

OVERVIEW:

Gymnasiums in healthcare facilities provide space and facilities for patient evaluation, therapeutic intervention, rehabilitation activities, exercise education and ambulation training in both individual treatment and group exercise scenarios. As there are many different inpatient and outpatient settings in which gymnasium facilities may be required, the design of these spaces can vary greatly. The combinations of equipment and spaces provided in a gymnasium will be dependent on service requirements.

The purpose of this document is to provide guidance on appropriate clearances and circulation to allow staff to support patients utilising common pieces of equipment and spaces in gymnasiums in health facilities. The dimensions of the equipment and associated services shown in this document are indicative only and will vary depending on the final items selected by a service.

SET OUTS:

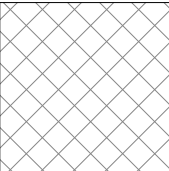
Each item will include relevant plans and elevations, a 3D view, an equipment schedule and notes as required.

Set outs have been shown for single items as well as multiple items where it is common for items to be provided side by side.

LEGEND:



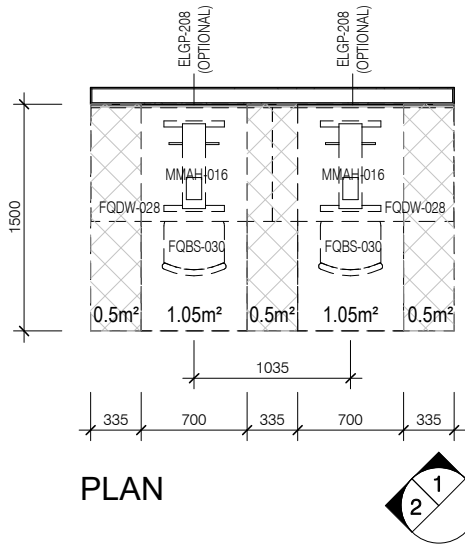
CLEAR ZONE AROUND EQUIPMENT



SHARED CIRCULATION ZONE
(THIS AREA MAY OVERLAP WITH THE CIRCULATION ZONE OF ANOTHER PIECE OF EQUIPMENT)

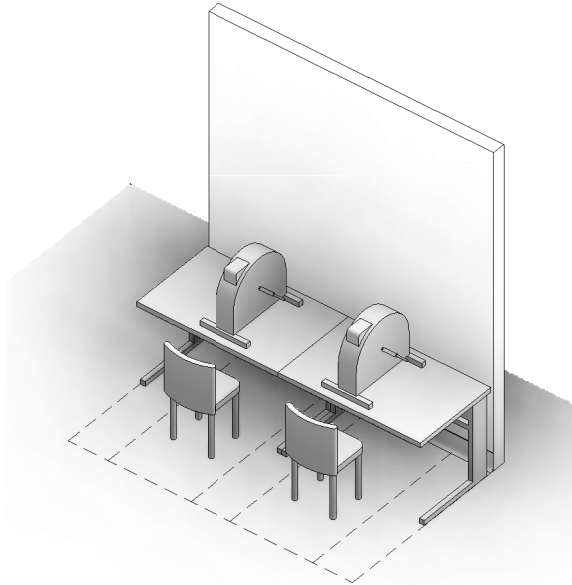
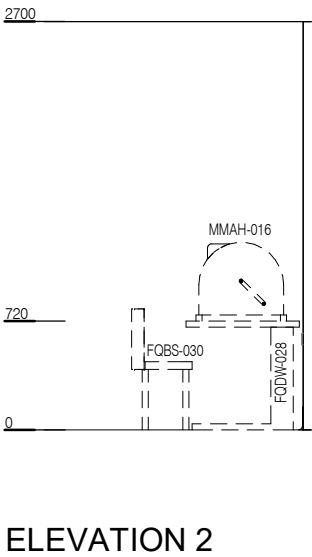
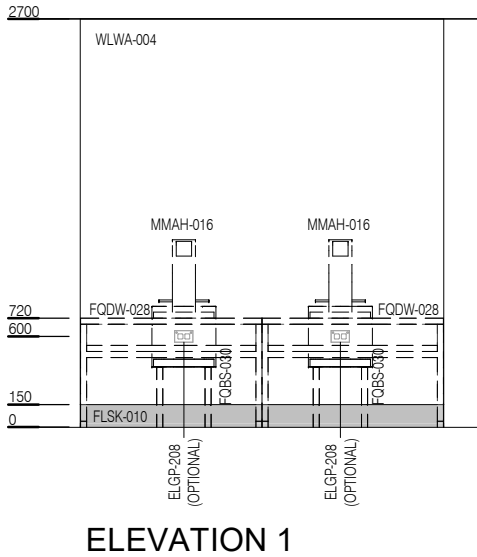
COMPONENTS:

- GYAH-ARME ARM ERGOMETER
- GYAH-BIKE EXERCISE BIKE
- GYAH-RBK RECUMBENT BIKE
- GYAH-ROW ROWING MACHINE
- GYAH-STPM STEPPING MACHINE
- GYAH-TDML TREADMILL
- GYAH-WPL-S WEIGHTS PULLY MACHINE, SEATED
- GYAH-WPL-W WEIGHTS PULLY MACHINE, WALL MOUNTED
- GYAH-WRK WEIGHTS RACK
- GYAH-PBAR PARALLEL BARS
- GYAH-PBAR-E PARALLEL BARS ELECTRIC
- GYAH-STR-S STAIRS, STRAIGHT
- GYAH-STR-90 STAIRS, 90 DEGREE
- GYAH-TLT TILT TABLE
- GYAH-OPN OPEN AREA
- GYAH-FLM-10 FLOOR MARKING, 10M WALK TEST
- GYAH-MIR MIRROR
- GYAH-PLT-S PLINTH, SINGLE
- GYAH-PLT-D PLINTH, DOUBLE
- GYAH-STC STORAGE CUPBOARD
- GYAH-STPH STORAGE PIGEON HOLES

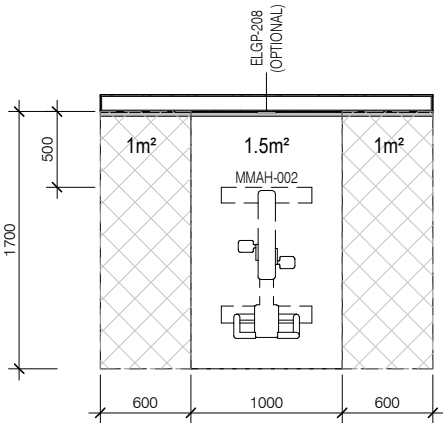


GYAH-ARME
ARM ERGOMETER
MULTIPLE SETOUT ON TABLE

SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.5M X 0.7M = 1.05M²
CIRCULATION AROUND = 1M²
TOTAL AREA = 2.05M²
REQUIREMENT FOR POWER OUTLETS WILL BE DEPENDENT ON EQUIPMENT SELECTED.



CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
FQBS-030	CHAIR: visitor, patient
FQDW-028	WORKSTATION: straight, adj height, 1200W x 750D x 750H nom.
MMAH-016	ERGOMETER: arm
WLWA-004	WALL FINISH: paint, acrylic, washable

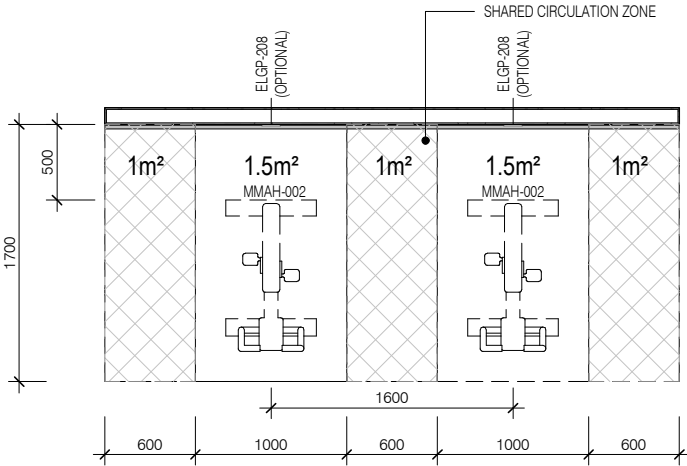


PLAN



GYAH-BIKE
EXERCISE BIKE
SINGLE SETOUT

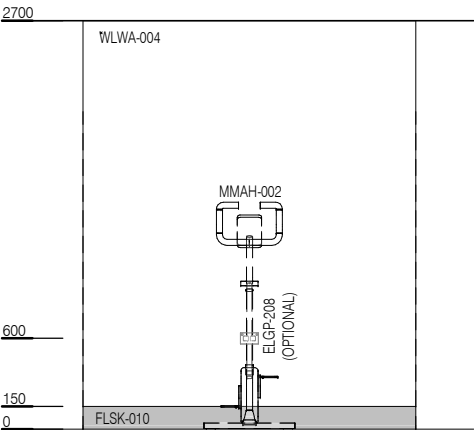
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.0M X 1.7M = 1.7M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 3.7M²
REQUIREMENT FOR POWER OUTLETS WILL BE DEPENDENT ON EQUIPMENT SELECTED



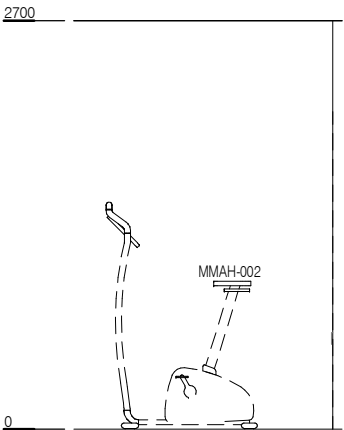
PLAN



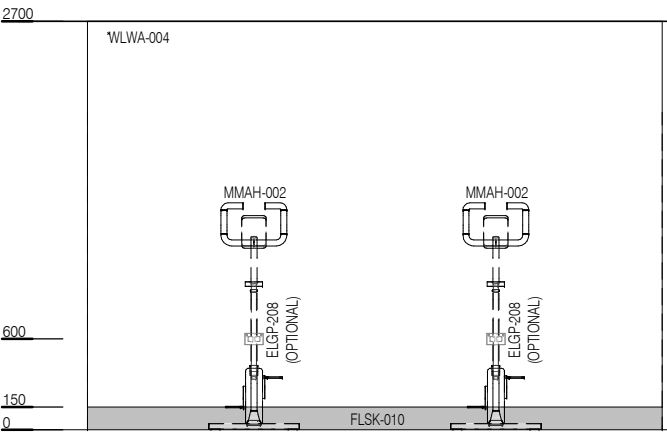
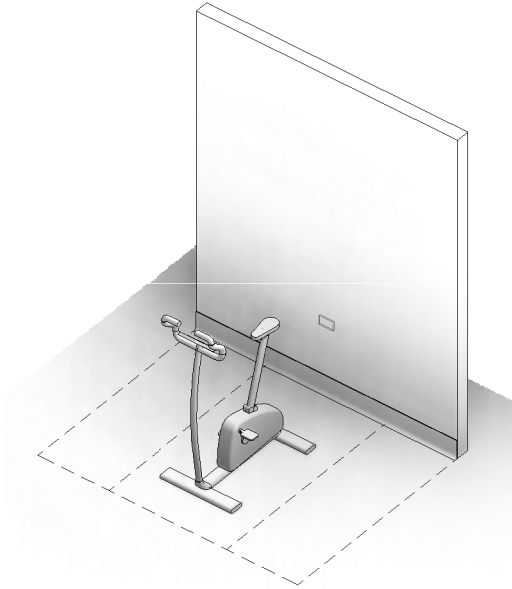
GYAH-BIKE
EXERCISE BIKE
MULTIPLE SETOUT



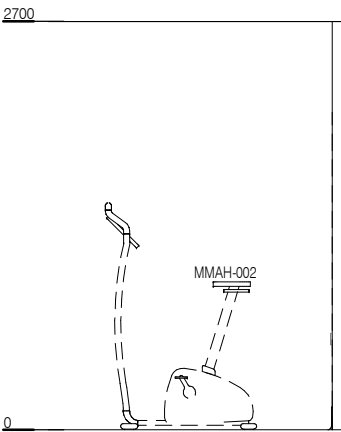
ELEVATION 1



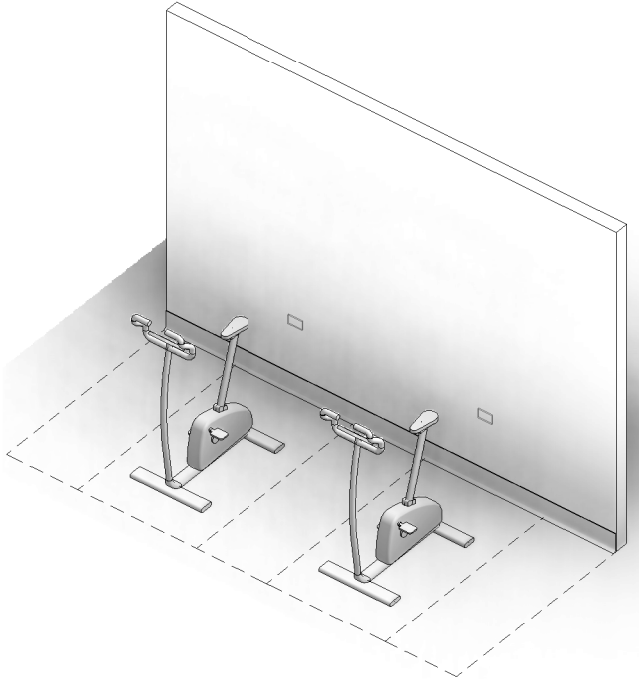
ELEVATION 2



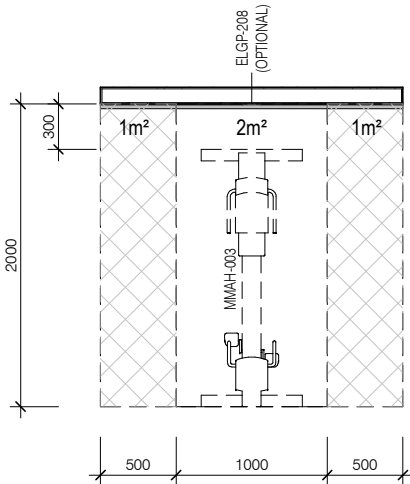
ELEVATION 3



ELEVATION 4



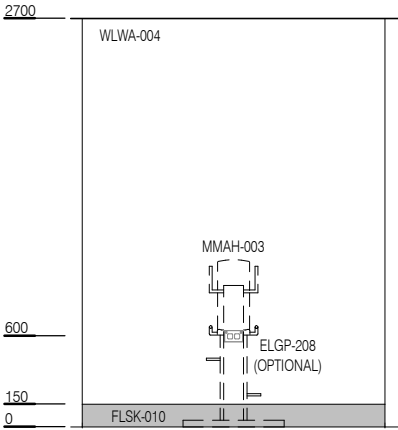
CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-002	BICYCLE: exercise
WLWA-004	WALL FINISH: paint, acrylic, washable



