

# Outdoor Gyms for Primary Schools







**Purpose built range of fitness equipment, specifically designed to meet the needs of primary school aged children.**

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## The UK's leading outdoor gym specialists

Our children's range of outdoor gym equipment, is designed and built specifically for primary school aged children.

Every children's product in the range offers various physical benefits to children, they are all easy to use, highly sociable and a huge amount of fun.

Fresh Air Fitness have the largest selection of children's equipment in the UK and every product exceeds safety standards EN1176 & EN16630.

Outdoor exercise is proven to enhance fitness, stimulate emotional wellbeing and help deliver essential oxygen and vitamin D, while working on specific

physical benefits including muscle strength, flexibility, balance and co-ordination – not to mention the sense of achievement the children will have!

## Pioneers of outdoor gyms

**Fresh Air Fitness are the pioneers of outdoor gyms in the UK, first introduced in 2007.**

We have the largest product range in the UK. Designed by our product development team, all equipment is made to the highest safety and quality standards, competitively priced.

We have seen the benefits our gyms offer in Primary Schools; improving fitness, promoting imaginative play, social interaction and emotional wellbeing. They help children to improve hand-eye co-ordination, attention span and motivation for learning back in the classroom.



**DOUBLE CROSS COUNTRY SKIER**



# Why choose us?

Here at Fresh Air Fitness we are passionate about improving the health and fitness of the nation's children safely. We work tirelessly to ensure that every installation meets the needs of both the customer and the end user.

With you every step of the way, from initial enquiry, through design to installation, we ensure that you are informed, advised and that your gym meets your needs.

Specifically for Key Stages 1 & 2, our Children's range of equipment is completely safe for primary school children to use. Building strength, agility and coordination in a way that is fun and enjoyable whatever their ability.

4000

## Experienced

Outdoor gym installations throughout the UK

100%

## Specialists

Dedicated to design & development of outdoor gyms



## Long warranties

With up to 25 years guarantee



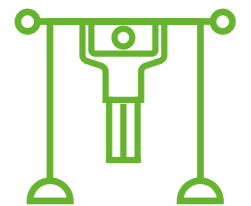
## Suitable for all abilities

From the complete beginner to advanced users



## Curriculum friendly

Lesson plans and user guides provided with every gym



## Safe and simple to use

All our products exceed safety standards EN1176 & EN16630



## State-of-the-art

Assembled using the latest production techniques



## Fit into any surface

Quick and simple installation, no requirement for safety surfacing



## Great variety

We have the largest range of equipment

## Associations + accreditations



## Standards we comply with





# What is an outdoor gym?

Made up of a selection of fitness equipment, it is a gym installed outdoors, in the fresh air. Positioned in a school field or playground, it provides children with a selection of equipment that they can use to exercise their whole body.

## You might like to:

- Create a dedicated outdoor gym 'classroom'
- Create a trim trail for children to explore throughout the grounds
- Work the gym into structured PE classes – we have curriculum-friendly lesson plans available
- Offer gender neutral sports and exercise equipment
- Create an exciting new fitness after-school club
- Enable pupils to use their gym during break-times to ensure maximum use and benefit

## Curriculum friendly

- Develop fitness and muscular strength, flexibility, agility, strength, technique, control and balance
- An outdoor, adventurous activity challenge
- Use independently, in pairs or as a class
- Compare children's performance over time with our lesson planner and activity tracker
- Demonstrate improvement over time, supporting children to achieve their personal best
- No gimmicks, just safe, compliant equipment that is fun to use for fitter, healthier and happier children

## The benefits

- Gender neutral sport
- Great for all abilities including those who do not enjoy PE quite as much as their peers
- Creates an additional outdoor classroom
- Ideal for PE lessons or as part of general playtime
- A great training facility for teams and sports clubs
- The huge sense of achievement the children will have
- Lots of fun!

