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Attachment 1

**RAAF Base East Sale Redevelopment Project
Supplementary Submission**

Current Dispersed Physical Fitness Facilities

The facility you are in now is the main Base Gym/Weight Room and was originally built as an Office area for the warehouse. Because it was never designed as a gym, it is inadequate in size and layout. Over the years, this facility has been altered to meet our needs but the way in which we can use this facility is severely hampered by the lack of adequate functional space. It has out lived its capacity to provide the services demanded by members of an ever increasing fitness orientated Defence Force and the requirements of the ADF Fitness policy.

On the arrival of the Officers' Training School four years ago, there was not enough room in this gym to meet the needs of up to sixty students at one time. We were therefore forced to convert the old Airmen's Mess kitchen and dining room area into a temporary gym and weights room for those students. Once again that facility is not up to specification for most fitness requirements.

We also have an old gym hall used for indoor sports such as basketball and netball. However, the building is basically undersized and does not meet the specifications for basketball or netball because of insufficient space around the court area

The reality is in today's environment; new entrants into the Air Force arrive here with varying fitness levels. The 16 weeks of their initial training program is a vital component in the development of our future leaders. The present training areas are totally inadequate for their satisfactory development and fitness.

After completion of their initial training, all Defence members also need to maintain fitness levels and are tested at least annually to ensure they are fit for operational deployment and to meet the daily needs of their Defence role.

Because of the spread of facilities across the base, the current setup is disjointed. We are forced to operate out of three different venues in order to manage and supervise the fitness needs of all base personnel, as well as the other outdoor fitness areas that are dispersed across the base. This makes it difficult to conduct concurrent training activities and make the most efficient utilisation of staff resources.

If this facility was purpose built and larger in area, and structurally able to have

specialist equipment on the walls or ceiling, this would enable us to provide more appropriate weight and bicycle training, and include a boxercise area as integral parts of our fitness training.

As a weights room, there is difficulty with this current facility given it is not at ground floor level. Problems arise when equipment has to be removed, replaced or repaired. Heavy equipment has to be dismantled and then reassembled to make fit as the only entry and exit spaces are the one you came up, and a fire exit stairway at the rear.

The current office/admin area is inadequate for staff numbers and my office has had to be located to a former kitchen given the area was not designed to be used as a gym.

Ablutions are critical to the function of any fitness facility and again, these were not designed to meet the needs of a large body of personnel.

In relation to our outdoor facilities, the swimming pool complex was built in 1960 and has reached the end of its economic and useful life. There are major problems with the pumping and filtration systems. With the relocation of the Officer Training School from Point Cook four years ago, the demand for the pool has greatly increased but because it is an outdoor pool it is only used for four months of the year.

These restrictions deny the base population access to a safe and effective means of achieving physical fitness. In particular, those members who have sustained musculo-skeletal injuries are denied an important form of rehabilitation for eight months of the year. This means we have to use the local pool in Sale but we are not always guaranteed sufficient lanes to cater for 60 students at any one time and the travel to and from the pool also eats into the tight training schedule. Also aircrew are denied an all year round training venue for the purpose of their survival and dingy training as this cannot be done at the local Sale pool.

Currently there is no established area for the run/walk component of the Air Force fitness test. The area that is used is the roadway along the Mess facility and the road in front of this building. Testing is conducted at least weekly during summer and fortnightly over winter for annual 2.4km fitness testing for all Air Force personnel. In addition, initial entry testing for officer training occurs at least six times over the length of the course. The camber and uneven surface of the road can cause ankle and other stress injuries and running on a road surface is not good from an occupational health and safety perspective.

There used to be a squash court but it was demolished last year due to the presence of asbestos.

Fitness has a direct connection to the morale and operational readiness of our Defence personnel. Without adequate facilities, our role as physical training instructors to assist members to attain and maintain adequate fitness levels is made very difficult.

Proposed New Consolidated Physical Fitness Facilities

To overcome the issues described earlier, the Project proposes to construct new physical fitness facilities that will centralise the current dispersed physical fitness facilities into one location.

The site is proposed because it is located adjacent to the existing sports oval, provides the necessary space, and would enable the creation of a central 'base support hub' including the physical fitness facilities, mess and commercial facilities.

The proposed physical fitness facilities comprise a gymnasium and sports hall.

The gymnasium and sports hall will include a gym hall, physiotherapy and first aid room, boxercise room, a spin studio, cardio and weights rooms and a squash court, office space for Physical Training Instructors and supporting auxiliary spaces including storage and ablutions.

