markings for small-sided games.
- additional goal posts to the side of a formal field or pitch.



Trial Public lighting of walking/jogging trails

Trial public lighting at key sites such as sporting reserves, skate parks and trails for people to exercise once it gets dark and monitor the increase in participation.

This includes the trial of increasing lighting hours of sports reserves at reduced lux levels to accommodate nighttime active recreation participation.

Continue Revitalising Creek Trails

Continue to improve the natural amenity of creek linear trails such as the Dandenong Creek.

This includes the installation of recreational amenities such as historical and environmental interpretive signage, park benches and drinking fountains, as well as bushland and waterway restoration.

2.4 Partner

Move and improve together

Work alongside community groups and partners to initiate, provide and sustain activities and services.

What you've told us

- Social Sport participants have played an important role in sports clubs, however, this has created more work for the club volunteers and can add extra risk for the clubs.
- Lack of All Abilities Sporting Programs in Knox has forced some to travel further away.
- Informal groups often don't get consulted with.
- Public liability concerns were raised for community led group activities.
- Some sport clubs have had negative experiences when the facilities they use are damaged by the community using them for informal activity.
- Tenanted facilities (such as club rooms with public toilets) seem like a good opportunity to provide services to the community informally, but leasees have concerns about costs, capacity and liability.

What you'd like to see:

- Council has stronger relationships with partners and external operators who provide informal recreation opportunities.
- Residents have access to more programs ran by external parties.
- Partners, community groups and commercial operators utilising Council's facilities supports or offer inclusive and accessible informal activity opportunities.

Current Initiatives

Free walks run by the historical society
Opportunities to learn about the history of the local area while walking for up to approx 2 hrs.

Parkrun, Lewis Park

Lewis Park Reserve parkrun
A free, fun, and friendly weekly 5k walk/run community event run by community volunteers.

Knox Roadrunners

This Girl Can
This Girl Can – Victoria celebrates and supports Victorian women to embrace physical activity and Knox has partnered with community groups such as Knox Road Runners to make running more accessible to women.

Community Training
Knox City Council offers free workshops throughout the year for individuals, community groups, clubs and not-for-profit organisations who provide activities, programs and services in Knox.

Partner

Move and improve together

Key Areas of Opportunity

Advocate and advertise on behalf of community groups.

Expand Council's promotion of events and activities to include programs provided by partners. I.e. Westfield walkers, U3A, etc.

Work with existing community and sporting groups to encourage increased participation, and resolve issues associated with increasing use of facilities for informal recreation.

Where possible, partner with peak bodies, clubs, community organisations and private operators to share responsibility for facilitation of active recreation use of shared facilities, and targeting new participants.

Seek opportunities to facilitate opportunities for formal and informal groups to play together to increase social connections.

Support the inclusion of women, people with a disability, seniors, vulnerable people, culturally diverse and LGBTIQ+ groups in Knox community, sport, and leisure facilities as a way of increasing community participation.

Provide resources, guidance and educational programming for partner organisations to facilitate this outcome.

Continue, expand and diversify club development and active communities programming.

2.5 Decision Making

This Plan has been developed to assist Council and community to assess initiatives and weigh up priorities when planning for community spaces that encourage physical activity. The decision-making principles can be applied when developing workplans, capital works programs, master planning, assessing community grants or discussing initiatives with service providers or the community. (Refer Appendix 1: Scorecard)

Inclusive	*Activities, facilities and information are accessible and welcoming for people of all abilities, ages, genders and social or cultural background and information is accessible.*
Diverse	*Provide a wide range of options to allow choice and variety.*
Convenient	*Activities and facilities are available at times and locations (close to home) that suit the participants.*
Connected	*Facilities and activities are connected to existing infrastructure, community networks and the local environment.*
Good value	*Investment is directed towards interventions that have the biggest impact on participation.*
Empowering	*Support local community initiatives and enable communities to reduce barriers increase control over their lives, leading to sustainable outcomes.*
Activated	*Optimise recreation facilities and infrastructure by encouraging and supporting programs and events.*

Knox City Council

Appendices

1. Active Recreation Decision Making Scorecard
2. Action and Implementation Plan

Active Recreation Decision Making Scorecard

The Active Knox Plan sets out a framework for building on the current opportunities available in Knox to make Active Recreation for accessible for people of all ages, cultures, abilities and genders. This score card can be used to assist in assessing potential initiatives and their likelihood of success and value for money.
Tick the boxes where appropriate and add the number of ticks to determine the score out of 10.

