Extension of the existing changing rooms to both the side (north) and the rear (west). Introduction of a pitched roof predominantly over the existing flat roof to the changing areas. Remodelling of internal layout and external servery.

Ruislip Rugby Football Club
West End Road
Ruislip
UNITED KINGDOM
MIDDLESEX
HA4 6DR

DESIGN AND ACCESS & ENERGY / SUSTAINABILITY STATEMENT
Submitted for Planning
JULY 2023 – REVISION A

RIBA Chartered Practice

mk40 architects
t: 01234 330646
mail@mk40architects.com
www.mk40architects.com

1.0 INTRODUCTION.

This Design and Access Statement has been prepared on behalf of the Ruislip Rugby Football Club (RRFC). It accompanies the planning application for a new side to rear single storey extension to the existing club house with the intention of modernising primarily the changing facilities, at West End Road, Ruislip, Middlesex, HA4 6DR.

The RRFC is an amateur community-based sports club organisation for adults, children, male or female. The extension to the existing rugby club will future proof the RRFC to meet their aspiring sporting requirements.

The RRFC, seek to modernise their changing facilities and ablutions, upgrading them close to the design standards of the Rugby Football Foundation. The realignment of the changing facilities and re-organisation of the showers along with the additional WC's have consequently resulted in the need to expand the building marginally. The proposals seek planning approval for extensions to both to the side (north) and the rear (west) of the existing flat roof element of the building along with approval for the introduction of a new pitched roof, sited over the existing flat roof to the changing areas.

The existing configuration contains six changing room facilities, accessed via two corridors along with one undersized communal shower area servicing all areas. The proposed layout rearranges the internal layout with a single circulation corridor (to maximise on the existing space) and introduces six larger changing rooms all with screened shower cubicles that are accessed directly from each of the individual changing areas. In addition to this there are to be a WC within each of the six changing spaces. There is also the introduction of a small gym area facing towards the rear and fields.

The new six changing rooms will include two larger spaces, one for the home team and one for visitors along two further changing spaces. Changing rooms 5 & 6 will have direct external access to be primarily used as children's changing which can be operational independently to the remainder of the changing facility and club house.

Other amendments to the internal layout will include an improved plant room and cellar, designated laundry & bag area, officials changing, enlarged kitchen & external servery, players entrance lobby, and external access to the physiotherapist's room.

This Design & Access Statement will aim to provide an assessment of the design approach and intent behind the development of the scheme. It will demonstrate that the proposal is based on a practical and an equitable approach to design.

2.0 SITE LOCATION AND CONTEXT.

The RRFC and playing fields are located within a predominantly suburban area of inter-war and 60's properties to the east, south and north. Further to the north is a railway track and a large Waitrose supermarket. To the south there is the Sacred Heart Catholic Primary School and a shared carparking area. To the west are the rugby fields and beyond that the London underground Transport Hub.

There are semi-mature trees to the western, eastern, and southern boundaries. There are also two willow trees located to the south, relatively close to the rear of the RRFC.

The RRFC is accessed off the A4180, West End Road, through a height restriction barrier including a no right turn out of the site and a dedicated right hand turn lane into the site. It is not proposed to alter any of these arrangements.

The land and building associated with the RRFC are in the ownership of the London Borough of Hillingdon and is currently maintained as open space. The RRFC is not listed nor is it located within a Conservation Area, however the rugby fields to the north and west boundaries are defined as Green Belt within the Unitary Development Plan.

To the front of the RRFC are 32 car parking spaces and 5 additional disabled spaces. To the south and accessed from the front parking area are a further 48 parking spaces (2 being disabled) between the RRFC and Sacred Heart RC Primary School. Planning approval for the additional / overspill parking spaces were approved 17/10/2011 (68092/APP/2011/2408) which was considered to enhance the character and appearance of a disused area along with relieving parking issues and congestion.

During the week and school hours this overspill parking area is utilised by the Sacred Heart RC Primary School. On Sundays, 5 to 18-year-olds and ladies play their matches at the RRFC. This area is currently used for parking during those times which relieve the car parking pressure on the surrounding roads for residents. Therefore, during the evenings and at weekends it provides additional parking for the RRFC.

Accessibility to the RRFC can also be reached by public transport with Ruislip London Underground Station being 250 metres walk or by bus: The 114, and E7 pass just by the club.

To the west of the RRFC building there are four designated rugby / training pitches along with associated goal posts, floodlighting and tree lines which cover an extensive area.

