

THE GYM – SOUTH RUISLIP

HEALTH & FITNESS OPERATION NOTE

1.0 The Gym Ltd

- 1.1 The Gym provides a health and fitness use which is aimed at a different market to the current offer typically within the area. The Gym aims to increase access to health and fitness activities to a wide demographic to encourage improved health by providing a low cost and flexible option. On average 35% of The Gym's members have not been to a gym before with The Gym attempting to provide its facilities to a much wider market.
- 1.2 Membership of The Gym is at low cost, with no minimum contract period. As such members can join for just a single month, or have a break within their membership at nominal cost. The Gym opens on a 24 hour basis to ensure flexibility of use by its members, whilst of critical importance is ensuring that the amenity of surrounding occupiers is not unduly affected.
- 1.3 The Gym has built a successful business model operating 24 hour health and fitness uses, and therefore, has considerable experience in ensuring that their units operate efficiently and without disruption. The Gym are an experienced operator with over 160 gyms operating across the country at present, including London premises in Wembley, North Harrow, Southall and West Hampstead, as well as in Birmingham, Cardiff, Leeds, Liverpool, London, Manchester, and Sheffield.

2.0 Proposed operation

- 2.1 The Gym provides a high quality but low cost option for health and fitness activity. The operation includes a range of cardio-vascular (rowing, running, cycling, etc) and resistance (weights) equipment.
- 2.2 The nature of the operation limits the requirement for music to be played within the premises, with music limited as members prefer to use personal music players. Audio equipment is separated around the premises to avoid 'hotspots' of noise generation. Members cannot interfere with either

the content or volume of the audio visual equipment which is controlled within staff only areas.

2.3 The Gym has experience of providing 24 hour health and fitness uses in similar locations to the application site. Due to the proposed nature of the operation, the proposed insulation and control measures to be incorporated – as set out below - it is considered that the proposed use on a 24 hour basis would not have an unacceptable impact on the amenities of surrounding occupiers or the environment within the local area.

2.4 From an assessment of visitors to other operations around the country and the scale and nature of the operation proposed only 9.29% of visits are made between the hours of 22:00 and 06:00, with very minimal attendance between 00:00 and 06:00. Due to the nature of the gym use members attending between these hours tend to do so on an individual basis, rather than as part of groups, and comprises those working shifts, such as emergency service personnel. As such the potential for any impact in terms of noise and disturbance during these hours is limited. Peak usage is at lunchtime (12:00-14:00) and late afternoon/early evening (16:00-20:00).

2.5 The Gym attracts clientele which are usually based locally, and are likely to go to the gym on foot. The majority of trips are undertaken as linked trips either on their way to and from home or work, or as part of utilising other services and facilities within the area.

2.6 The proposed use will result in minimal deliveries and servicing as the use generates minimal waste and the only deliveries are limited to minimal vending products. As such the proposed use will have no harmful impact in relation to transport.

3.0 Premises security

3.1 Ensuring that a high level of security is provided throughout the operation is a principle objective of The Gym. Maintaining a friendly and welcoming environment and deterring any anti-social behaviour is a priority of both The Gym and to its members.

- 3.2 Access to the property is strictly controlled. Between the hours of 8am and 8pm the front door of the premises will be open and access will be afforded to the lobby. At this point a two door portal will be in operation which requires a personal entry code to be entered into a key pad and restricts access to one person at a time only. The pin code enables The Gym to record attendance within the premises. These full height glazed partitions and portals also provide a barrier to noise transmitting from the main body of the gym via the accesses.
- 3.3 Free standing computer terminals within the entrance area of the premises enable people to join up to The Gym or to manage any issues relating to existing membership and entry. Call points are located externally to enable any users to address issues directly.
- 3.4 Between 8pm and 8am the main front entrance door is locked and again pin code input is required to gain access to the premises to restrict access to the entire premises to members of The Gym only outside of core hours.
- 3.5 An extensive network of CCTV cameras will operate throughout the premises providing coverage of all internal areas and external entrances. This CCTV will be monitored on a 24 hour a day basis through a remote monitoring system enabling operatives to identify and react to potential issues immediately.

4.0 Noise mitigation and insulation

- 4.1 There are a number of control measures and techniques that are employed to mitigate against any impact on properties within the surrounding area.
- 4.2 The fit out of the gym will include the use of flooring material across the entire gym floor area, which provides sound insulation to equipment and reduces impact sound. The existing building structure and proposed noise insulation measures will provide appropriate sound insulation for the areas used for cardio vascular equipment, whilst further acoustic mats are laid in the free weights areas to provide further mitigation against the potential noise resulting from dropped equipment and to restrict the transfer of noise into the buildings structure.

- 4.3 Audio / visual equipment is placed on anti-vibration mounts, with volume limiters on all equipment to restrict sound to an acceptable level. The volume limiter is kept in a secure area of the gym to ensure that this cannot be interfered with. Audio / visual equipment in the gym is limited to a small number of units which are located around the building to avoid hotspots of noise. These are kept to a minimum noise level, enabling members to utilise personal music players.
- 4.4 Maintaining a friendly and welcoming environment and deterring any anti-social behaviour is a priority to both the Gym and to its members. The Gym successfully operate on a 24 hour basis utilising this well tested system and have an exemplary safety record across all existing operational Gyms in the UK. This includes the operation of 24 hour premises adjacent to and in close proximity to residential properties, as well as units within residential buildings. The established operation and management measures set out will ensure a safe environment without an unacceptable impact on local amenity.
- 4.5 Overall the proposed nature of the operation, together with the mitigation and existing building specification, will ensure the impact of the proposed use on adjoining and surrounding occupiers is minimised.