

Active Design



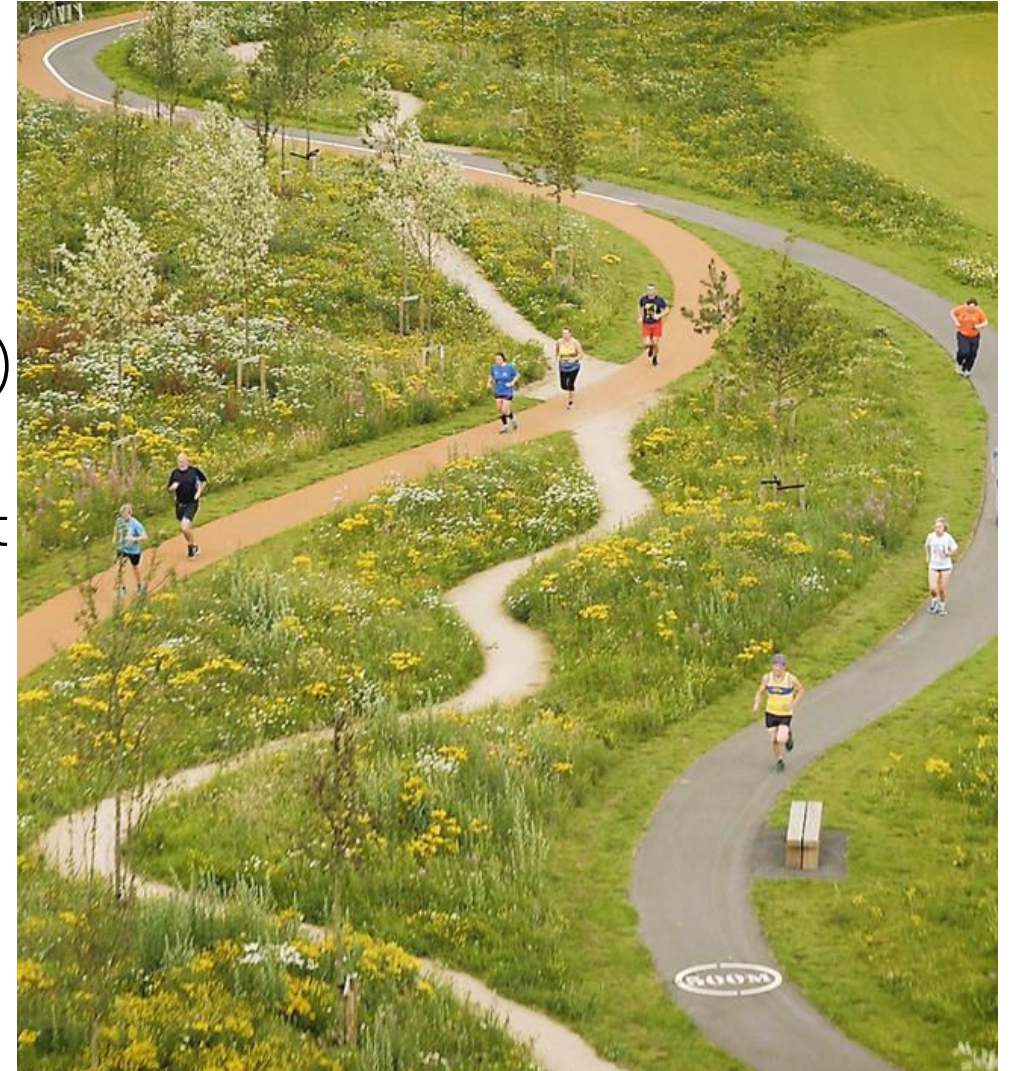
CREATING ACTIVE ENVIRONMENTS
THROUGH PLANNING AND DESIGN