The RRFC club house consists of the original single storey structure of red facing brick and gabled pitched roofs. It is unsure when the building was extended, but it assumed that this may have occurred multiple times with a series of flat roof additional to the north, as the requirements and functions of the facilities

evolved over time. The pitched roof portion of the building accommodates the members bar and function rooms along with the kitchen and cellar. The flat roofed part accommodates the changing facilities, ablutions, and WC's along with a physiotherapist room.

The RRFC club house has a footprint of 495 m2 gross external area (GEA) and a gross internal area (GIA) of 465m2 GIA.

The RRFC have an approximate number of 850 members.

View of front of RRFC

View of front of RRFC

View of north existing facing facade of RRFC


View of north existing facing facade of RRFC

View of west existing facing facade of RRFC

3.0 PLANNING HISTORY.

- **Reference: 68092/APP/2011/2408.**
- Status: Approval.
- Proposal. Conversion of open land into parking area.
- Location: Land between Rugby Club and Sacred Heart School, West End Road, Ruislip HA4 6DR.
- Decided: 17-11-11.

- **Reference: 6440/APP/2000/208.**
- Status: Approved.
- Proposal: Installation of combined vehicle gate and height barrier with new bollards.
- Location: Land at Ruislip Rugby Football Club. West End Road, Ruislip.
- Decided: 30-05-00.

4.0 DESIGN, LAYOUT, AMOUNT, SCALE & APPEARANCE.

Design and Layout.

The RRFC is a single storey building that has evolved and expanded over time. The original half of the building has a series of pitched and gabled roofs whilst the extended half has a large expanse of flat roofing. The building consequently appears disjointed by the virtue of differing scales.

Internally the members area, bar, and kitchen are within the original structure beneath the pitch roof and the WC's, changing areas and showers and within the flat roof section.

The proposed design seeks to modernise the building and expand the changing room areas upgrading them close to the design standards of the Rugby Football Foundation (RFF). There are currently No.6 changing rooms (Four of which are relatively small) and one communal shower room. There are also two corridors as a result of the multiple extensions.

The proposed design has revisited the original layout of the rooms. The new layout includes No.6 changing rooms that have been sized to corelate with the RFF standards and incorporate designated shower facilities and a WC for each of the changing rooms. Changing rooms 5 & 6 will utilise the showers from changing rooms 2 & 3.

Changing Room 1 & 2 are 25m2 and are intended to be the main changing rooms for the home and visiting teams, catering for 18 – 19 players per changing room.

Changing rooms 3 & 4 are 18m2 for overspill changing in busy periods, catering for 15 – 16 players.

Changing rooms 5 & 6 are principally intended as children's changing, 14 – 15 players which can operate independently to the remainder of the changing facility.

The intention is not to increase the number of changing rooms or increase the usage, but simply upgrade the current facilities.

A new players lobby has been added to the field side of the rear extension that will also be able to operate independently to the building for changing rooms 1 & 2. This lobby will also link to a gym / training area. The various entrances will provide the club with operational flexibility during differing days and times which will aid in increasing security for the premises.

A new centralised and wider single corridor will link the rear players entrance with the existing building making for a more practical way to circulate / navigate the changing room facility. The new arrangement has been designed to work with the existing structure and load-bearing walling, as practically possible to allow for a cost-effective solution.

The showers have been aligned for ease of services and form a linear central bank within the centre of the building. These also line through to a larger plant room that now has external access.

Adjacent to the main entrance are located the officials changing room and the bag drop / laundry. The kitchen area is intended to be expanded, by moving the cellar, to allow for a larger food-prep area and two new serveries have been introduced, one for internal use and a second being an external hatch to serve teas, coffees, and baps during match days.

Amount and Scale.

For the expanded and upgraded changing rooms to be created there has been a requirement to extend the building marginally, despite utilising the existing fabric efficiently. The proposed modifications to the footprint of the building include a 3.8m extension to the north along the side of the building and to the west by 7.5m at its extremity.

Existing areas:

Existing footprint: 495 metres squared GEA.
Existing internal area: 465 metres squared GIA.

Proposed extended areas:

Proposed footprint: 149 metres squared GEA.

Proposed internal area: 133 metres squared GIA.

Proposed overall areas:

Proposed footprint: 644 metres squared GEA.
Proposed internal area: 598 metres squared GIA.

The height to the existing front gable is approximately 5.4m and the height of the existing side gable is 6m. The existing height to the existing flat roof is between 2.6 – 2.7m.