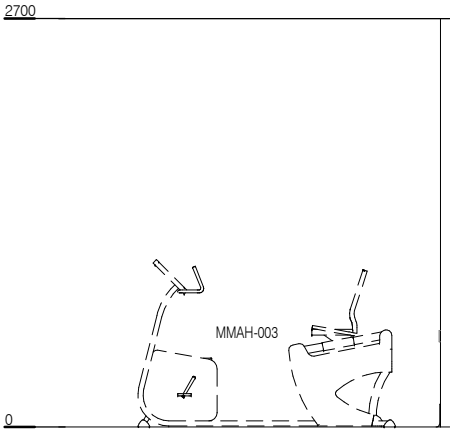
PLAN

GYAH-RBK
RECUMBENT BIKE
SINGLE SETOUT

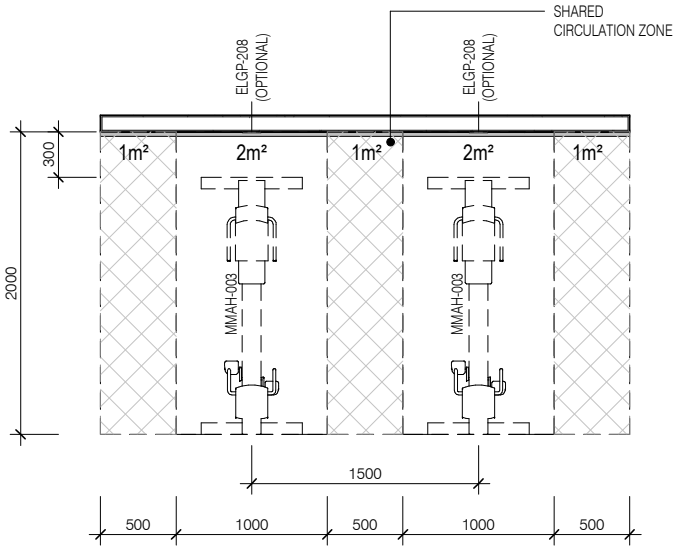
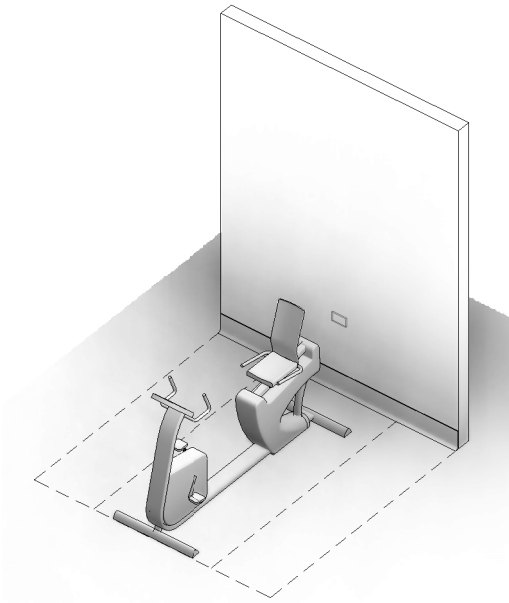
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.0M X 2.0M = 2.0M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 4M²
REQUIREMENT FOR POWER OUTLETS WILL BE DEPENDENT ON EQUIPMENT SELECTED.



ELEVATION 1

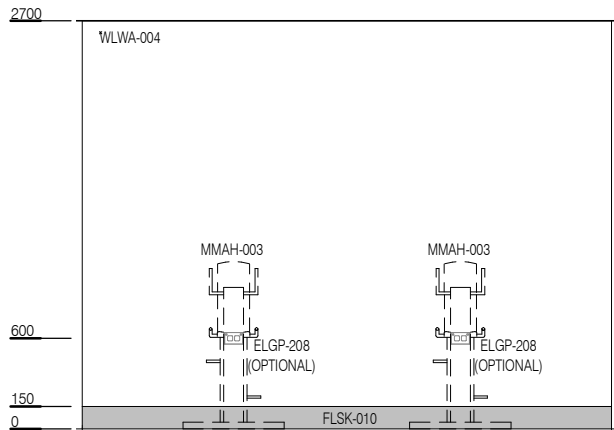


ELEVATION 2

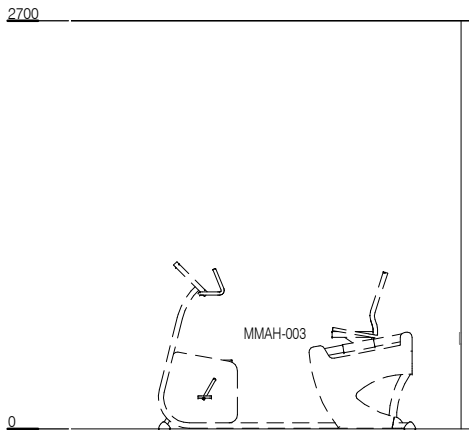


PLAN

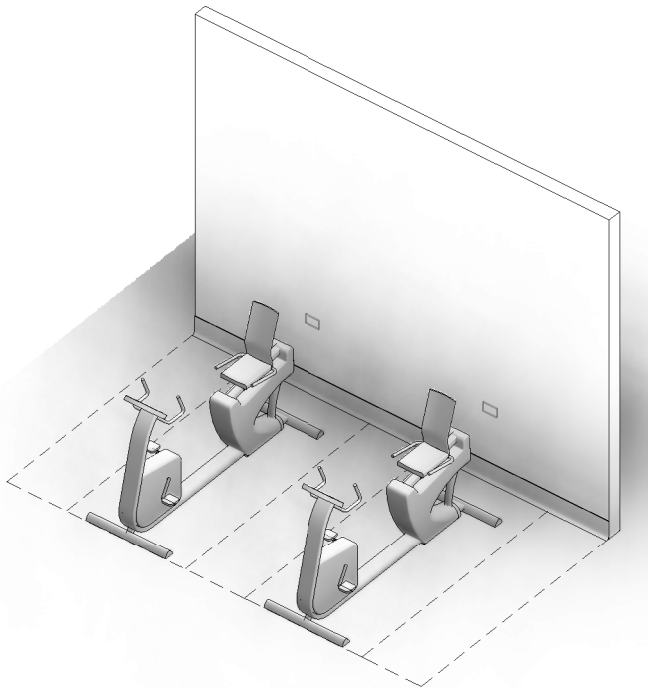
GYAH-RBK
RECUMBENT BIKE
MULTIPLE SETOUT



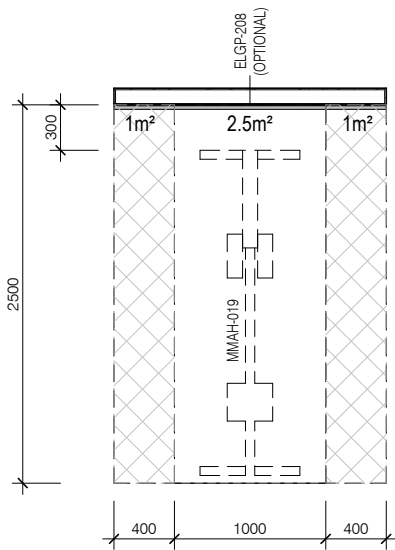
ELEVATION 3



ELEVATION 4

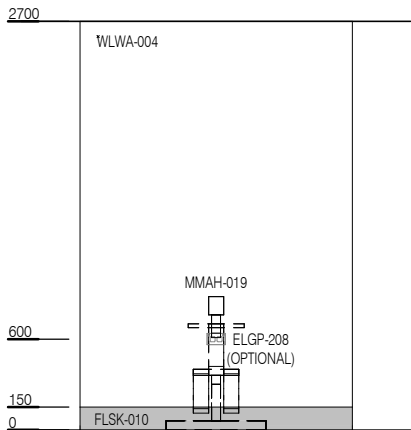


CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-003	BICYCLE: exercise, recumbent
WLWA-004	WALL FINISH: paint, acrylic, washable

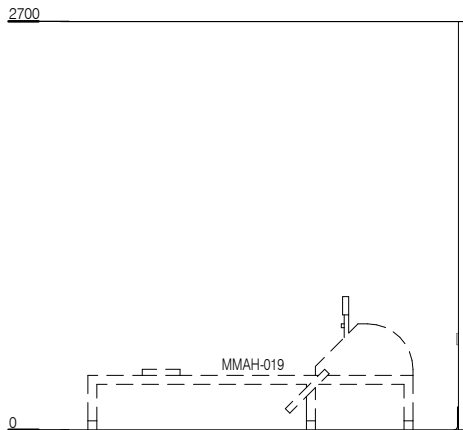


PLAN
GYAH-ROW
ROWING MACHINE
SINGLE SETOUT

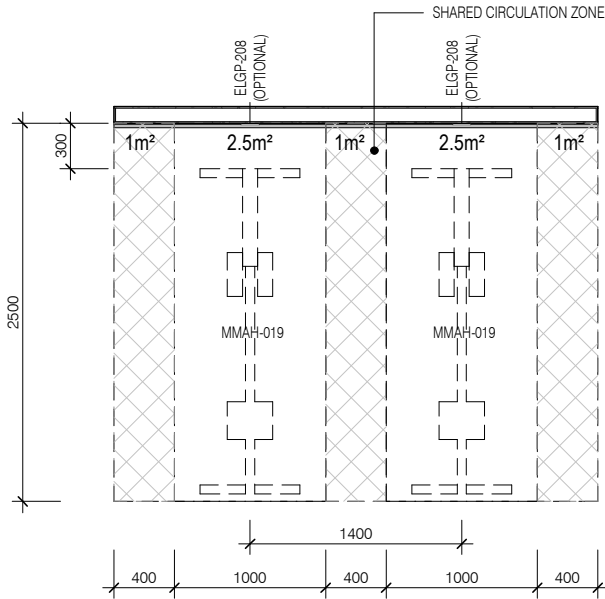
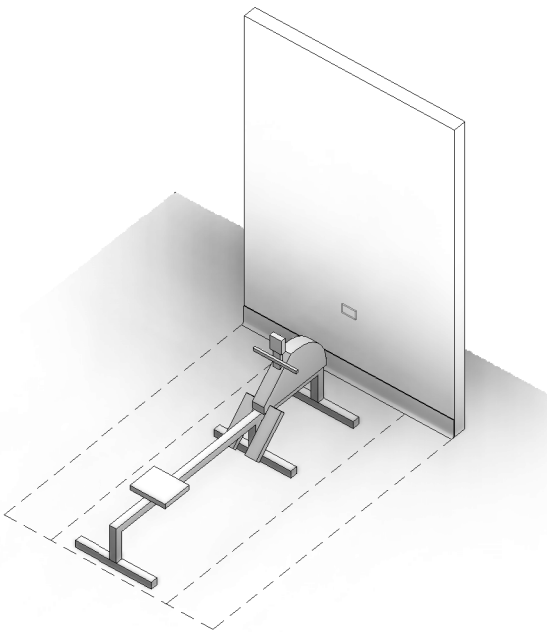
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1M X 2.5M = 2.5M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 4.5M²
REQUIREMENT FOR POWER OUTLETS WILL BE DEPENDENT ON EQUIPMENT SELECTED.



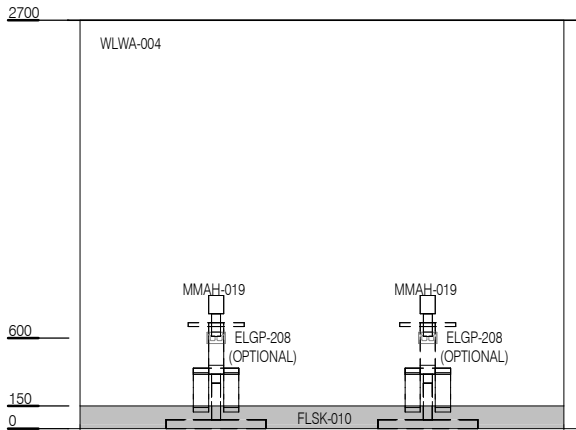
ELEVATION 1



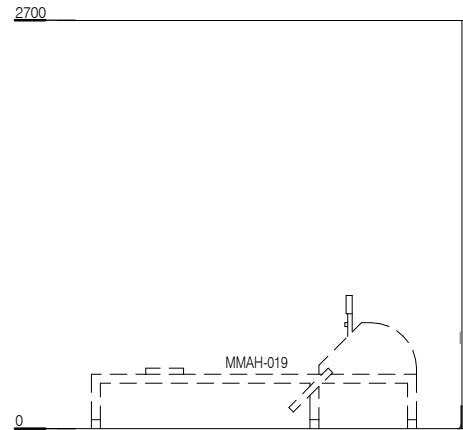
ELEVATION 2



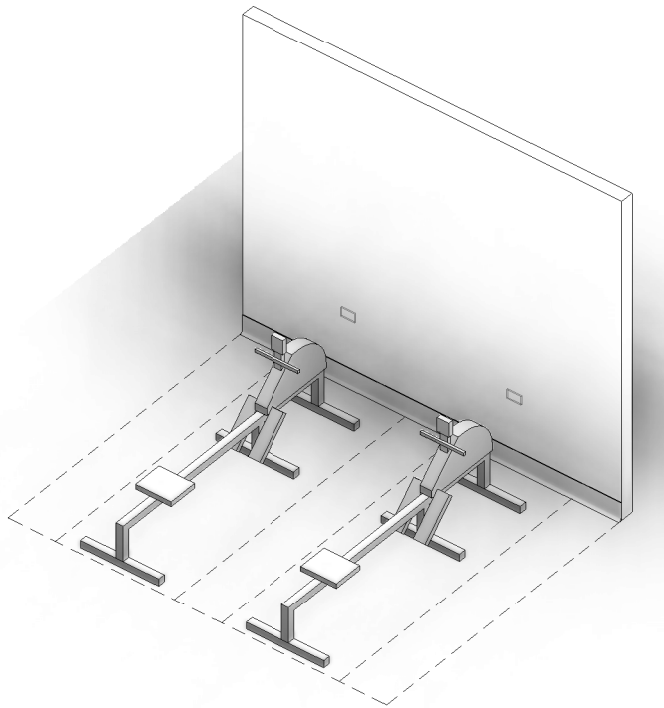
PLAN
GYAH-ROW
ROWING MACHINE
MULTIPLE SETOUT