Active, Inclusive and Sustainable Community Design Webinar

Roy Warren – Planning Manager, Sport England
2nd November 2023

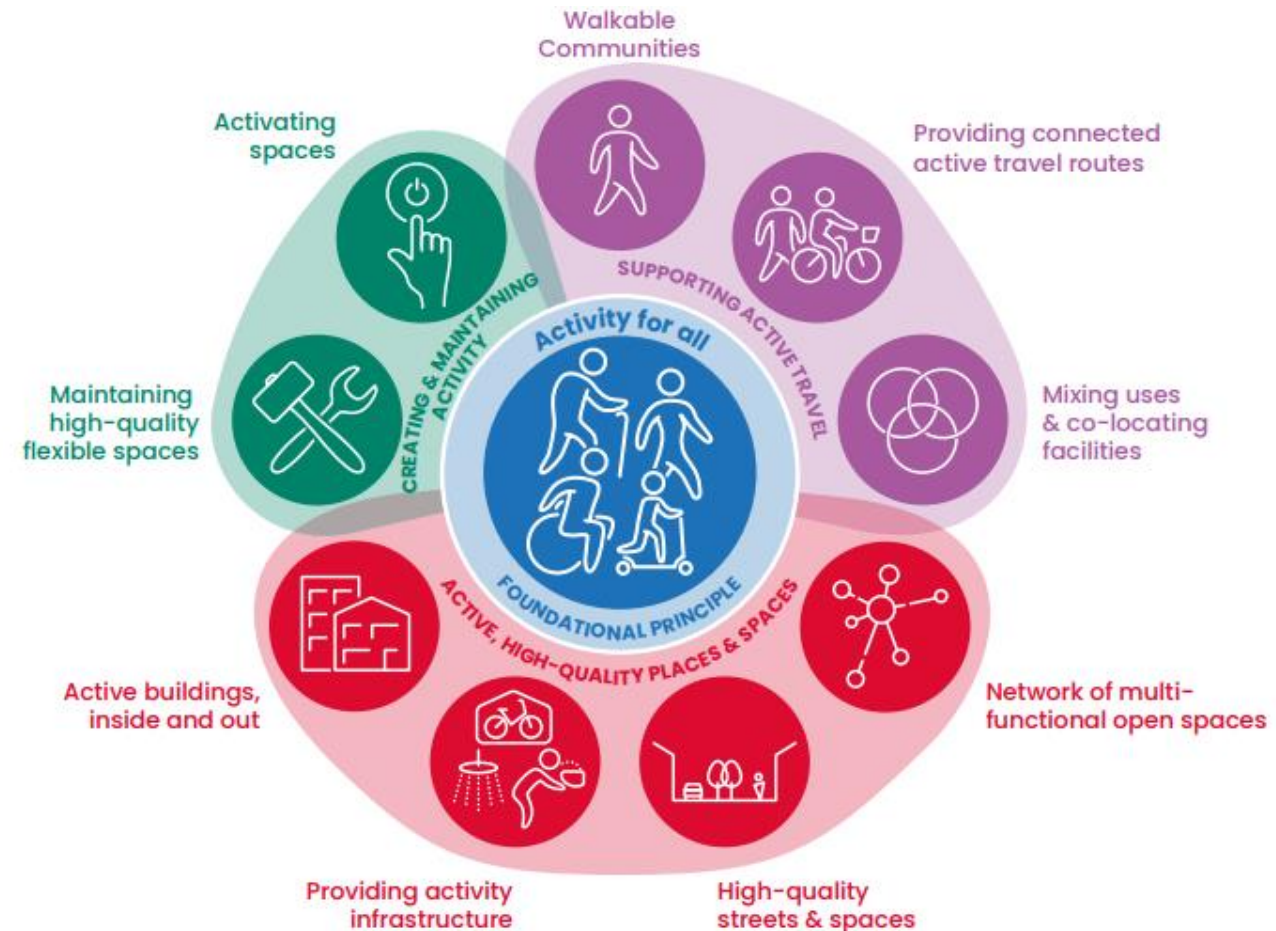
Overview

- What is Active Design?
- Active Design – the Ten Principles
- What's new in the 2023 edition? (Active Design 3)
- How can Active Design be used in practice?
- How can Sport England and Active Essex support the use of Active Design in practice?



What is Active Design?

- Guidance is based around 10 principles aimed at promoting environments that offer individuals the greatest potential to lead active and healthy lifestyles;
- Uses case studies to illustrate principles;
- Includes a checklist with questions for assessing proposals against;
- Particularly applicable to major residential developments as all principles can be applied.
- [Active Design Animation](#)



Why are Sport England promoting Active Design?

- Active Environments is one of the 5 big issues in Sport England's 'Uniting the Movement' 10 year strategy
- One of the key interventions to create Active Environments in the strategy is to influence those who develop and manage local environments to encourage formal and informal activity close to where we live.
- The advocacy of Active Design is currently one of Sport England's main work areas to support this intervention.

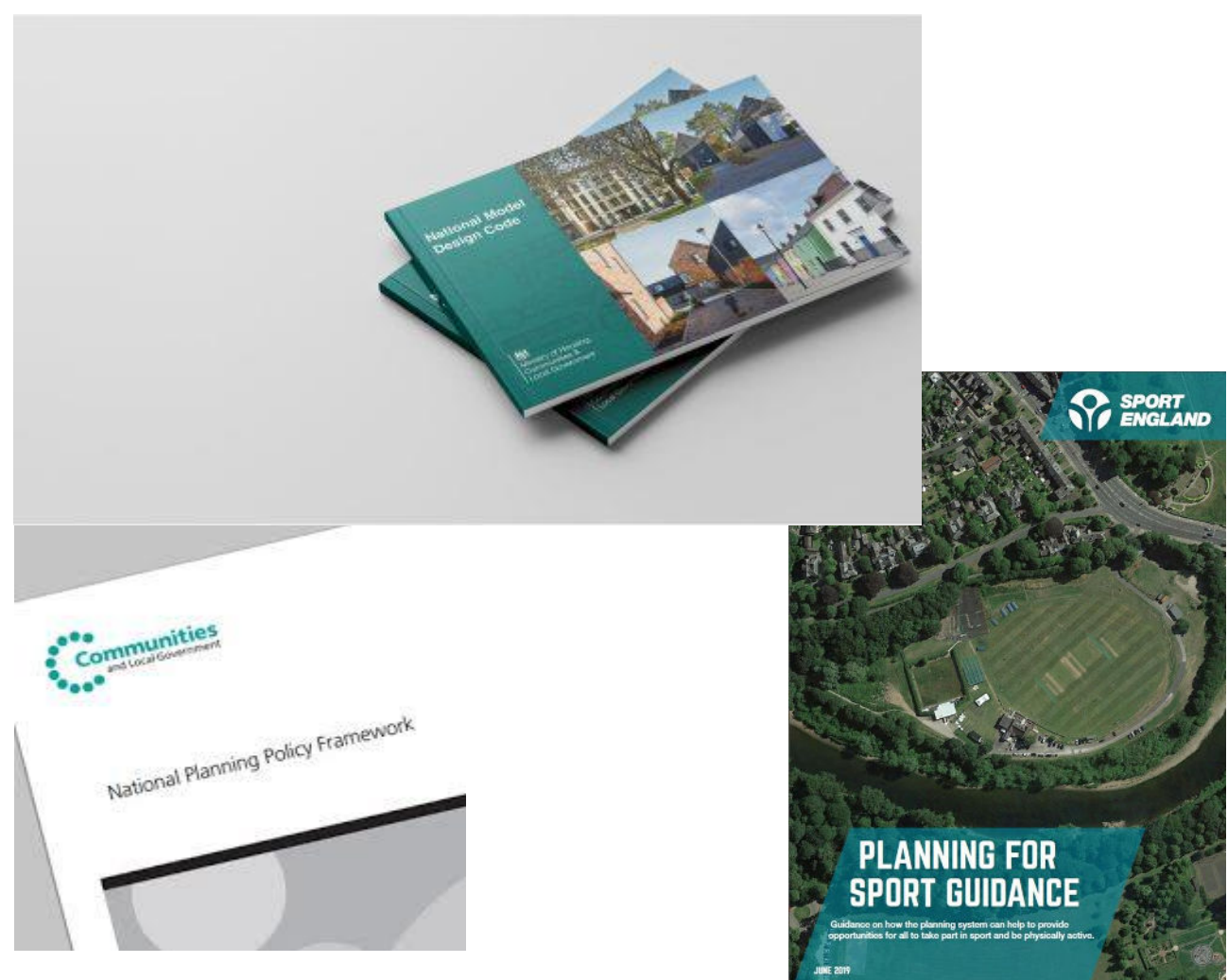


WE'LL FOCUS ON:

- Protecting and improving the nation's sport and leisure facilities by using our investment and expertise to revive places to play, and to innovate new designs and operational models which are community-focused, environmentally sound, financially sustainable and contribute to reducing inequalities
- Creating opportunities around community spaces by inspiring local communities to influence owners or increase their own capability to use and sustain these spaces themselves, through advice, training and resources
- Helping to create better places to live by influencing those who develop and manage local environments to encourage both formal and informal activity close to where we live, maximising the potential of green spaces and walking and cycling
- The implications of climate change. The sport and leisure sector must play its part, so we'll adapt our expertise, guidance, tools and support to help our partners rise to the challenge.

