

# **Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## **Submission on Combined Reserves and Conical Hill Landscape Concept Plan**

**To:** Hurunui District Council

**Submitter:** Canterbury District Health Board

Attn: Kirsty Peel  
Community and Public Health  
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PO Box 1475  
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## **SUBMISSION ON COMBINED RESERVES / CONICAL HILL LANDSCAPE PLAN**

### **Details of submitter**

1. Canterbury District Health Board (CDHB).
2. The submitter is responsible for promoting the reduction of adverse environmental effects on the health of people and communities and to improve, promote and protect their health pursuant to the New Zealand Public Health and Disability Act 2000 and the Health Act 1956. These statutory obligations are the responsibility of the Ministry of Health and, in the Canterbury District, are carried out under contract by Community and Public Health under Crown funding agreements on behalf of the Canterbury District Health Board.
3. The Ministry of Health requires the submitter to reduce potential health risks by such means as submissions to ensure the public health significance of potential adverse effects are adequately considered during policy development.

### **Details of submission**

4. We welcome the opportunity to comment on the Combined Reserves / Conical Hill Landscape Concept Plan. The future health of our populations is not just reliant on hospitals, but on a responsive environment where all sectors work collaboratively.
5. While health care services are an important determinant of health, health is also influenced by a wide range of factors beyond the health sector. These influences, often described as the 'social determinants of health'<sup>1</sup>, can be described as the conditions in which people are born, grow, live, work and age, and are impacted by environmental, social and behavioural factors.
6. The most effective way to maximise people's wellbeing is to take these factors into account as early as possible during decision making and strategy development.

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<sup>1</sup> Public Health Advisory Committee. 2004. *The Health of People and Communities. A Way Forward: Public Policy and the Economic Determinants of Health*. Public Health Advisory Committee: Wellington.

## **General Comments**

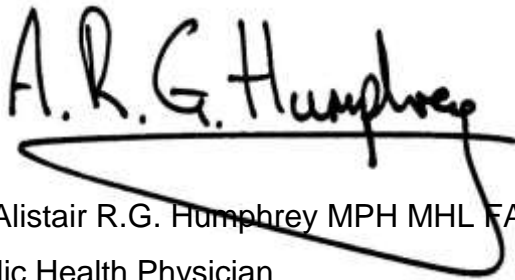
7. The CDHB supports the development of the Draft Combined Reserves and Conical Hill Landscape Concept Plans (Draft Plans) to improve the experience for visitors to these reserves. These will encourage greater levels of physical activity and social connection, both of which have significant health benefits.
8. The CDHB recommends that priority be given to the accessibility of these developments so that all members of the community and visitors are able to access and enjoy the benefits of the reserves. Hanmer Springs has a history of providing accessible accommodation for visitors with disabilities including people associated with the Burwood Spinal Unit and the NZ Spinal Trust.
9. The CDHB supports the inclusion of a local play area with a number of play options and proposed bike activity park in the plan for Brooke Dawson Park. Playgrounds that are safe, attractive and challenging will encourage physical activity and social connection, particularly amongst young members of the community and their families.
10. The CDHB especially supports the inclusion of sensory play features in this space but encourages the consideration of other features that will contribute to an accessible playground. The attached document has been developed by CDHB to outline best practice in developing health promoting, accessible play spaces.
11. The CDHB recommends the provision of a mobility car parking space within the developed Tarndale Park car park and an accessible route to the paths.
12. The CDHB supports the improvements to the entrances to the reserves, with better CPTED safety features, clear and legible wayfinding, seating and the inclusion of cycle parking. We encourage the use of sealed or finely packed grit hard surfaces for the paths, of a good width, to encourage use by those requiring wheelchairs or children's buggies.
13. The CDHB supports the inclusion of a toilet and drinking fountain at Conical Hill reserve and encourages the inclusion of an accessible toilet within the design.
14. The CDHB encourages consideration of a toilet at the proposed playground location also. We also note that a drinking fountain is not included in the play area design and suggest that this be considered as a health and equity issue – children should

be encouraged to drink water rather than sugary drinks and should not have to pay for water. Including a toilet and drinking fountain close to the playground also means children are likely to stay longer and make better use of the equipment.

## **Conclusion**

15. The CDHB does not wish to be heard in support of this submission.
16. If others make a similar submission, the submitter will not consider presenting a joint case with them at the hearing.
17. Thank you for the opportunity to submit on the Conical Hill / Combined Reserves Landscape Plan.

## **Person making the submission**

A handwritten signature in black ink that reads "A. R. G. Humphrey". The signature is written in a cursive style and is underlined with a long, horizontal stroke that loops back under the "y".

15<sup>th</sup> January 2019

Dr. Alistair R.G. Humphrey MPH MHL FAFPHM FRACGP  
Public Health Physician

## **Contact details**

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## **Accessible, health promoting playgrounds – Guidelines from Community and Public Health (July 2017)**

As a division of the Canterbury District Health Board (CDHB), Community and Public Health (CPH) actively promotes health by working across sectors and with communities to integrate health considerations into facilities, services, projects and policies. We really appreciate the opportunity to work with the Christchurch City Council and DCL toward the development of playground guidelines to promote their accessibility. This is consistent with the Council's Equity and Access for People with Disabilities Policy (2001).

Over recent months we have provided feedback to organisations on a large number of park, recreation and playground facilities. Having noted recurrent themes/issues, we are developing a framework to assist those designing these kinds of spaces. The table below provides a list of suggestions that can be considered in order for playgrounds to provide a welcoming, inclusive, health promoting and fun setting for people of all ages and abilities. Our suggestions take a wide view of health and also attempt to reflect the perspective of people with a wide range of impairments. We recognise that not all suggestions are appropriate or possible in all situations and that the extent to which they can be incorporated is very much context specific. We also understand that some of our suggestions may be outside the scope of specific projects.