## Safety information

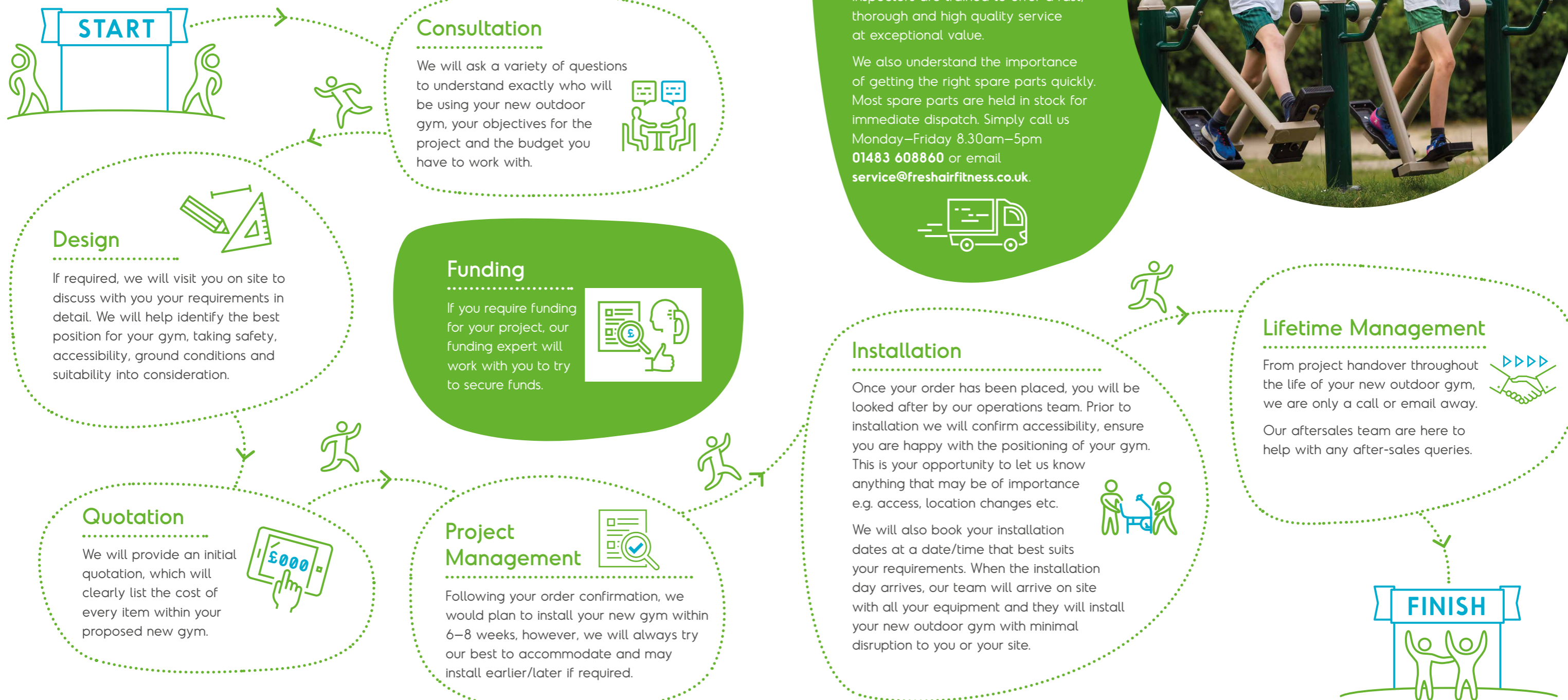
- All equipment conforms to safety standards EN1176 & EN16630
- Quality assured – we conduct external quality control checks, testing our equipment to 600,000 user cycles
- Equipment is well below the critical fall height, meaning there is no requirement for safety surfacing, however, we do offer many surfacing solutions if preferred
- Internal limiters for smooth movement, no bump stops or crush points





# How we work

With more than 4000 installations to date across the UK, we can be trusted to deliver. We always aim to beat expectations with an efficient, friendly service and, of course, exceptional equipment. We'll be with you every step of the way.



## Good to know

Regular inspections and planned maintenance will extend the life of your outdoor gym and surfacing.



We supply maintenance packs with all installations, providing step by step guides on how to maintain your gym. Alternatively we offer Maintenance Contracts, that provide a full range of professional inspection and maintenance services. Our inspectors are trained to offer a fast, thorough and high quality service at exceptional value.