Relationship with Government Planning Policy

- Paragraph 92 of the NPPF (2021) advises planning policies and decisions to aim to achieve healthy, inclusive and safe places which includes enabling and supporting healthy lifestyles
- Paragraph 11 of the National Model Design Code (Part 1) advises that the code sets out a baseline standard of quality and practice which local authorities are expected to take into account when developing local design codes including how the design of new development should enhance the health and well-being of local communities and create safe, inclusive, accessible and active environments



PLANNING FOR SPORT: PROVIDING ACTIVE ENVIRONMENTS

The **many benefits of sport and physical activity**, including to people's physical and mental health, are widely recognised.

Our built and natural **environments are key** to helping people change their behaviours to **lead more active and healthier lifestyles**.

The **planning system plays a vital role** in shaping our environments.

To help provide environments that protect, enhance and provide both formal and informal opportunities for all to take part in sport and be physically active, the planning system should **embrace 12 planning-for-sport principles**.

Active Design – The Ten Principles



FOUNDATIONAL PRINCIPLE
Activity for all



PRINCIPLE 2
Walkable communities



PRINCIPLE 3
Providing connected
active travel routes



PRINCIPLE 4
Mixing uses and
co-locating facilities



PRINCIPLE 5
Network of multi-functional
open spaces



PRINCIPLE 6
High-quality
streets and spaces



PRINCIPLE 7
Providing activity
infrastructure



PRINCIPLE 8
Active buildings,
inside and out



PRINCIPLE 9
Maintaining high-quality
flexible spaces



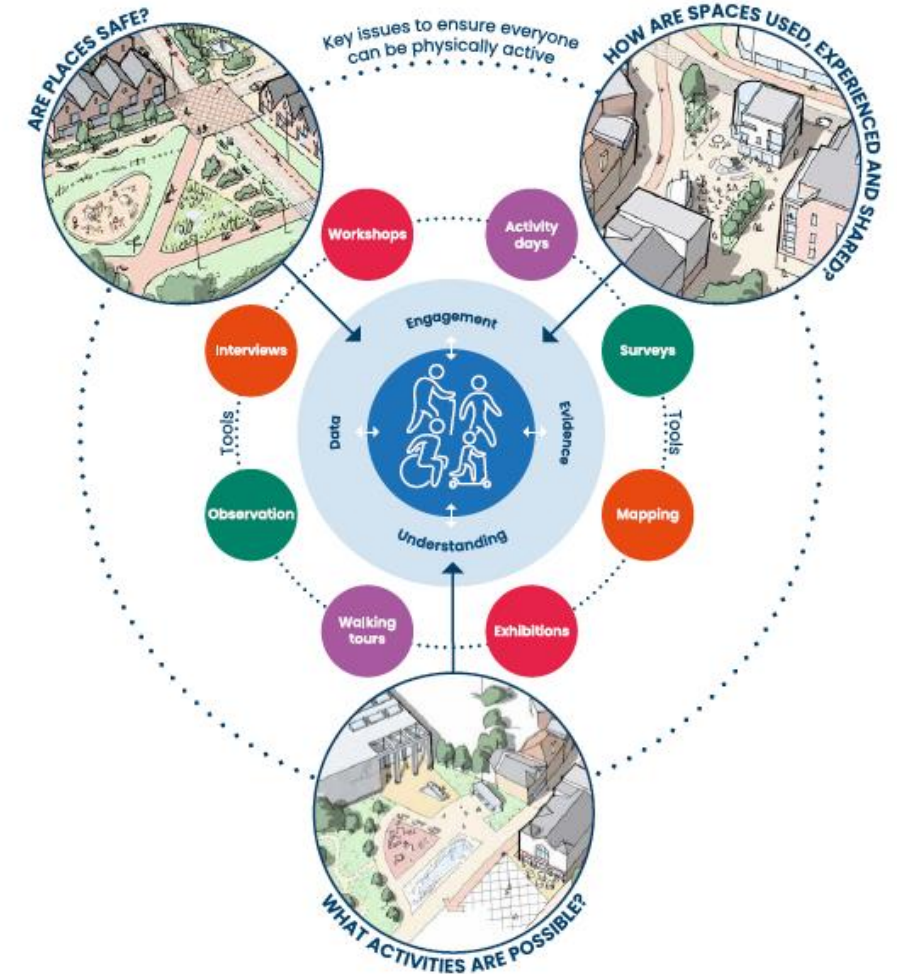
PRINCIPLE 10
Activating spaces

Principle 1 – Activity for All



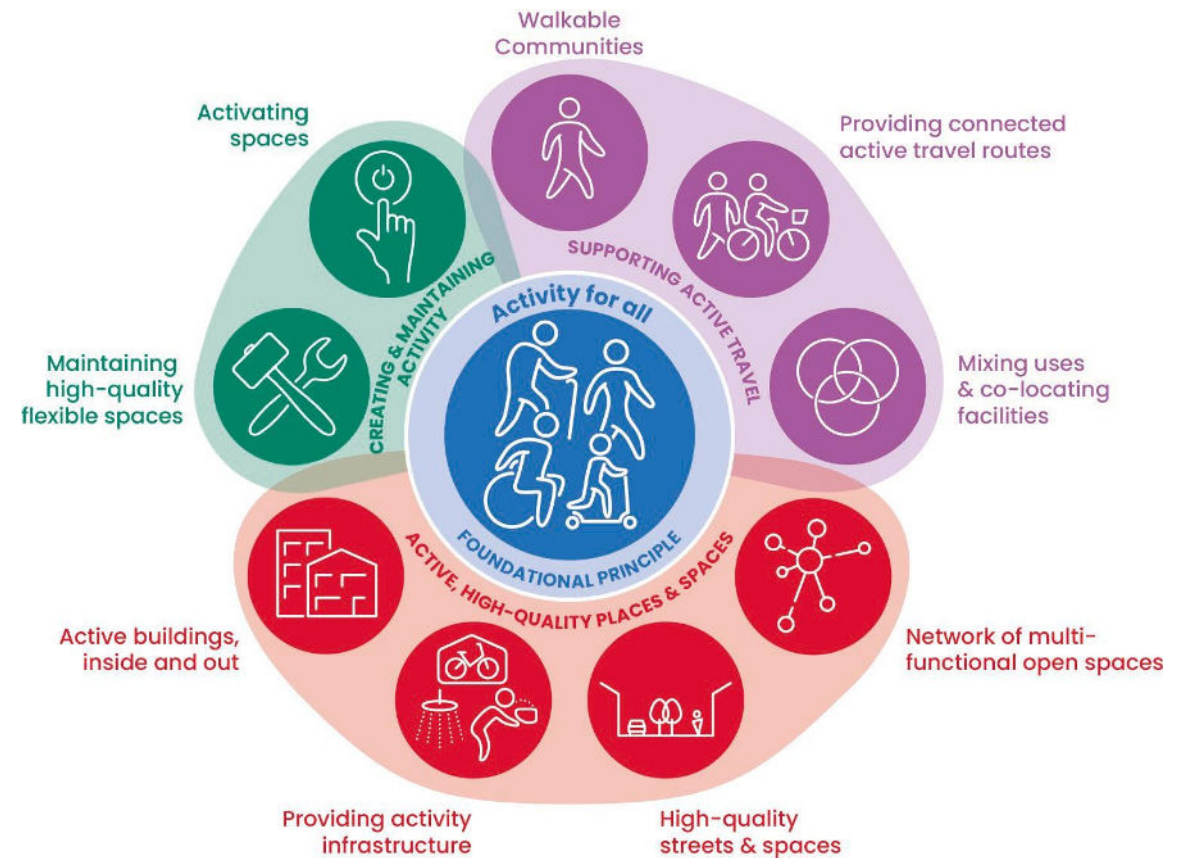
Principle 1 – Activity for all

All environments should support physical activity equitably across all ages, ethnicities, genders, and abilities, enabling everyone to be active and build long-term active habits and behaviours. This is essential for the delivery of all the principles of Active Design and is its foundational principle.



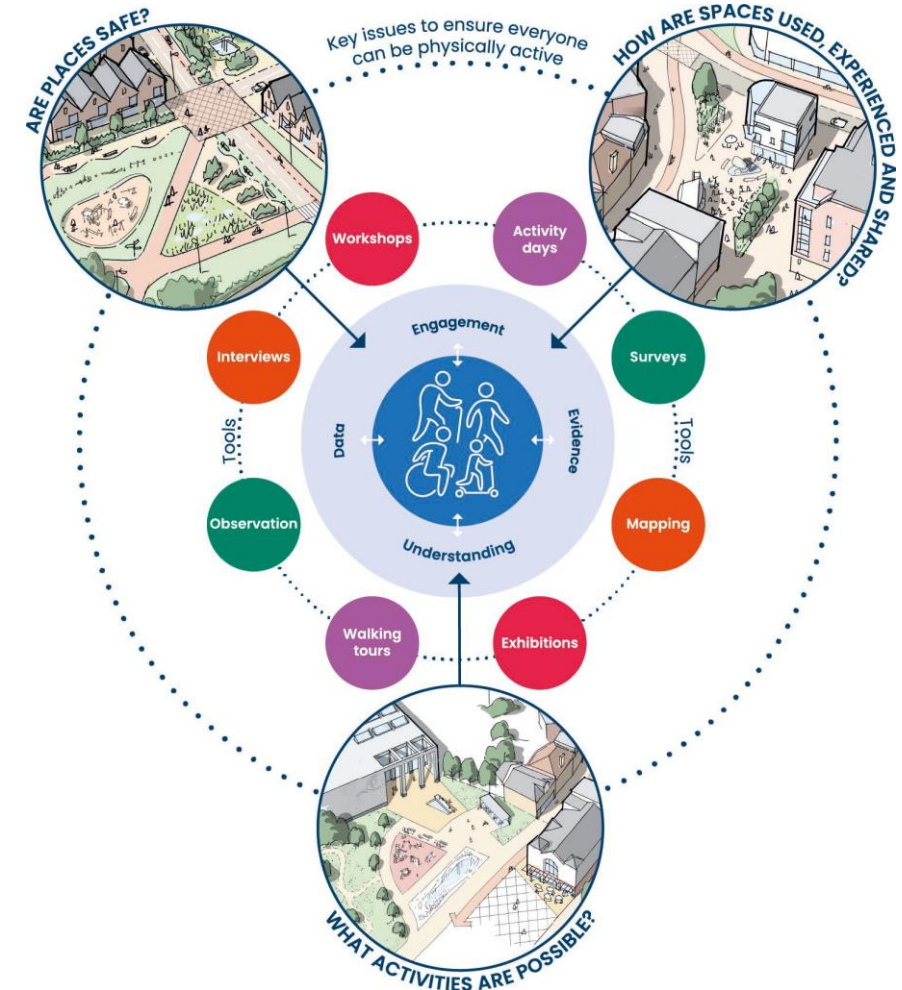
What's new in the 2023 edition?

- Ten principles updated
 - Foundational principle of Activity for All
 - Three themes
 - Focus on application
 - Links to other agendas
 - Illustrative places and case studies
 - Updated checklist



