



Queensland
Government

ACTIVE LIVINGSTONE STRATEGY

PREPARED FOR
LIVINGSTONE SHIRE COUNCIL



Livingstone
SHIRE COUNCIL

ACTIVE 
LIVINGSTONE
STRATEGY 

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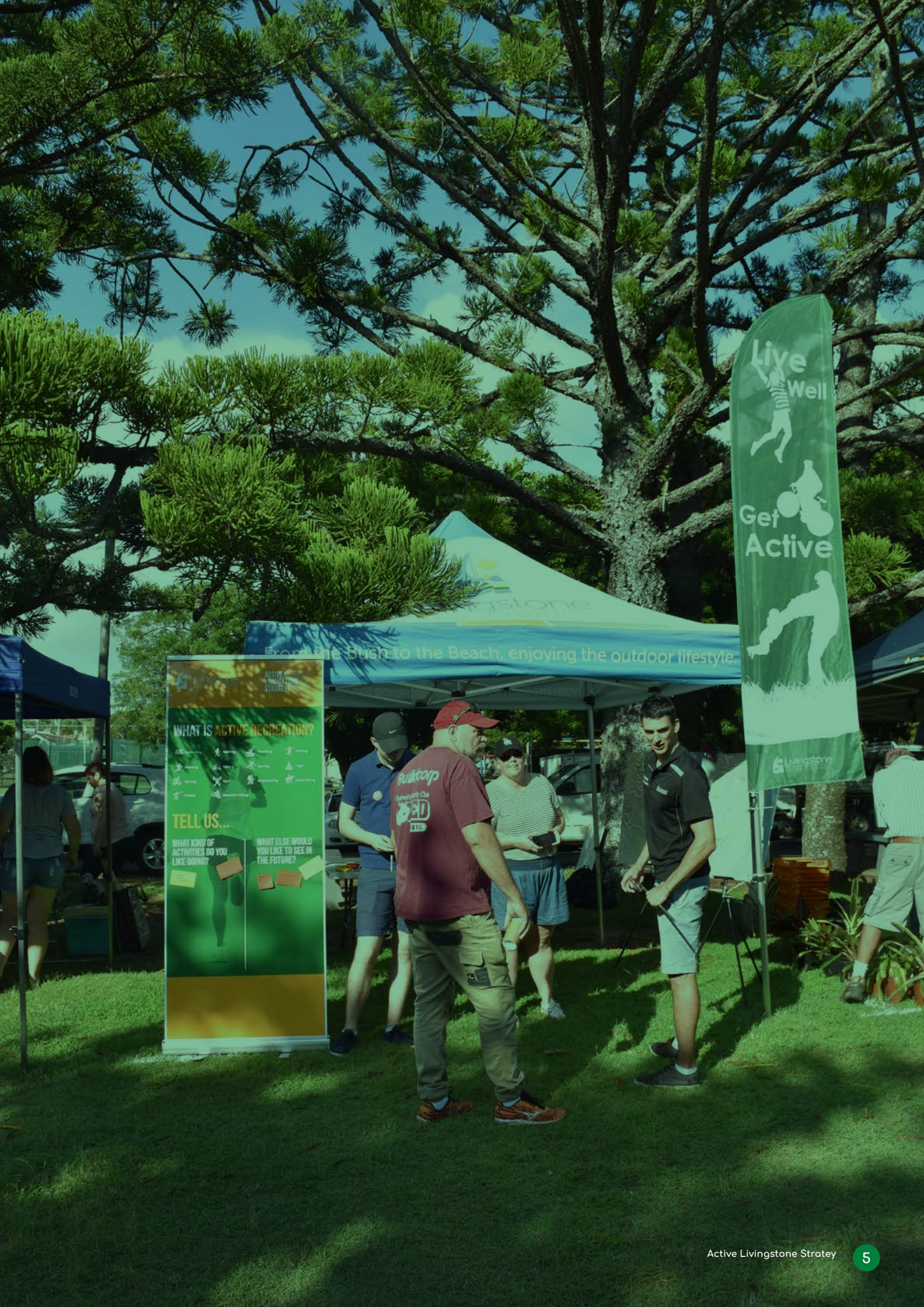
Report: Active Livingstone Strategy



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This Active Livingstone Strategy is about unstructured and incidental recreation activities and how this can be achieved around the Shire and how these elements can be capitalised on to drive greater tourism opportunities and economic development.



Livingstone
ACTIVE RECREATION STRATEGY

WHAT IS ACTIVE RECREATION?

Walking Running Cycling Golfing
 Fishing Tennis Horse Riding Swimming
 Archery Badminton Table Tennis Netball

TELL US...

WHAT KIND OF ACTIVITIES DO YOU LIKE DOING?

WHAT ELSE WOULD YOU LIKE TO SEE IN THE FUTURE?

Live Well
Get Active

Livingstone

Livingstone
From the Bush to the Beach, enjoying the outdoor lifestyle.

1.0

INTRODUCTION

1.1

Project Rationale

We know that walking is one of the most popular physical activities across the nation. Having something to walk on, somewhere to walk to, and something to look at along the way are all important elements to encouraging walking in the region. Livingstone Shire is fortunate to have some stunning coastal areas and a great climate. Capitalising on these attributes can help drive greater participation in active recreation as well as creating more opportunities to attract tourists.

These elements combined with opportunities for off road cycle paths begins to build opportunities for not only recreational cycling but commuter cycling networks. Having a broad movement network that connect places of interest should be a key aspiration of the strategy. A network that allows residents and visitors to explore the places within the Shire.

Our built environment – that is our streets, neighbourhoods, towns and cities have a significant part to play in the social, mental and physical health and well-being of communities. The design and layout of our communities and the way our public spaces and parks are detailed play an important role in the way people engage with, move around and enjoy the places they live in.

The objective of this project is to review and understand the nature of public spaces and existing infrastructure in the Livingstone Shire and gather information on how people do or don't use the many and varied public spaces within the Shire. The emphasis is on determining how the presence or otherwise of physical infrastructure will help the community get out and enjoy the great spaces and places of Livingstone. The intention is to create a more walkable, active community. An active community is a healthy community.

1.2

Benefits of getting active

In developing the Active Livingstone Strategy, Council's intention is to produce a considered, evidence based, planning document that will direct construction of active recreation infrastructure throughout the Shire. The plan is intended to outline realistic and achievable recommendations in relation to future construction budgets that incorporates a range of stakeholder and community input.

The emphasis is on determining how the presence or otherwise of physical infrastructure will help the Livingstone community get out and enjoy the great spaces and places of Livingstone. The intention is to create a more walkable, active community. An active community is a healthy community.

According to a recent health study by the Australian Burden of Disease Study, released in 2017, there are significant health impacts of physical inactivity as a risk factor for chronic disease:

- » If all Australians did an extra 15 minutes of brisk walking for at least five days each week, this would reduce disease burden due to physical inactivity in the population by approximately 13%. By increasing this to 30 minutes, the burden of disease attributed to physical inactivity could be reduced by 26%.
- » The seven diseases most closely linked to physical inactivity (in descending order) were diabetes, bowel and uterine cancer, dementia, breast cancer, coronary heart diseases and stroke.
- » Physical inactivity costs the Australia economy \$13.8 billion per year.
- » As noted by the Heart Foundation - any exercise is better than none. More is better. Regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits.

The benefits of regular activity include:

- » Regular physical activity makes you less likely to have a heart attack or develop heart disease. It also helps control other heart disease risk factors like high blood pressure, high cholesterol, and being overweight.
- » It's likely you will live longer, feel more energetic, have stronger bones and muscles, and feel happier and more relaxed.

1.3 State program and funding

The Active Livingstone Strategy has been prepared with the benefit of funding from the State Government under the Get Planning Spaces programme. The Get Planning Spaces programme (formerly the Sport and Recreation Planning Programme) is now part of the Get in the Game initiative. The program provides funding to Queensland based state level sport and active recreation organisations, local governments and other relevant peak organisations to develop quality, evidence-based sport and recreation infrastructure planning documents.

1.4 Council policy context

There is limited Council policy context available with respect to active living within Livingstone Shire. In many respects this document will begin the policy conversation around active recreation.

Organised sport is well catered for within the Shire with large facilities at Barmaryee and the recently opened Hartley Street Reserve at Emu Park. These multi-faceted facilities cater for a range of organised sporting groups and clubs.

The recent Yeppoon Foreshore Master Plan makes allowance for a range of unstructured activities and promotes movement along and enjoyment of the foreshore area of the Yeppoon township. However, like a range of other worthy initiatives, these projects need to be connected to create a comprehensive and coordinated approach to both organised and unstructured recreation activity.

1.5 Methodology



1.6 Consultation

A targeted consultation program was undertaken to gather input into the Active Livingstone Strategy. A range of methods were used to engage with a variety of groups, such as residents, active recreation participants, and local and state sport and recreation organisations.

The findings were documented in a separate consultation report which is attached at Appendix A of this report.

The consultation programme sought to achieve the following outcomes:

- » Inform key project outputs;
 - » Engender a greater level of stakeholder and community ownership of the Active Livingstone Strategy;
 - » Generate a current and clear understanding of the community, their needs and wants in relation to active recreation infrastructure;
 - » Facilitate 'opportunity spotting' for possible partnerships, activations and investment actions;
 - » Achieve a genuine willingness to collaborate with, and genuinely listen to all stakeholders;
- » Manage messaging and stakeholder expectations surrounding the project during consultation activities and conversations; and
 - » Guide the delivery of infrastructure that will encourage participation across a number of unstructured activities including, but not limited to:
 - » Outdoor exercise
 - » Walking
 - » Running / jogging
 - » Cycling (on-road)
 - » Cycling (off-road)
 - » Skating / scooting
 - » Bush-walking
 - » Hiking / climbing
 - » Active play

METHODS AND TOOLS SNAPSHOT

A mix of online and offline consultation methods were used to maximise the community's involvement in the process. The design of the program was sensitive to the unique needs of the Livingstone community.