We also understand the importance of getting the right spare parts quickly. Most spare parts are held in stock for immediate dispatch. Simply call us Monday–Friday 8.30am–5pm **01483 608860** or email [service@freshairfitness.co.uk](mailto:service@freshairfitness.co.uk).





# Children's range



CHILDREN'S T'AI CHI SPINNERS

CHILDREN'S AIR SKIER



The Air Skier, provides the joy of swinging whilst standing! Specially designed for children under the age of 11, children can set their own pace and position to swing back and forth or side to side. Suitable for all abilities from beginners upwards, the Air Skier is easy-to-use and gives a full body workout.

1153 x 826 x 1068mm

CHILDREN'S ARM AND PEDAL BIKE



Specially designed for children under the age of 11, our arm and pedal bike is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can build their hand-eye co-ordination and balance skills. Cycling with their legs while turning the handles, working arm, leg and core muscles.

1148 x 478 x 1108mm

CHILDREN'S DOUBLE CROSS COUNTRY SKIER



Children can work at their own pace, moving their arms and legs back and forth working a variety of muscle groups. Kids love to work in pairs and together they can master the challenge of co-ordinating both their arms and legs together.

1720 x 546 x 1346mm

CHILDREN'S CARDIO COMBI



A combination of our 2 most popular pieces of Children's outdoor gym equipment, allowing 4 children to exercise at once! The Children's Cardio Combi combines the Children's Double Air Walker with the Children's Air Skier. Specially designed for children under the age of 11. Children develop strength, flexibility, control and balance.

3180 x 770 x 1000mm

CHILDREN'S DOUBLE AIR WALKER



Our most popular piece of equipment, specially designed for children under the age of 11, is the Double Air Walker. Suitable for all abilities from beginners upwards, it is easy-to-use and an enormous amount of fun. This piece really gets the heart racing, and at the same time works all the major muscle groups in the lower part of the body. It can be used by 1 child or by 2 at once.

2285 x 630 x 1000mm

CHILDREN'S T'AI CHI SPINNERS



Much like rubbing their tummy and patting their heads, children can use the spinners in a variety of directions, moving both hands in the same or opposite directions. Easy-to-use, children can set their own speed and motion, working shoulders and arm muscles whilst building the communication between the two sides of the brain, crucial for language development.

1272 x 1058 x 1268mm

CHILDREN'S SEATED LEG PRESS



Our seated leg press is suitable for all abilities from beginners upwards. This simple yet effective piece of equipment is easy-to-use. Once seated, children use their legs to push their seat away from the frame working using all their leg muscles. Kids working opposite each other naturally encourages bigger, longer presses!

2375 x 463 x 1900mm



CHILDREN'S ARM AND PEDAL BIKE



# Children's range

## CHILDREN'S BALANCE BEAMS



Hugely versatile and simple to use, our Balance Beams provide the opportunity for numerous exercises during a PE class or sports day. Not only can children practise balancing along them, they can work individually or in pairs for bunny hops, single leg balance or touch downs to name but a few.

3051 x 1925 x 314mm

## CHILDREN'S ELLIPTICAL CROSS TRAINER



Specially designed for children under the age of 11, our cross trainer is suitable for all abilities from beginners upwards. Easy-to-use, it is designed so that children can set their own pace and choose between forward or reverse motion to work different muscles. Kids love mastering the challenge of co-ordinating arms and legs simultaneously!

1464 x 637 x 1436mm

## CHILDREN'S HIP TWISTER



Our Children's Hip Twister has been designed for up to 3 children to use at once. Developing flexibility and co-ordination, it allows children to work in a group or to twist independently, all within their own ability. Twisting has never been so much fun!

1601 x 1429 x 1453mm

## CHILDREN'S ROWER



Just like rowing a boat, this fantastic piece of equipment is fun to use while offering a huge number of physical benefits, developing strength, flexibility, co-ordination and balance. The clever design means resistance is provided by the child's own body weight.

1080mm x 860mm x 1079mm



CHILDREN'S ROWER

## RIDER



One of our most popular pieces of equipment in the children's range, the Rider, is easy-to-use and suitable for all abilities. Similar to a rower, but positioned upright, children use their entire body to move the seat and handles up and down. It has been specially designed for children under the age of 11, children can set their own pace, building cardio strength, stamina and muscular strength.

