



CITY OF HAMILTON
COMMUNITY & EMERGENCY SERVICES
Recreation Division

TO:	Chair and Members Emergency & Community Services Committee
COMMITTEE DATE:	March 9, 2015
SUBJECT/REPORT NO:	Urban Fitness Trail in McQuesten Neighbourhood (CES15005) (Ward 4) (Outstanding Business List Item)
WARD(S) AFFECTED:	Ward 4
PREPARED BY:	Andrea McDonald 905-546-2424 ext.1070
SUBMITTED BY:	Joe-Anne Priel General Manager Community and Emergency Services Department
SIGNATURE:	

RECOMMENDATION

- (a) That the Landscape Architectural Services Section, Corporate Assets and Strategic Planning Division of the Public Works Department be authorized and directed to proceed with the implementation of Phase 1 of the Urban Fitness Trail in the McQuesten Neighbourhood, as shown on Appendix "A" to Report CES15005;
- (b) That the funding source for Phase 1 of the Urban Fitness Trail be allocated, in the amount of \$27,000 from Ward 4 area rating account 3301409400;
- (c) That Phase 2, as shown in Appendix "B" to Report CES15005, of the McQuesten Urban Fitness Trail, be included in the Open Space Development Capital Program, tentatively shown for design in 2016 and construction in 2018, to be reviewed for approval through the capital budget process for each year respectively; and,
- (d) That the item respecting the Urban Fitness Trail in McQuesten Neighbourhood be considered complete and removed from the Emergency & Community Services Committee Outstanding Business List.

EXECUTIVE SUMMARY

The McQuesten Neighbourhood is currently experiencing a positive evolution of its community through many initiatives and community engagement, including a Neighbourhood Action Plan completed in 2012, Urban Farm Project, and development of the Victory Gardens.

SUBJECT: Urban Fitness Trail in McQuesten Neighbourhood (CES15005)
(Ward 4) - Page 2 of 6

At the May 12, 2014 Emergency and Community Services Committee meeting, staff were directed as follows:

- (a) That staff be directed to investigate the feasibility of developing an urban fitness trail in that parcel of land that would connect to the Red Hill Valley Trail, the Bruce Trail and the Hamilton-Brantford Rail Trail thereby providing an expansion on the City's existing trail system which is second to none;
- (b) That staff be further directed to brief the Ward Councillor on the investigative results, and report back to Committee on any proposed work plans/budget as required to implement any new project.

Staff have completed an assessment of fitness and trail opportunities, developed review criteria and evaluated several location options.

Staff worked collaboratively with a multidisciplinary team, the community and the McQuesten Community Planning Team. There was consistent and enthusiastic support for outdoor fitness opportunities in the community.

A two phased approach is proposed that addresses immediate and short term fitness and trail opportunities for the community.

Phase 1 would involve enhancements to the existing triangular trail (approx. 600m), including the animation of the trail with painted images of fruits and vegetables as trail features. Recreation staff would offer programming opportunities for this space to engage families and children in the community at this site.

Based on the evaluations and community input, a preferred concept was created and supported by the McQuesten Community Planning team, and is detailed as follows:

Phase 1

To provide a quickly implementable fitness trail, a quick win family fitness trail opportunity is recommended as Phase 1 (Appendix "A" to Report CES15005), at the St. Helen's pathway location. If approved, this project can be implemented in 2015, with a low budget. It is recommended that the existing triangular trail (approx. 600m) be animated with images of fruits and vegetables as trail features. This trail will encourage and provide opportunity for families and Community Centre visitors to be active. This feature will reflect the spirit of the urban farm while encouraging the health and well-being of the community in a fun and active way. Recreation staff would also offer programming opportunities for this space to engage families and children in the community at this site.

An additional outdoor fitness opportunity has been identified by providing two (2) fitness bench locations along the Red Hill Trail. These benches will offer more advanced fitness opportunities in the community, servicing the local school and Red Hill Valley

Trail users. An example of fitness bench infrastructure has been included as Appendix “E” to Report CES15005.

Phase 2 will involve the construction of a cluster of outdoor fitness stations designed to provide a range of fitness opportunities to support the varied fitness needs of adults in the community; numbers and design to be completed in 2016.

Phase 2

Working with the community and the project team, the preferred location for the outdoor fitness equipment is located at 20 Oriole Crescent (Appendix “B” to Report CES15005). Adjacent to the existing community centre and accessible to the greater neighbourhood, this location offers excellent safe community access. Here, a cluster of outdoor fitness stations will be designed to provide a range of fitness opportunities supporting the varied fitness needs of adults in the community.

This site is recommended for design work to be completed in 2016, and constructed in 2018 with outdoor fitness equipment. This equipment is located in close proximity to the Phase 1 St. Helens trail, as well as connected through existing trails to the Red Hill (existing trail) and fitness bench stations.