FRANK CHATS ONLINE SURVEY

An online survey was conducted on Place Design Group's Frank Chats platform. The survey was live from 1 February to 9 March 2018 and was completed by 217 people.

The survey provided multiple opportunities for text responses as well as the collection of quantitative data, with the overall design being highly graphic and visually engaging.

STAKEHOLDER DROP-IN SESSION

A four-hour drop-in session for invited local sport and recreation stakeholders was held on Friday 16 February at the Yeppoon Surf Life Saving Club. The session gave local opinion leaders the opportunity to sit down with planning consultants to share their local knowledge and insights, and freely discuss their ideas. Drawings were sketched on trace paper over large maps live with participants, fostering a deep level of engagement.

POP-UP CONSULTATION EVENTS

Engaging pop-up events were held in locations chosen to provide a diverse and representative consultation audience. All events were attended and facilitated by Place Design Group consultants and with support from Livingstone Shire Council.

SATURDAY 17th FEBRUARY 2018

5am – 8:30am, Yeppoon Foreshore Beach Amphitheatre

4pm – 6pm, Pineapple Rail Trail, Braithwaite Street Entrance

SUNDAY 18th FEBRUARY 2018

8am – 12pm, Bell Park Markets, Emu Park

These events made use of face-to-face, written, and digital methods of engagement. Ideas were posted on a pull-up banner, and relevant discussion was initiated via a coffee and chat.

The Frank Chats survey was promoted, with postcards containing the survey link distributed. The team also had electronic tablets available to allow participants to complete the survey on-site, and hard copy surveys and other project collateral was displayed. Approximately 150 people were actively engaged in person at the consultation events, with over 100 ideas posted by the community.

TELEPHONE SURVEY

Social and market research firm Colmar Brunton was engaged to conduct a telephone survey of landlines and mobile phones in the Livingstone Local Government Area. The research served to build on the insights gained from on-ground and on-line consultation conducted to date. Fieldwork was completed from 12 – 18 March 2018 and utilised a sample of 300 people in the Livingstone local government area.

SPORT AND RECREATION ORGANISATIONS CONSULTATION

Queensland's peak sport and recreation bodies were invited to provide written input towards the strategy, with the opportunity to provide data on participation levels as well as key priorities for the development of their respective sports and activities. Additionally, the project team met with officers from the Queensland Government departments responsible for national parks and sport to absorb their local knowledge and discuss their thoughts and priorities.

2.0

TRENDS & FINDINGS

2.1

Statewide Context

Understanding the needs of the local community through research, engagement and consultation was key to the development of the Active Livingstone Strategy. The investigation of state-wide trends in sport and recreation activities has provided further context.

According to the Queensland Sport, Exercise and Recreation Survey - Adults (QSERSA), conducted by Colmar Brunton for the Department of National Parks, Sport and Racing in 2015, 75% of Queenslanders had participated in physical activities for sport, exercise or recreation purposes in the preceding twelve months. 63% could be described as high-frequency participants, referring to those who participated at least once per week.

The most popular sports and physical activities in Queensland are:

1. Walking – 63%
2. Any gym activity – 31%
3. Running/jogging – 18%
4. Swimming – 17%
5. Bush-walking – 14%

Popular locations for physical activity are roads, streets, and paths, with the gym, and private property the next most common. Participants generally travel less than 10km to the location of their physical activity. The key enablers and drivers of participation in physical activity are personal interest and motivation, having time available, the ability to socialise with friends, and having a car.

The key barrier to participation is time, with work, study and family commitments holding many back. Adverse health and disabilities, particularly among older people is another major barrier.

2.2 Local Context

The 2016 census recorded a population of 36, 272 people living within the Livingstone Shire local government area, with 51.3% being male and 48.7% being female.

The median age of the Livingstone Shire is 42, which is higher than the Queensland median age of 37 years of age. Of the families in Livingstone Local Government Area, 40.7% were couple families with children, 44.7% were couple families without children and 13.7% were one parent families.

The Livingstone community are active, with a Colmar Brunton study commissioned as part of the Active Livingstone Strategy finding just under nine in ten (87%) participated in some form of active recreational activity in the past 12 months, with nearly eight in ten (78%) taking part at least once a week. These participation levels are higher than the state average as determined by QSERSA.

Livingstone's favourite sports and activities are:

1. Walking – 69%
2. Swimming – 44%
3. Any gym activity – 24%
4. Hiking/bush-walking – 22%
5. Active play (kids on playgrounds) – 18%

The main difference between Livingstone's participation and the state overall is the higher popularity of swimming.

This is perhaps unsurprising considering the proximity of the coast. In fact, the beach (in water) was the second most popular location for active recreation in the region (42%), only behind the shore (on sand), which was cited by 55%. Roads, streets, and paths were the next most popular location for recreation, similar to the state-wide picture, albeit at a lower rate.

The online survey found the Livingstone community valued the contribution of active recreation to an overall healthy lifestyle, and enjoyed being outdoors in the natural environment. Barriers to participation were broadly in line with the state-wide picture, with a lack of time and physical ailments the top factors. A perceived lack of facilities was the next highest barrier, cited by 12%.

2.3

Key Consultation Findings




A comprehensive consultation program was undertaken to gain valuable insights from local stakeholders about active recreation in the Livingstone Shire.

The consultation included a telephone and online survey, pop up consultation events in key locations, and engagement with key sport and recreation stakeholders (at a state and local level). The key ideas emerging from the consultation which were generally supported by the community (as evidenced by the online and telephone survey) are summarised below:

- » Better and safer infrastructure: Across both the online and telephone surveys (prompted and unprompted, respectively), infrastructure was the number one improvement named by residents as an enabler for greater participation. The construction of more walking paths and off-road bike paths was a proposal strongly supported by residents in all regions of the Shire.
- » Amenities to support activity: Recreational areas can be enhanced with more amenities such as toilet/shower facilities, water bubblers, shade, seating, and parking. Support for these additions was stronger in the greater Yeppoon (4703) postcode area than other areas in the Shire.
- » Time is a barrier to participation: Not having enough time is the number one factor stopping people from getting active more often. Some residents suggested an online resource providing details of the options available in the Shire could help to overcome this barrier. This was one of the most broadly supported proposals of those tested with the public in the telephone survey, with support across all demographic groups.
- » Greater connectivity: There was general consensus that while Livingstone offers some good localised path networks, there is little connectivity between them. Many suggested that the Pineapple Rail Trail should have a connection to the foreshore, and others suggested a path linking Yeppoon and Emu Park. Support for this idea was significantly higher in the 4703 (Greater Yeppoon) postcode area.
- » Beach activation: Across both surveys, the beach was cited as the most popular location for active recreation in the region. Some locals felt the beach could be better activated to encourage and facilitate more activity. Suggestions included more watersport activities and classes on the beach at sunrise and sunset. This proposal received support in the telephone survey, with support strongest in the under 35 demographic.
- » Pineapple Rail Trail extension: There was a strong desire to extend the Pineapple Rail Trail and potentially provide a link to the foreshore. Given its location, support for this idea was significantly higher in the 4703 (Greater Yeppoon) postcode area.



WHAT IS ACTIVE RE

 Swimming Walking Ka Running Sailing S Cycling Gym B Frisbee Mountain Biking

TELL US...

WHAT KIND OF
ACTIVITIES DO YOU
LIKE DOING?

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3.0

ACTIVE LIVINGSTONE TODAY

This section of the Active Livingstone Strategy provides a snapshot of how Livingstone locals currently participate in active recreation within the region. It provides important insights into how, where and why residents and visitors partake in active recreation activities.

The community consultation programme inclusive of an online survey, a telephone survey, pop-up consultation events and stakeholder drop-in sessions provided key insights into existing trends and patterns of participation. Further details of the consultation activities and verbatim results are provided within the Active Livingstone Strategy Consultation Report, April 2018.

3.1

What are you doing?

The results also provided understanding into residents' enablers and motivations to participate in active recreation activities. Additionally, the information delved into the specific barriers that may currently prevent some residents to participate in such activities. Furthermore, this section of the Strategy considers the communities perceptions of current needs, and their priorities for future infrastructure to support the active recreation sector.

Residents of Livingstone Shire are active, with just under nine in ten (87%) taking part in some form of recreational activity in the last 12 months. Additionally, majority (78%) take part at least once a week. This is exceptionally higher than the national average, with only a weekly participation rate of 38.9%. Council has invested significantly in infrastructure to support active recreation, and increasingly provide and support programs to foster active recreation in the region. Council plays a crucial role in meeting the recreational needs of the diverse Livingstone community, and ensuring resources and facilities are well managed and protected for future generations.

The community consultation process revealed the top activities that Livingstone locals are participating in. The most popular activities are:

1. Walking
2. Swimming
3. Running/jogging
4. Gym
5. Hiking/ Bush-walking

Walking is by far the most popular recreational activity within the region. This may be specifically for exercise, or more recreationally such as walking the dog. Swimming is also extremely popular, closely followed by activities within indoor gyms and leisure centres.

Community consultation revealed popular activities, but it also demonstrated the wide array of different activities Livingstone locals participate in. The data revealed that residents participate in over twenty-five different active recreation activities, with additional activities suggested in an 'other' category.

Residents are predominately participating in active recreation a couple times a week, with one quarter of the region reporting they participate at least once a day. This indicates that increasing participation in such recreation activities, offers the best opportunity to improve Livingstone's health and well-being as a whole.

Data indicated that participants are usually partaking in activities by themselves or with family and friends.

Data demonstrates that majority of residents plan their activities a couple of days beforehand, or they have a usual routine that sets activities periodically. Individuals commonly plan activities in person, or through social media or email.

Data also indicated that the individuals who participated in the consultation, don't usually travel far to participate. Recreational activities of choice are usually available in their local area, or less than 30 minutes away.

The diverse nature of the active recreation system within Livingstone, with a varying mix of activities, requires support from robust infrastructure solutions.

3.2

Where are you doing it?