Inclusive: *Activities, facilities and information are accessible and welcoming for people of all abilities, ages, genders and social or cultural background and information is accessible.*	**1**	Does the initiative add value to an existing facility?	
	2	Will the initiative encourage an existing facility to be more inclusive and diversify offerings?	
Diverse: *Provide a wide range of options to allow choice and variety.*	**3**	Will the program meet community needs is there a process in place to measure success?	
Convenient: *Activities and facilities are available at times and locations (close to home) that suit the participants.*	**4**	Will the initiative have flexible hours of availability and accessible location?	
Connected: *Facilities and activities are connected to existing infrastructure, community networks and the local environment.*	**5**	Has the initiative been instigated by the community and/or is there a community group/organisation that will take ownership of the initiative into the future?	
Good value: *Investment is directed towards interventions that have the biggest impact on participation.*	**6**	Does the initiative make use of existing facilities?	
	7	Will the initiative target a diverse cross section of the community with the potential to increase physical activity for more than 50 community members?	
Empowering: *Support local community initiatives and enable communities to reduce barriers increase control over their lives, leading to sustainable outcomes.*	**8**	Is there a community group/organisation that will take ownership of the initiative into the future?	
Activated: *Optimise recreation facilities and infrastructure by encouraging and supporting programs and events.*	**9**	Is there a budget for promotion & education?	
	10	Will the project offer clear and accessible information to a broad range of potential users?	

Score /10

Appendix 2: Active Knox Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
1.	Install new signage which promotes active recreation opportunities.	Install signage on various infrastructure that promotes active recreation and physical activity, and communicates the type of informal activities possible, particularly when they are not immediately obvious. For example: signage to indicate distance in metres around an oval at various points to be used as a jogging track; signage to encourage informal use of cricket nets; use of QR Codes linking to further information, and information in languages other than English.	Promote	Short
2.	Undertake Equity Impact Assessments for all active recreation projects.	Continue to review and improve the Equity Impact Assessment documents to support Council staff in undertaking Equity Impact Assessments for recreation projects which provides additional resources related to active recreation barriers and opportunities for all people of all ages and abilities. Undertake an Equity Impact Assessment for projects that aim to provide active recreation opportunities for the community in line with the Gender Equity Action Plan.	Welcome	Short
3.	Support the delivery of arts, cultural and active recreational activities by diverse groups.	Advocate and support the inclusion of women, LGBTIQ+, culturally and linguistically diverse, people with a disability and First Nations people in Knox leisure facilities, sporting clubs and other community spaces as a way to increase participation. Provide resources, guidance, and educational material for partner organisations to facilitate this outcome.	Partner	Medium
4.	For new playgrounds consider unique and engaging design for all generations i.e. Ninja, older adults' fitness, bouldering wall, graffiti walls.	Consider multi-generational and innovative design and development opportunities when planning for new spaces. Consider the use of new technology where practical, think interactive dance floors, dance and play arches, interactive play pillars, etc.	Adapt	Short

Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
5.	Trial the extension of lighting hours at key sites including the athletics track, select ovals, and other sites as selected.	Trial the extension of lighting hours at key sites such as sporting reserves, skate parks and shared paths and trails for people to exercise once it gets dark and monitor the increase in participation. Investigate key sites to trial this initiative for example the Knox Athletics Track, Chandler Reserve, and the Knox Regional Netball Centre. Promote the times when available through Council channels for use only for Active Recreation and not formalised sport use.	Adapt	Short
6.	During project planning consider locations, opening times, and connection for publicly accessible bathrooms.	When delivering active recreation and open space projects ensure accessible bathrooms are available for public use and publicised. Consider the location of accessible bathrooms and connection to and from these to increase participation. Include toilet location (including open hours) map on Council website as well as make edits to Google/Apple maps, National Public Toilet Map (Australian Government Department) app and other apps as created. Update descriptions and data as appropriate. Consider extending opening hours at key sites to encourage participation in Active Recreation.	Welcome	Short
7.	Showcase local walks, to highlight the various bushland reserves and trails within Knox.	Build on the success of the Knox Bike Path Network Map, the Knox Nature Discovery Passport and the Art Trail. Look for new route and communication opportunities. Encourage the Community to walk more regularly around Knox i.e. Walking maps online, printed information, and wayfinding.	Promote	Short
8.	Influence and inform other Council Plans (i.e. Open Space Plan, Mental Health and Wellbeing Plan, and the Cycle Action Plan).	The Active Knox Plan will influence and inform other Council Plans as they are developed. The principles and strategic direction will guide plans to consider new ways of thinking, opportunities for active recreation participation, promote active living, and advocate for future opportunities for example improved trail experiences and connections, new art or experiential trails.	Partner	Short

Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
9.	Influence Open Space, Sport and Recreational Projects.	Advocate and influence the use of the Decision-Making tool when planning for new Council projects that promote active recreation.	Adapt	Short
10.	Advocate and advertise active recreation activities and opportunities on behalf of community organisations.	Expand Council's promotion of events and activities to include programs provided by partners i.e. Westfield Walkers, U3A, etc.	Partner	Medium
11.	Activate Council facilities and open spaces (including creative placemaking initiatives) to support the development of social connections.	Leverage off the Knox CARES strategy to identify opportunities to activate Council's open spaces and facilities which promote physical and mental health benefits, encourage active travel and support Community Connections and opportunities for active recreation.	Welcome	Medium
12.	Work with environmental groups to investigate initiatives to promote natural spaces for active recreation.	Partner with and encourage local environmental groups to establish new initiatives that encourage the sensitive use of bushland reserves for physical activity (and or help them promote their groups to increase membership particularly those doing bushland management and land care activities).	Promote	Medium
13.	Trial new MTB and Dirt Jump Opportunities within the Municipality.	Identify appropriate locations and work with community to establish feasible locations to construct and maintain new facilities.	Adapt	Medium to Long
14.	Continue to build and enhance Public Art and Experience Trails to encourage the community to explore the city on foot or by bike.	Investigate and advocate new opportunities for new Public Art Trails and experiential cycling routes.	Welcome	Medium
15.	Co-design, partner and support new active recreation opportunities for young people in Knox.	Work with young people to co-design new active recreation opportunities for young people aged between 12 and 25 years. For example, youth dog walking group; new experience/come and try style opportunities; group programs like just dance, yoga and Thai Chi in community venues like libraries; and group bike riding sessions - including bike repair education.	Partner	Short

Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
16.	Promote and improve parks, facilities, and activities which encourage physical activity for older adults.	Partner with community groups, advisory groups, and private operators to continue to promote and improve parks and facilities to encourage physical activity for older adults. For example: Improvements could include additional accessible seating options, information and access to toilet facilities, or intergenerational exercise parks.	Partner	Medium
17.	Improve the communication of active recreation opportunities within Knox.	Improve access to information and awareness of active recreation opportunities through promotion on Council's website and on Google / Apple Maps. Update current mapping on Knox Website to include location of infrastructure that supports active recreation within Knox such as fishing, exercise equipment, golf cages, community halls, park run, public access and tennis courts.	Promote	Medium
18.	Investigate opportunities to communicate and market partner group and organisational active recreation opportunities.	Explore opportunities to utilise Council's Communications Channels to raise awareness and promote: • Informal recreation groups • active recreation opportunities delivered by partners. • Informal play activities to inspire and provide ideas. • Participation in wellness practices (yoga, meditation, yarning circles, etc.) with guidance from specific groups • Community Volunteering Opportunities • Culturally inclusive opportunities	Promote	Medium
19.	Partner with clubs, community organisations and private operators to deliver Active Recreation programs and initiatives in Council parks and reserves.	Promotion of new and existing partner programs through Council communication channels to increase awareness to 'hard to reach' groups (e.g. youth, homeless, language other the English).	Partner	Medium

Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
20.	Retrofit existing facilities to make them multi-use, more flexible or to accommodate changing needs of active recreation opportunities.	Consider opportunities to diversify facilities for multi-use. For example: • Unused or minimally used public Tennis courts converted to activities such as pickle ball, basketball, kids learn to ride/skate, outdoor fitness training, etc. • Additional line marking for small, sided games. • Additional goal post in reserves for informal football. • Picnic tables into community game tables i.e. chess, checkers, snakes and ladders.	Promote	Medium
21.	Investigate opportunity to develop a new 'Knox Walking Plan'.	Review the Knox Pedestrian Plan and development of a new Walking Plan to assist Knox to create a 'walkable environment', promote active cities and create a culture of walking including better connections to shops, public transport, youth spaces and active recreation spaces. Advocate and support the development of the active transport network, particularly connections to parks and reserves. Leverage off Victoria Walks (victoriawalks.org.au) and create a local Knox Walks.	Promote	Medium
22.	Partner with groups and organisations to encourage increased participation in active recreation.	Where possible, partner with peak bodies, clubs, community organisations and private operators to share responsibility for facilitation of active recreation, use of shared facilities and targeting new participants. Look for opportunities when reviewing policies, and opportunities to partner with others.	Partner	Medium
23.	Investigate options offered by smart technologies to improve service to the community and improve safety.	Explore opportunities for and consider when delivering Council Recreation Projects, the use of smart technologies. This includes smart lighting, programmable locks/gates, lockable storage for outdoor equipment, sensors on infrastructure to capture usage data, etc. This could be for more book a court tennis system, changing timing of lights on ovals, timer lights on public access basketball courts, multi-use courts and skateparks.	Adapt	Medium

Action and Implementation Plan

No.	What? Activity/Initiative (Output)	How? Description	Active Knox Theme	When? (years)
24.	Expand community champion programs to other active recreation pursuits.	Build on the success as well as increase leadership and advocacy skills among the community to support community active recreation champions for newly installed equipment within the municipality. Build on the success of the Carrington Park Seniors exercise champions to apply learnings to other active recreation pursuits such as disc golf, other exercise stations, etc. Support alternative approaches to activate our facilities and open space. I.e. Pickle Ball, Ninja Warrior Course, Dirt Jumps.	Welcome	Medium
25.	Establish equipment libraries at various locations around the municipality where individuals and groups can borrow equipment.	Investigate opportunities to make equipment available to facilitate convenient access to informal play and physical activity. For example, e-bikes, volleyballs, slack lines or table tennis/pickle ball paddles and balls, and basketballs available for loan near outdoor table or court facility. Trial partnership with Knox Library and Westfield Basketball Court, with Basketball Hire as well as partner with the new Squash Facility to make equipment available for Pickle Ball and other uses within the Carrington Park Precinct.	Welcome	Medium
26.	Data collection on active recreation participation.	Explore the development of a Community Active Recreation CENSUS for Knox. Conduct annual surveys to collect data on active recreation participation and facility usage to inform policies, use in grant funding applications and aid in future facility planning. Explore the utilisation of smart technology to measure use of recreation facilities and equipment with sensors.	Welcome	Long

Note: As circumstances/priorities change, trends change, and opportunities arise, the implementation will be adjusted.

Timing: Short 0 - 2 Years **I** Medium 2 - 4 years **I** Long 3+ years

Partner Strategic Documents

- Knox Community Plan
- Knox Council Plan
- Gender Equality Action Plan

- Knox CARES Strategy
- Mental Health and Wellbeing Plan
- Open Space Plan

- Cycle Action Plan
- Public Toilet Implementation Plan
- Integrated Transport Plan

- Footpath and Shared Asset Mangement Plan
- Arts and Culture Plan
- Climate Response Plan

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Knox City Council