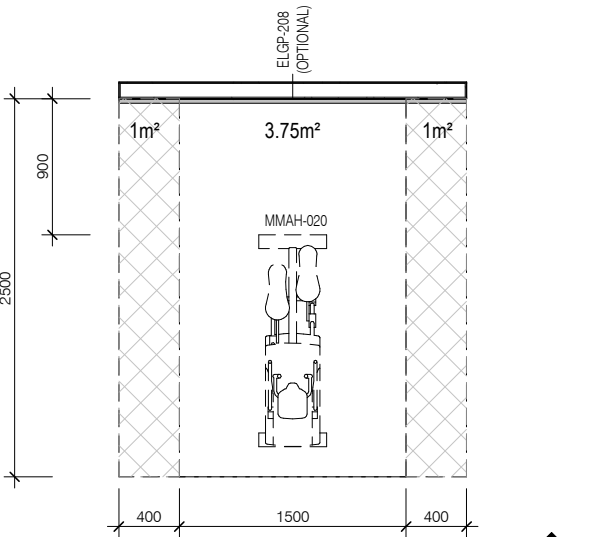
ELEVATION 3



ELEVATION 4

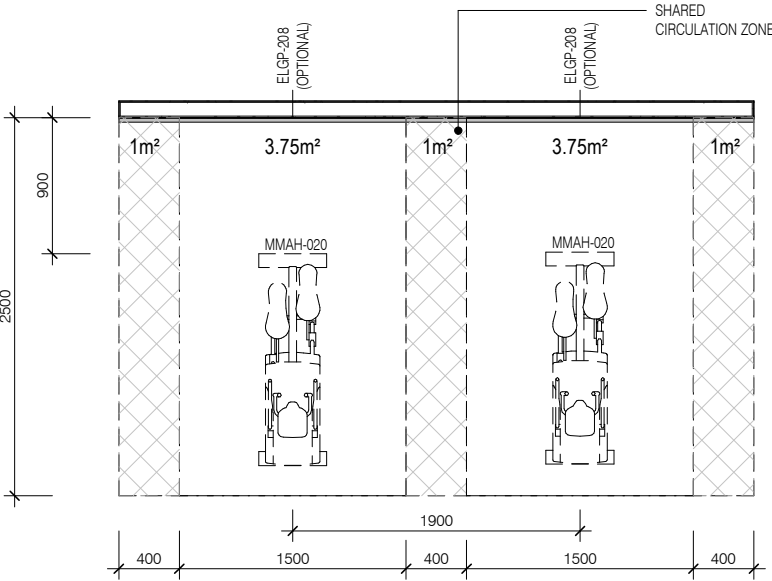


CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-019	MACHINE: rowing
WLWA-004	WALL FINISH: paint, acrylic, washable

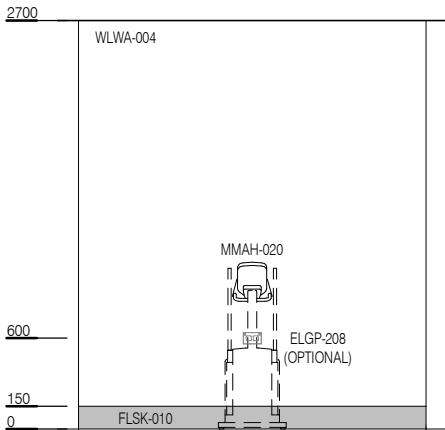


PLAN
GYAH-STPM
STEPPING MACHINE
SINGLE SETOUT

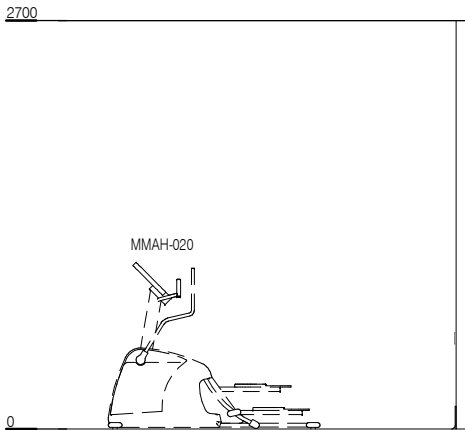
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.5M X 2.5M = 3.75M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 5.75M²
REQUIREMENT FOR POWER OUTLETS WILL BE DEPENDENT ON EQUIPMENT SELECTED



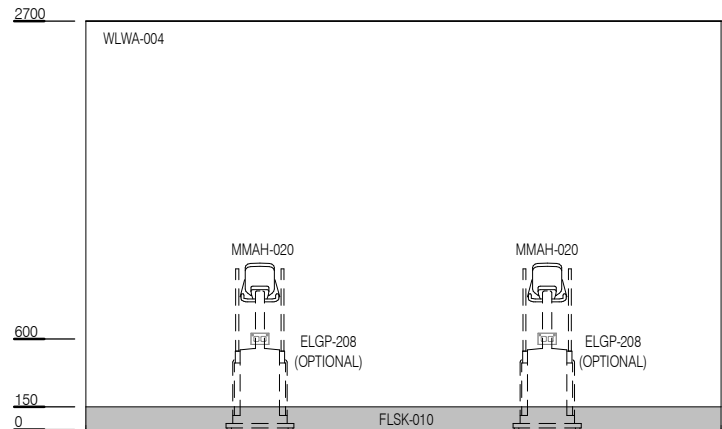
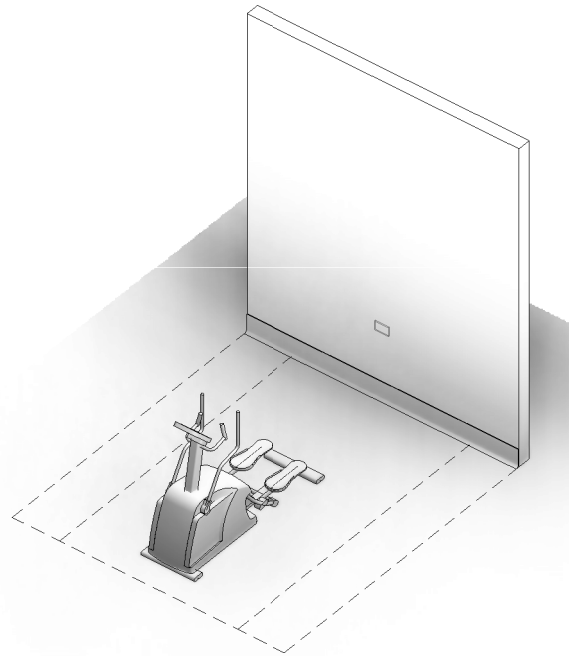
PLAN
GYAH-STPM
STEPPING MACHINE
MULTIPLE SETOUT



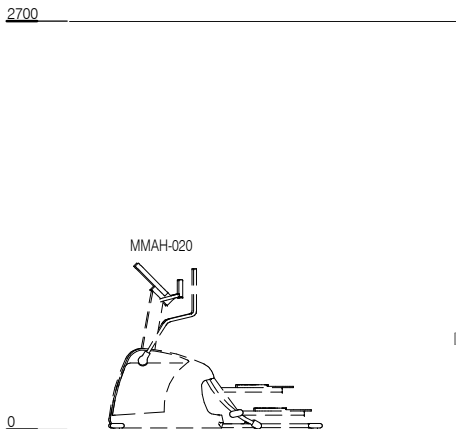
ELEVATION 1



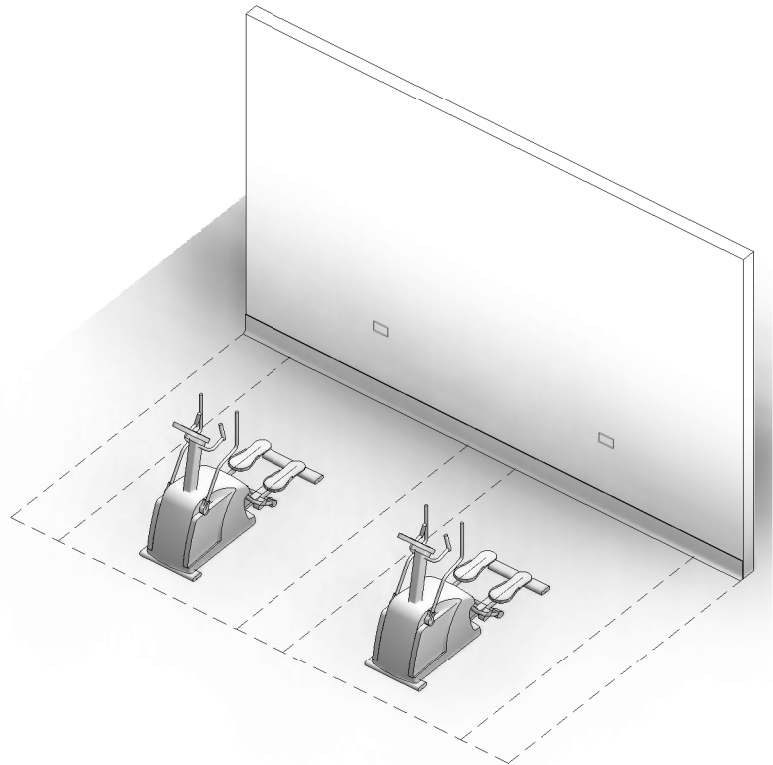
ELEVATION 2



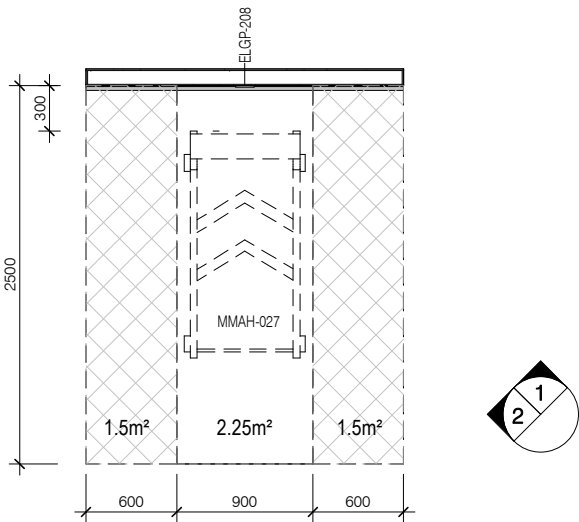
ELEVATION 3



ELEVATION 4



CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-020	MACHINE: stepping
WLWA-004	WALL FINISH: paint, acrylic, washable

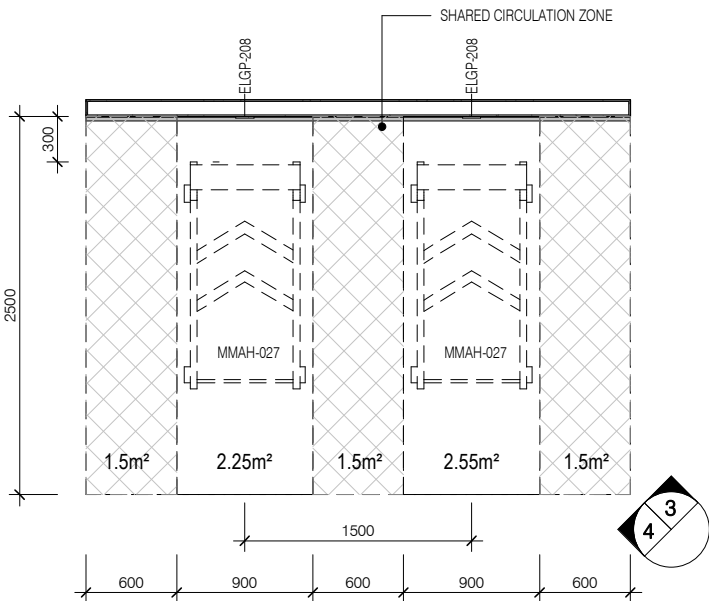


PLAN

GYAH-TDML
TREADMILL

SINGLE SET OUT

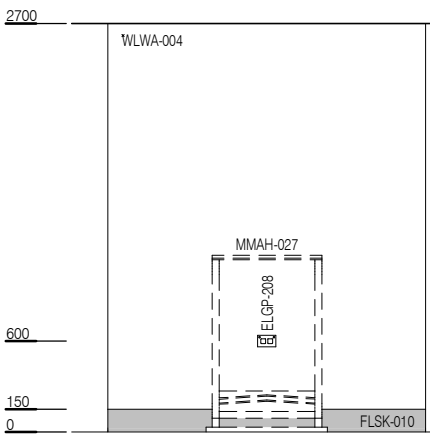
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 0.9M X 2.5M = 2.25M²
CIRCULATION AROUND = 3M²
TOTAL AREA = 5.25M²



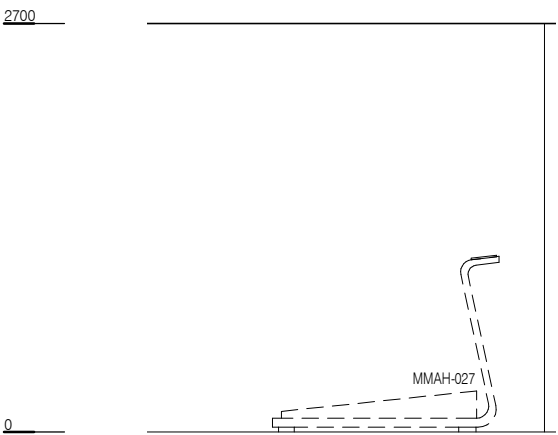
PLAN

GYAH-TDML
TREADMILL

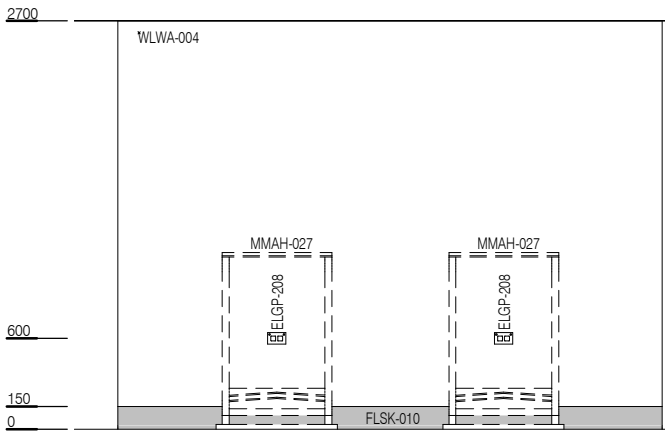
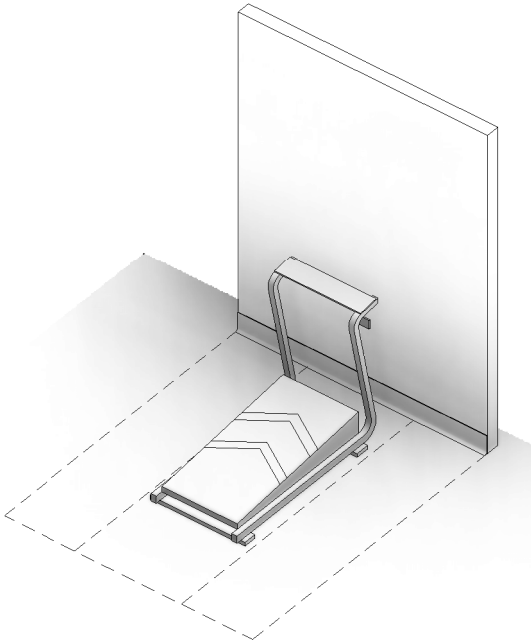
MULTIPLE SET OUT