Identifying what activities Livingstone locals are participating in, is the first step in understanding their needs, values, and future priorities. Unsurprisingly, the top activities recorded, directly align with the most popular places to partake in recreation within the Shire. Such recreational hot spots need to be identified to understand locals and visitor's views and perceptions of what constitutes an attractive place to carry out recreational activities.

This data can assist in establishing key nodes where recreational activities occur currently. Identifying such trends, will assist in guiding delivery of infrastructure that will encourage participation across these unstructured recreational activities. Alternatively, it also allows consideration to be given to where recreational activities are not occurring, despite existing infrastructure being provided.

The most popular places to participate in recreational activities include:

1. Beaches/ foreshore
2. Walking and cycling pathways
3. National parks
4. Gym
5. Local park

Beaches, rivers, recreational swimming pools and lakes are major contributors to the active recreation network. Swimming was ranked the second most popular activity that the Livingstone locals participate in. Given the regions location on the Capricorn Coast, the coastline spanning from Yeppoon to Zilzie, provides numerous places for water-based active recreation pursuits for locals and tourists.

The beach is the primary location where residents participate in recreational activities. This is inclusive of alongside the beach (land-based activities on the foreshore) and water-based activities. Strava Data reveals that majority of these activities are occurring on Yeppoon Beach and foreshore, with the second most popular spot being Emu Park Beach followed by Kemp Beach. This intensity of use is predominately made up from walkers and joggers on the sand. Water-based activities are predominately undertaken at Yeppoon Beach, with activity also tracked at Cooee Bay Yeppoon Aquatic Centre.

This facility is the subject of a separate master plan and is likely to become an even more significant activity node upon completion of the works set out in the master plan

Walking and cycling paths and roads are the second most cited location for participating in recreational activities. This is supported by the top activities including walking, running and jogging.

Strava Data reveals that even given an option of a pathway, cyclists are most likely to cycle on road. Designated walkways and pathways are more popular with on-foot activities, as demonstrated in figures above, displaying the designated pathways use alongside Yeppoon foreshore.

As demonstrated in Figure 1 and 2, key cycling routes are predominately made up of on-road cycle paths. There are a few key assumptions that have been deduced from consultation activities surrounding the reason for this. Firstly, existing designated off-road cycle paths are not provided on these routes, and secondly it is assumed that these routes are preferred due to the long distances they afford, which avid cyclists favour.



Figure 1: Key Cycling Routes, Yeppoon.

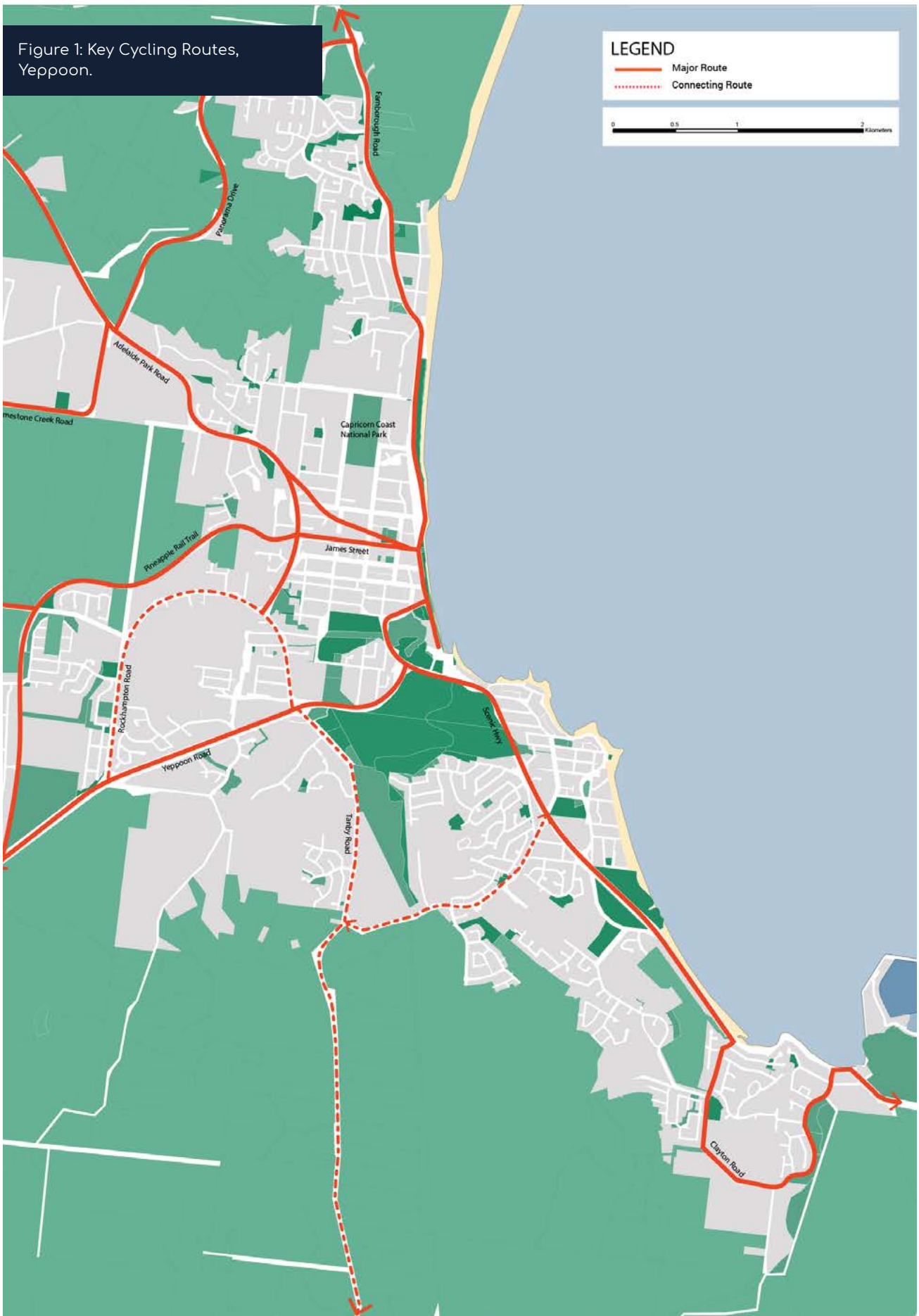


Figure 2: Key Cycling Routes, Emu Park.



Key routes include Farnborough Road (off-road and on-road), Scenic Highway (off-road and on-road), Yeppoon Road (on-road), Woodbury Road (on-road), Iwasaki Road (on-road), Tanby Road (on-road). Key routes in Emu Park include; Kinka Beach Road (off-road), Emu Park Road (off-road), Coorooman Creek Road (off-road).

Despite walking paths being established as a key location for activity, it is hard to discern which particular paths are favoured. Key recreational trails such as the Pineapple Rail Trail and Bluff Point Circuit Track are popular places for recreational walks. Pathways that are connected for a fair distance are also hotspots of activity, such as the designated off-road pathway that follows Farnborough Road, through Yeppoon town centre and along the Scenic Highway to Lammermoor.

When analysing Strava Data for key routes for walking/jogging, there are numerous other hotspots of activity. It is considered that this may be due to people walking in their local area, rather than following key routes, such as cyclists.

Figure 3 illustrates the current pathway network within the Yeppoon area. Whilst there is a well-established pathway network in the Yeppoon area, it is fragmented. Key connections are missing within the network, with pathways often suddenly stopping or not connecting to key destinations. Accessibility and usability are compromised at key junctions where the pathways are incomplete.

Farnborough Road could be considered to have the highest intensity of use across both on-foot and cycling activities. This could be due to the fact that it has a designated off-road walking/cycling track on the eastern side and also on-road cycle paths. Additionally, it provides a long distance, and connects into the town centre.

National Parks are also a popular place for local residents and tourists to participate in active recreation activities such as bushwalking and hiking. Strava Data reveals that popular places for such activities including circuit bushwalks at Kemp Hill, Mount Archer National Park and steep class six walking tracks on Baga (also known as Mount Jim Crow) National Park.

This data indicates that people in Livingstone are more likely to participate in outdoor activities within the natural environment, rather than indoors. Physical activity in such spaces, including outdoor green areas, is strongly connected to better health and well-being.

However, indoor gyms are also proven to be popular with the Livingstone locals. The Yeppoon area has a wide variety of indoor gyms, with over nine in the local Yeppoon area and three more in the wider region.