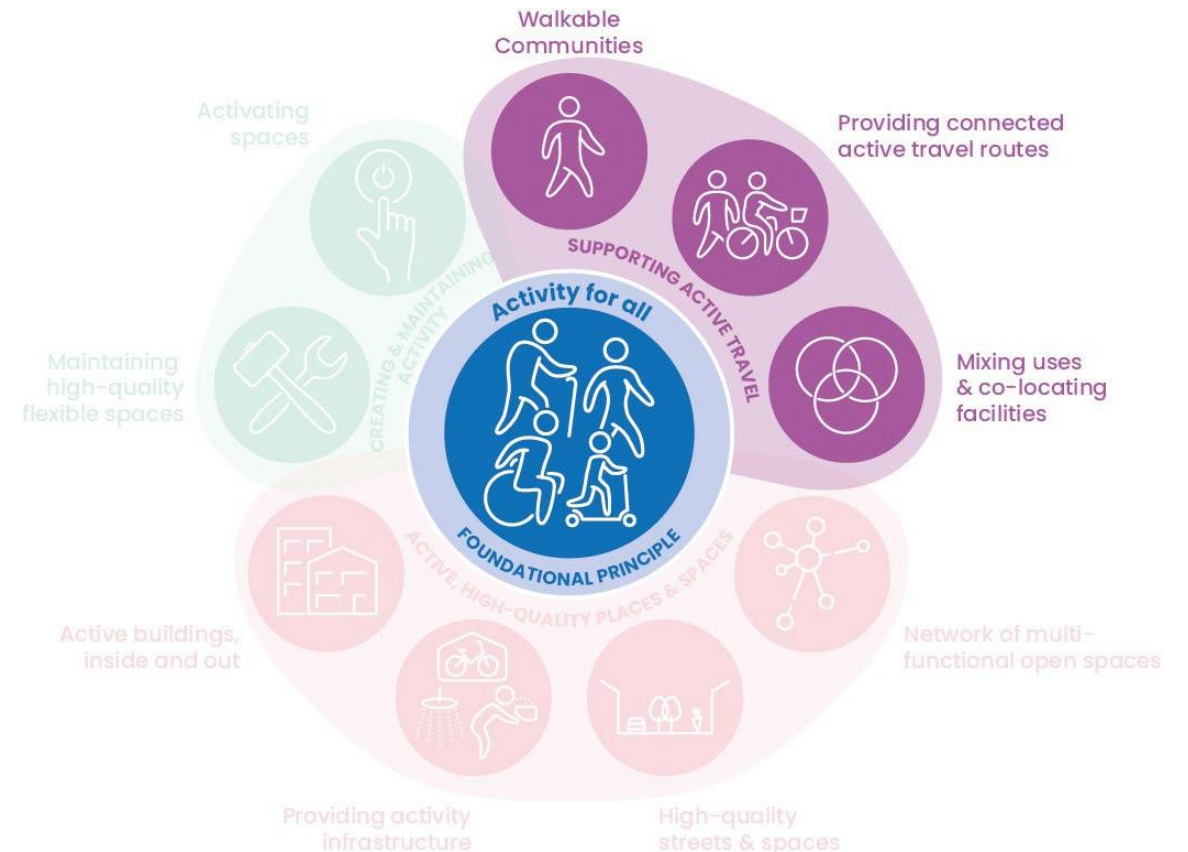
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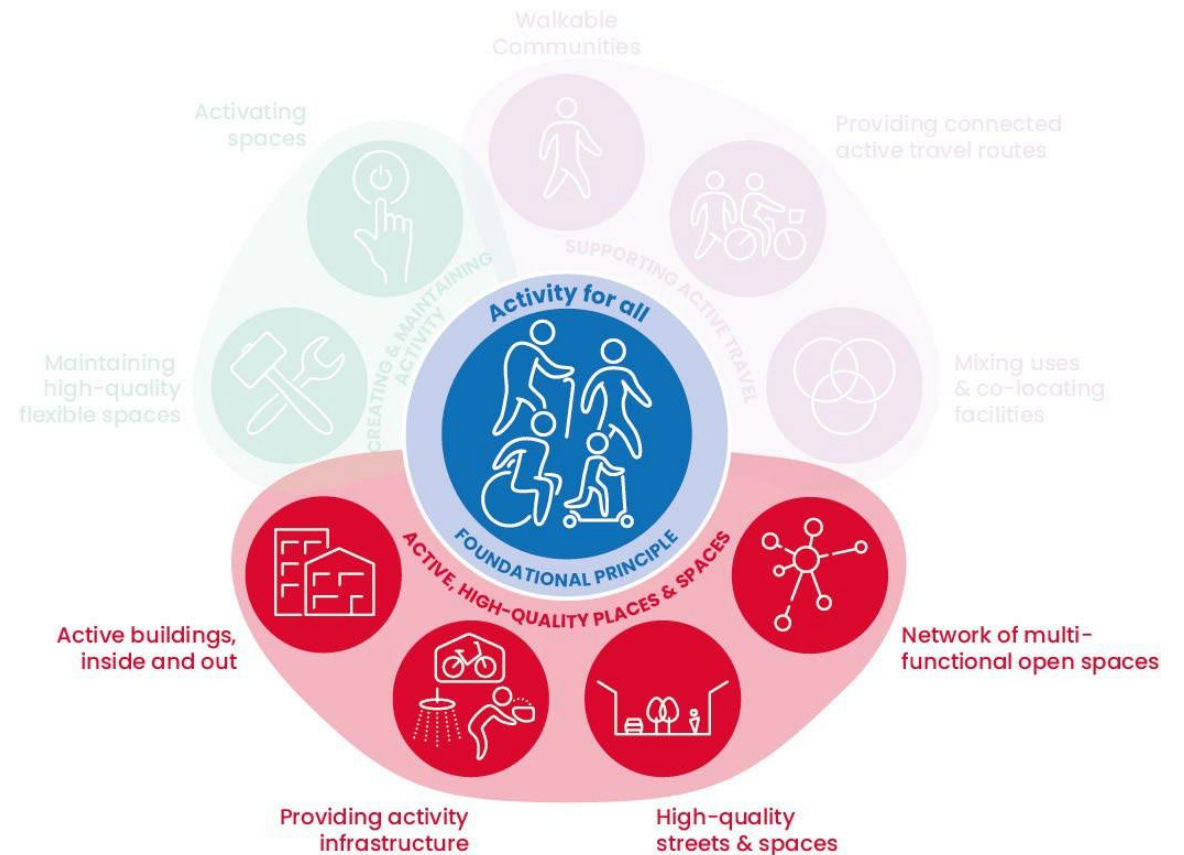
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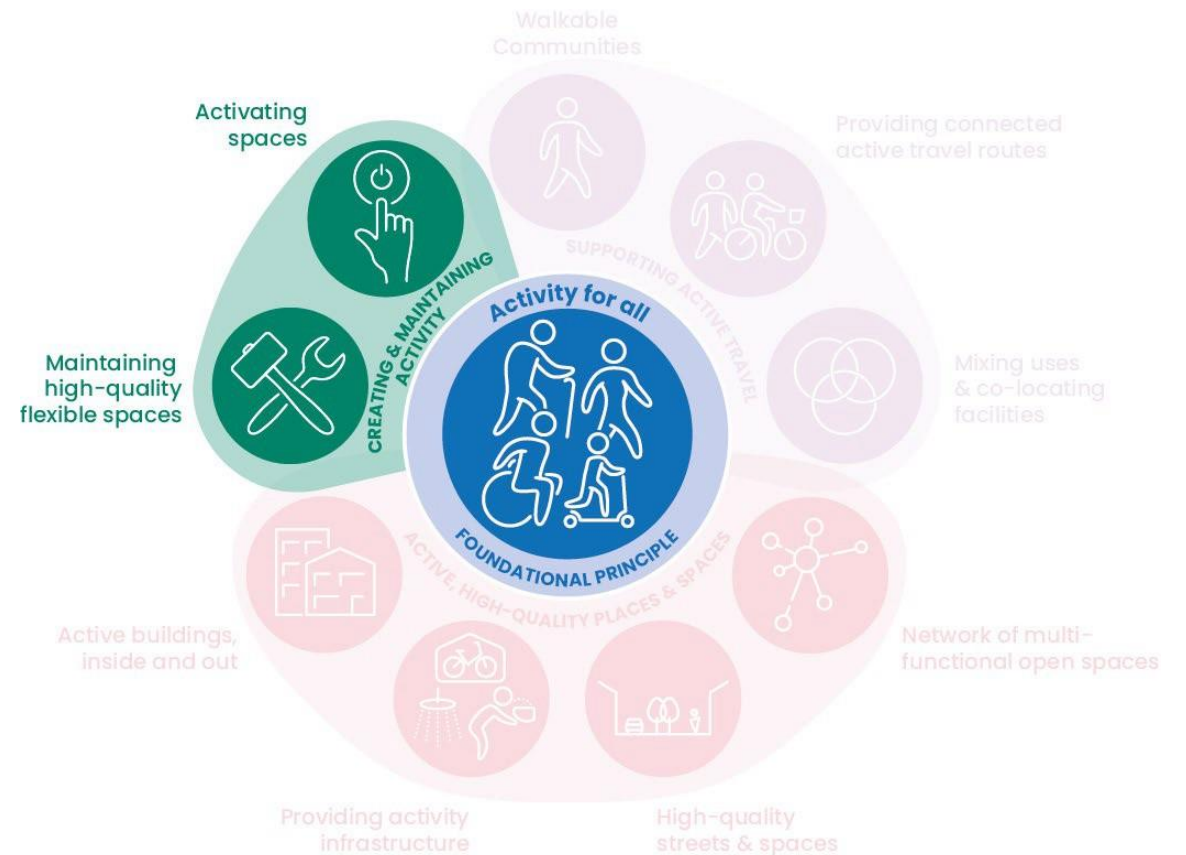
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18 THE TEN PRINCIPLES OF ACTIVE DESIGN