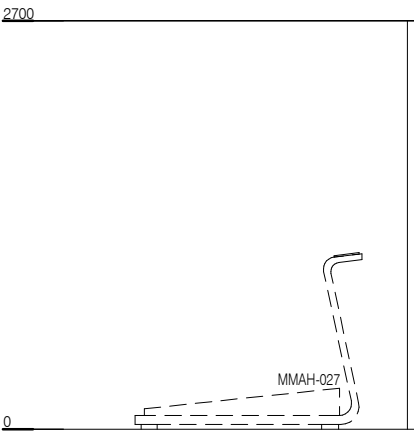
ELEVATION 1



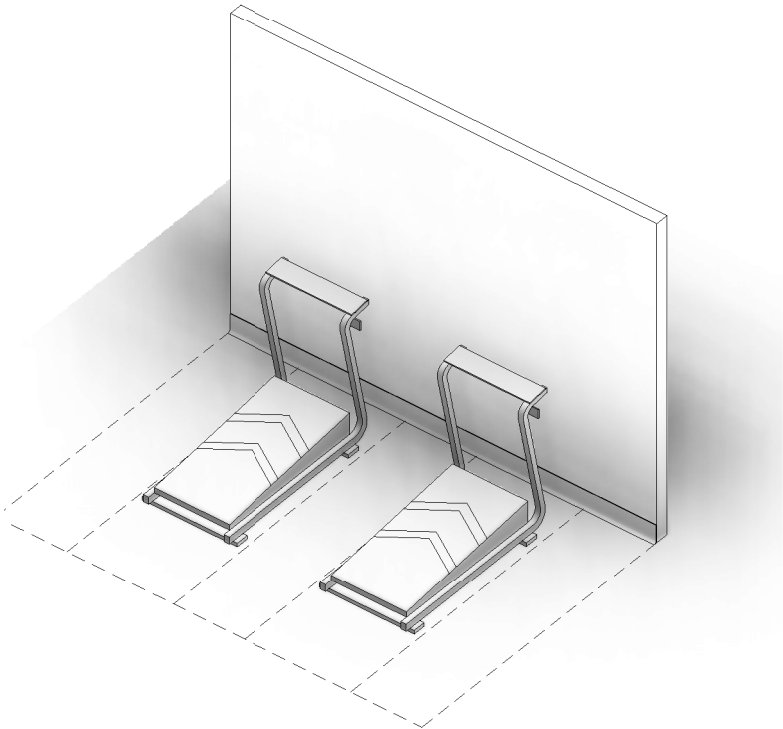
ELEVATION 2



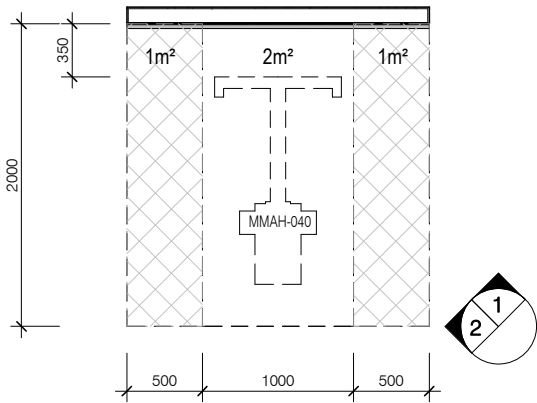
ELEVATION 3



ELEVATION 4



CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-027	TREADMILL: automatic
WLWA-004	WALL FINISH: paint, acrylic, washable

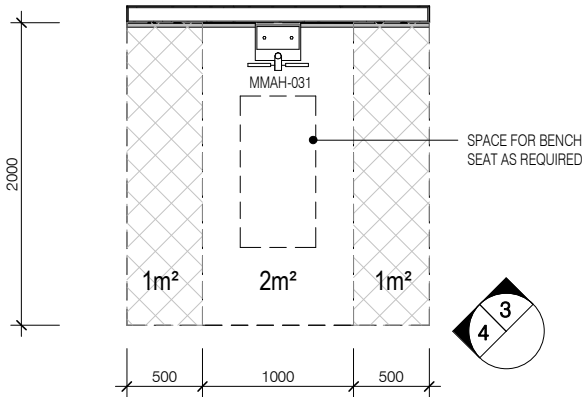


PLAN

GYAH-WPL-S
WEIGHTS PULLY MACHINE, SEATED
SINGLE SET-OUT

CONFIRM IN-WALL STRUCTURAL SUPPORTS FOR
WALL MOUNTED WEIGHTS PULLEY

SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.0M X 2M = 2M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 4M²

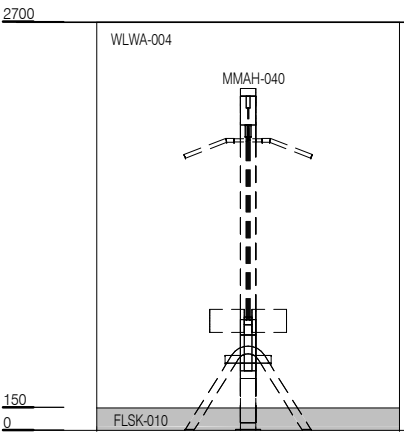


PLAN

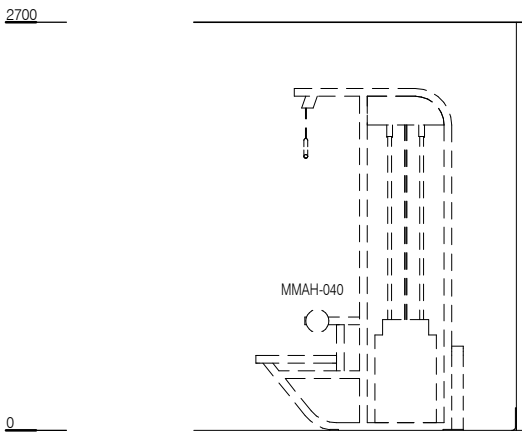
GYAH-WPL-W
WEIGHTS PULLY MACHINE, WALL MOUNTED
SINGLE SET-OUT

CONFIRM IN-WALL STRUCTURAL SUPPORTS FOR
WALL MOUNTED WEIGHTS PULLEY

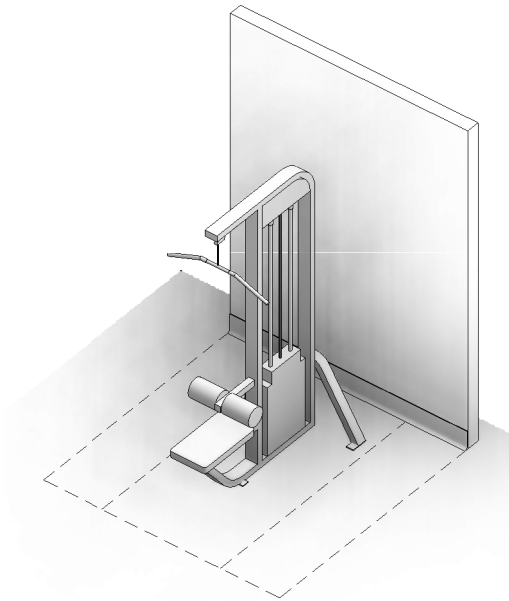
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 1.0M X 2M = 2M²
CIRCULATION AROUND = 2M²
TOTAL AREA = 4M²



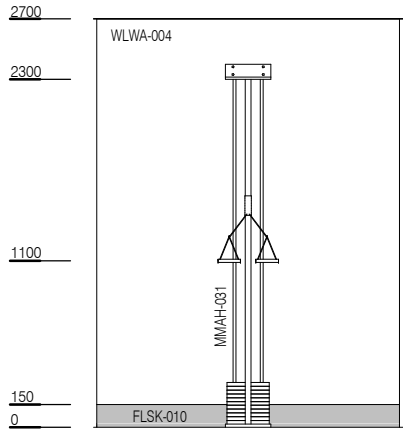
ELEVATION 1



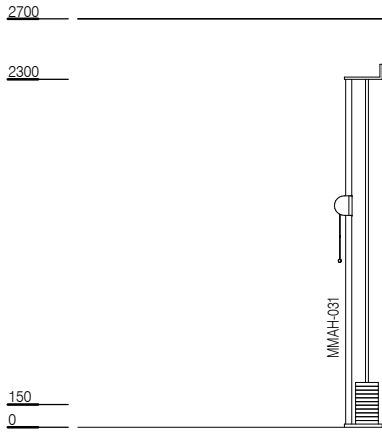
ELEVATION 2



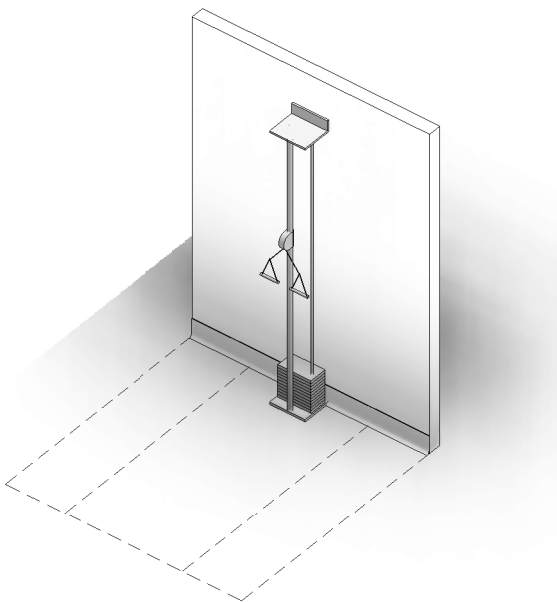
CODE	DESCRIPTION
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-040	MACHINE: weights pulley
WLWA-004	WALL FINISH: paint, acrylic, washable



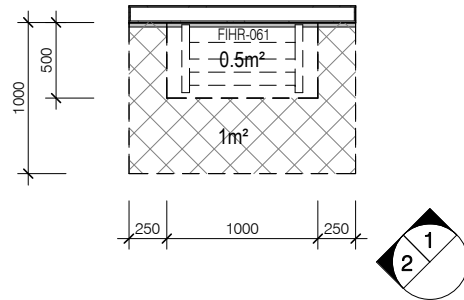
ELEVATION 3



ELEVATION 4



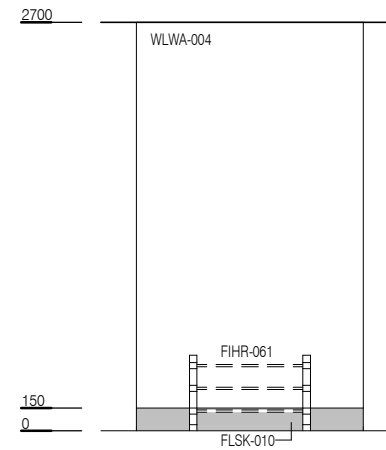
CODE	DESCRIPTION
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMAH-031	WEIGHTS: pulley, wall mount
WLWA-004	WALL FINISH: paint, acrylic, washable



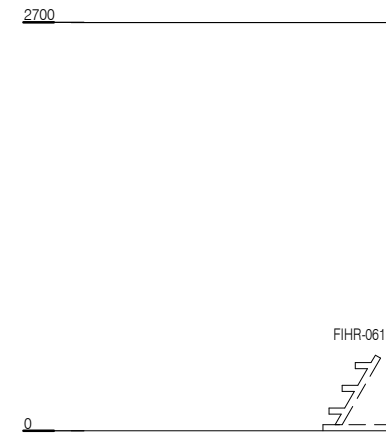
PLAN

GYAH-WRK
WEIGHTS RACK
SINGLE SET-OUT

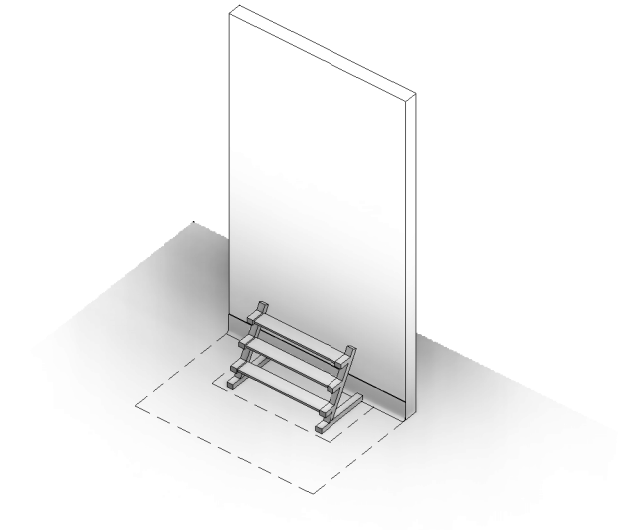
SPACE REQUIREMENTS AS PER
ALLIED HEALTH HPU:
EQUIPMENT = $1.0\text{M} \times 0.5\text{M} = 0.5\text{M}^2$
CIRCULATION AROUND = 1M^2
TOTAL AREA = 1.5M^2



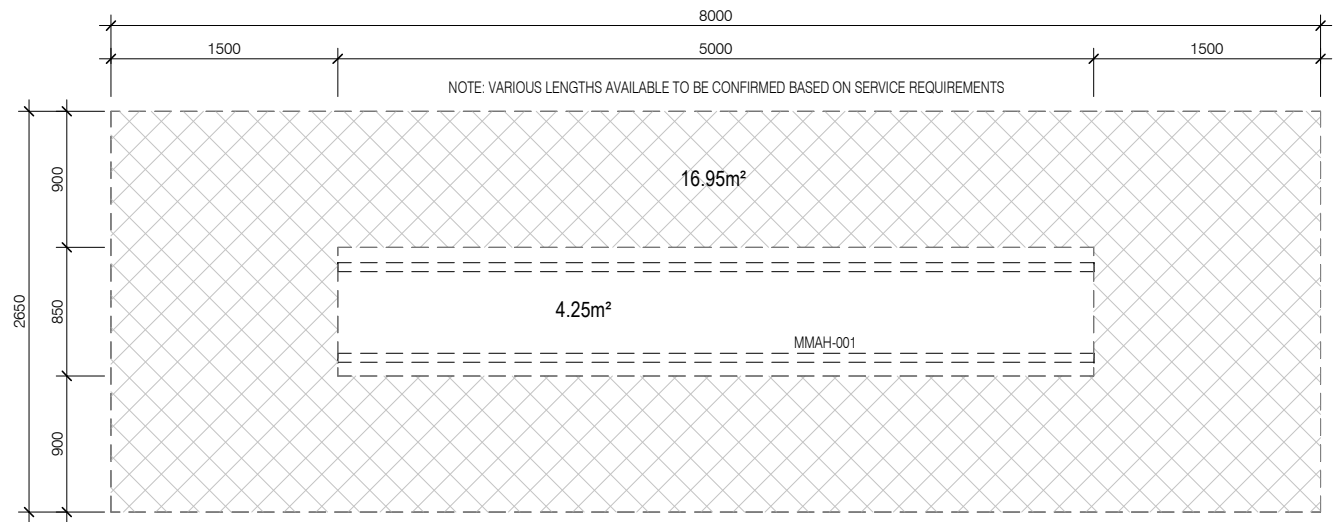
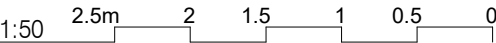
ELEVATION 1



ELEVATION 2



CODE	DESCRIPTION
FIHR-061	RACK: weights
FLSK-010	SKIRTING: vinyl, floor vinyl covered, 150H, prefinished
WLWA-004	WALL FINISH: paint, acrylic, washable



