

# Survey for Adult Exercise/ Fitness Equipment for Ruishton Playing Field

The Parish Council are considering purchasing some Low Level Fitness Equipment to be installed in Ruishton Playing Field which will be aimed at the 14 - adult age group. It will be suitable for all people wishing to improve their fitness levels and will compliment the rest of the Play Equipment and extend the playing field use to everyone regardless of age. We have noticed that there are small groups that use the playing field for group fitness training so it would seem to be a logical extension to the facilities already provided for children and young people. We have access to some specific grants to fund this so it will not place an additional burden on the Parish precept.

This survey will help us gather the necessary information to enable us to make a decision on the equipment we install and we would really appreciate your time in completing it. A copy of the survey will be available to see on the Parish website but please return your completed survey by Saturday 12 December 2020 to one of the councillors listed at the end of this survey or email your thoughts to the clerk Heather Bryant:  
[ruishtonpc@gmail.com](mailto:ruishtonpc@gmail.com)

The Parish Council would appreciate it if you would answer the following questions with either a tick or by circling your answer:

1. Please indicate your age band:

- 14-18 yrs
- 19 -29 yrs
- 30- 55 yrs
- 56 -65 yrs
- 66 +

2. Are you:

- Male
- Female
- Prefer not to say

3. Do you consider yourself to have a disability?

- Yes
- No
- Prefer not to say

4. How often do you use the playing field?

- Daily
- More than once a week
- Once a month
- Rarely

5. Currently, what is your main reason for using the playing field?  
Accompanying children to the playground  
Participation in team sports  
Spectator of team sports  
I do not use the recreation field  
Other (please specify)
6. Would you consider using the outdoor adult Exercise/Fitness equipment?  
Yes  
No
7. To help us know which equipment to install which muscle groups/areas of the body would you be most interested in targeting?  
Upper body strength  
Lower body strength  
Cardiovascular  
All over fitness
8. How many pieces of equipment would you like to see installed?  
1 - 4  
4 - 7  
more than 7
9. Do you live in:  
Ruishton  
Thornfalcon  
Henlade

Many thanks for taking the time to complete this survey.

Please return your completed survey to any Parish Councillor listed below or by email to the Parish Clerk: [ruishtonpc@gmail.com](mailto:ruishtonpc@gmail.com)

Roy Bulgin - 9 Newlands Grove, Ruishton  
Mike Marshall - 13 Lawn Meadow, Ruishton  
Domini John - 2 Lawn Meadow, Ruishton  
Liz Harper - 20 Newlands, Ruishton  
Bridget Dickinson - Ashore, Bushy Cross Lane, Ruishton  
Justin Fudge - 25 Virginia Orchard, Ruishton  
Mel Mullins - Littlefields, Bushy Cross Lane, Ruishton  
Sue Garbutt - The Barn, Lower Henlade