2375 x 463 x 1900mm

## CHILDREN'S MONKEY BARS



The Children's Monkey bars provide a fantastic challenge for children of primary school age. They will relish the chance to develop their skills at traversing the length of the bars, building their stamina and strength over time.

2970 x 3136 x 2293mm

## TABLE TENNIS TABLE



Suitable for children and adults, our Table Tennis Table provides a huge number of physical benefits. Improving hand-eye coordination, physical agility, stimulating mental alertness and concentration. Playing burns off a huge amount of energy, provides an excellent cardio workout and is fantastic for social interaction.

2740 x 1832 x 913mm



CHILDREN'S ELLIPTICAL CROSS TRAINER

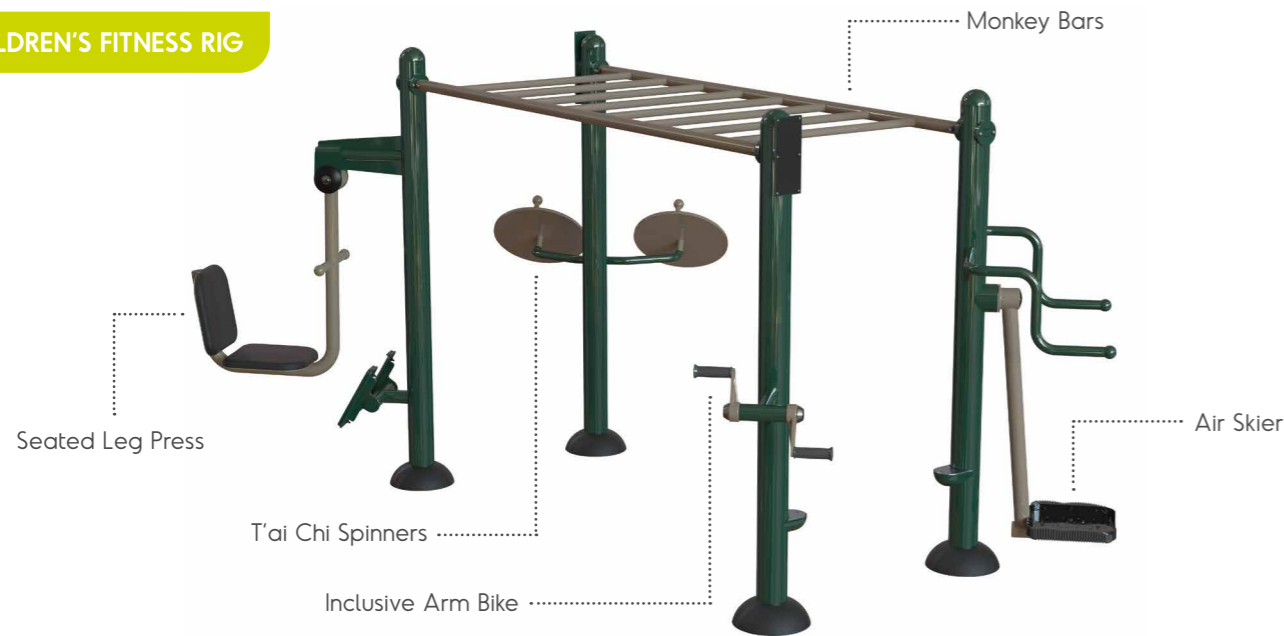


CHILDREN'S RIDER



# Children's range

## CHILDREN'S FITNESS RIG



Designed and built in the UK exclusively for primary schools, this space saving rig provides a gym for 6 children to use at once.

Developed to include some of the most popular pieces within our children's range, the Children's Fitness Rig comes with 5 unique fitness stations offering a variety of physically-demanding activities for all abilities.