PLAN

GYAH-PBAR
PARALLEL BARS
SINGLE SET-OUT

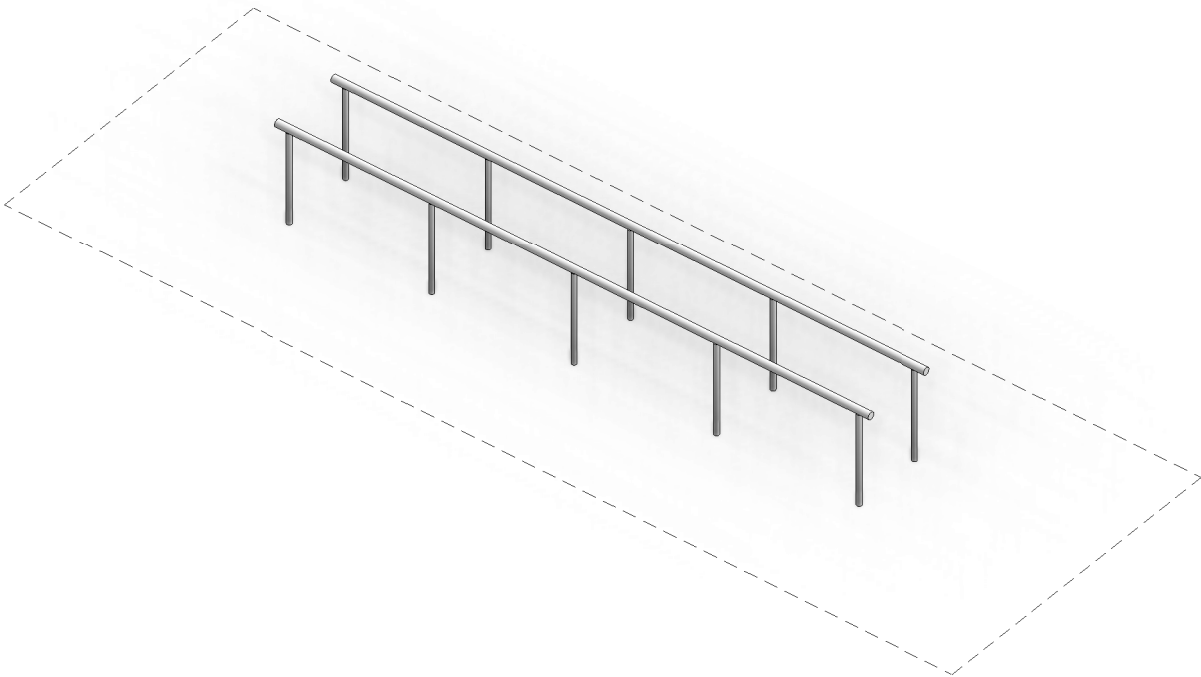


A CEILING HOIST MAY BE PROVIDED BASED ON SERVICE REQUIREMENTS,
CAPACITY FOR BARIATRIC PATIENTS TO BE CONFIRMED BY PROJECT

SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 0.85M X 5M = 4.25M²
CIRCULATION AROUND = 0.9M AT EACH SIDE FOR RAILS THERAPIST = 2.65M WIDE;
ADDITIONAL 1.5M AT EACH END FOR ACCESS = 8M LONG
TOTAL AREA = 21.2M²

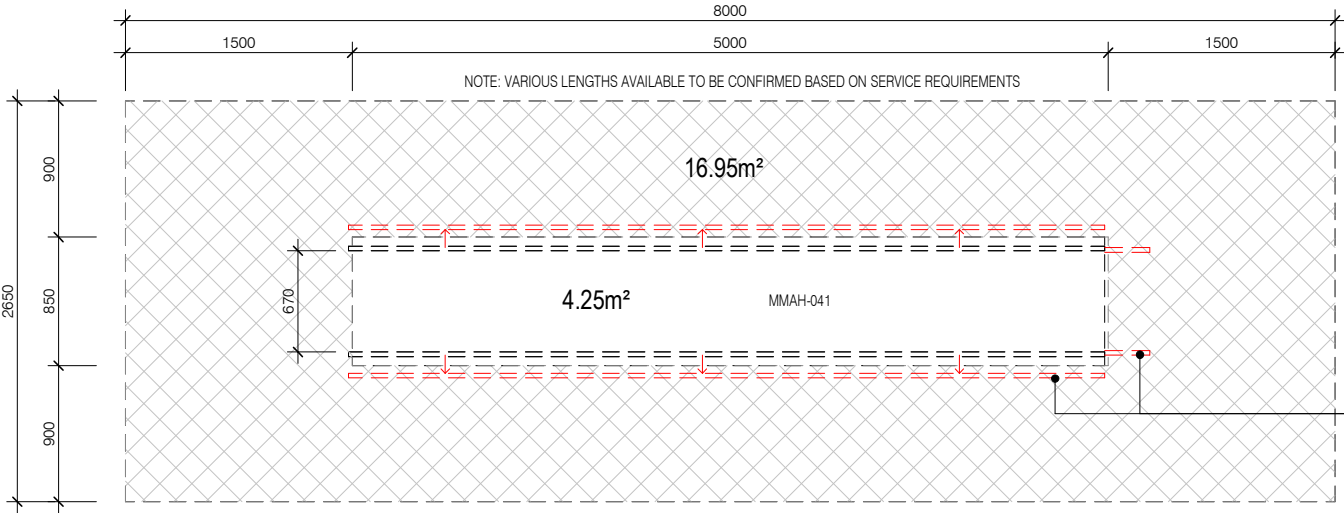


ELEVATION 1



ELEVATION 2

CODE	DESCRIPTION
MMAH-001	BARS: parallel

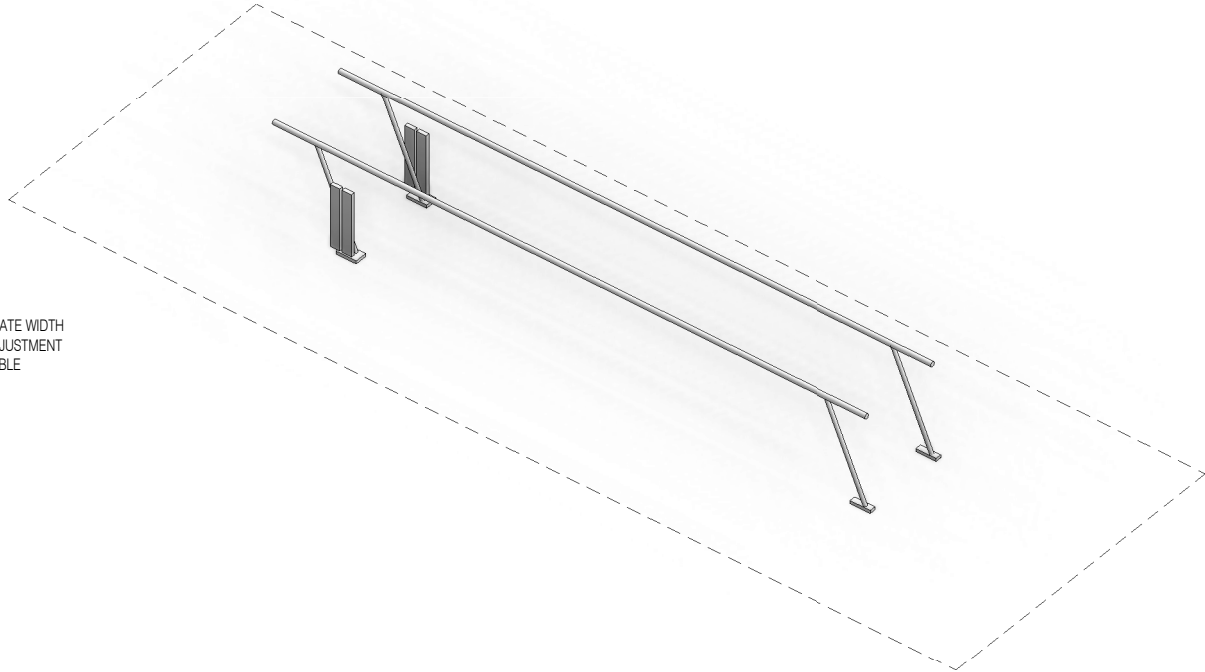


PLAN

GYAH-PBAR-E
PARALLEL BARS, ELECTRIC/HYDRAULIC
SINGLE SET-OUT

A CEILING HOIST MAY BE PROVIDED BASED ON SERVICE REQUIREMENTS,
CAPACITY FOR BARIATRIC PATIENTS TO BE CONFIRMED BY PROJECT

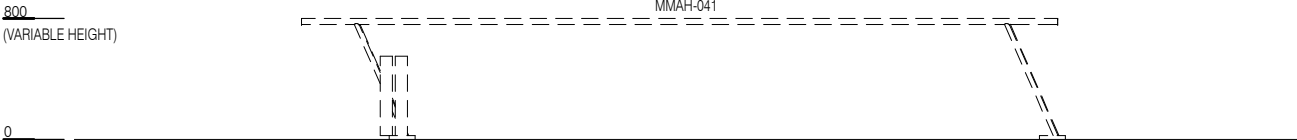
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 0.85M X 5M = 4.25M²
CIRCULATION AROUND = 0.9M AT EACH SIDE
FOR RAILS THERAPIST = 2.65M WIDE
ADDITIONAL 1.5M AT EACH END FOR ACCESS = 8M LONG
TOTAL AREA = 21.2M²



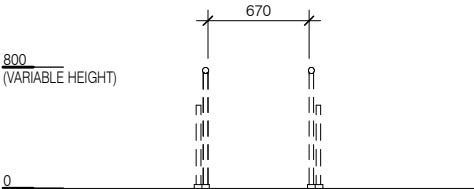
RED LINES INDICATE WIDTH
AND LENGTH ADJUSTMENT
OPTIONS AVAILABLE

2700

2700

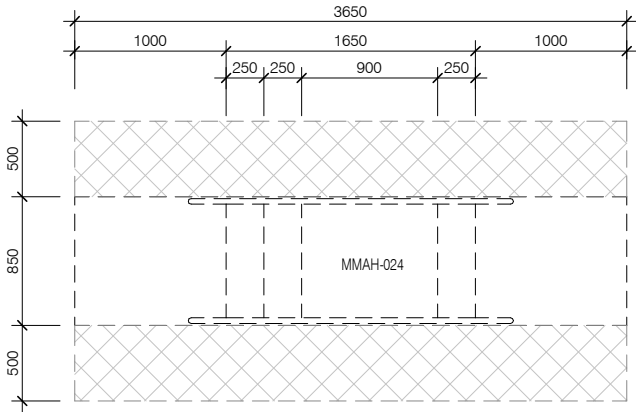


ELEVATION 1

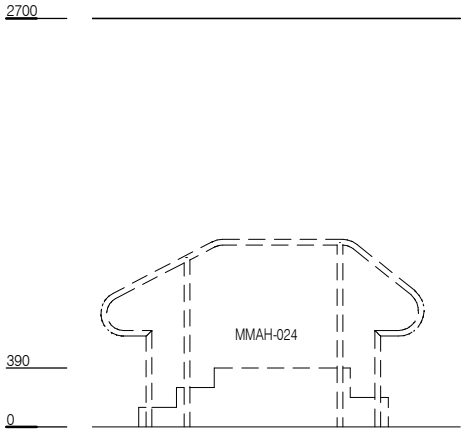


ELEVATION 2

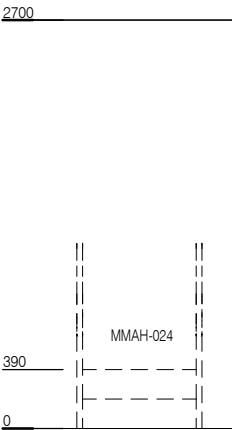
CODE	DESCRIPTION
MMAH-041	BARS: parallel, electric, bariatric



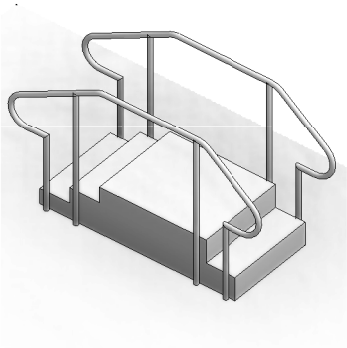
PLAN
GYAH-STR-S
STAIRS, STRAIGHT
SINGLE SETOUT



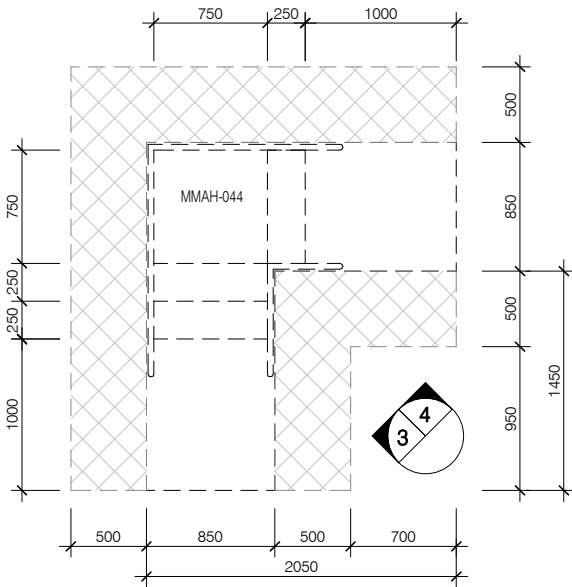
ELEVATION 1



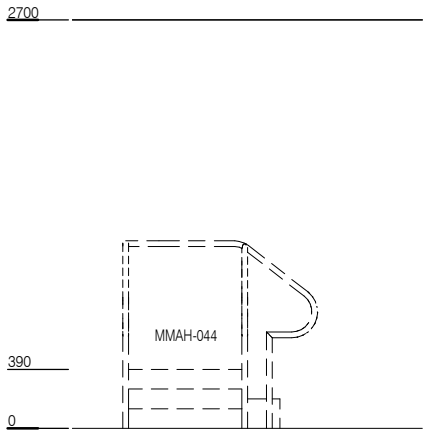
ELEVATION 2



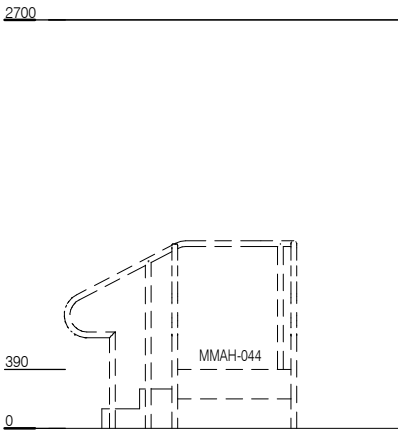
CODE	DESCRIPTION
MMAH-024	STAIRS: exercise, straight



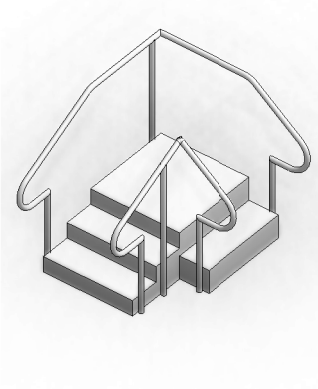
PLAN
GYAH-STR-90
STAIRS, 90 DEGREE
SINGLE SETOUT