Taking a universal design approach will mean spaces and equipment in the playground can be easily used by the widest range of people, to the greatest extent possible without the need for adaptations or specialised design.

“Accessibility” is highly valued by people in Canterbury and is the foundation on which participation in the community is based. The goal is that everyone has a way to participate. We support and encourage the development of more inclusive facilities in the region that promote health for all by creating environments that support individuals, families/whanau and communities to grow well, be well and stay well.

### Recommendations:

- Use the checklist below from the earliest design stages, through to choice of materials and equipment, and installation
- Investigate specific ideas and examples on google images under ‘universal design’, ‘accessible playgrounds’ ‘accessible playground equipment’, and ‘accessible picnic tables’.
- Incorporate advice from the Council's Disability Advisory Group
- Obtain technical advice and audits such as those carried out by Barrier Free NZ Trust, and safety auditing such as CPTED (Crime Prevention through Environmental Design) and IPTED (Injury Prevention through Environmental Design)

<b>Aspect</b>	<b>Features suggested</b>	<b>Why?</b>
<b><i>Arrival at the playground</i></b> <i>Encourage arrival and departure by active transport and provide well-designed parking facilities</i>	Design roads and footpaths to enable easy and safe access for cyclists and pedestrians	Encourages cycling, and walking, design-in safety, benefits of physical activity to health
	Provide secure bicycle parking within sight of the playground, that does not block walkways	Cycle parking amenities will encourage active transport and reduce car parking demand
	Locate bus stops for easy and safe access, preferably offering shelter designed to accommodate mobility equipment, prams	Bus stop amenities will encourage use of public transport and reduce car parking demand
	Design nearby mobility parking spaces that meet or exceed NZS4121	Ensures people with mobility parking permits can park easily and safely
<b><i>Playground and park design, layout and materials</i></b>	Include features of Māori cultural significance, celebrate diversity	Linkage to communities
	Design simple layout, maximising line of sight overall	Way finding is promoted for all, including those with vision and hearing impairments
	Include level or easy ramp access throughout the site, using firm, smooth ground materials	Access at all levels enables participation by people of all ages and abilities
	Design pathways that are a minimum clear unobstructed width of 810mm	Enables safe passage for prams, wheelchairs
	Design busy pathway routes that are 1200mm to 1500mm	Enables passing space
	Avoid creation of trip hazards	Safety and injury prevention
	Design-in quieter, more private areas, which are part of the wider playground but which could be used by small groups	Diversity of types of spaces caters to a wider range of people
	Include even, adequate, non-glare exterior lighting	Safety - glare can reduce visibility
Design and install clear, visible signage that contrasts with its	Welcoming, wayfinding	

Aspect	Features suggested	Why?
<b><i>Playground amenities</i></b>	background	
	Maintain clear sightlines between play areas and caregiver seating	Easier for oversight of children
	Include a scented garden	Provides a welcome amenity for people with visual impairments
	Design should support families/whanau to be physically active together. Consider the needs of disabled parents/caregivers and disabled children, both should be able to participate	Multigenerational approach promotes health
	Provide shade or sun protection, especially over seating areas	Reduce the likelihood of sun burn and heat stroke
	Install accessible drinking water fountains, at heights suitable to adults/children/wheelchair users, and which allow for easy filling of water bottles	Hydration is important to health for all. Families will stay and play longer if adequate shade and drinking water are available.
	Ensure a range of seating, in adequate numbers, in strategic locations, that is suitable for people of all ages and abilities, e.g. some seating with backs and arms	Seating makes a difference to many park visitors and must suit their needs
	Include picnic tables that are accessible to wheelchair users, ensuring access to the table itself is via a level and firm surface	Ensures wheelchair users can join in with activities. There are lots of good examples on google images.
Provide accessible public toilets	Amenities like public toilets draw people to the park and provide a basic public service	
Install handrails in all public toilets	More people will use these as population ages. Reduces chance of falls for all users; frees up accessible toilets for those who need the additional space	
		Encourages physical activity, enables people to exercise

Aspect	Features suggested	Why?
<b>Playground equipment</b>	Consider setting up outdoor exercise stations	outdoors at no cost
	Draw on expertise in inclusive play areas, including the safety aspects	Taking advice from experts in this area to minimize risks of poor equipment choices
	Install equipment easily useable by the widest range of people	Accepting that not all people may be able to use all equipment, design for the best access possible
	Install equipment suitable for all users, not 'disability-only' equipment	Shared play and participation are important to all parents and all children
	Install equipment that has some usability the widest range of people. For example, if wheelchair users can only get to a certain level, create tasks on each level, e.g. binoculars, tactile walls.	Embodies universal design
	Investigate the equipment and design approaches used by accessible playgrounds in the United States <u>and Australia</u>	Learn from the experience of others; source suitable materials and products
<b>Sustainability</b> <i>Apply the best of current knowledge and materials to create a sustainable future for the lifespan of the site</i>	Include reused/recycled/local building materials	Reduced costs over lifespan of the site
	Minimise construction waste	Reduced energy and resource use
	Minimise electricity and water usage in public toilets by using solar panels and low water use toilets	Demonstrate how sustainability can be built in
	Include systems for ongoing waste reduction and recycling	Promote sustainable behaviours
	Design in lots of green landscaping, including biodiversity in planting choices	Improves natural habitats



<b>Aspect</b>	<b>Features suggested</b>	<b>Why?</b>
<b><i>Promoting the park</i></b>	Include an easy to read map that shows mobility parking spaces  Pamphlets should have a large font size	Signals that this is a place where all are welcome  Accessible information will encourage facility usage and be welcoming to all

# UNIVERSAL DESIGN IN THE PLAYGROUND