The proposed extensions are to be approximately 2.9m in height, to the north and west and are intended to be new flat roofs. Central to the existing flat roof, it is intended for the roof to be over roofed with a trussed pitched roof with gables to the east and west. The angle of the new pitch roof will match that of the existing gables and form a family of pitch elements improving to the overall aesthetics. The pitched roof will also have light shafts (Velux windows) to naturally illuminate the changing rooms and ventilation cowls / grilles for ventilation.

It is considered that the introduction of the pitched roof element will help to break up the volume of flat roofing area and visually tie the two halves of the building together more. It is also considered, at this stage, that an insulated truss roof solution could provide a cost-efficient solution for a replacement roof that will aid in reducing maintenance issues.

The remaining existing flat roof over the main entrance and part of the rear will be thermally upgraded to meet with Building Regulations, this could potentially result in an increase of 300 – 400mm.

The proposed design seeks to vastly improve the aesthetic quality of the immediate context whilst providing an efficient and functional environment. With the application site falling close to a designated Green Belt, the materials and the design are reflective of a sympathetic and complementary approach.

Due to the size and siting of the proposed extensions and modifications to the roof lines, the scheme is not considered to present an unacceptable or have an adverse impact in terms of overbearing or loss of light in relation any neighbouring properties being a distance away.

Therefore, it is considered that the design would be suitable in its setting by being of a suitable scale and of a traditional appearance.

Appearance.

The existing and proposed materials are to be:

Existing:

- Concrete interlocking tiles to pitched roof.
- Felt finish to flat roof areas.
- Timber boarding to gable.
- Red facing brick and commons.
- White UPVC windows and glass block to changing rooms.
- Powder coated aluminium doors.
- Painted back timber and white UPVC facias.

Proposed:

- Concrete interlocking tiles to pitched roof to match existing.
- Single ply or GRP to flat roof areas.
- Composite timber effect boarding to new gable ends.
- Red facing brick to match existing.
- White UPVC or powder coated aluminium windows and doors.
- Painted back timber and white UPVC facias.

It is considered that the aesthetic and the materials are appropriate for use within their context. The proposal will create an attractive cohesive vernacular building that will reinvigorate the character of the site's immediate and local surroundings.

The proposed site will be onto an existing tarmacked underused area of the site. The building will not encroach onto the existing open grassed area or have an influence on any of the existing trees.

Conclusion.

The site and design are entirely suited to development as:

- The RRFC seeks to modernise the existing building, upgrading the No.6 changing rooms and shower facilities, thus improving functionality and usage for its existing members.

- The current building will function as existing with no material change or increase to usage and therefore unlikely to cause noise annoyance greater than that of a current scenario. Due to the refurbishment and insulating of the roofing to the north, it is anticipated that this would have a net gain in sound proofing.

- The extensions will be appropriate in scale and will have no adverse suburban impact and appear as an overly dominant addition in terms of its overall scale.

- The RRFC building is partly an eyesore to local residents and therefore it is considered that the extensions will harmonise with the existing building and street scene.

- The proposal is considered to comply with relevant UDP and London Plan policies.

- The design and form of the proposal is sympathetic within the built form in the locality and would not be harmful to visual amenity, the character of the area or neighbour amenity.

- Can not been seen in context to any listed buildings or heritage assets.

- The proposal is of a scale like that of the host building and will not be out of context or considered to be over development. Therefore, it is considered that the proposals are sensitive and complementary to character of the area.

- The proposed extensions and roof lines are unlikely to result in significant harm to neighbouring properties in terms of overlooking and overshadowing given the use of the existing site and the degree of separation between the development and residential properties. Therefore, there is deemed to be more than adequate separation between the site and neighbouring buildings.

- The proposals preserve and enhance the character of the local area thus contributing positively to the designated Green Belt.

- The materials are mainly to match the existing, thus respecting to the local distinctiveness.

5.0 SUSTAINABILTY / ENERGY.

The SBEM energy calculation have been generated to comply with the new Building Regulations Part L which came into force on the 15 June 2022. A large area where we believe we can incorporate energy and sustainability is within the materials. The specification of materials will be based on the 'Green Guide to Specification' with principal elements being selected for the achievement of an 'A' rating.

'U'-values through building fabric first approach:

The proposed building aims to obtain a reduction in Co2 emissions through the insulated fabric, the thermal 'U' values for the materials are listed below.

- **Ground Floor**:
  Minimum 'U'-value of 0.15 W/m2K.

  75mm deep screed on 500-gauge slip sheet.
  150mm insulation rigid board foil-backed- on 1200-gauge DPM.
  Strip concrete foundations (subject to Structural Engineers details).
  To achieve a minimum u-value of 0.18 w/m2K.