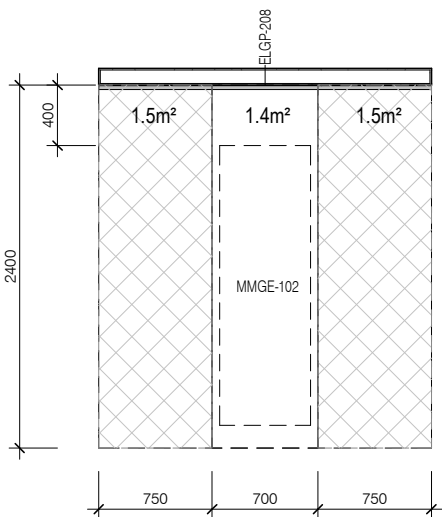
ELEVATION 3



ELEVATION 4



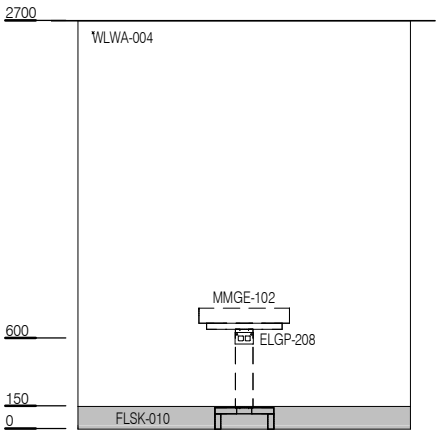
CODE	DESCRIPTION
MMAH-044	STAIRS: exercise, 90 degree



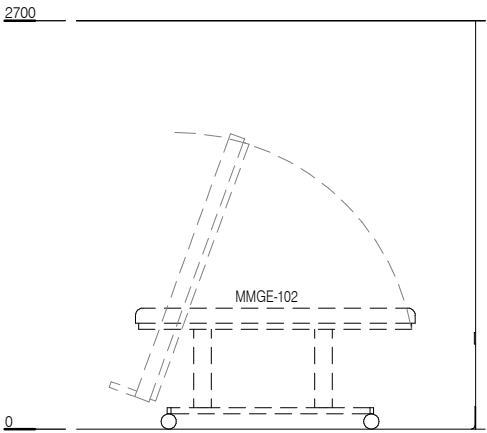
PLAN
GYAH-TLT
TILT TABLE
SINGLE SETOUT

CAPACITY FOR BARIATRIC PATIENTS TO BE CONFIRMED BY PROJECT;
CLEARANCE REQUIREMENTS WILL INCREASE FOR BARIATRIC TILT TABLE

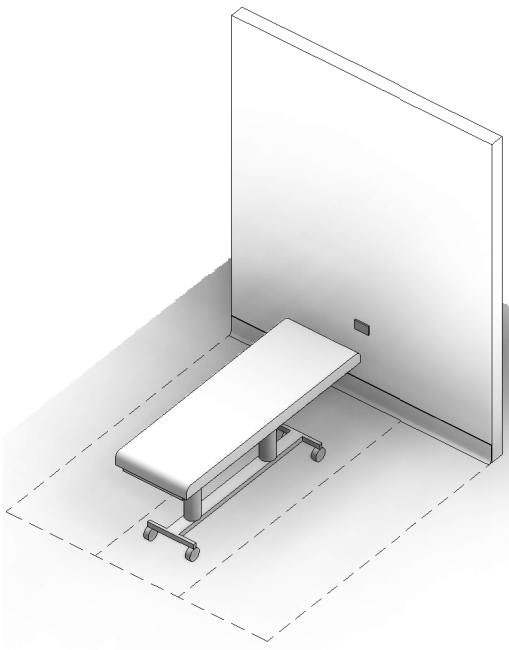
SPACE REQUIREMENTS AS PER ALLIED HEALTH HPU:
EQUIPMENT = 2.0M X 0.7M = 1.4M²
CIRCULATION AROUND = 3M²
TOTAL AREA = 4.4M²



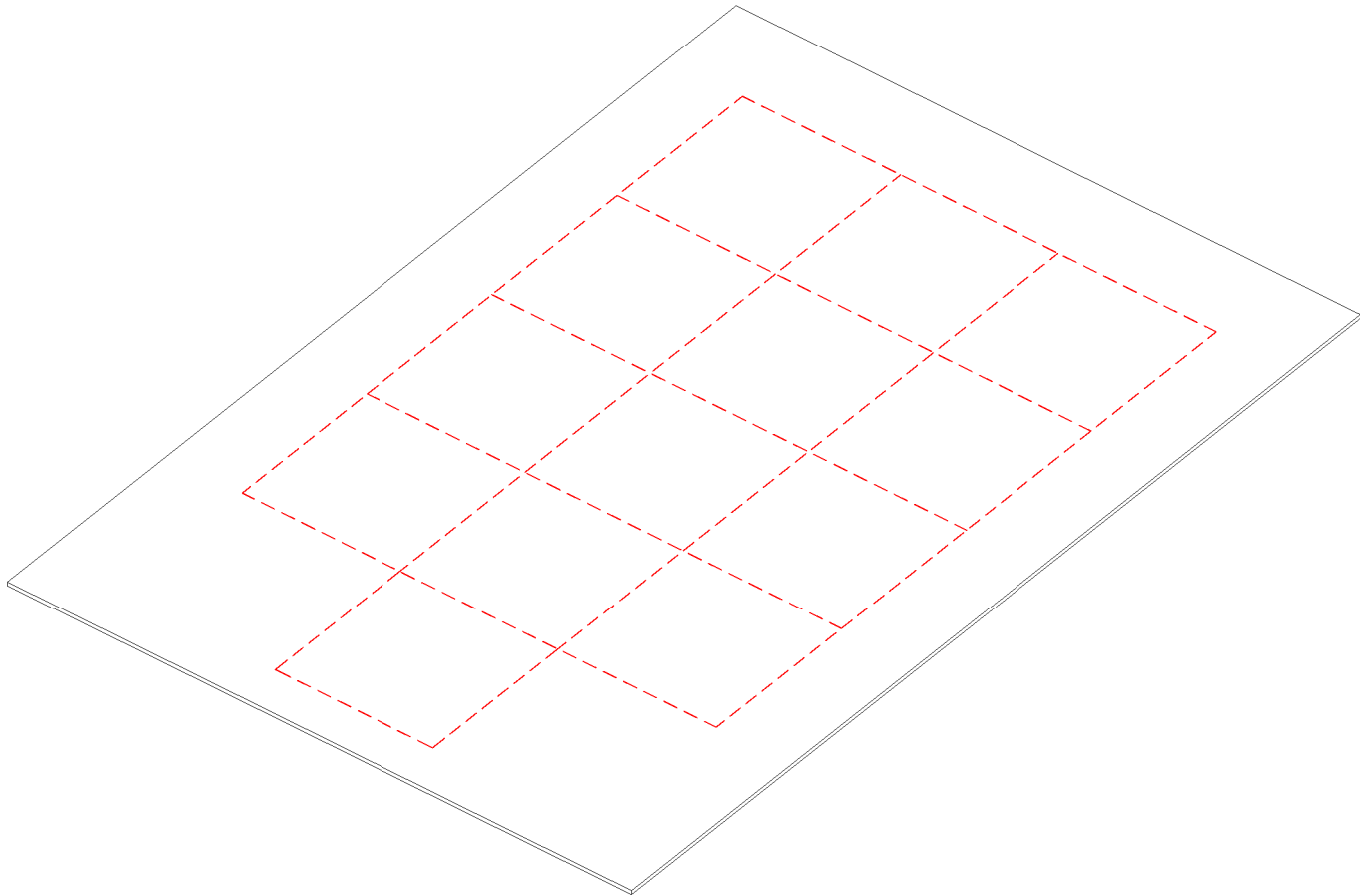
ELEVATION 1



ELEVATION 2



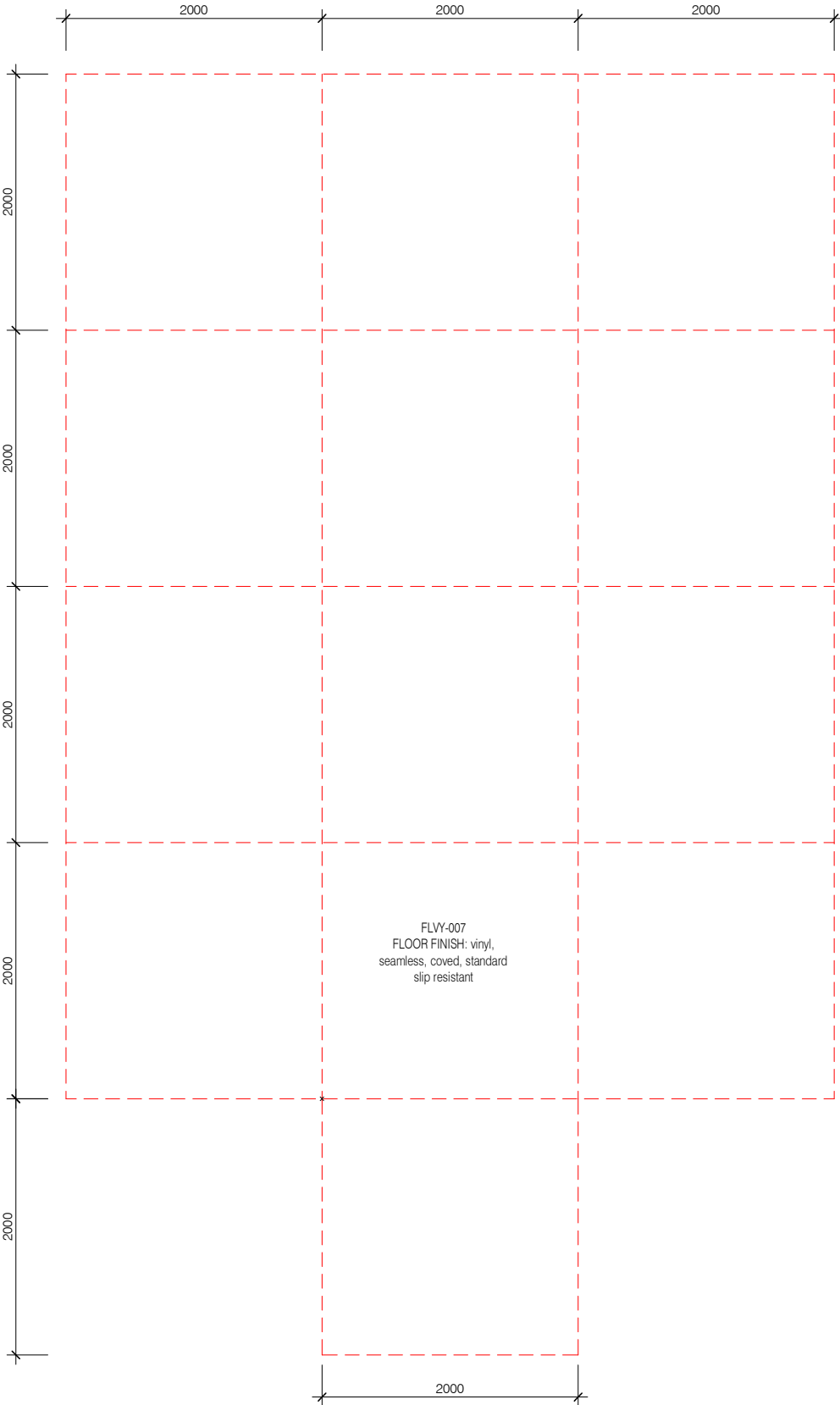
CODE	DESCRIPTION
ELGP-208	GPO: double, wall mounted
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
MMGE-102	TABLE: tilt
WLWA-004	WALL FINISH: paint, acrylic, washable



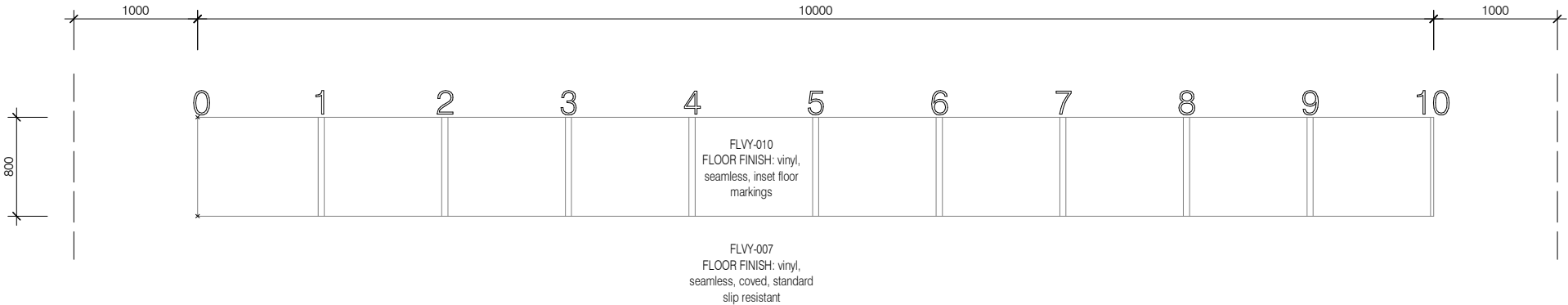
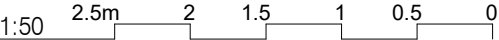
GYAH-OPN
OPEN AREA

CIRCULATION PER PERSON = 2.0M X 2.0M = 4M²
EXAMPLE INDICATES AREA FOR 12 X PATIENTS WITH 1 STAFF
MEMBER LEADING GROUP EXERCISES (1 X ADDITIOANL STAFF
MEMBER MAY ALSO BE ASSISTING)
OPEN AREA CAN OVERLAP WITH SHARED CIRCULATION ZONES OF
OTHER COMPONENTS

CODE	DESCRIPTION
FLVY-007	FLOOR FINISH: vinyl, seamless, coved, standard slip resistant