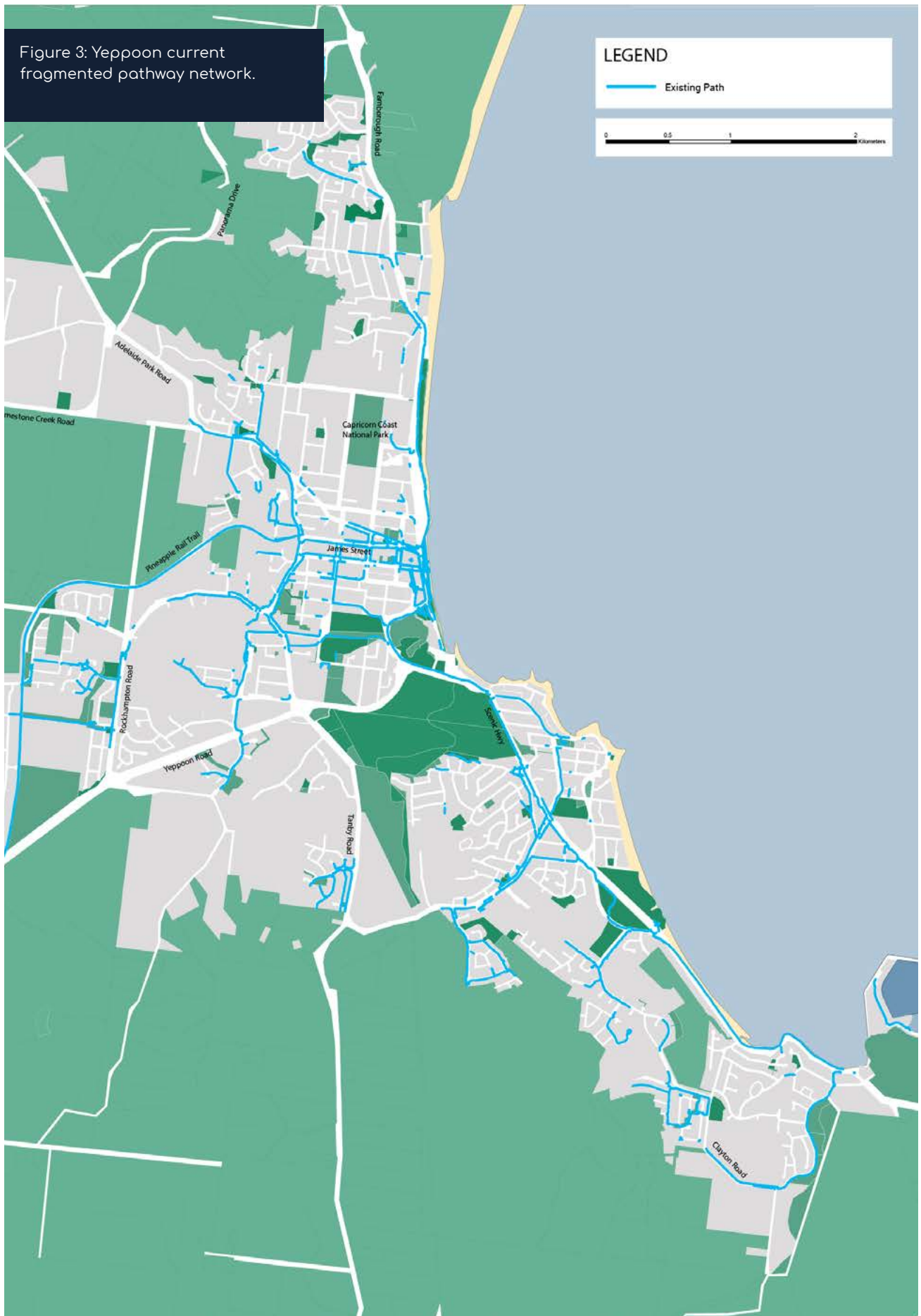
Local parks also made the ranking of top five places to participate in active recreation. The region has approximately forty-five (45) public parks, sports ovals, and outdoor recreational facilities.

When questioned on why people chose these places to undertake such activities, the most popular answer given was to enjoy the natural environment and scenery. This is reflected with four out of five of the most popular places being outdoors. Other key attractors for participants include the locations accessibility and proximity to the individual.

Individuals reported valuing a healthy lifestyle as being the number one thing they value about participating in active recreation. Secondly, individuals valued enjoying the outdoors and natural environment. A large portion of respondents also acknowledged key enablers to participation in such activities related to it's cost effectiveness and social aspects.

Analysis of these places provides data for future infrastructure and programs that reflect the needs of the local community. Acknowledging key areas and hotspots of activities is valuable for Council to continue to provide efficient use of spaces and facilities. Additionally, such data provides a measurement tool to assess areas for environmental management, such as possible degradation due to high numbers of use. As such, management and maintenance plans can be put in place for areas that receive high visitation to ensure the facilities can sustain such uses.

Figure 3: Yeppoon current fragmented pathway network.



3.3

What is stopping you?

There are numerous barriers that influence individual's levels of participation in active recreation activities. Beyond personal circumstance or inability, there can be a host of other variables that hinder residents or visitors in participating.

It is important to have an understanding as to why a portion of Livingstone locals are not participating in active recreation. Low levels of participation can affect residents' health and well-being, and connection to community. Identifying key barriers allows Council to take opportunities to foster the active recreation sector and provide better outcomes for the region.

Issues with local outdoor recreational infrastructure is the most typical barrier that affects Livingstone locals' participation in activities. This includes, a lack of facilities, streets not being walkable or safe to cycle on, or climatic concerns such as it being too hot or facilities not having enough shade.

Other key barriers were commonly centred around individual circumstances and lifestyle, such as time and cost. Additionally, location and subsequent lack of connections to facilities, is a primary barrier that affects local's ability to participate in active recreation.

The community consultation process aimed to identify the needs and concerns of local residents, to help inform future investment in infrastructure and programs. Resident's were asked to articulate their ideas for the future and give suggestions that would improve their participation levels in active recreation.

3.4

What would encourage you?

Many resident's suggestions were centered around increased sporting infrastructure and amenities. This included, the construction of designated cycle pathways and walkways, park equipment, toilet blocks and fitness equipment. Improvements in accessibility and connections as well as improved safety features, such as lighting, were also well supported as key factors that would motivate individuals to participate in active recreation more.

To a lesser extent, increased indoor facilities or a swimming pool/wave pool were also cited, due to the extreme climate during summer periods. Once completed the upgrades to the Cooe Bay Aquatic Centre should cater to this demand.

It is also noted that when questioned about what Council could do to help increase frequency of participation in active recreation activities, a large portion of people stated that they were satisfied and felt that the level of activities and facilities provided were sufficient.

Enablers to increase participation or enjoyment in active recreation activities were tested for appeal in Colmar Brunton's telephone survey.

A key suggestion that had the most appeal across Livingstone locals was the establishment of an online webpage detailing local recreation options. A central resource where residents and tourists could find out about localised active recreation activities, such as information on where, when, who to contact and how to get involved.

Construction of designated bike paths off the road for safety was the second most supported idea. Interestingly, walking and cycling paths were identified as one of the most popular places to partake in recreational activities. However, cycling did not rank in the top five activities that Livingstone locals are participating in. Potentially, such overwhelming agreement for more designated cycleways points to the lack of appropriate infrastructure for cycling that currently exists. This is supported by the portion of residents who reported road safety issues and streets not being safe to cycle, as key barriers to their participation.

3.5

Key Observations

Participation in sport or recreation is moving towards unstructured recreational activities. National trends demonstrate that over three-quarters (81.2%) of all persons who participated in sport and physical recreation, undertook at least some non-organised physical activity (Australian Sports Commission, 2012).

Undoubtedly, structured activities and club-based sports are a fantastic entry point for young people to join in co-curricular activities and to maintain their fitness. However, adults who are looking to participate in physical activity are commonly faced with the same lifestyle factors, such as time, cost and accessibility, that may make active recreation more appealing. National statistics also demonstrate that individuals are participating in unstructured active recreation activities more frequently than organised sports. The median frequency of participation among non-organised active recreation was 2.3 times per week, higher than the participation rate for organised sport, being only 1 time per week.

There is a clear understanding of the broader benefits (social, economic, mental/emotional) associated with local resident's participating in active recreation activities. It is apparent that Livingstone locals do accessible activities that are close to home and convenient. They primarily participate in such activities because they value their health and enjoy being in the natural environment. However, Council plays an important role in connecting and supporting the economic and social value of recreational activities to the health and well-being of the region.

4.0

FUTURE OF ACTIVE LIVINGSTONE

4.1

Recommendations

The picture coming back from residents and visitors is abundantly clear and revolves around a few key principles:

1. Finish what you have started – There are a range of projects underway that involve active recreation trails, cycle paths etc. that need to be completed as a priority.
2. Work with what you have – Some projects that are already completed can be enhanced with the introduction of simple embellishments.
3. Get 'bang for your buck' - There are several well used and loved hot spots of recreational activity around the region. These places need to be the target for further investment.
4. Community focus – This means getting the message out about the benefits and value of physical activity as well as raising awareness within the community of the investment in infrastructure Council is making.

Additionally, there is another dimension that needs to be considered, and that is the issue of how this Strategy will interface with tourism and economic development objectives.

It is apparent that tourists visiting the Capricorn Coast want to enjoy the natural environment and climate that Livingstone has to offer. Partaking in active recreation and water-based activities are key to the tourism offering Livingstone currently has. In this regard, investing in improved infrastructure and facilities for local active recreation is a subsequent investment in tourism.

With the above principles in mind the following items make up the recommendations for the Active Livingstone Strategy:

GOOD MOVES PROGRAMME

This programme is intended to be the basis of several physical responses within the Shire aimed at identifying, constructing, or completing active recreation infrastructure. The focus of the programme is on physical activity not weight loss or obesity, which are better targeted by other medical and health messaging. The primary focus of this programme is about getting locals active and moving their body, whilst enjoying the places and spaces that Livingstone has to offer. The programme needs to encourage and enable people to lead healthier, more active lives by providing the facilities and infrastructure to do so.

Firstly, the Good Moves Programme does not fund roads. Funding needs to be targeting designated bikeways and pathways, as well as bike parking over car parking. The programme aims to create better connected, better lit, more walkable paths and places across the region.

Funding active transport, such as cycle paths and walking infrastructure where it adjoins roads is acceptable. It should be noted however, it is far more expensive to retrofit active transport networks rather than incorporating them in the first place. Funding under the programme may include low cost elements that make active transport possible and enjoyable such as: safe crossing points; signage and wayfinding; lighting; and place making.

ELEMENT 1 LET'S WALK

Walking is the most affordable, readily attainable and ability inclusive form of physical activity. It is by far the most popular form of active recreation across Australia, and amongst Livingstone locals. Pathways are the foundation of a connected and liveable community.

It seems obvious, but people will walk where there are places to walk that are comfortable and safe. A connected pathway network, that is accessible and user-friendly to all members of the community, contributes to the safe mobility of pedestrians across the region.

The construction and more importantly, the completion of footpaths within the Shire was a common theme that arose during consultation. Some paths exist, some don't, some stop or simply don't connect. Figure 3 identifies the existing paths within the Yeppoon area, contributing to a fragmented network that can be hard to navigate.

Figure 5 and 6 overleaf illustrate the proposed pedestrian and cycle network, that is the focus of further treatment and investment based on community input and other evidence of current use patterns. Whilst much of this pathway network is planned, there is a vast majority that is either unconstructed or incomplete. It should be noted that this network is not intended to be an on-road network, but a designated off-road network contained wholly within the verge as shown in Figure 4.