### 5 Fitness Stations Include:

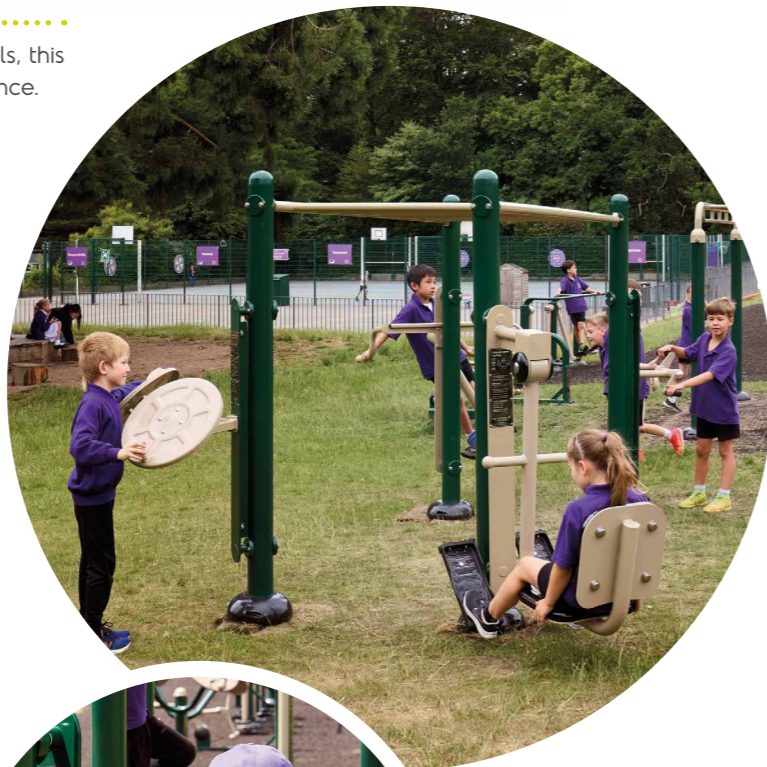
- Air Skier
- Monkey Bars
- Seated Leg Press
- T'ai Chi Spinners
- Inclusive Arm Bike

The rig improves strength, stamina, technique, flexibility, balance and co-ordination while developing physical literacy and confidence in PE for all children, there truly is something for everyone.

Installed into grass it can be used during break times and PE lessons, boosting activity throughout the day.

- Improves flexibility, strength, stamina, technique and control
- Develops balance, agility and co-ordination
- Increases physical literacy and confidence in PE
- Use individually, in groups or as a class, great for team warmups too!
- Raises the profile of PE at the school

3866 x 2383 x 1900mm



CHILDREN'S FITNESS RIG

# FAQs

## Can I use the Sports Premium to pay for an outdoor gym?

Yes! Hundreds of primary schools have already used some or all of their sports premium to install an Outdoor Gym facility.

## How quickly will the equipment be installed?

Installation usually takes place 6-8 weeks from the date we receive your order, however, we will always try to accommodate your needs and will work with you to find a date and time that suits you.

## What are the warranties for your equipment?

Our fitness equipment is robust and built to last with a range of warranties which cover main structural parts, paintwork, bearings and accessories. 25 years on structural parts, 5 years on paintwork, 2 years on bearings, 1 years on accessories.

## Can you help us to secure funding for the project?

Yes! We are pleased to be able to offer funding support to community groups, schools and charities, and can provide a dedicated funding expert to help you. They have a wealth of experience in securing fund for primary schools.

## Which products are best for our school?

Our sales team are trained to identify which products would meet the needs of the children at your school. For more information, call our sales team to talk through the various options **01483 608860**.

## How much maintenance does the equipment require?

Our equipment requires very little maintenance. Full instructions are provided to keep the equipment in good condition.

## Do you offer a maintenance service?

Yes. We offer a Maintenance Service Agreement. Please speak to one of our team for further information.

## Do you have equipment suitable for Key Stages 3 & 4?

Yes. We have a large range of products suitable for use by children aged 11-18 (Key Stage 3 & 4). Please contact us for further details.

## Does your equipment come with instructions for users?

Yes. The labelling on Fresh Air Fitness equipment is clear, easy to understand and gives guidance for different ability levels. They have also been designed to help the visually impaired. Each piece of equipment comes with its own label attached offering instructions for safe use.