PRINCIPLE 2 Walkable communities

The aim

Facilities for daily essential needs and recreation should be within easy reach of each other by active travel means, making it more likely that people will make the journey by using active travel modes (defined in Theme 1). Good active travel connections should be provided to extend the range of services accessible while remaining physically active.

How to do it

New development should be designed to be compact, with shops, schools, community facilities, open space and appropriate sports facilities typically within a maximum 800m distance from homes, along streets and active networks. Existing communities should be assessed for provision gaps, and opportunities to strengthen their mix of facilities within 800m of homes should be prioritised. Communities should have good onward connections to higher-order services and jobs through active travel networks, and public transport.

2.1 Locate facilities, jobs and homes close to each other

- When planning new places, locate day-to-day facilities such as schools, shops, community facilities, healthcare, open spaces and appropriate sports facilities within 800m of all homes.
- Employment and commercial space should be included within communities. Remote or co-working 'hubs', small flexible commercial units and retail units located at local centres can be integrated into lots of contexts.

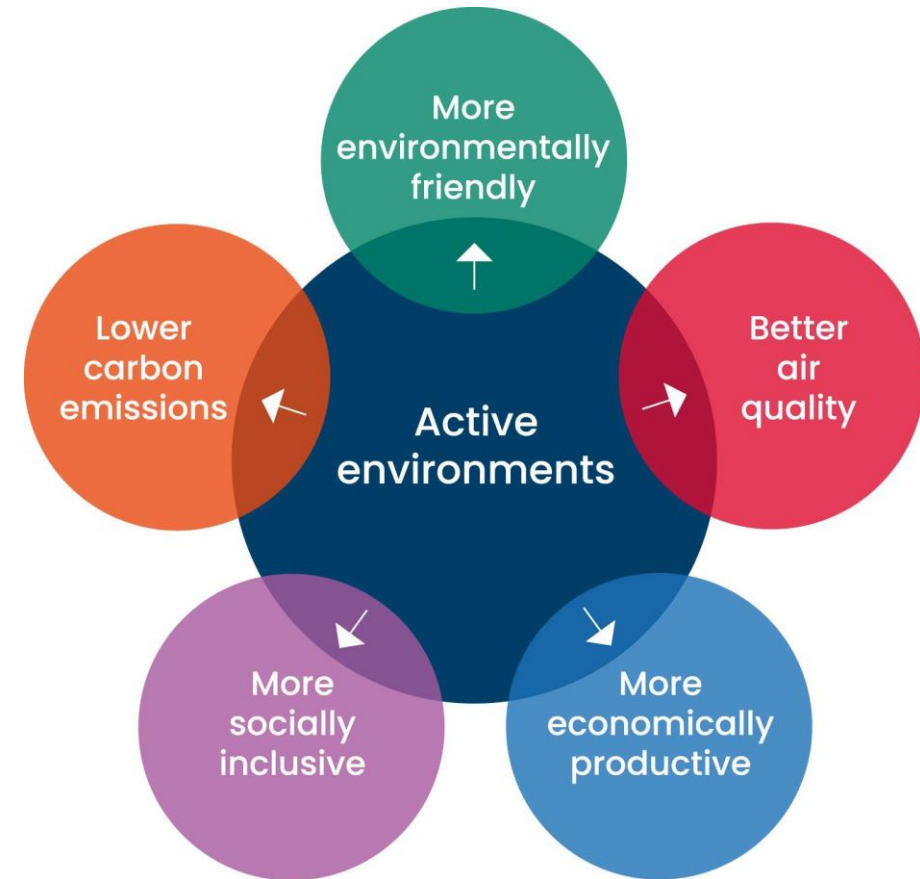
- Existing communities with a lack of facilities should be identified and prioritised through Local Plan policies to bring forward proposals that could fill the gaps.
- Secure the early delivery of community facilities, local centres, schools, public space and sport facilities in walkable locations. This helps to ensure active travel becomes a habit at an early stage as new places are delivered.