Alternatives for Consideration – Not applicable

FINANCIAL – STAFFING – LEGAL IMPLICATIONS

Financial: Total project cost (both phases): \$350,000

Phase 1 Costs: \$27,000 for construction in 2015, funded through the Ward 4 area rating account 3301409400.

Phase 2 Costs: Estimated capital budget of \$323,000 for design in 2016 and construction in 2018 and any associated operating budget impacts to be considered through the 2016 capital budget process. This project will be included in the Open Space Development Capital Program, under the lead of Landscape Architectural Services, tentatively shown for design in 2016 and construction in 2018, to be reviewed for approval through the capital budget process for each year respectively.

Operational impacts will be determined through the capital budget process.

Staffing: There are no staffing implications associated with Report CES15005.

Legal: There are no legal implications associated with Report CES15005.

HISTORICAL BACKGROUND

At the May 12, 2014 Emergency and Community Services Committee meeting, a motion was passed that directed staff to undertake an assessment to develop the first urban fitness trail in the parcel of land that would connect to the Red Hill Valley Trail, the Bruce Trail and the Hamilton-Brantford Rail Trail.

Related to the above motion, a Neighbourhood Action Plan was completed in the McQuesten Neighbourhood in 2012. Key goals identified in the action plan included enhancing community health and well-being and promoting increased physical activity by identifying additional opportunities for residents to become engaged in fitness activities.

The development of an urban fitness trail will support the achievement of the action plan goals and will complement other initiatives currently being implemented in the McQuesten Neighbourhood (e.g. urban farm).

POLICY IMPLICATIONS AND LEGISLATED REQUIREMENTS

Not Applicable.

RELEVANT CONSULTATION

The Ward 4 - Urban Fitness Trail Staff Team, consisting of the following:

- Community & Emergency Services
Neighbourhood Action Strategy
- Public Health
Chronic Disease Prevention
- Public Works
Corporate Assets and Strategic Planning - LAS
Parks Operations- Public Works
- Community & Emergency Services
Recreation Division
City Wide Services – Recreation Planning

Consulted with the following group(s):

- Public Health Nurse Sub-Committee
- McQuesten Community Planning Team
- McQuesten Community Residents
- Hamilton Police Services –Crime Prevention Through Environmental Design (CPTED) liaison from the Hamilton Police Services

All participating groups provided positive feedback, guidance and support for the development of outdoor fitness opportunities within the community. The preferred concept was based on community input as to location and type of fitness equipment.

ANALYSIS AND RATIONAL FOR RECOMMENDATION

In May 2014, Recreation staff, in consultation with the project team, completed an analysis to assess the issues related to providing a fitness trail in the McQuesten area. From this assessment, several candidate sites were chosen for further review and analysis. A criteria was developed to assess the potential sites and determine a preferred location. Criteria included:

- Accessibility to the space/location
- Availability of parking
- The extent to which there are conflicting demands on the space/location
- Total space available in location to accommodate trail design
- Safety factors (e.g. lighting, visible area)
- Connectivity with existing trails and other community assets

Evaluation

After running each of the candidate sites through a scored matrix based on the above criteria, 20 Oriole Crescent was identified as the overall best location for the fitness trail. (Appendix "D" to Report CES15005).

Preferred Concept Development Consultation

Working collaboratively with the community, staff prepared the preferred concept based on input from the community on location and type of fitness equipment. This input was gathered through:

- a) Feedback from McQuesten Community Planning Team (on candidate sites) (July 14th, 2014)
- b) Feedback from McQuesten Community Centre Comments (Notes on candidate sites) (August 2014)
- c) Feedback from McQuesten Community Block Party (on types of equipment and trail locations) (September 13th, 2014)

ALTERNATIVES FOR CONSIDERATION

None.

ALIGNMENT TO THE 2012 – 2015 STRATEGIC PLAN

Strategic Priority #1

A Prosperous & Healthy Community

WE enhance our image, economy and well-being by demonstrating that Hamilton is a great place to live, work, play and learn.

Strategic Objective

- 1.2 Continue to prioritize capital infrastructure projects to support managed growth and optimize community benefit.
- 1.5 Support the development and implementation of neighbourhood and City wide strategies that will improve the health and well-being of residents.

Strategic Priority #2

Valued & Sustainable Services

WE deliver high quality services that meet citizen needs and expectations, in a cost effective and responsible manner.

Strategic Objective

- 2.2 Improve the City's approach to engaging and informing citizens and stakeholders.
- 2.3 Enhance customer service satisfaction.

Strategic Priority #3

Leadership & Governance

WE work together to ensure we are a government that is respectful towards each other and that the community has confidence and trust in

APPENDICES AND SCHEDULES ATTACHED

Appendix A to Report CES15005: Preferred Concept Phase 1

Appendix B to Report CES15005: Preferred Concept Phase 2

Appendix C to Report CES15005: Location Map

Appendix D to Report CES15005: Candidate Site Evaluation Matrix/locations

Appendix E to Report CES15005: Example of Fitness Bench Infrastructure