## Does Fresh Air Fitness equipment comply to the latest safety standards?

Yes. All equipment conforms to latest safety standards EN1176 & EN16630.



## What kind of ground surface can the equipment be installed into?

Our equipment can be fixed into nearly any level surface including grass, concrete and tarmac.

## Does your equipment require any safety surfacing by law?

No. All our equipment falls below the critical fall height requirement for safety surfacing. Because of this, the equipment can be installed into any ground surface providing the area is level.

## What surfacing is applied to the area around the equipment?

When installed into grass, the area around the equipment can be finished with grass mats (see page 18). Other surfacing solutions available include wet-pour, rubber mulch, tarmac. Wet-pour and rubber mulch can also be used when equipment is installed into grass or tarmac.



# Teaching support

To support your teaching staff to introduce your gym into the PE curriculum seamlessly, we supply a variety of lesson plans, user guides and even animations including:

- PE class plans
- A variety of ways to use each piece of equipment
- Warm up and cool down ideas
- Progress trackers, to track the progress and development of every child in your school

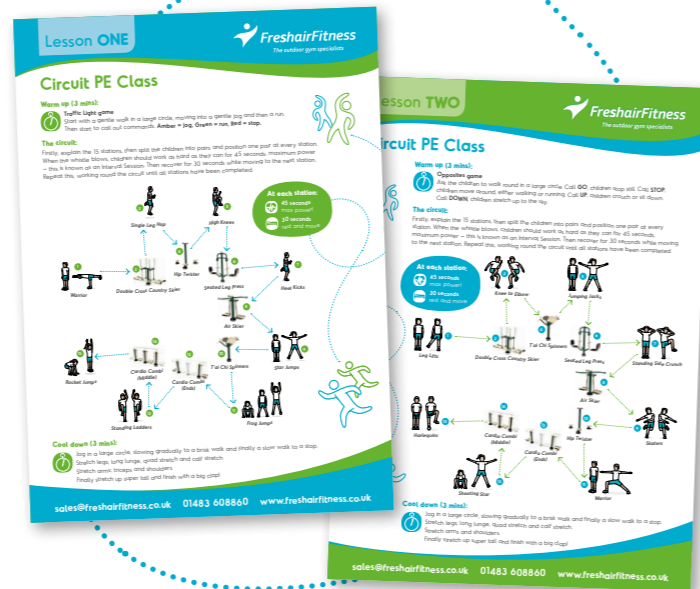
## User guides

These handy booklets provide all the information you need, product by product, to use each piece of equipment safely. It also includes warm up and cool down ideas and different ways in which you can use each piece of equipment to get maximum benefit.

## PE lesson plans

The lesson plan has been carefully developed for children to develop their fitness and technique over a 6-week period.

Each week the children will be encouraged to use the equipment in a slightly different way, building technique while developing fitness. Teachers can track the progress and development of every child in your school.



## PE circuit classes

These plans provide a class of 30 a full PE lesson. Keeping everyone active and engaged.

## YouTube

We have also created a series of cartoon style animations. These explain how to use the equipment safely and effectively, and how each product will benefit the body. Freely accessible, this is a fantastic resource for pupils and staff.



# Using the outdoor gym

## PE, lunchtimes and breaktimes

Once the gym is installed, it makes perfect sense to ensure the children can use it as often as possible. Allowing use during breaktimes and lunchtimes as well as PE lessons will allow the children to get even more exercise each day. It'll also be a fantastic way of developing their communication.

## After school clubs

Use this great facility to run an afterschool gym club. Starting with a simple warm-up, children could then use the gym for circuit training, developing strength and fitness while boosting their confidence whatever their ability.

## Warm-ups

Your outdoor gym will provide the ideal place for warming up before a range of other activities, they can stretch out and warm up muscles before matches, tournaments and sports day.

## Sports day

Use the various stations for competitive sport, e.g. how many swings, steps, presses can they do in 1 minute?

## SEN activities

Our gyms provide a place for sensory breaks during lesson times, allowing young people to take a few minutes out of a lesson to get some fresh air, exercise and return to lessons focussed again.







There is no compliance requirement for safety surfacing, generally this is added purely for aesthetic reasons to protect high footfall areas. Fresh Air Fitness can install equipment into most existing surface e.g. grass, tarmac, existing wet pour.