The most obvious of these paths is the Coastal Path that connects Yeppoon to Emu Park. This fragmented route, in its current form, is popular with cyclists, walkers and runners. It is perhaps the most important path from both active recreation and tourism perspectives, providing a major connector within the region. However, it is currently incomplete. For the most part, it is considered that road verges are wide enough to allow generous off-road connections to be constructed. Pinch points such as at the Causeway Lake bridge crossing will require further consideration as there is currently only a narrow pedestrian path on the western side of the bridge.

Whilst various parts of the route are currently being planned, or have already been constructed, the standards of the pathway vary across its length. It is recommended that a detailed design for the entire length of the Coastal Path is to be undertaken to ensure the pathway is delivered in a consistent and timely manner. As matter of design priority, this path should be off-road for its entire length.

As noted in the community consultation, designated walking and cycling paths were the second most popular place to participate in recreational activities. It is noted that Livingstone locals enjoy on-foot activities such as walking and jogging.

Additionally, when questioned what Council could do to encourage and increase participation in active recreation, residents cited the construction of designated cycle paths and walkways.

These pathways should link areas of attraction and activity such as connecting the Pineapple Rail Trail through to the Yeppoon town centre. In turn, these will contribute to a broader movement network and create key linkages for both locals and visitors to access important sites and attractions.

Furthermore, investment and upgrades to the pathway network should prioritise connecting Schools to localised activity nodes and residential areas, to encourage active recreation for school aged children. National campaigns such as Walk Safely to School Day (WSTSD) encourages parents, carers, and their children to build regular walking to and from school into their daily routine. Walking to and from school allows children to get the recommended amount of physical activity in each day.

An example of a popular designated pathway that is well utilised by school children for their commute to and from St. Brendan's College, is the off-road footpath adjacent to Adelaide Park Road. Connecting from the town centre at James Street, right through to the school campus.

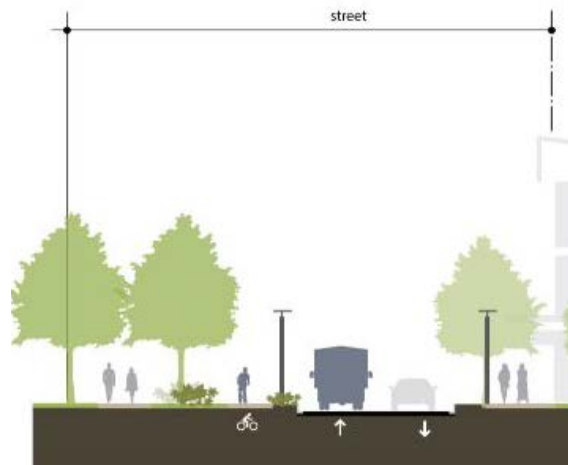


Figure 4: Off-road pathway within the verge.

Figure 5: Proposed/Existing pathway network, Yeppoon.

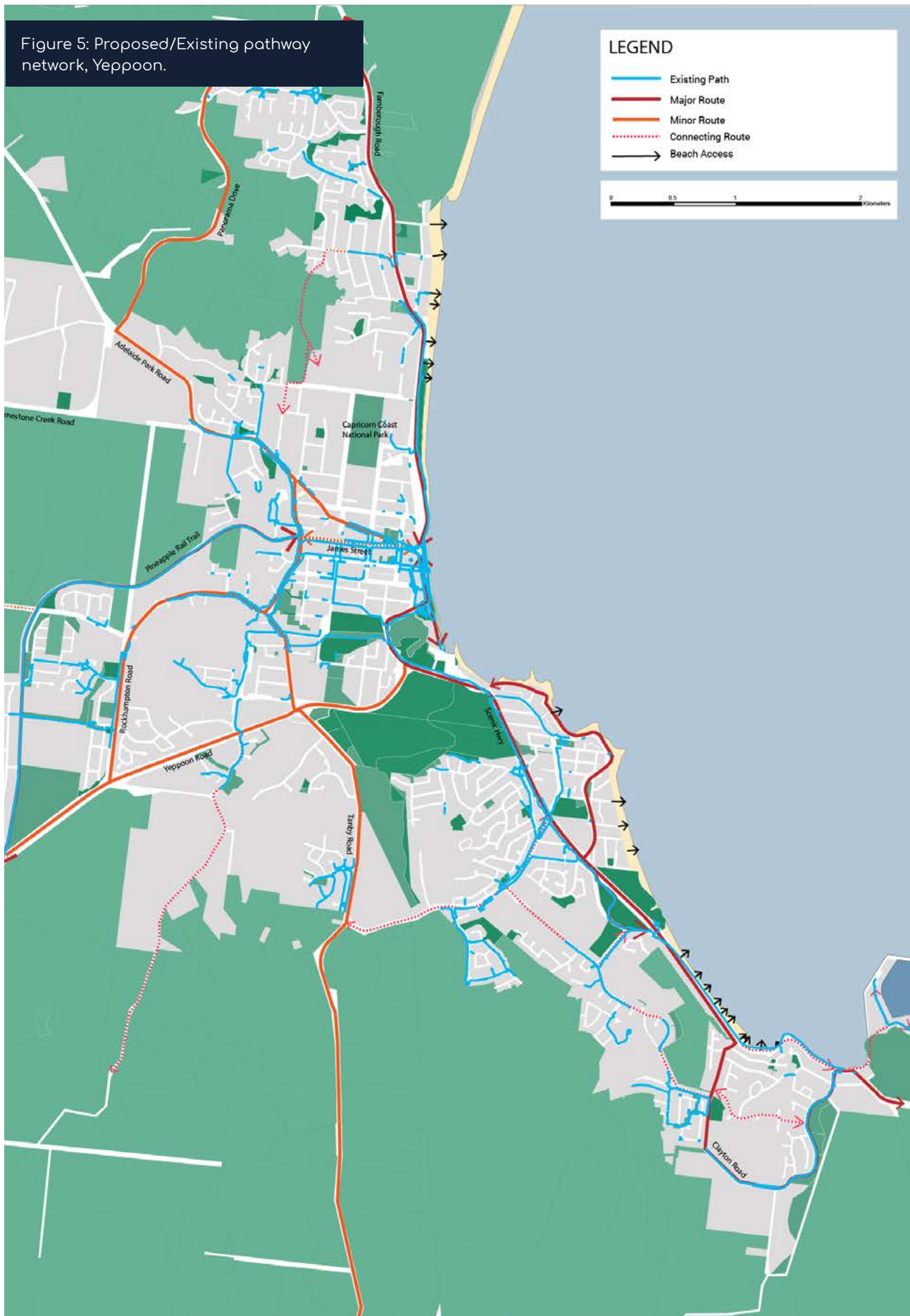
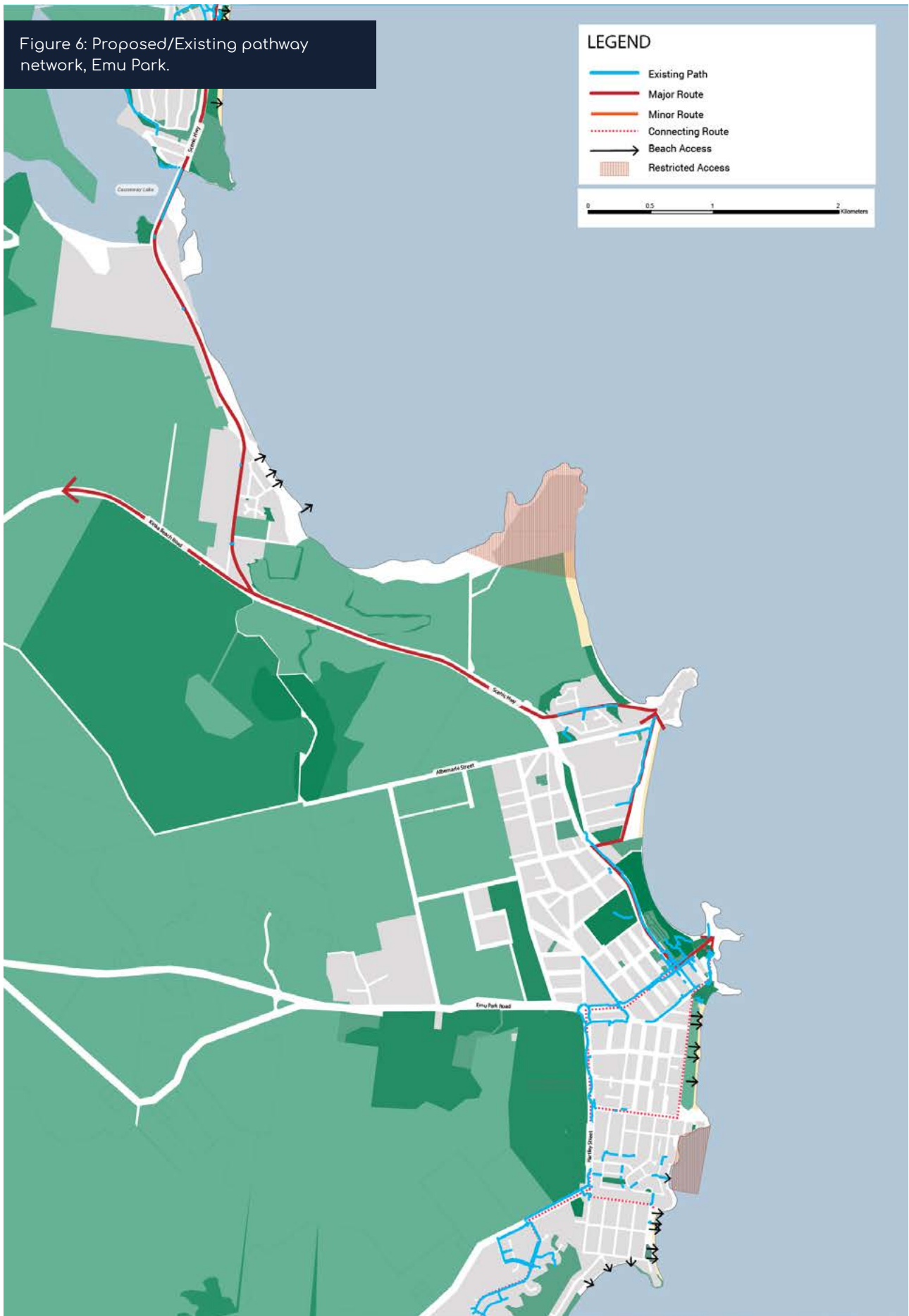


Figure 6: Proposed/Existing pathway network, Emu Park.



