

DATE OF COMMITTEE  
28th November

REPORT OF THE PORTFOLIO HOLDER FOR ECONOMIC DEVELOPMENT AND  
ENTERPRISE

RELOCATION OF STRUCTURED EXERCISE GYM

**EXEMPT INFORMATION**

None

**PURPOSE**

To seek approval to relocate the gym currently housed in the Castle Grounds Activity Centre to the Corner Post Education Centre (the new base of Tamworth Boxing Club) on Orchard Street B79 7RH and allow the Director of Communities Planning and Partnerships to enter into a legal operating agreement with the club.

**RECOMMENDATIONS**

- 1. To approve the relocation of the Structured Exercise Gym to the Corner Post Education Centre and**
- 2. Authorise the Director Communities Planning and Partnerships in consultation with the Portfolio Holder Economic Development and Enterprise to enter into a legal agreement with Tamworth boxing Club**

**EXECUTIVE SUMMARY**

As part of the service redesign project which developed the Castle Grounds Activity Centre in 2008 a grant was obtained from South Staffs PCT to create a gym with the specific use for Structured Exercise & Cardiac Rehabilitation. A 14 station gym was created in a room within the Castle Grounds Activity Centre that was previously unused. Structured Exercise & Cardiac Rehabilitation has operated out of the Activity Centre since this point, operating for 20 hours per week with a throughput in excess of 150 people per week. People attending sessions have a variety of medical conditions including obesity, diabetes, high blood pressure, a history of cardiac events and chronic obstructive pulmonary disease. Over time the gym has suffered from issues of damp, which have been assessed by Property Services but due to the nature of the void space below where the gym is located no solution can be found for this problem. The void beneath the gym is where the old swimming pool plant room was located. The Castle Grounds is also limited in terms of access as the door widths at this location make it inaccessible to people in wheelchairs.

Tamworth Amateur Boxing Club has recently secured a long term lease of the building that used to be St. Johns Social Club in Orchard Street. The Boxing Club have had a successful application to the Sport England Inspired Facilities fund to renovate and update the facility making it fit for purpose as a thriving sports and community hub. As part of the renovation a large space on the first floor has become available to potentially house the structured exercise gym, this has been agreed in principle with the Boxing Club Committee. This would provide a venue for the gym that is newly renovated, fit for purpose and DDA compliant, as a lift and disabled toilet have already been installed to the facility.

The operating times of the gym for structured exercise and cardiac rehabilitation will remain the same and sole use of the gym during these times will be maintained. The boxing club will open the gym for public use at other times with suitably qualified staff which will mean an affordable gym facility which is accessible to the local community. This will help to increase rates of participation in physical activity among adults in the Borough and be another positive step towards trying to combat obesity rates in Tamworth. As part of the proposed gym move the boxing club have also offered to house the community exercise classes we run during the day helping us to reduce hall hire cost that we incur at various community venues, enabling classes to remain cost effective.

Once the room at the Castle grounds has been vacated the intention of the Community Leisure service is to utilise this space with the expansion of the recently formed Paddle Board Club which has been a tremendous success and requires additional space for equipment and club business. This club does not have an issue with the conditions of the room as their activity and equipment is water based.

### **RESOURCE IMPLICATIONS**

The resources needed to run the gym in its potential new location are the equal to those already in place to support the gym in its existing format; the only additional one off resource needed will be to move the gym equipment. There are no on going financial implications as staffing costs will remain the same & ongoing maintenance costs of the equipment will be shared with Tamworth Boxing Club, details of which will be in the service level agreement. The removal costs for the relocation will be met by current sports development budgets GY080130351 –approx 2K and assistance will be given by the boxing club in the form of employee assistance in kind. Future resources needed to operate the gym will remain in place (e.g. Servicing) however the general running cost related to usage will be shared by Tamworth Council and the Boxing Club. The details of this will be contained within the operating agreement.

### **LEGAL/RISK IMPLICATIONS BACKGROUND**

1. There is a risk that future referrals may feel uncomfortable entering the environment of the boxing club. However the users of the service are referred by the Health authority Lifestyles team and the sessions are exclusive to our users with a separate entrance to the building. The Community Leisure team have also consulted with current users and they did not see the move causing any issues and even welcomed the opportunity to relocate to an upgraded venue
2. Risk of Injury – all the staff will be suitably qualified. In the event of any claims against each the relevant insurance levels are adequate. The boxing clubs levels of insurance are 5 Million ( PL)
3. If members approve the relocation of the gym, the relevant amendments to the Councils insurance requirements will be made by colleagues in Accountancy..

### **SUSTAINABILITY IMPLICATIONS**

Tamworth Boxing Club secured a long term lease from the Archdiocese of Birmingham. The referral gym is financed by the Health Authority in the form of an agreed payment to Tamworth Council on a per head basis. Should this contract cease the gym will still be able to operate within its new environment serving the

boxing club and any future service provision required by Tamworth Borough Council. The Community Leisure team and the Boxing Club will also work in partnership working towards obtaining investment opportunities that will extend the lifespan of the equipment and increase exercise stations ensuring long term sustainability of the service

## **BACKGROUND INFORMATION**

Cabinet 2008

## **REPORT AUTHOR**

N Mason

## **LIST OF BACKGROUND PAPERS**

## **APPENDICES**

1. Photos of Castle Grounds Activity Centre internal walls

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