**Handy to know – the floor must be reasonably level and it can be installed into gently sloping areas.**

# Surfacing solutions

Your new gym can be installed into an array of different existing surfacing types including, grass, tarmac, wet pour, rubber mulch and concrete. Our team of surfacing experts are also able to install the following surfacing as part of your outdoor gym package:

## Grass Tiles

If you plan to install your gym into grass, we highly recommend installing grass tiles/mats. These black rubber mesh mats are embedded into the ground, allowing the grass to grow through them. They are tough enough to allow a lawn mower to run over them, protect children from falls and prevent 'bald spots' forming in the grass. This popular option is also our most cost effective.

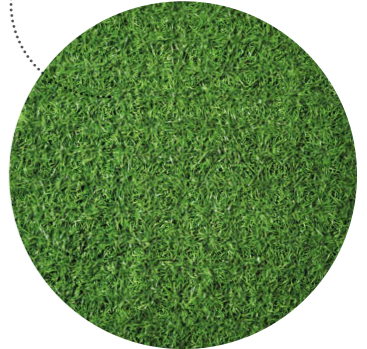


## Rubber Mulch

This is made from rubber chips, bonded together to provide an impact absorbent safety surface. Made from a coated re-cycled shredded rubber, it looks a little like bark. Rubber mulch is more cost effective than:

## Artificial Grass

Simple to upkeep with year round vibrancy, artificial grass is available in a range of textures and shades.



## Wet Pour

Wet pour is made from black or coloured rubber crumbs, providing an impact absorbent safety surface.



## Tarmac

Low maintenance and hard wearing, we can add tarmac beneath each piece of equipment or as a fresh surface beneath your entire gym.



*As important as the safety surface itself is to ensure that a suitable base is laid underneath the safety surface. We recommend a compacted stone base and, whilst more expensive in the short term, provides a hard wearing, permeable base layer.*



# Warranty



## 25 year warranty

Main Structural parts come with a 25 year warranty.

We also provide 5 years warranty on paintwork, 2 years on bearings and 1 year on accessories.



## Maintenance

Although our product has a very low maintenance requirement, regular maintenance checks are essential to keeping the equipment safe for use and in good working order. When your installation is complete, we will provide you with a maintenance guide.



## Maintenance Contracts

A maintenance contract offers the peace of mind that equipment is checked by our team of specialists on behalf of your organisation. We offer various packages to suit your requirements. For further information, please **01483 608860** or email us at **service@freshairfitness.co.uk**



# World class quality and standards

## World class quality and standards

- AkzoNobel Interpon powder coating system
- Tested to 300,000 user cycles with 400kg loading
- Stainless steel tamper proof fixings
- Japanese steel bearings
- Internal limiters for smooth movement, no bump stops or crush points
- Metal foot-plates with impact attenuating bumpers on leading edges
- The modular fixing system means the equipment can be moved or replaced easily
- Strong steel tube construction, coated with solvent free zinc rich primer and thermoplastic powder coating to prevent rust
- Internal 'resister' bearings for increased exercise value
- Attractive colours that blend in well to the environment



## EN16630

This European safety standard has been developed for adult outdoor fitness equipment. Our Children's range is also manufactured to the same high standard, so you can be assured that our equipment is completely safe to use.

Always ensure outdoor gym equipment installed into primary schools is age appropriate.







# Technical

## Testing

All products produced under ISO9001 for quality standards and management and ISO14001 for environmental protection.



- ✔ Our equipment is made from strong 3mm steel tubing assembled using the latest production techniques such as robot welders and an automated paint coating production line, which is the final stage of our corrosion protection system.
- ✔ All parts are tested on our multi-function machine, testing tensile strength and pressure, to a maximum force of 100kN.
- ✔ All metal parts are tested in our salt spray machine that uses a 5% NaCl solution or NSS in accordance to ISO9227 for 3000 hours (car manufacturers test vehicles to 1000 hours).
- ✔ All plastic and rubber parts are tested for resilience to Ultra Violet, humidity and extreme temperature degradation for 3000 hours in specialised testing chambers. The test range is 20-98% humidity and -30° to 60°C.
- ✔ Our equipment is tested through 300,000 cycles using a 400kg weight (100kg over the European standard and 10 times as many cycles as the European standard). This is monitored 24 hours a day by an external testing company throughout testing.
- ✔ The equipment is also tested using a drop tester. A 150kg weight is repeatedly dropped from a height of 1m with degradation recorded.
- ✔ Static load testing of 500kg is used to test structural integrity and the test lasts for 3000 hours.