The gymnasium and sports hall will also include an indoor 25m pool, which will allow for year round access.

This will give the base population access to a safe and effective means of achieving physical fitness, as well as providing those members who have sustained musculo-skeletal injuries with important facilities for rehabilitation, 12 months of the year.

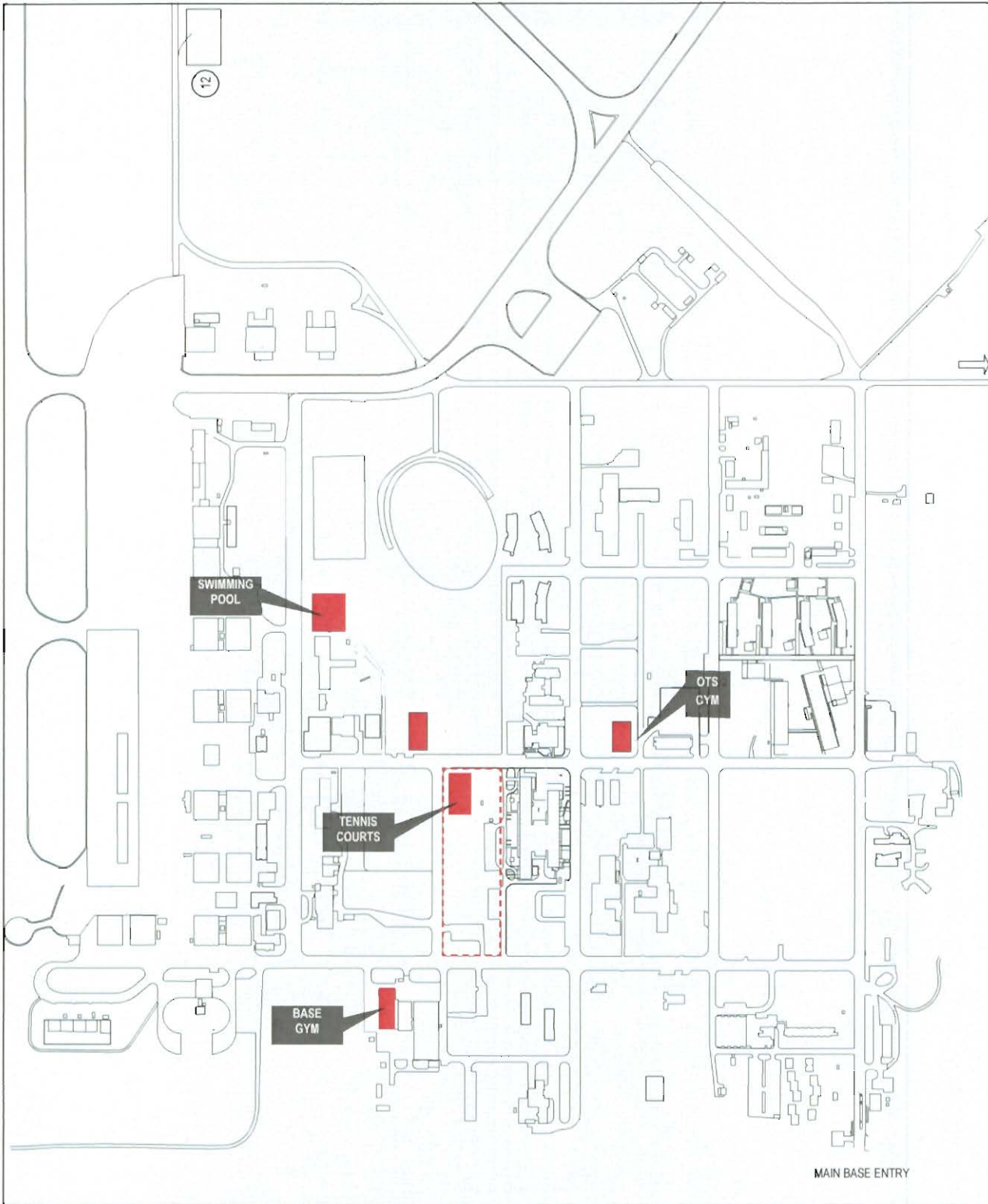
The proposed physical fitness facilities also comprise two tennis courts and a 400m, 4 lane synthetic running track.

This running track will ensure individuals can train using safe equipment in safe conditions.

