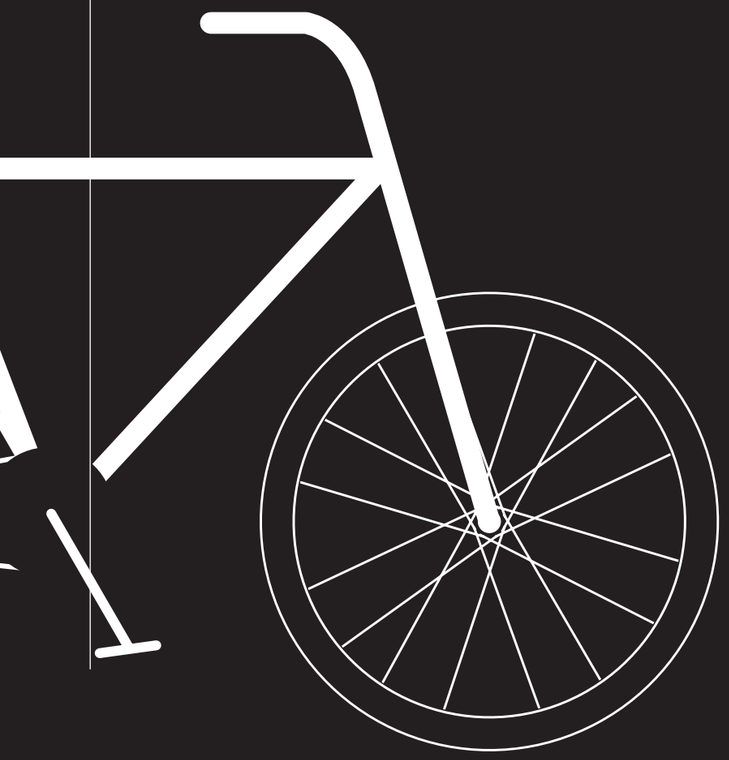
Five A+ Heart

Making the start of their work day seamless.



Think Different.

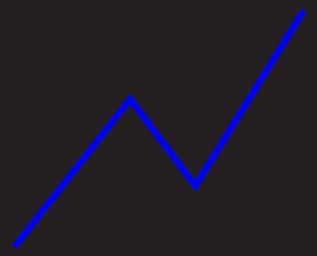
Thinking that pushes.

Do Good.

Good for all.

Data Driven.

Data that informs.



Design Matters.

Design that works.

Let's Roll.

Creating spaces for however you Roll...

Five At Heart

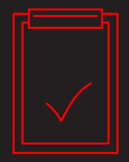
Five At Heart

Project Principles.

Our base project principals to create good bike parking and change rooms.

1.

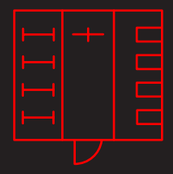
Get the numbers right up front using benchmarking and a weight of experience of how the spaces work.



2.

Good spaces have good ceilings. Before drawing anything, zone the ceiling height (incl. services) and make sure the locker spaces (and ideally the arrival space) get the best ceilings.

We think ceilings should be 2.4m (7’ 11”) or higher. Also test all your assumption onsite.



3.

The best spaces flow well for all types of users.

- Cyclists and non cyclist should get intuitive and considered arrival to the space.
- The best change rooms have a centralised generous arrival space from which users can enter either the toilet zone, the locker zone or the shower zone.
- Core amenities shared by all should be close (as much as possible) to the entry and exit of a space (e.g. repair station, airing station, towel station, irons, water cooler).

4.

Good showers are minimum 1100mm (3’ 7”) by 1800mm (5’ 10”) and have a wet space and dry space in the cubicle.

5.

Lockers should be at least 300mm (12”) wide with 950mm (3’ 1”) hanging height in each door, and the top reaching point should never be over 2.2m (7’ 3”)

6.

Having wet area services in a cluster within the site is generally good, as it reduces servicing cost and complexity.

7.

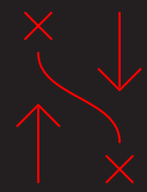
On average, 75% of users of EOT spaces are male. Building with a 50/50 split is the primary cause of shower lines and waiting lists. Flexibility is the answer.

8.

Have a free towel service. It is a must.

9.

Do AS2890.3 compliant bike parking and a good repair station.



10.

Minimum circulation space you should allow are:

- **Normal Bike Space** – 1.5m (4’ 11”)
- **Double Tier Parking** – 2m (6’ 7”)
- **General wet areas** – 1.3m (4’ 3”)
- **Island Bench Seat Locker Spaces** – 2.7m (8’ 10”) (from locker face to locker face)

Data Driven

Five At Heart

The Smart Stuff.

Our Thinking

This is how we approach bicycle parking and change rooms projects. Through years of experience in this space we have come up with our golden ratio's.

The What If Factor

Although we do our best to identify capacity requirements for a building, the future may come with an increase in user demand.

With this in mind, we strive to future proof our designs through a variety of methods: locating next to areas we can expand into, considering flexibility – especially for lockers - and including expansion capacity within the space, like future switching of Hoops to Arcs. All these things contribute to taking your space into its next phase.

Base Ratios

This is where we start thinking about space.