Below: Locating facilities, jobs, and homes within walking distance of one-another encourages active mobility and sustainable behaviours (Hamptons, Peterborough)



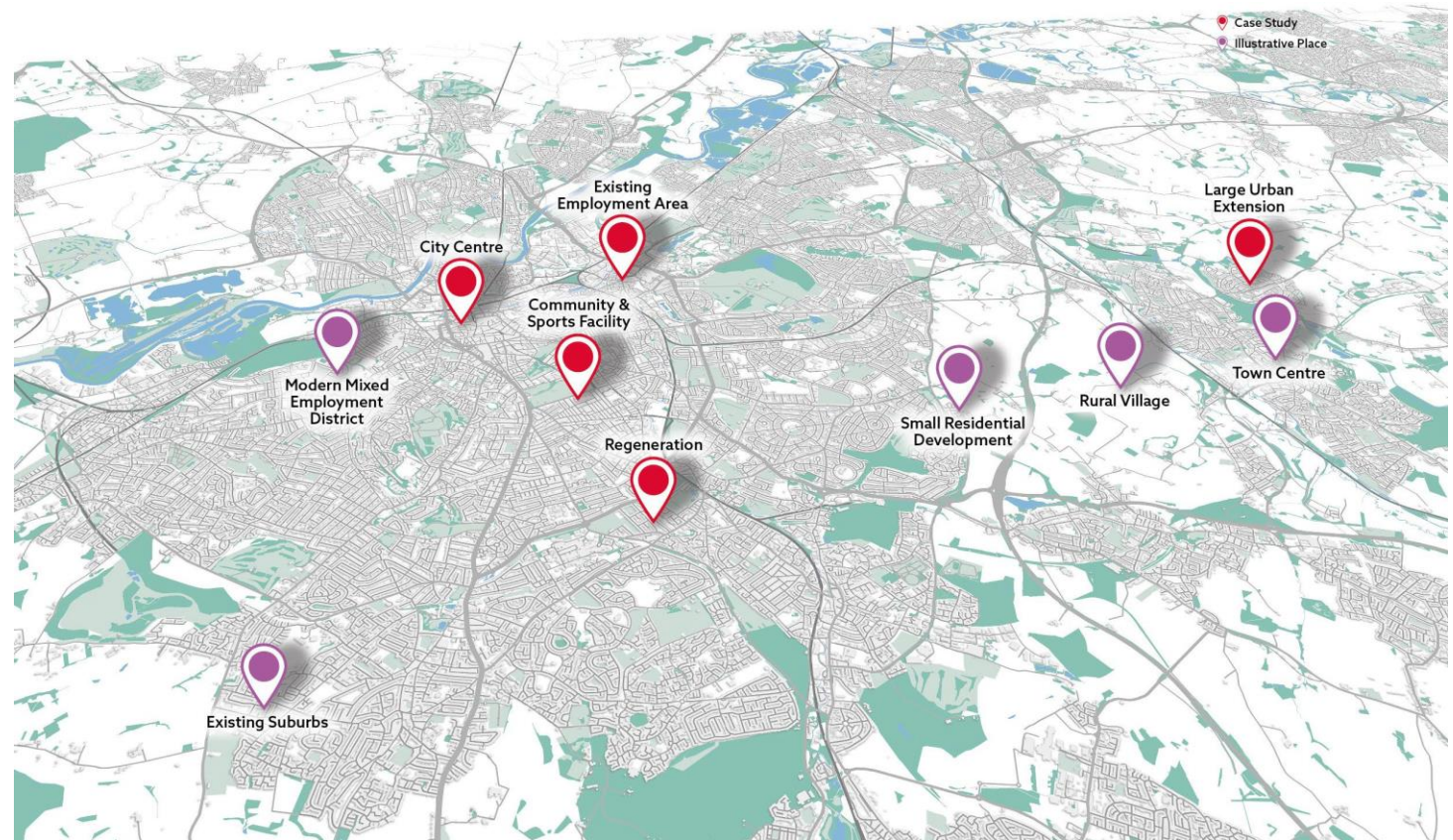
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ILLUSTRATIVE PLACE 1 Existing Suburban Neighbourhood

Many of the existing suburban neighbourhoods in our towns and cities were built around the car and are not designed to support physically active lifestyles. With simple interventions and the engaged support of communities, existing neighbourhoods can be adapted so that people can live physically active, more healthy lifestyles close to home.

Design Interventions

- 1 Pedestrian-priority street on route to school, with on-street play opportunities.
- 2 Active travel and public transport only traffic allowed through local centre.
- 3 Waymarking and cycle paths to connect local centre to existing primary school.
- 4 Segregated cycling and walking space on major road with reduced vehicle space.
- 5 Modal filters to restrict through traffic and establish Low Traffic Neighbourhood.
- 6 Publicly accessible nature reserve and habitat networks.
- 7 Community garden and green links established on former in-block garage plots.
- 8 Junction improvements to prioritise and segregate active travel at major intersections.
- 9 Primary school with shared sports facilities for community use.
- 10 Intensified local centre with residential, retail and community uses with flexible civic space.
- 11 New community park with local leisure and sports facility.
- 12 Active travel and public transport interchange (mobility hub) at local centre.
- 13 Regenerated local industrial estate providing mix of local employment and small retail or commercial spaces.

ACTIVE DESIGN PRINCIPLES IN ACTION:



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- Ten principles updated
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- Supported by Active Travel England

4 CHECKLIST

THEME 1

Supporting active travel



PRINCIPLE 2

Walkable communities

Facilities for daily essentials and recreation should be within easy reach of each other by active travel means, making it more likely that people will make the journey by using active travel modes (defined in Theme 1). Good active travel connections should be provided to extend the range of services that are accessible while remaining physically active.

2.1	Are day-to-day facilities such as schools, shops, community facilities, healthcare, open spaces and appropriate sports facilities within 800m of all homes?	
2.1	Has employment provision been included as part of the new community?	
2.1	Are local community facilities to be delivered early in the development programme?	
2.2	Has active travel been encouraged wherever possible?	
2.2	Has the user's journey been considered throughout the design process?	
2.3	Have filtered permeability methods been employed to ensure it is more convenient to use active travel rather than drive?	
2.3	Do active travel connections have good natural surveillance from buildings, to enhance safety?	
2.4	Is the development supported by a residential or employment travel plan?	