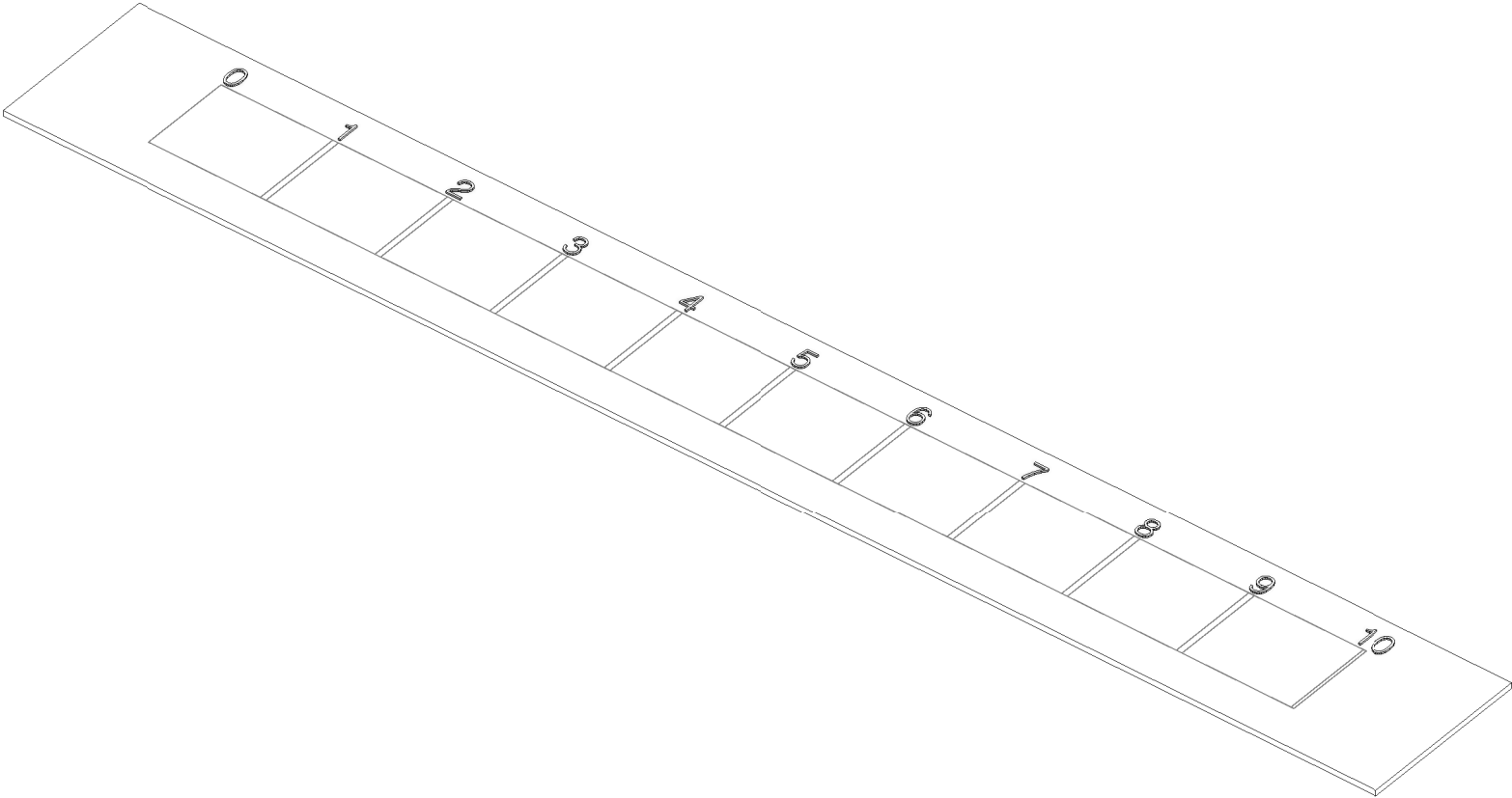


PLAN

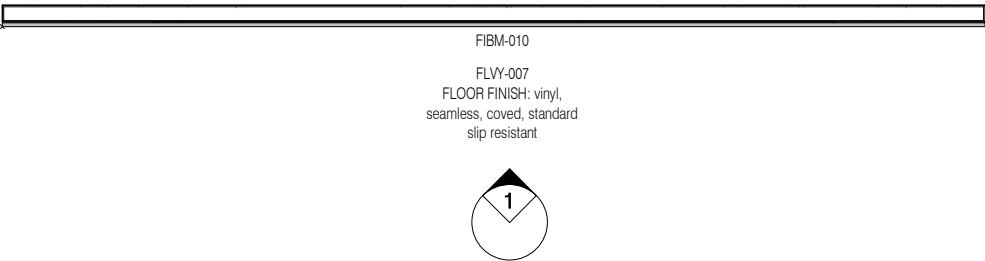


PLAN
GYAH-FLM-10
FLOOR MARKING, 10M WALK TEST

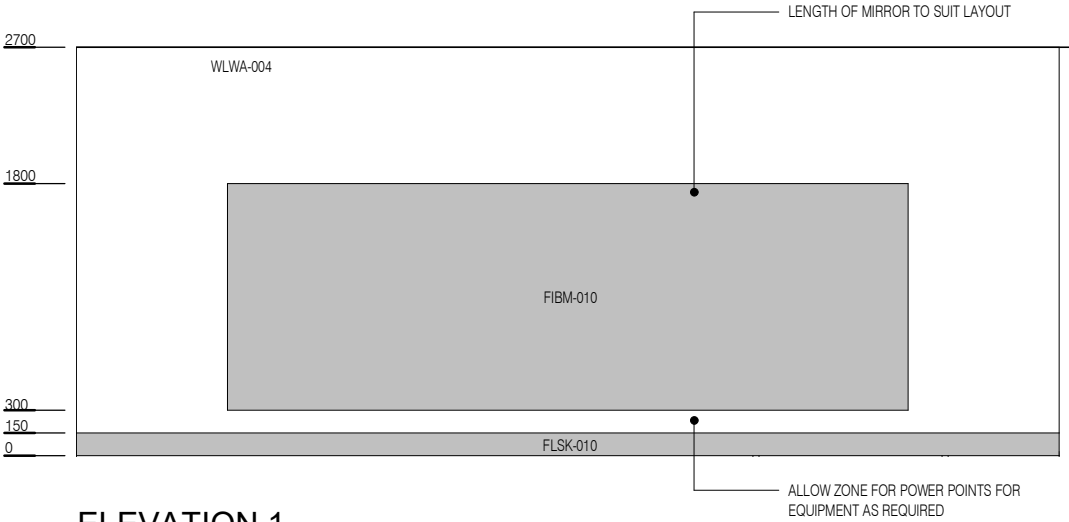
FLOOR MARKINGS = 0.8M x 10M = 8M2
CLEAR ZONE AT EACH END (FOR RAMP UP AND SLOW DOWN) = 1.0M x 0.8M = 0.8M2
TOTAL AREA = 10.2M2
AREA CAN OVERLAP WITH OTHER OPEN AREA SPACE AND SHARED CIRCULATION ZONES OF OTHER COMPONENTS
MAY BE LOCATED IN LOW TRAFFIC CORRIDOR NEARBY TO GYMNASIUM OR ON CLINICAL UNITS AS REQUIRED



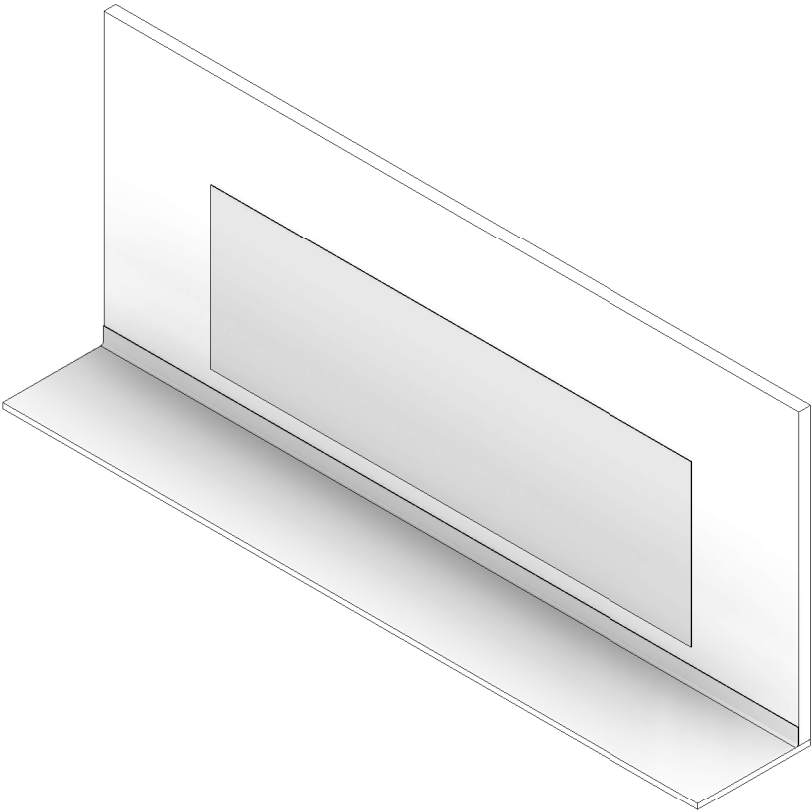
CODE	DESCRIPTION
FLVY-007	FLOOR FINISH: vinyl, seamless, coved, standard slip resistant
FLVY-010	FLOOR FINISH: vinyl, seamless, inset floor markings



PLAN
GYAH-MIR
MIRROR



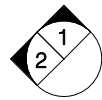
ELEVATION 1



CODE	DESCRIPTION
FIBM-010	MIRROR: fixed, safety glass, full length
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished
FLVY-007	FLOOR FINISH: vinyl, seamless, coved, standard slip resistant
WLWA-004	WALL FINISH: paint, acrylic, washable

Room Layout Sheet

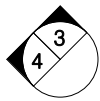
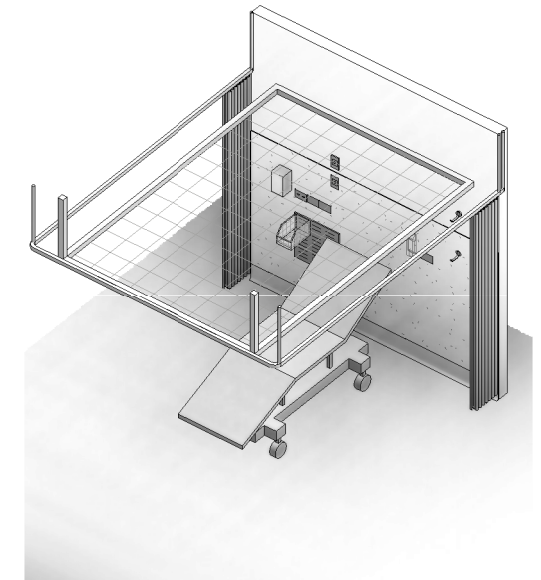
Name: GYMNASIUM COMPONENTS - CLEARANCE AND CIRCULATION GUIDANCE



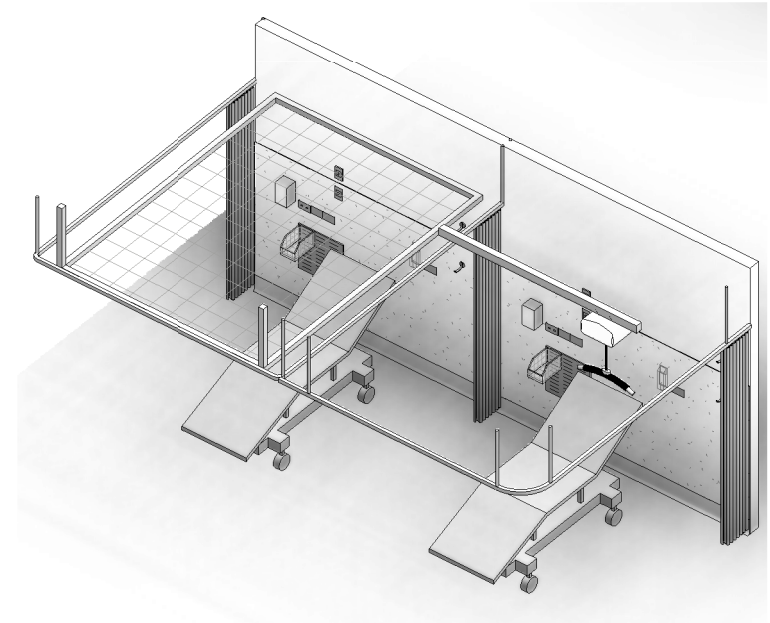
PLAN
GYAH-PLT-S
PLINTH, SINGLE
MULTIPLE SETOUT



AustHFG
Australasian Health Facility Guidelines



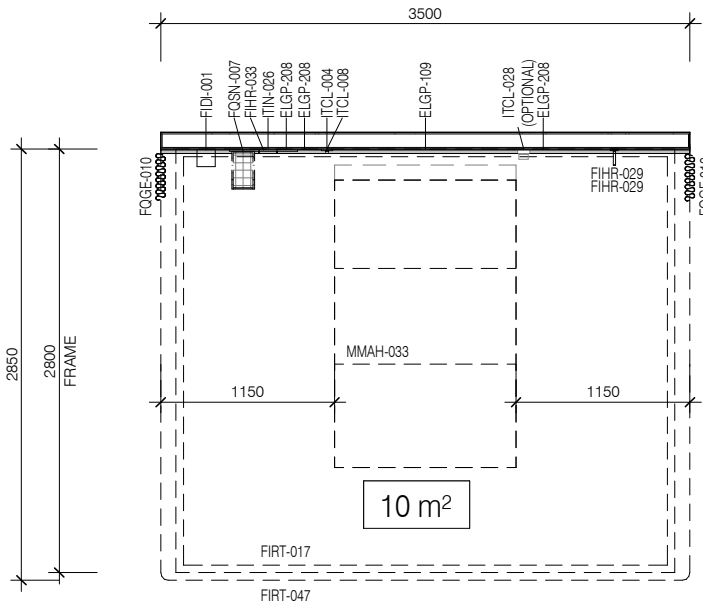
PLAN
GYAH-PLT-S
PLINTH, SINGLE
MULTIPLE SETOUT



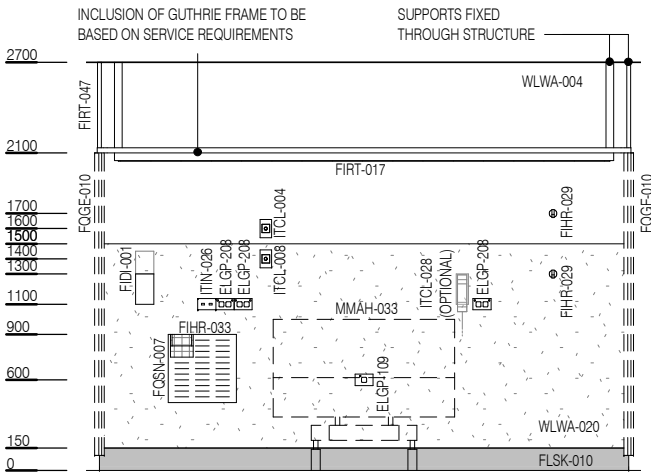
CODE	DESCRIPTION
FQSN-007	BIN: storage bins, wire mesh, stainless steel
ITCL-004	BUTTON: nurse call, emergency
ITCL-008	BUTTON: nurse call, staff assist
ITCL-028	HANDSET: nurse call, with patient to staff call button
ITIN-026	OUTLET: data, double RJ45, wall mounted
MMAH-035	PLINTH: single width
WLWA-004	WALL FINISH: paint, acrylic, washable
WLWA-020	WALL FINISH: vinyl, to 1500 AFFL