- **External Walls:**
  Minimum 'U'-value of 0.18 W/m2K.

  102.5mm facing brickwork
  150mm fully filled cavity insulation – Crown Drytherm Cavity slab 32 or similar approved.
  100mm medium density blockwork inner leaf (subject to Structural Engineers details).
  12mm Daub & Dab and skim plasterboard.

- **Main Roofing & flat warm roofing:**
  Minimum 'U'-value of 0.11 W/m2K.

  Main roof Construction – Attic Trusses:
  Interlocking concrete tiles to match existing, on
  25 x 50mm battening over
  Tyvek breathable membrane over
  Trussed roof members @ 600mm c/s
  500 - 600mm mineral wool insulation laid over bottom cord of roof truss.

  Flat Roofs - Warm Roof:
  TBC: Polyroof GRP or similar approved.
  22mm WBP plywood on firrings.
  175 - 200mm rigid board foil-backed insulation.
  Tyvek breathable membrane.
  Existing substrate.

- **Glazing:**
  Minimum 'U'-value of 0.14 W/m2K.

  UPVC frames and Powder coated aluminium. Thermally broken double glazed with low E glass double sealed units.

The addition of new walling and insulation levels will not only bring the fabric in-line with the current Building Regulations but will thermally uplift the existing building vastly improving efficiency.

Artificial Lighting.

The proposed dwelling will have 100 % Low energy lighting Efficacy 90.

Heat gains from lighting will be reduced by providing energy efficient lighting installations with low energy/high efficiency LED bulbs, modern energy saving lighting control system, which shall incorporate presence/absence detection and daylight sensing. This will reduce the running costs of the dwelling considerably as well as save energy.

The selection of equipment with a low electrical requirement, and energy saving automatic switch-off controls when not in use, will reduce cooling demands and indirectly CO2 emissions.

Construction:

Prior to the construction stage the contractor will be made aware of the following list, for them to implement a Site Waste Management Plan (SWMP).

Site operations generally:

- Plan locations for depositing and stacking of materials prior to delivery.
- Provide recycling skips and ensure waste stream sorting compliance by all trades.
- Form a compound to contain plastic film, cardboard, glue and paint tins.
- Use reputable waste service providers.
- Negotiate recycling paybacks with local resource recovery firms.
- Use waste aware sub-contractors.
- Use written contracts with all trades including clauses requiring waste minimisation practice.
- Require trades to dispose of their own waste.
- Back charge for sorting of waste streams not sorted by each sub-contractor.
- Colour code or label waste skips and protect them from contamination, rain and wind.
- Provide regular waste bins for food scraps and household waste during construction.
- Lock special skips at night and weekends to prevent rubbish dumping in recycling bins.

Materials storage and handling:

- Minimise time between delivery and installation and the risk of damage or theft.
- Ask suppliers to collect/recycle packaging.
- Have fragile materials and fixtures delivered and installed close to completion date.
- Use prefabricated framing and trusses to reduce time on site before installation.

- Check quantity, condition and quality on delivery, report discrepancies immediately.
- Reject inferior goods or materials if their quality will result in additional waste.
- Refuse oversupply as compensation for inferior quality or condition.
- Report careless delivery staff to the supplier.

Concreting

- Use concrete with recycled aggregate in all viable applications.
- Use reinforcement made from recycled steel.
- Form up accurately and fine tune estimating to minimise waste. Up to 10 percent is often wasted.
- Return surplus to the plant for recycling.
- Buy from plants that wash out cement to allow recycling of sand and aggregate.
- Break remnants into small pieces before final set to allow later use as backfill or recycling.
- Always form up a small area of path or low-grade slab ready to accept remnants.

Carpentry and joinery:

- Use engineered timber products that make efficient use of materials where possible.
- Use sustainably sourced timber.
- Encourage your supplier to find sustainable sources.
- Prepare accurate cutting lists before ordering.
- Give joiners a copy of the cutting list.
- Ensure that carpenters have a complete cutting list to allow efficient timber use.
- Use joinery profiles that can be easily and invisibly joined to reduce off-cuts.
- Use off-cuts wherever possible.

Bricklaying and Block:

- Have bricks dropped around perimeter to save damage in transporting to place of use.
- Use appropriate mortar strength. Softer mortar saves cement and helps in recycling.

