



CITY OF FORT BRAGG
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MEMO

DATE: October 22, 2024
TO: Community Development Committee
FROM: Marie Jones, Marie Jones Consulting
SUBJECT: **Policy Options for Par Course Equipment on the Coastal Trail**

ISSUE

The Community Development Committee (CDC) requested a preliminary plan to discuss installing a Par Course in Noyo Headlands Park.

ANALYSIS

Prior to bringing this item forward to City Council for further direction, it would be helpful for the CDC to provide direction on the following general issues.

Issue 1: Visual Resources. Noyo Headlands Park and the Coastal Trail are well known now throughout California as an amazing accessible location to get exercise and take in the natural beauty of the ocean, the coast, the park, and the hills and town to the east of the park. If the City Council chooses to go forward with this idea protection of the views to the ocean is required by the Coastal Act and the coastal development permit.

Possible Solutions:

- Locate Par Course equipment to the east of the coastal trail in locations without exceptional visual quality.
- Congregate equipment in three or four areas for a mini workout, rather than offering workout stations dotted along the trail.
- Select neutral and natural tones such as wood for all equipment.
- Avoid plastic and composite materials as they may not be compatible with the natural feel of the Coastal Trail.

Issue 2: Longevity. The coastal environment is extremely hard on all materials except for stainless steel and wood. Additionally, visitors are likely to be hard on this equipment.

Most of the beautiful benches on site are now heavily carved with graffiti, the same will likely happen to Par Course Equipment.

Possible Solution: Require that equipment be stainless steel and wood. Place equipment in areas that are visible to other trail users to reduce damage.

Issue 3: Cultural Resources. Installation of Park Course equipment should avoid cultural resources; therefore, some areas of the site are not an appropriate location for Par Course equipment, and they have been excluded from the maps below.

POTENTIAL LOCATIONS

The maps below illustrate potential locations that may be suitable for Par Course equipment. MJC recommends that CDC select three or four locations, at most, from the possible locations.

South Coastal Trail Parking Lot Area – pick one of two locations?



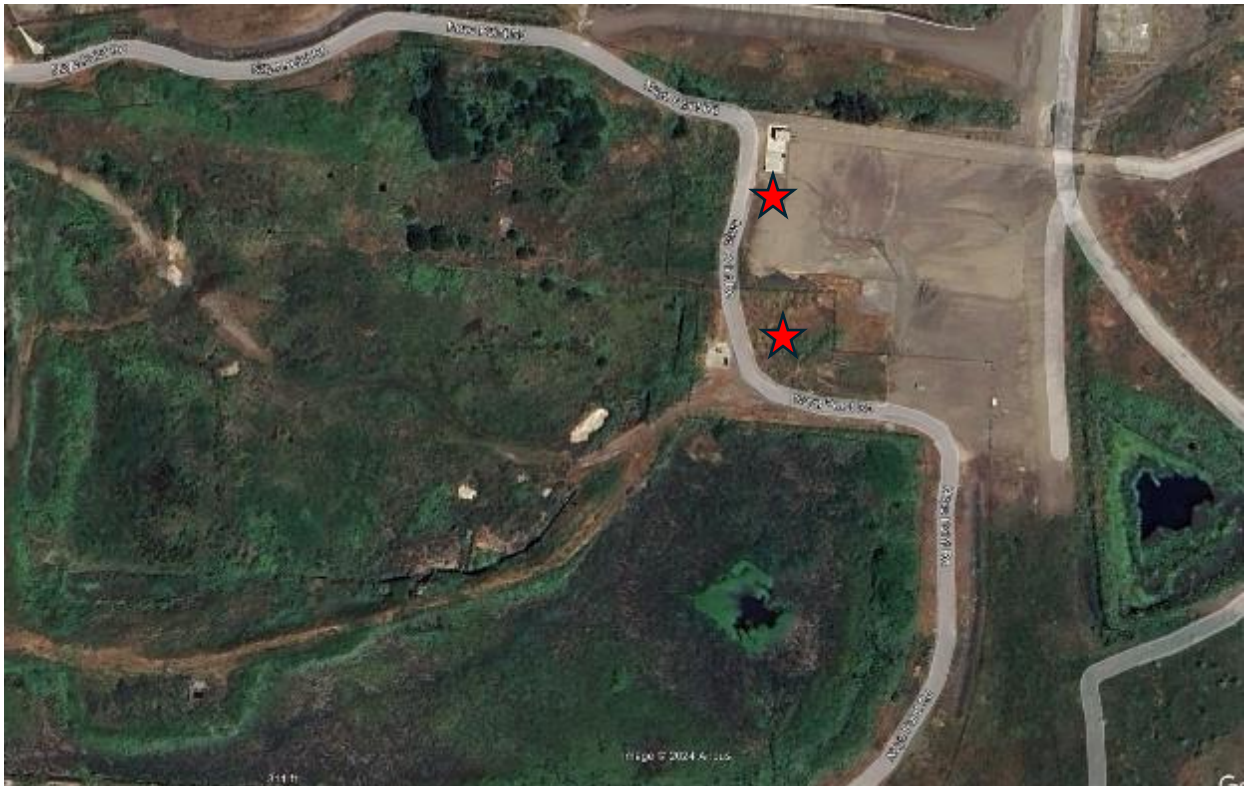
South Coastal Trail Middle Area – possible location but has visual sensitivity



South Coastal Trail Runway/WWTF – pick one location.



Middle Coastal Trail – pick one.



North Coastal Trail - Otsuchi point – pick one or skip this location.



North Coastal Trail – Parking Lot is suitable for low profile equipment only. Pick one site only or skip this location.



Par Course Exercise Equipment Options

MJC reviewed a range of par course equipment options online and the following pages show samples that could work for this project. Each page includes a link, the name of the manufacturer, and sample photos and designs.

Kopan M Group

<https://www.kompan.com/en/us/p/sol202202>



Calisthenics

<https://whsports.nl/en/product/calisthenics/>



Action Fit

<https://outdoorworkoutsupply.com/collections/parcourse-equipment-for-sale/products/actionfit-combination-course-2-0>



- Multigym – Muscle Fitness
- Cardio Walker – Aerobic Fitness
- Balance Board – Balance Fitness
- Sit-Up Station – Core Fitness
- Knee Lift Station – Flexibility Fitness



Kor Kat

<https://www.korkat.com/product/10-station-outdoor-fitness-course/>



- Vertical Ladder
- Beam Jump
- Stretching Post
- Pull Up and Chin Up Bars
- Jump Touch Beam
- Parallel Bars
- Sit-Up Bench
- Spring Up Bars
- Horizontal Ladder
- Balance Beam
- 3 Large Instructional Signs