ELEMENT 2 SAFE TO CYCLE

Within the community consultation period, residents identified key connections that are currently missing within the pathway network, including connecting pathways to Sacred Heart Primary, and Taranganba State School.

Pathways that link schools to key destinations and are away from busy and dangerous roads need to be prioritised. Furthermore, if places are safe enough for the most vulnerable members of the community, it can be considered that they are safe and comfortable for all members of the community.

Used as thoroughfares, but also used for socialising, playing, and talking, pathways provide numerous opportunities for communities to participate in the public realm. A connected pathway network is important for community inclusiveness to allow all members of the community to safely move around their neighbourhood.

The second most popular place to participate in active recreation activities within the region, was designated walking and cycling paths. However, cycling was not listed in the top five recreational activities amongst residents. A key suggestion provided by the community was the construction of designated pathways for cycling with a notable barrier preventing participation within this activity, cited as major concerns with road safety.

It can be considered that Livingstone locals love to cycle, however issues with safety often deter residents in participating. There is a clear message presented from the community asking for designated bike paths that divert cyclists from potentially dangerous roads. If safer infrastructure is constructed, it can be inferred that there will also be an increase in residents who would use it too.

Figure 7 illustrates the existing pathway network and key linkages that should be prioritised to connect popular cycling routes.

ELEMENT 3 OFF-ROAD

Livingstone has a number of national parks and other areas of reserves and bushland where informal cycle trails have been developed. These trails are often through areas that are remote and of scenic interest which are of particular curiosity to mountain bikers and bushwalkers.

Vallis Park in the Capricorn Coast National Park is a popular walking and mountain bike trail that is currently unsigned and unregulated and directly overlooks Yeppoon and the suburbs of Meikleville Hill, Barlows Hill, Inverness etc. Vallis Park is controlled by Queensland National Parks and its development and use would need to be coordinated with Queensland National Parks in order to bring these trails to fruition.

A master planning exercise with an experienced trail builder could create a significant active recreation resource for the surrounding locality.

Figure 7: Proposed Priority Connections, Yeppoon.

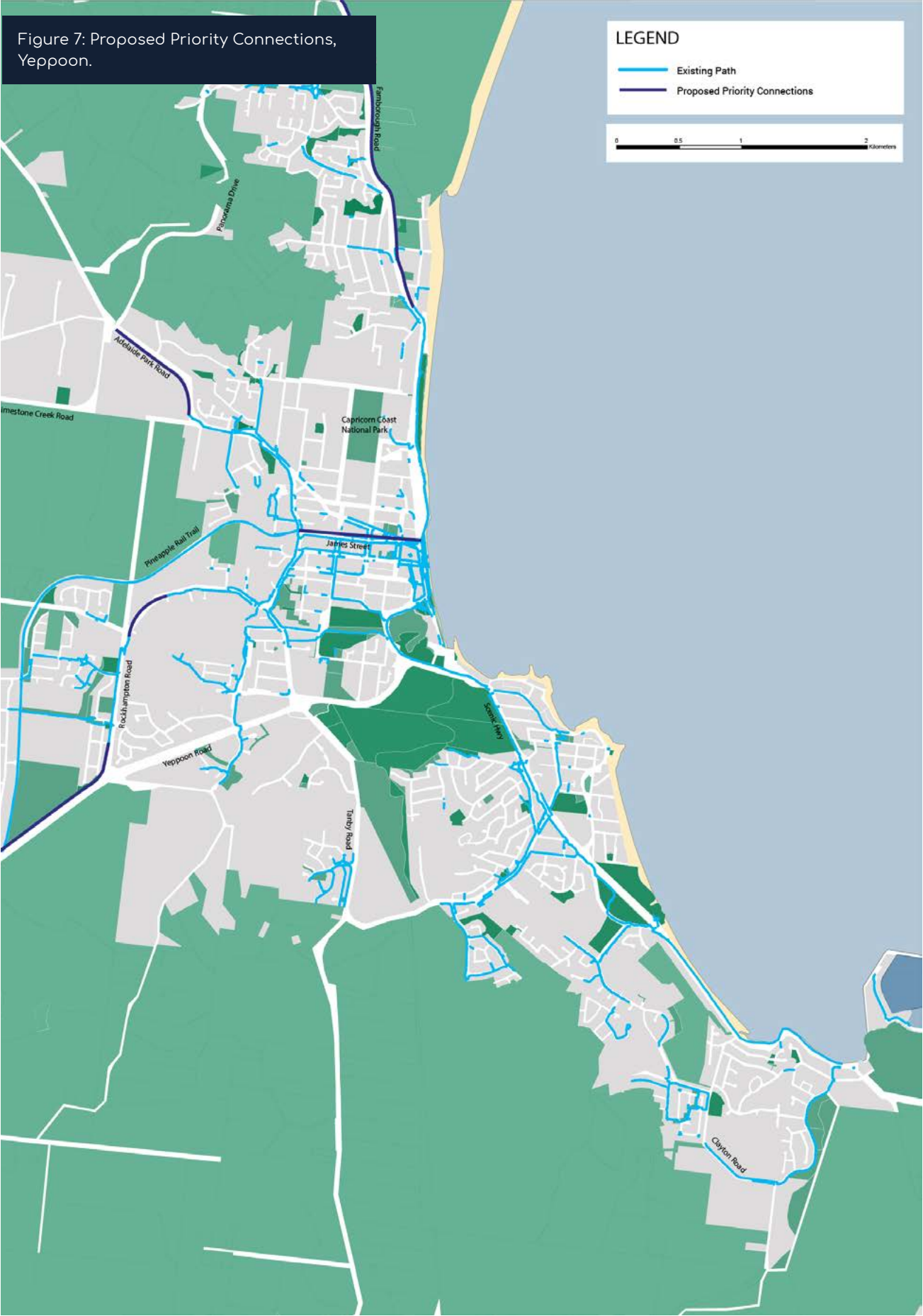






Figure 7: Gym equipment at Yeppoon foreshore.

ELEMENT 4 EQUIPMENT & FACILITIES

When questioned what Council could do to encourage participation in active recreation, majority of resident's suggestions were centred around increased infrastructure and amenities. This included, the construction of park equipment, toilet facilities and fitness equipment. Finally, increased infrastructure to support bicycle and watersport equipment hiring facilities was also a key suggestion. Equipment hire is discussed further in Element 5.

A frequent suggestion was for more outdoor gym equipment, similar to the set of equipment at the Yeppoon foreshore (refer to Figure 7).

Outdoor gym equipment was generally popular with foreshore users. However, there are only limited amounts of equipment and they are generally restricted to single locations. To encourage greater use and extend the activation of foreshore areas spreading gym equipment as a series of 'Fitness Stations' will encourage greater activity. Figure 8 provides an indication of preferred locations for additional fitness stations.

As a design consideration some users felt that some form of privacy screening from adjoining roads was preferable as is the case with the fitness equipment on the Yeppoon foreshore near the intersection of Normanby Street. The equipment may also include pedal powered phone chargers.

Signage and distance markers were another element desired by both walkers and cyclists, given the extensive network that has the potential to be established in the Shire. Signage should provide distance and direction to major trails and attractions and should be consistent throughout the region. The signage should also be consistent with existing planning scheme public realm guidelines.

Distance markers should be located along the Yeppoon foreshore - as perhaps the most popular walking path in the Shire. They also have the potential to be incorporated along the entire length of the Coastal Path, as well as other key recreational trails such as the Pineapple Rail Trail. This allows users to measure distance travelled, set courses for fitness groups or provide personal or group challenges.

Amenities such as toilet blocks, bubblers, showers and lighting are crucial facilities to support active recreation and to cater for the lifestyles of Livingstone locals. Whilst considered to be a simple suggestion, for a large part of the foreshore areas between Zilzie/Emu Park and Meikleville Hill there are limited facilities currently provided. Such facilities need to be constructed as a matter of priority at all foreshore locations.