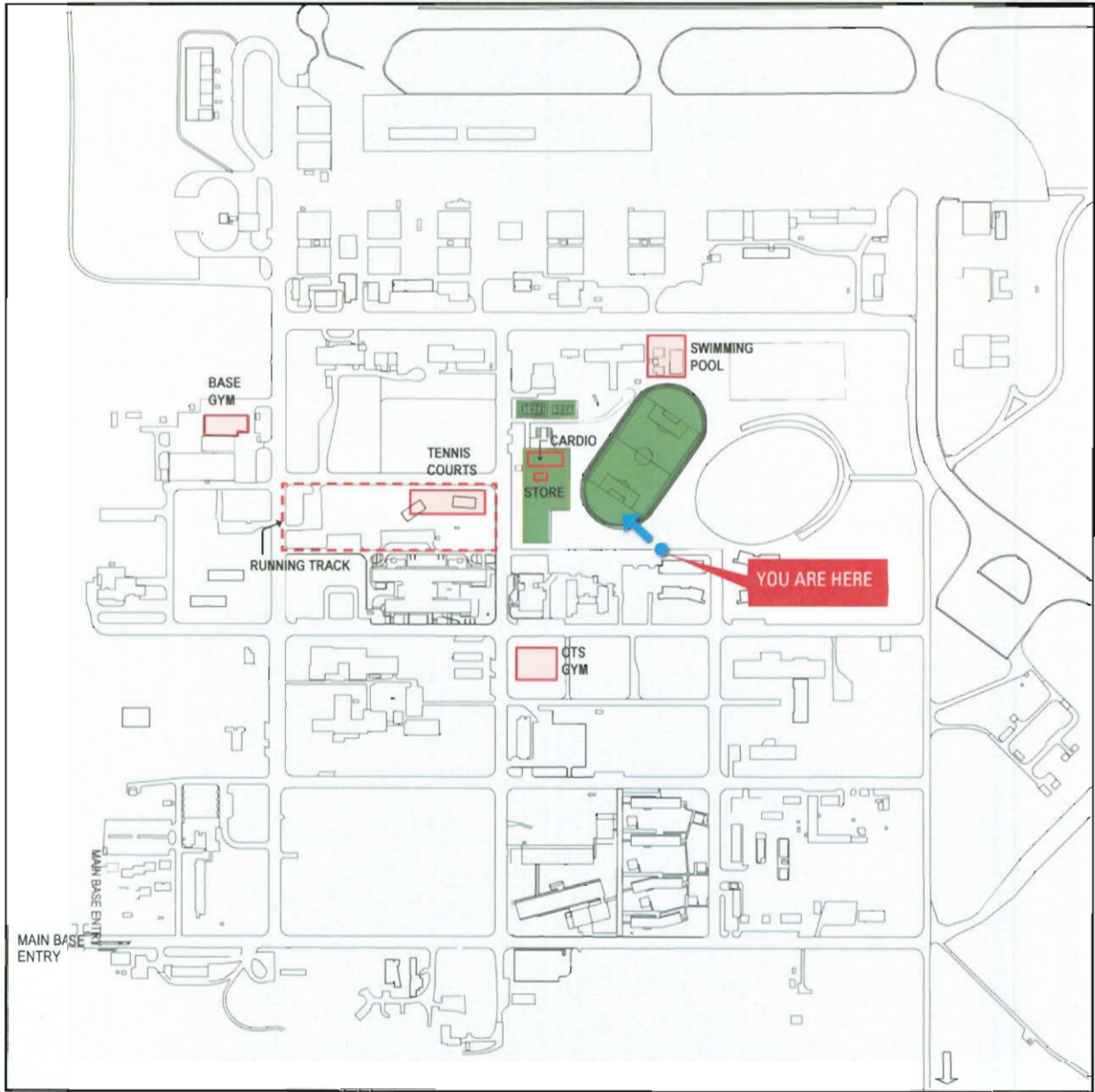
The physical fitness facilities will allow a wider range of activities to be undertaken simultaneously, and permit more effective and efficient training schedules and use of staff resources.

The proposed facilities will satisfy current ADF policy requiring facilities for personnel to train in and to maintain fitness. This has a direct connection to the preparedness of the ADF. The requirements for personnel to attain and maintain adequate fitness levels directly affects the ability of these members to fulfil their roles, currently considered likely to be in the area of operations.

Once the new facilities have been commissioned, the existing temporary gym will remain as a storage area. However all other current disbursed facilities will be demolished.



EXISTING PHYSICAL FITNESS FACILITIES



PROPOSED COMBINED PHYSICAL FITNESS FACILITIES

LEGEND

- NEW COMBINED FACILITY
- EXISTING FACILITY