# Equipment Paint Process

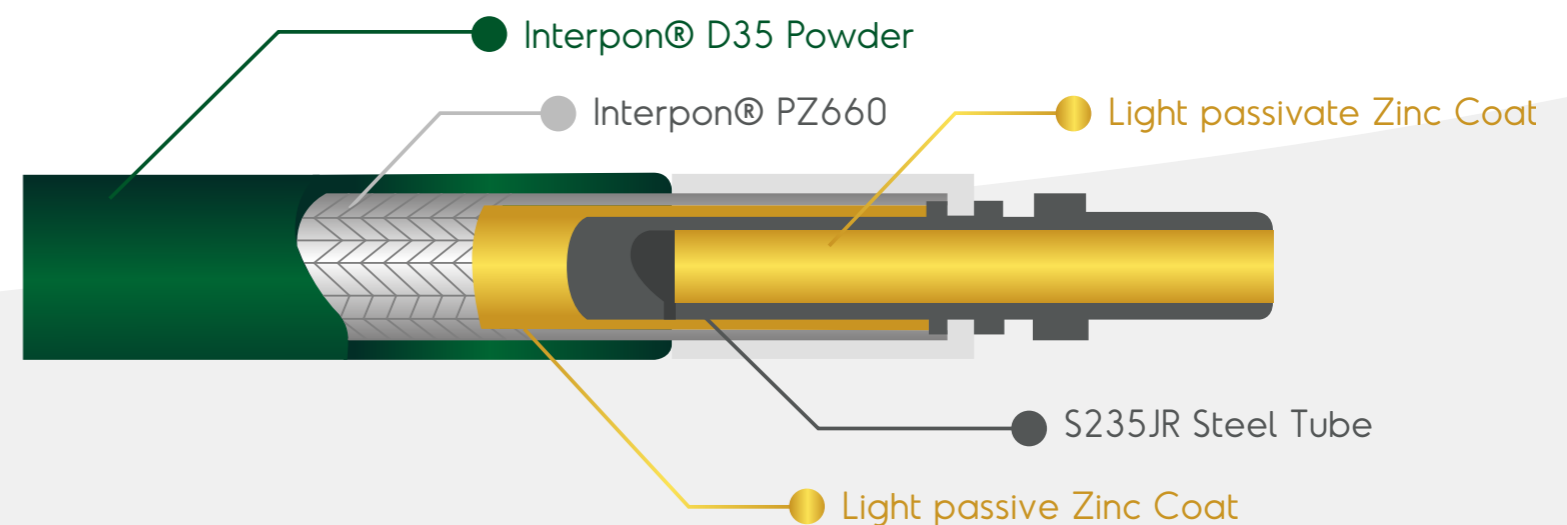
Fresh Air Fitness use this comprehensive coated paint system on every product in the range. Developed by AkzoNobel this process mimics that of hot dip galvanisation, that can give a life expectancy of between 5-15 years in a corrosive environment next to the sea.

Like all things, preparation is the key, therefore we start our paint process by shot blasting the material to SA2.5, this gives our powder the best surface to adhere to. We follow this with a light zinc passivate wash, this gives a base coat to the insides and outsides of the metalwork to stop any corrosion.

The equipment is then ready for AkzoNobel powders.

We start with Interpon® PZ660 with a coating thickness of 70µm ±10µm. We follow this with Interpon® D35 Powder to a thickness of 70µm ±10µm.

This paint process provides a smooth finish for the final layer of powdered paint ensuring a high quality, smooth finish on the final product.





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Fresh Air Fitness products are constantly being reviewed and developed. For this reason the actual product design may vary slightly from that shown in the catalogue.