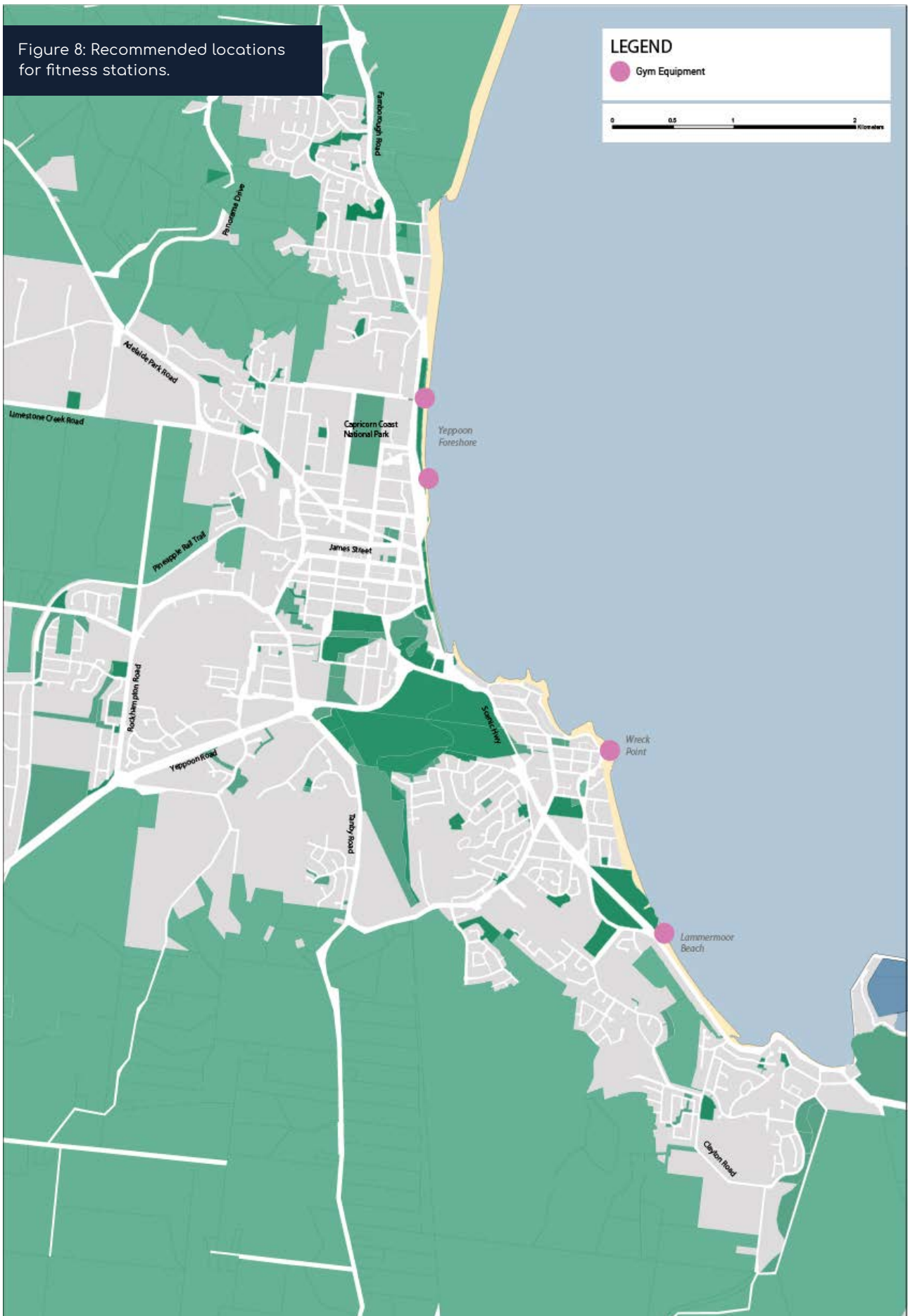
Additionally, toilets, bubblers and lighting needs to be located along the Pineapple Rail Trail. There are presently no facilities along the Yeppoon section of the Pineapple

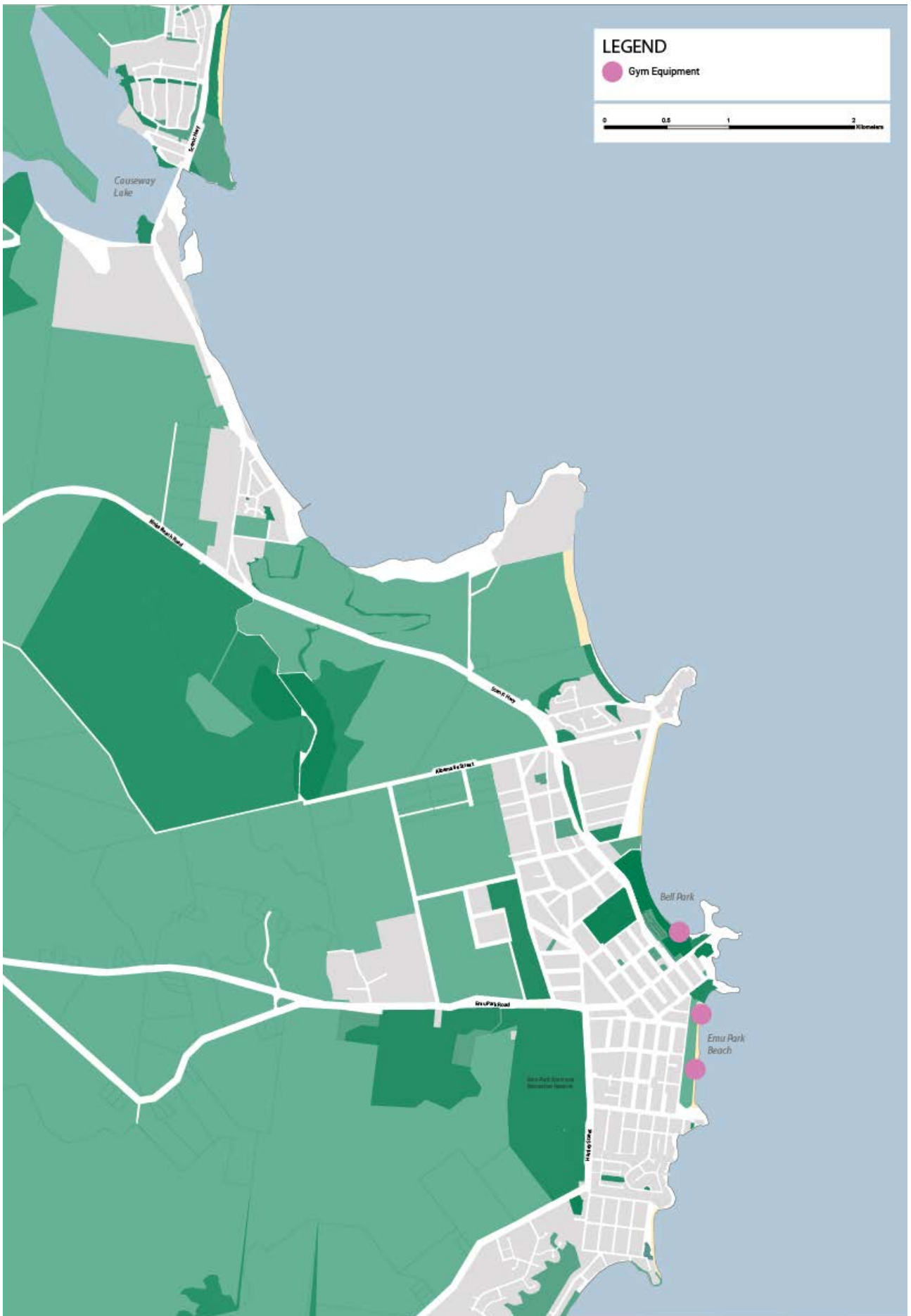
Rail Trail. Toilets and bubblers allow for individuals to participate in physical activity for a substantial period of time (allowing them to reap the actual benefits of exercise) and are particularly important for families with smaller children.

As revealed by the results from community consultation, residents in Livingstone are more likely to participate in activities in the outdoors, rather than indoors. A key thing that locals value about active recreation is enjoying the natural environment and scenery of their surrounds. The Livingstone climate supports year-round activity and sports, and as such, it makes sense that infrastructure should also support this.

Physical activity in outdoor green areas, is strongly connected to better health and well-being outcomes. It is recommended that Council should support the ongoing desire for residents to participate in active recreation outdoors, by ensuring that infrastructure incorporates design elements to respond to the climate. This is inclusive of things such as appropriate shade structures over gym and park equipment, planting trees adjacent to trails where possible, and shaded areas for group activities to take place.

Figure 8: Recommended locations for fitness stations.





ELEMENT 5 ACTIVATION

Following on from Element 4 and closely aligned to it, is the notion of activation. The community consultation clearly indicated that the foreshore and beach was the most popular location for active recreation within the region. However, consultation also revealed that a portion of locals felt that the beach could be better activated to encourage and facilitate more recreational activity.

Key suggestions included increased watersport activities and the provision of classes on the beach at sunrise and sunset. Strongest support for the implementation of such activities was in the under 35 demographic.

There are already several groups who utilise the waterfront areas to facilitate a range of activities, and who currently give great life to such spaces. However, currently there are limited opportunities for these groups along the foreshore areas close the centres of Yeppoon and Emu Park, and as a result, crowding and conflict are likely to occur.

The design of waterfront areas needs to make provision for simple ubiquitous spaces – preferably shaded – that can cater for group activities. It is noted that the management and regulation of these spaces and activities will be an issue over time as popularity increases.

At present The Good Moves Programme will be focused on encouraging activity rather than regulation. At some point however, there will be a need to manage spaces through some form of booking system for the busier foreshore areas of Yeppoon to avoid clashes and to ensure spaces are not monopolised by particular groups. Furthermore, already identified as a key hot spot for activity, it is acknowledged that the area will require careful management to support recreational demand and ensure over utilisation does not lead to degradation over time.

Waterfront areas are also popular for watercraft equipment hire – yachts, paddle boards, kayaks etc. Dedicated spaces along foreshore areas again need to be provided to allow these activities to occur. These areas need to be separate from car parking areas and set aside as dedicated spaces to allow hire activities to ‘bump in and bump out’ during the course of the day.

At night these spaces could be used by food vans to allow further activation and extend the life of the foreshore area and support night time active recreation. Again, these areas will require regulation at some point. However initially Council may choose to program these spaces to coordinate with special events or during holiday periods.

ELEMENT 6 PINEAPPLE RAIL TRAIL

Rail Trails are part of a trend to retrofit old, decommissioned rail (or road) corridors into walking and cycling tracks. There is presently a rail corridor that links from Yeppoon to Rockhampton (refer to Figure 9). This has enormous potential to drive not only active recreation but also promote tourism in not just Yeppoon but a range of smaller localities along the corridors length.

This will take considerable investment in both creating a suitable trail surface (not paved) for cyclists and walkers, as well as creek crossings. Depending on the nature of the crossing some of these crossings should remain as natural crossings without structures to create a more challenging cycle trail. This will be dependent on the nature of the crossing and the potential environmental impacts that may be created as a result. Other crossings will require significant investment in bridge structures.

The tourism potential is significant as the Pineapple Rail Trail winds its way through smaller towns and localities (such as Cawarral and Mount Chalmers) and more scenic parts of the Yeppoon hinterland providing opportunities for Bed and Breakfasts, food & beverage, etc along the way. In this regard the Pineapple Rail Trail is not just about active living but also contributes to economic development.

Whilst this will most likely ultimately be a Council asset, further assistance will be required from the State Government in terms of trail improvements and transfer of title.

Figure 9: Existing constructed Pineapple Rail Trail, and proposed extension.