10
Bike Spaces

1
Shower

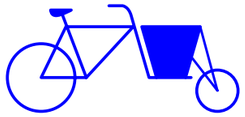
16
Lockers

Expanded Ratios

Expanding on our base ratios, use these additional ratios to get the mix of smaller things right.

200
Bike Spaces

40
Horizontal Bike Spaces (Minimum)



1
Alternative Bike Spaces

1
Maintenance Station

5
Showers

1
Toilet Facility

1
Towel Station

1
Airing Cupboard

75
Lockers

1
Iron Station

1
Hair Dryer & Straightener

Meeting Demographic Demand Imbalance.

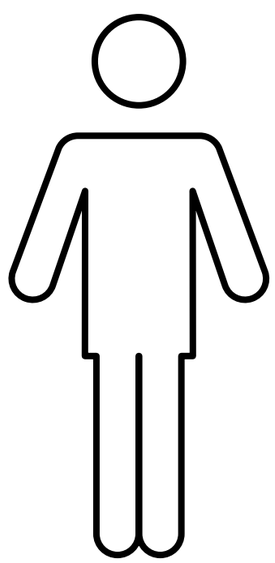
We track usage patterns by gender across census data and bikeway counts as well as swipe card access data and towel usage from existing facilities. The demand for bike parking and change room consistently tracks between 70-80% Male to 20-30% Female.

We think it is important to achieve both equality and meet the practical demands of users, to avoid over or under demand. We think factoring in flexibility is the best way to achieve this aim. The simplest way to achieve some flexibility is the provision of lockers in common areas.

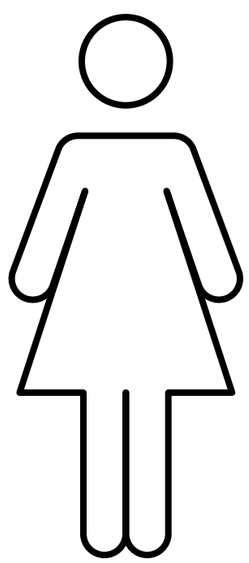
Wet area flexibility can be achieved with a percentage of spacious unisex showers and change rooms or alternatively, banking the showers in a line and providing sliding cavity door that changes as demand changes.

We recommend building facility to follow the ratio of 50% Male, 35% Female and 15% Flexible.

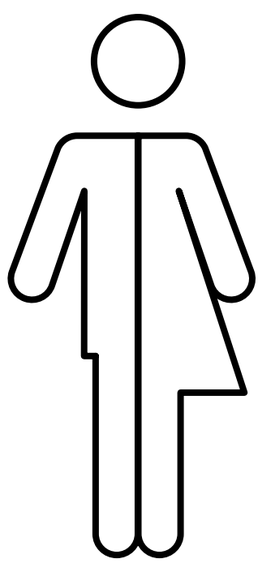
Providing such flexibility improves the effective amenity capacities.



50%
Male Facilities

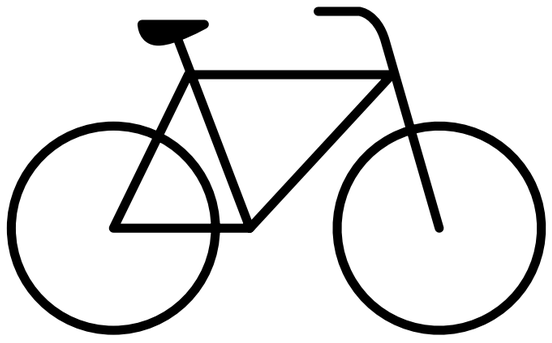


35%
Female Facilities



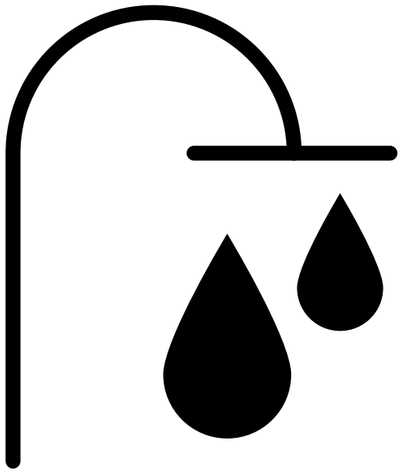
15%
Flexible Facilities

Space Estimation



1.3sqm per bike space if ceiling/service clearance is under 2.6m.
Example - 150 bikes needs a space roughly 195sqm.

1sqm per bike if ceiling/service clearance is 2.6m and above.
Example - 150 bikes needs a space roughly 150sqm.



For a basic change room we estimate you would require roughly 12sqm per shower.

For a changing room with some extra space and a luxury feel, we estimate you would require roughly 15qm per shower.

These sqm ratios for the showers take into consideration the wet & changing areas, aisles, lockers and ancillary amenity etc.

These ratios should only be used as a guide only. Every space is different and the shape of the room, services, columns and varying ceiling heights can change the space required

Something's got to give.

More is not more. Good design is about balancing quality, quantity and space to maximise user experience whilst managing capital expense and opportunity cost.

Start any project by benchmarking the user experience you want to create. From there consider the quantity you're after and space you have to work with. Never compromise on quality and remember if you change anything in the golden triangle the other two factors will be affected.