Electrical services:

- Use sub-boards and plan wiring to reduce wiring distances, quantities, waste and cost.
- Recycle off-cuts. Strip insulation from copper.
- Use PVC free insulated cable - it lowers leachate toxicity.
- Consider pulse switching and intelligent controls to reduce cabling and energy use.

Plastering:

- Buy plasterboard from suppliers who recycle.
- Sort off-cuts and store on site for return to recycler.
- Keep off-cuts clean and dry.
- Carry useful sized off-cuts to the next job.

Waste Audit:

The building contractors selected to tender for the construction works will be made aware that waste management is a high priority, and during the tender process, contractors will be asked to demonstrate how they will reduce, recycle and re-use during the construction process. To be cost effective, waste minimisation strategies will be agreed to and implemented by all parties involved in building the proposed dwelling at the construction and operation stages. A team approach by the owner, builder and Architect is the most effective way to implement waste reduction.

6.0 REPORTS.

Biodiversity.

The proposals are sited along the line existing building to the north and west. It is considered that the extensions will not have an impact on the building, neighbouring trees, or fields with regards to Ecology. However, if deemed necessary an Ecology report could be secured by condition.

Arborist.

Please see submitted Arboricultural Impact Assessment Method Statement & Tree Protection Plan (to BS:5837 2012).

The extensions are sited along the north edge and marginally to the west of the existing building. The chosen positioning of the proposal has been designed to avoid the tree root protection areas of Willow tree T37, T38, and T39 White Willows.

There are a significant number of trees and landscaping along the boundaries of the site. The trees to the edge of the site provide a good natural buffer to the development and add to the visual amenity. These trees are be retained thus maintaining these important landscape features.

Flood risk and sustainable drainage.

The application site is in Flood Zone 1 as identified on the Environment Agency flood maps and therefore likely to have no increased flood risk because of the proposals.

As there will be a marginal increase in roof area, it is anticipated that storm water will be dissipated via soakaways and therefore runoff can be attenuated as close to the source as possible in compliance with the London Plan's drainage hierarchy.

The scheme will also investigate post-planning how rainwater can be collected and reused on site further reducing the run-off to drainage bodies.

With regards to foul waste drainage, the new building will connect to the existing mains system.

Lighting Assessment.

There will be a need for exterior perimeter lighting to the pavement and entrance areas, details of which can be conditioned if permission were to be granted.

Landscaping Assessment.

The existing topographical hard and soft landscaping are to be retained and additional landscaping could be incorporated if deemed necessary, details of which can be conditioned.

Waste and Recycling.

The Existing waste and recycling provision at RRFC are currently located to the rear of the changing rooms. There are 3No. 1100 litre commercial bins provided with two being recycle.

The intention is to re-position the bin store to a more discrete and hidden corner of the site. Therefore, the provision and positioning for waste will remain predominantly the same.

Contamination.

The proposals are sited along the line existing building to the north and west. It is considered that the ground being built on has not been contaminated. However, if deemed necessary a contamination report could be secured by condition.

5.0 BUSINESS CASE.

Please see attached statement from RRFC.

7.0 ACCESS & PARKING.

To the front of the RRFC are 32 car parking spaces and 5 additional disabled spaces. To the south and accessed from the front parking area are a further 48 parking spaces (2 being disabled) between the RRFC and Sacred Heart RC Primary School. Planning approval for the additional / overspill parking spaces

were approved 17/10/2011 (68092/APP/2011/2408) which was considered to enhance the character and appearance of a disused area along with relieving parking issues and congestion.

During the week and school hours this overspill parking area is utilised by the Sacred Heart RC Primary School. On Sundays, 5 - 18-year-olds and ladies play their matches at the RRFC. This area is currently used for parking during those times which relieve the car parking pressure on the surrounding roads for residents. Therefore, during the evenings and at weekends it provides additional parking for the RRFC.

The RRFC are intended to improve their facilities rather than expand their activities and therefore there would be no material change or increase to visitors and parking numbers. It is considered that as there would be no change to visitor numbers, there would be no requirement for an increase to parking arrangements and the current parking areas remain like for like.

Accessibility to the RRFC can also be reached by public transport with Ruislip London Underground Station being 250 metres walk or by bus: The 114, and E7 pass just by the club.

Adjacent to the entrance of the proposed building there are five disabled and/or Blue Badge holders parking bays which is considered to be adequate.

A series of electric car charging points and bike racking can be implemented if deemed necessary which can be secured by condition.

The external works will include hardscaping to the approach of the building with ramps no greater than 1:20 in compliance with Approved Document M of the Building Regulations.

Access for a fire tender remains unchanged.