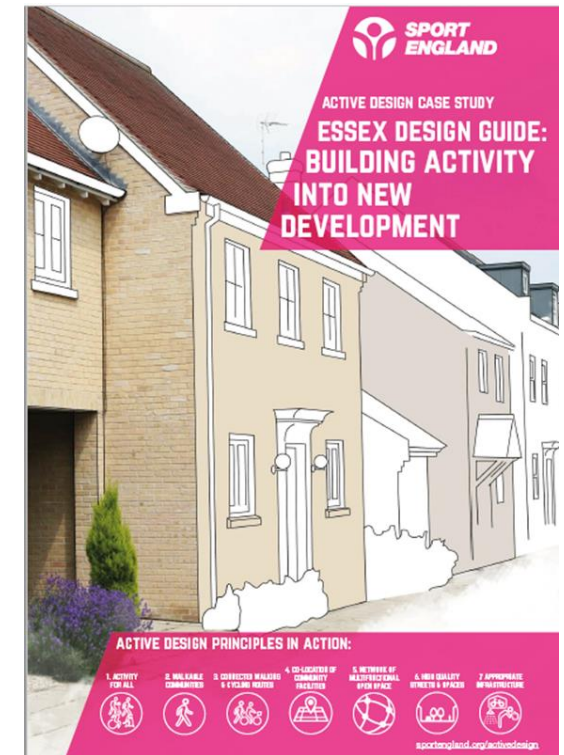
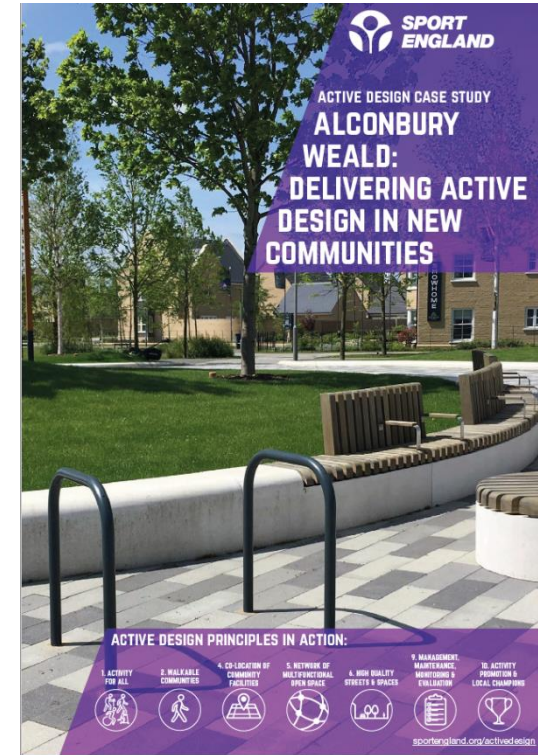
PRINCIPLE 3

Providing connected active travel routes

Encourage active travel for all ages and abilities by creating a continuous network of routes connecting places safely and directly. Networks should be easy to use, supported by signage and landmarks to help people find their way.

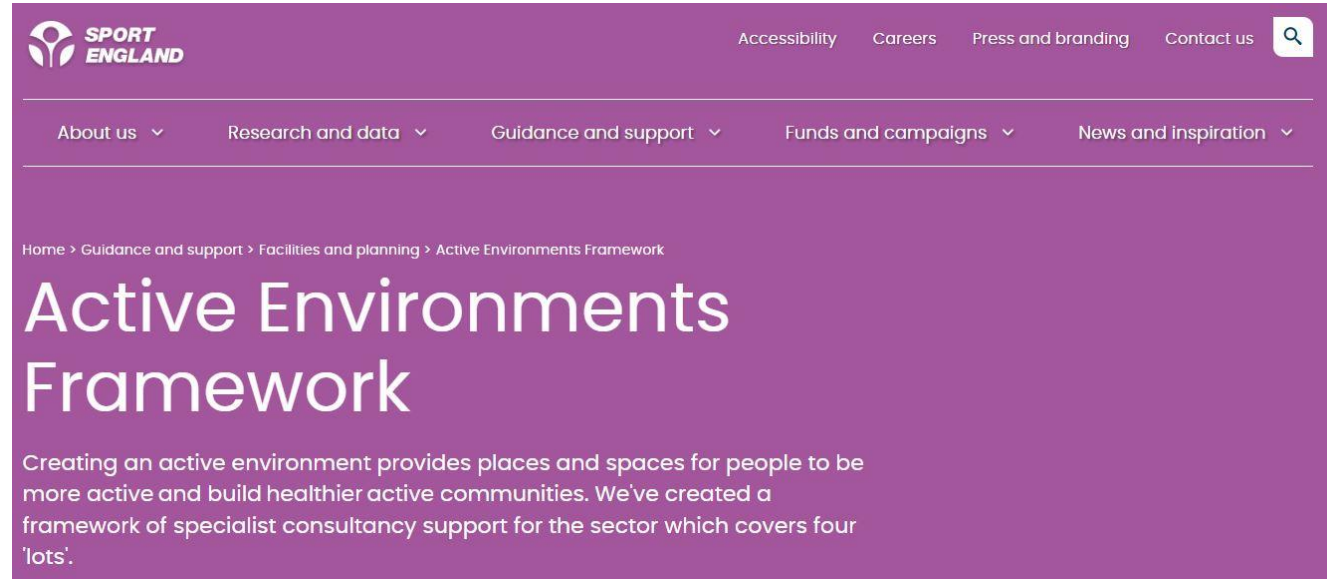
Applying Active Design in Practice

- Local plan and neighbourhood plan policies can support the Active Design principles
- Design guides and design codes can provide advice on applying the Active Design principles
- Masterplans and planning applications can be assessed against the Active Design checklist
- Active Design can be considered as part of Health Impact Assessments
- Local Transport Plans, LCWIPs etc



How can Sport England and Active Essex support the use of Active Design in practice?

- Local plan policies
- Design guides and design codes
- Masterplans and major planning applications
- Active Environments Framework
- Advocacy and partnership working with Active Travel England, local authority public health, sustainable transport teams etc



Active Design



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THROUGH PLANNING AND DESIGN

www.sportengland.org/activedesign

Thank you

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