FOR GUIDANCE

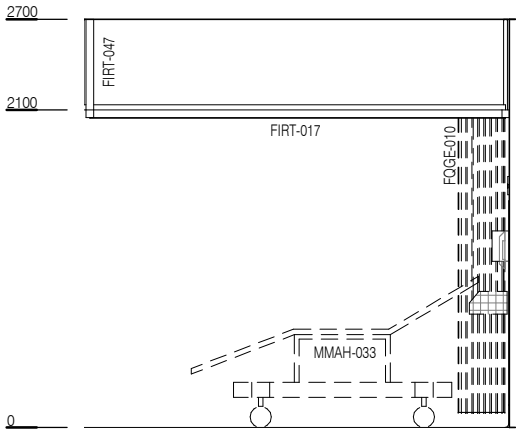
SCALE	Code	REV
1 : 50 @ A3	GYAH-COMP	1



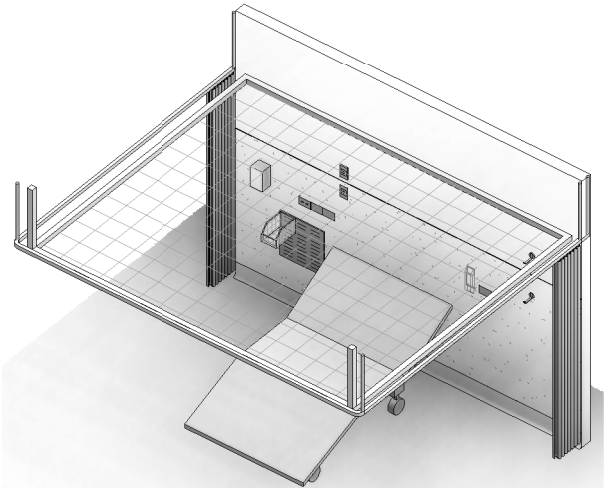
PLAN
GYAH-PLT-D
PLINTH, DOUBLE
SINGLE SETOUT



ELEVATION 1

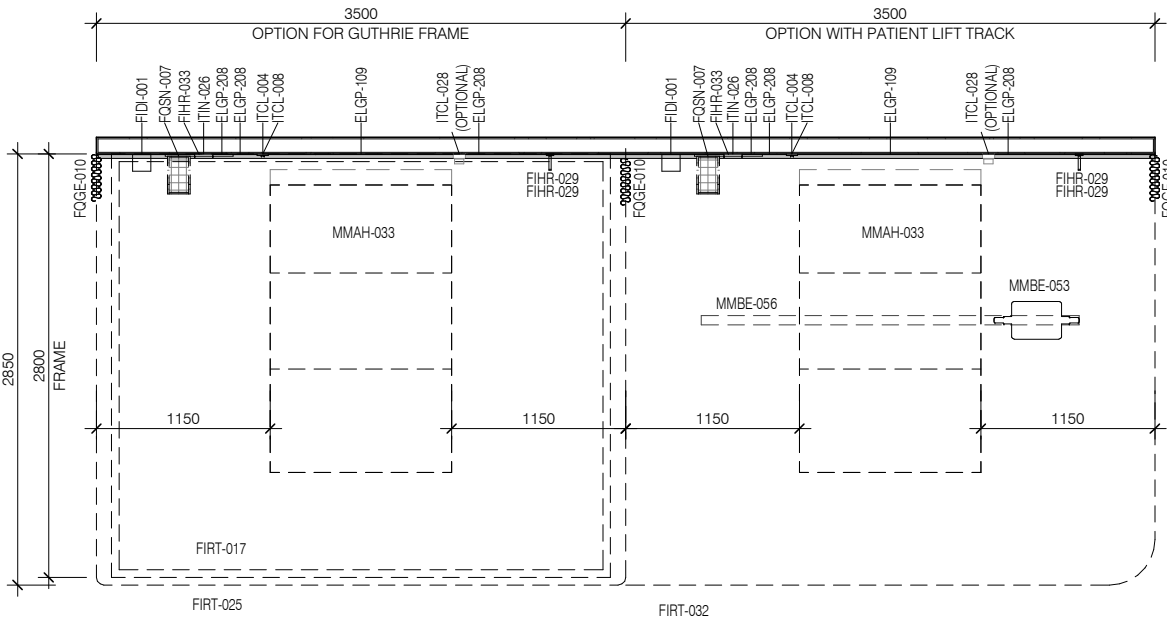


ELEVATION 2



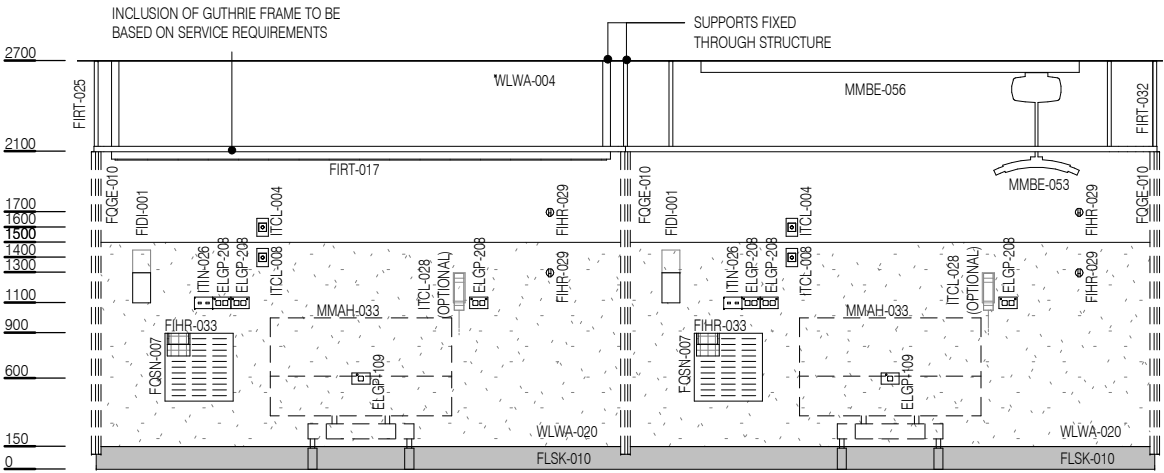
CODE	DESCRIPTION
ELGP-109	GPO: single, wall mounted
ELGP-208	GPO: double, wall mounted
FID-001	DISPENSER: alcohol based hand rub
FIHR-029	HOOK: equipment
FIHR-033	PANEL: for storage bins, wall mount
FIRT-017	STEEL MESH: framed, ceiling mount
FIRT-047	TRACK: curtain, privacy, U shaped
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished

CODE	DESCRIPTION
FQGE-010	CURTAIN: privacy screen
FQSN-007	BIN: storage bins, wire mesh, stainless steel
ITCL-004	BUTTON: nurse call, emergency
ITCL-008	BUTTON: nurse call, staff assist
ITCL-028	HANDSET: nurse call, with patient to staff call button
ITIN-026	OUTLET: data, double RJ45, wall mounted
MMAH-033	PLINTH: double width
WLWA-004	WALL FINISH: paint, acrylic, washable
WLWA-020	WALL FINISH: vinyl, to 1500 AFFL

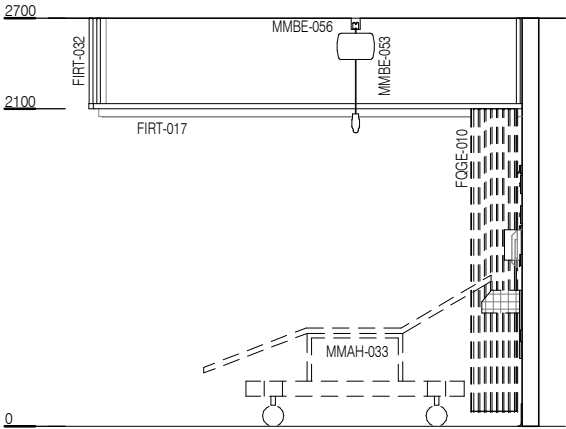


PLAN
GYAH-PLT-D
PLINTH, DOUBLE
MULTIPLE SETOUT

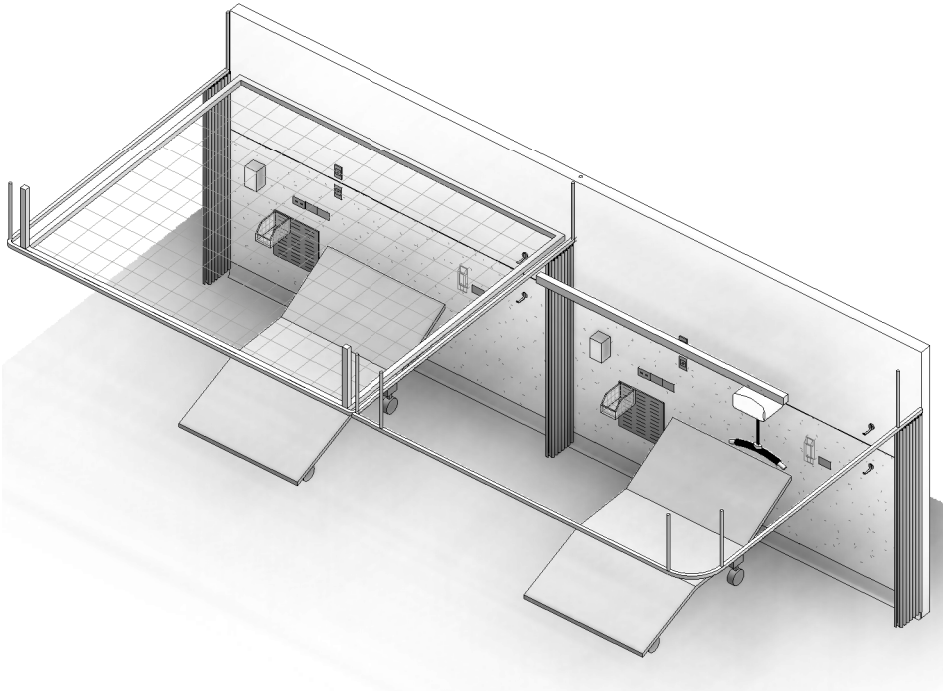
A CEILING HOIST MAY BE PROVIDED BASED ON SERVICE REQUIREMENTS.
CAPACITY FOR BARIATRIC PATIENTS TO BE CONFIRMED BY PROJECT



ELEVATION 1

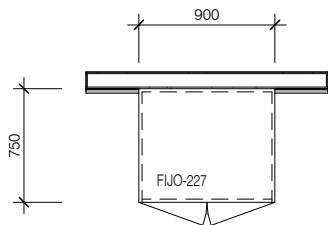


ELEVATION 2



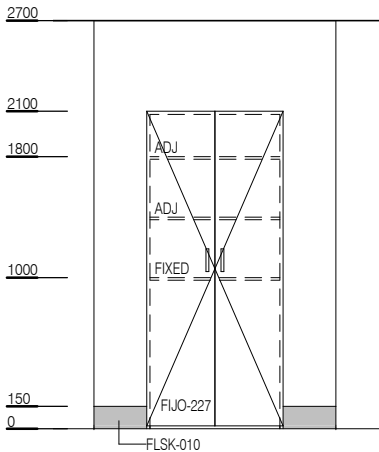
CODE	DESCRIPTION
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FIRT-047	TRACK: curtain, privacy, U shaped
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CODE	DESCRIPTION
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FQSN-007	BIN: storage bins, wire mesh, stainless steel
ITCL-004	BUTTON: nurse call, emergency
ITCL-008	BUTTON: nurse call, staff assist
ITCL-028	HANDSET: nurse call, with patient to staff call button
ITIN-026	OUTLET: data, double RJ45, wall mounted
MMAH-033	PLINTH: double width
WLWA-004	WALL FINISH: paint, acrylic, washable
WLWA-020	WALL FINISH: vinyl, to 1500 AFFL

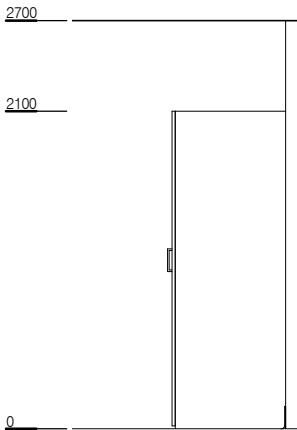


PLAN
GYAH-STC
STORAGE CUPBOARD

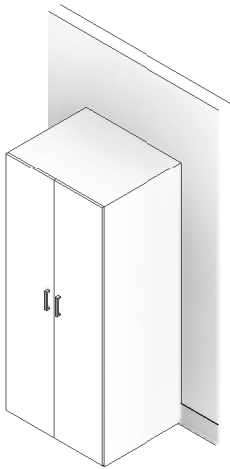
NO PLINTH TO CUPBOARD FOR STORAGE OF MOBILE ITEMS
FIXED SHELF AT 1000mm HIGH, ADJUSTABEL SHELVES ABOVE



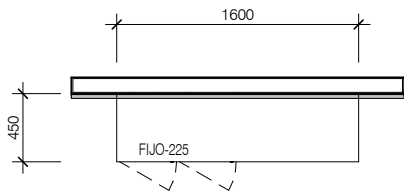
ELEVATION 1



ELEVATION 2

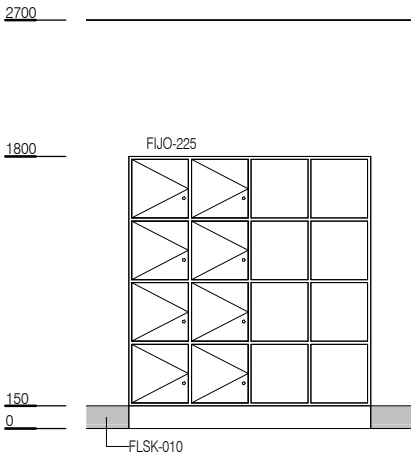


CODE	DESCRIPTION
FIJO-227	CUPBOARD: tall, double door, gym equipment storage
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished

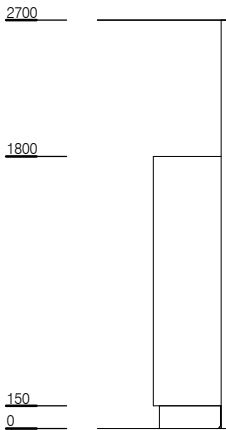


PLAN
GYAH-STPH
STORAGE CUPBOARD

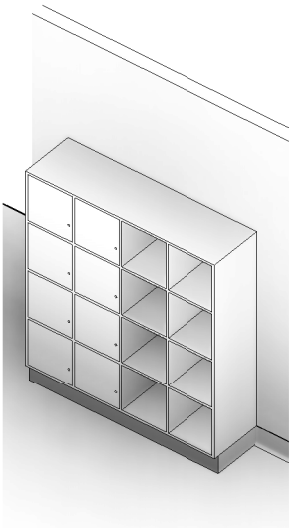
MIX OF PIGEON HOLE STORAGE WITH AND WITHOUT DOORS



ELEVATION 3



ELEVATION 4



CODE	DESCRIPTION
FIJO-225	CUPBOARD: tall, pigeon hole shelf unit, gymnasium
FLSK-010	SKIRTING: vinyl, floor vinyl coved, 150H, prefinished