ELEMENT 7 YEPPOON SUMMITS

Yeppoon has a great series of very scenic hills that surround the town and provide a great opportunity for a series of Urban Trails. It is recommended that a trail is implemented, such as Yeppoon Summits, that links places in and around the town. The trail could link from the elevated areas of Cordingley and John Streets through to Vallis Park and beyond.

It is recommended that the trail also include the town centre on James Street. The Urban Trail will provide an opportunity for a challenging walk that promotes active recreation, community interaction, as well as support tourism. Local businesses may also choose to sponsor all or part of the route particularly if the trail traverses the main street of Yeppoon.

Signage, step counters, historical information and lighting should be incorporated into the route.

Other routes or extensions to these routes offer opportunities to further explore and connect urban areas of Yeppoon and Emu Park. This could also link to initiatives such as 'Urban Rogaining'.

ELEMENT 8 SMART STEPS

With the introduction of new signage and lighting there is an opportunity to gather and use data to test and better design active living infrastructure in the Shire. Signage and lighting should contain monitors and data points that collect information about users in order to test projects, confirm or modify which routes people take, at what time, in groups or alone, how long they stay, etc. This type of information can be used to design new trails, and/or redirect existing ones or generate opportunities for additional facilities or cafes. Information gathered means Council can test responses in real time with real data.

This will also require Livingstone Shire to increase their capacity in the capture and analysis of this data. The Local Government Association of Queensland have an initiative called 'LGSherlock' which can help with both data storage and analytics and should be further investigated to for its potential to assist with this element.

ELEMENT 9 ONLINE & OUT THERE

As part of community consultation, enablers to increase participation in active recreation activities were tested for appeal amongst residents. The most popular suggestion amongst Livingstone locals, was the establishment of an online webpage detailing local recreation options.

It is recommended that Council implements a central resource where residents and tourists can find out about local facilities and activities, such as information on where, when, who to contact and how to get involved. This one-stop activity hub will allow for marketing and promotion of current recreation activities offered in the region, to support tourists visiting the Shire. Additionally, the webpage can also detail what infrastructure is currently being invested in and when new equipment or facilities are constructed, to help raise awareness for locals.

Acknowledging that raising awareness, will increase the level of participation and as such, will boost demand for infrastructure, programs and opportunities, that will in turn, need support from a robust infrastructure network.

Undoubtedly, such resources work well, such as the Council-led initiative 'Live Well Get Active' program. This program is also supported by a webpage on Council's website.



Figure 10: Local community participating in group active recreation activities.

It should be noted that a clear message from a large portion of the community, during consultation, was that they were satisfied with what Council was doing and felt that the level of activities and facilities provided across the region were sufficient. As such, Council should continue what they have been doing, however with more exposure and equitable awareness across the region.

There are a number of groups in the region that are already doing great things to promote not only active living, but also Livingstone Shire. It is true, the best advocates for the place you live, is the locals. Currently, there are multiple platforms providing information to the various community groups. However, there is little coordination of efforts with some groups having limited capacity to reach their intended users, through either a lack of skills or resources.

Undoubtedly, in this day and age, social media is an effective way to communicate with a range of local groups. Community consultation revealed that currently, individuals primarily plan activities in person or through social media.

It is recommended that Council could administer an Active Livingstone Facebook page, to have a collective group set up under one banner. This would allow a range of groups to post information about regular activities or upcoming events.

Mobile data-based research could also be utilised to provide vital information on local's activity levels and routines. Apps that are linked to data bases could be utilised to track activity and sedentary times. These may be associated through free apps such as Strava Metro or Google Maps, and collect anonymous data. This is a great way to build quick data sets, and test the success, or lack of, new programs and projects.

PLACEMAKING STRATEGY

Of the existing Council initiatives that support the objectives of the Active Livingstone Strategy the Placemaking Programme, with its focus on making the region a more interesting and engaging place to live and visit, has considerable overlap with the Active Living Strategy. Placemaking initiatives support all four recommendations above, thus the Placemaking Strategy should continue to be consulted when scoping Active Livingstone projects.

4.2

Implementation & Priorities

Implementation of the strategies and elements discussed in this document will not be achieved by Council alone. Strategic partnerships with a range of community groups and organisations as well as State and Federal governments will need to be developed in order to achieve many of the outcomes. This includes seeking further funding for a range of projects outlined below.

In this regard, none of the projects and initiatives below are costed. Further work and in particular further, detailed design work will be required on some projects in order to understand the full cost implications and feasibility.

In considering the projects and their relative priority, additional weighting should be given to projects that achieve multiple outcomes from a Council policy and community objective. As noted in sections above, a number of projects and initiatives have already begun. Completing these and completing to high standard should be a priority. This requires considerable coordination across Council, as a range of groups within Council will be responsible for completing different parts of each project.

Ultimately, there needs to be one person or position within Council that ensures projects are planned and completed to a high standard and are well coordinated across Council. This person/position could be funded from the Good Moves Programme. This coordinator position is discussed and described above and needs to be one of the first initiatives to take place.



LOVE A FRANK CHAT?

CAN'T MAKE THE DATE, BUT WOULD LOVE A FRANK CHAT?

Have your say via the Active Livingstone Strategy Frank Chat's online survey.

It's anonymous if you choose, and another great way to have your say on the future of active recreation for the region.

To find out more about the project or to have your say online, visit:

<http://frankchats.com.au/projects/active-livingstone-strategy>

INSTALLATIONS AND DEMONSTRATIONS

As part of developing active recreation infrastructure Council should be looking to create a range of temporary installations. Items such as gym equipment can be installed in temporary fashion to test whether the location is correct and if it's being used.

As a matter of course all infrastructure installed by Council as part of this programme needs to be tested and evaluated to ensure it is delivering on the objectives of the programme and delivering value for money. This needs to be an ongoing function of the programme.

Strategy		Action		Timeframe	Partners/ People/ Organisation	Priority (1- High, 3 - Moderate)
1	Lets Walk	1.1	Complete the proposed pedestrian and cycle network. This network is not intended to be an on-road network, but a designated off-road network contained wholly within the verge.	Medium and ongoing	LSC Community Groups DTMR	1
		1.2	Completion of the Coastal Path that connects Yeppoon to Emu Park. This fragmented route, in its current form, is popular with cyclists, walkers and runners.	Short	LSC Community Stakeholders DTMR	1
		1.3	Where linkages align with the PCNP funding should be sort under this mechanism. Future LGIP updates should consider the proposed linkages.	Short	LSC	2
		1.4	Upgrades to the pathway network should prioritise connecting Schools to localised activity nodes and residential areas, to encourage active recreation for school aged children.	Short	LSC DOE DSRA Community Stakeholders	2
2	Safe to Cycle	2.1	Complete the cycle network with designated pathways to be constructed off-road. Key sections of the network that are missing and should be prioritised for construction are illustrated in Figure 7.	Short	LSC, DTMR	1
		2.2	Where linkages align with the PCNP funding should be sort under this mechanism. Future LGIP updates should consider the proposed linkages.			
3	Off Road	3.1	Livingstone has a number of national parks and other areas of reserves and bushland where informal cycle trails have been developed. These trails are often through areas that are remote and of scenic interest, which are of particular curiosity to mountain bikers and bushwalkers. A master planning exercise with an experienced trail builder could create a significant active recreation resource for the surrounding locality.	Long	QNPS LSC Community Stakeholders	3
		3-2	Where linkages align with the PCNP funding should be sort under this mechanism. Future LGIP updates should consider the proposed linkages.			

Strategy		Action		Timeframe	Partners/ People/ Organisation	Priority (1- High, 3 - Moderate)
4	Equipment and Facilities	4.1	The construction of park equipment, toilet facilities, showers and bubblers at key hotspots of recreational activities.	Medium	LSC Community Stakeholders	2
		4.2	Construction of outdoor gym equipment in selected locations.	Short	LSC	2
		4.3	Embellishment of existing pathways with signage and distance markers.	Short	LSC Community Stakeholders	3
5	Activation	5.1	Consultation revealed support for increased activation on the foreshore such as 'how-to' classes to help locals start a new activity. Sunrise and sunset classes should be trialled on the foreshore.	Short	LSC Community Stakeholders	3
		5.2	Dedicated spaces along the foreshore should be provided for watercraft equipment hire – paddle boards, kayaks etc. to provide locals and tourists with access to such activities. These spaces should be separate from car parking areas and set aside to allow hire activities to 'bump in and bump out' during the course of the day.	Medium	LSC	3
		5.3	The dedicated areas for hiring watercraft equipment can be used by food vans for further activation at nighttime and extend the life of the foreshore area.	Long	LSC Community and Business Groups	2
6	Pineapple Rail Trail	6.1	Complete the Pineapple Rail Trail from Yeppoon to Rockhampton.	Medium	DTMR QRSA RRC LSC	2
7	Yeppoon Summits	7.1	Implementation of 'Yeppoon Summits', which links the scenic hills within the town and surrounds to create an Urban Trail for locals and tourists.	Medium	LSC	2
		7.2	Trail signage, step counters, historical information and lighting should be incorporated into the trail.	Long	LSC	2
8	Smart Steps	8.1	New signage and lighting should contain monitors and data points that collect information. This data can be used to test projects, provide valuable information about intensity of use and influence future design of active recreational infrastructure.	Short	LSC	2
9	Online & out there	9.1	Implement a central resource where residents and tourists can find out about local facilities and recreational activities, such as information on where, when, who to contact and how to get involved. This one-stop activity hub will allow for marketing and promotion of current recreational activities offered in the region, to support tourists visiting the Shire.	Medium	LSC	1
10	Good Moves Officer	10.1	Implementation of this type of programme will require a dedicated and fully funded person (or persons) within Livingstone Shire Council to provide direction and resources.	Short and ongoing	LSC QRSA	1
11	Place-making Strategy	11	The placemaking strategy should be consulted in the course of developing active recreation infrastructure initiatives.	Ongoing	LSC	2

Priority Action

Priority Action



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APPENDIX