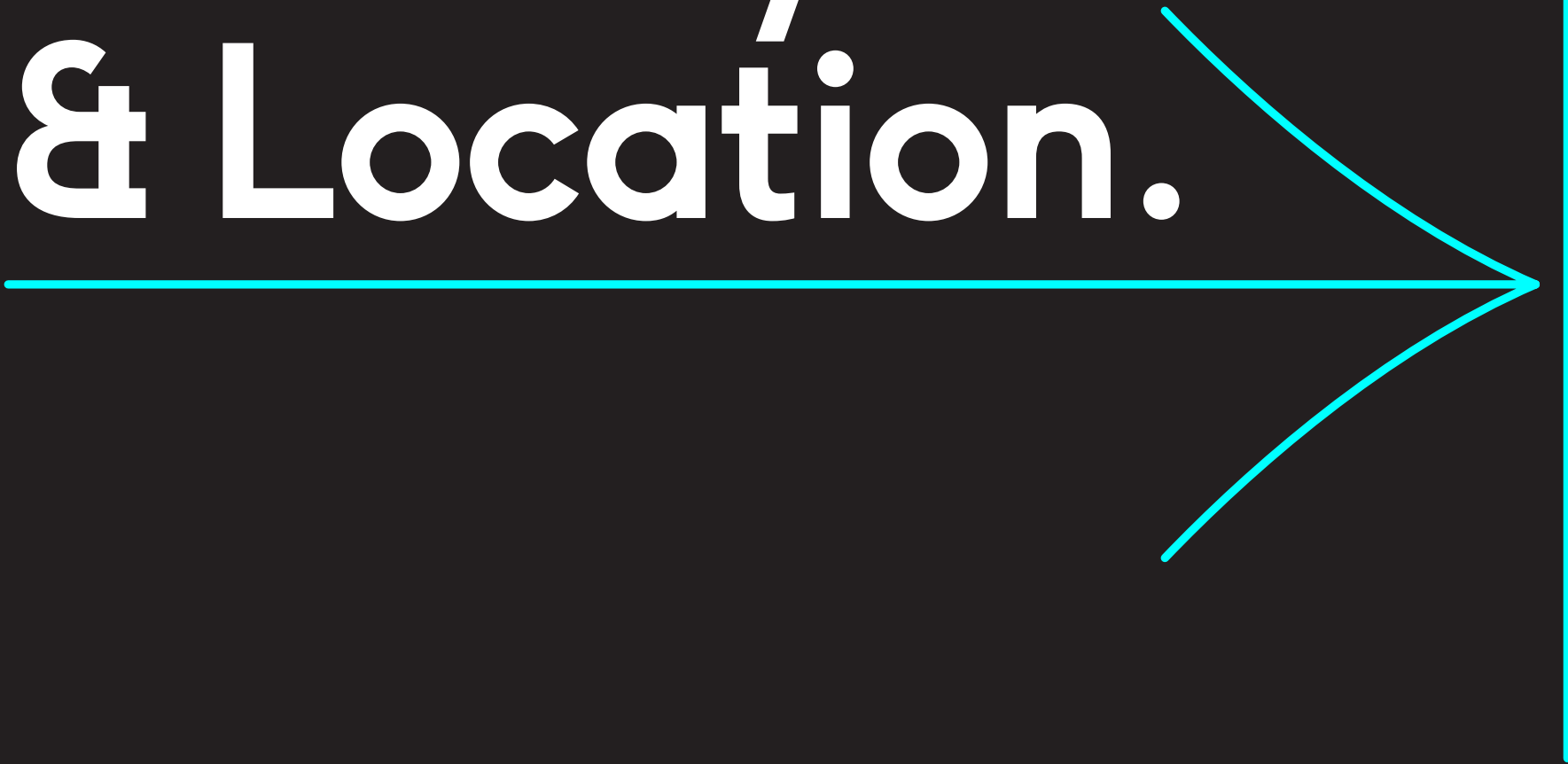




Best Practice Design Guidelines

Access Security & Location.



Arrival.

Q1: Describe the arrival experience for active users entering the building/facility from the street?

A ground-level entrance directly off the street is essential for safety, ease of navigation, and a positive user experience. We recommend including a dedicated end-of-trip entry at street level. Ideally, this entry should be located alongside the main lobby to create a more inclusive and welcoming experience for all users. Wherever possible, cyclists and other active commuters should be given the same consideration as those entering through the main entrance.

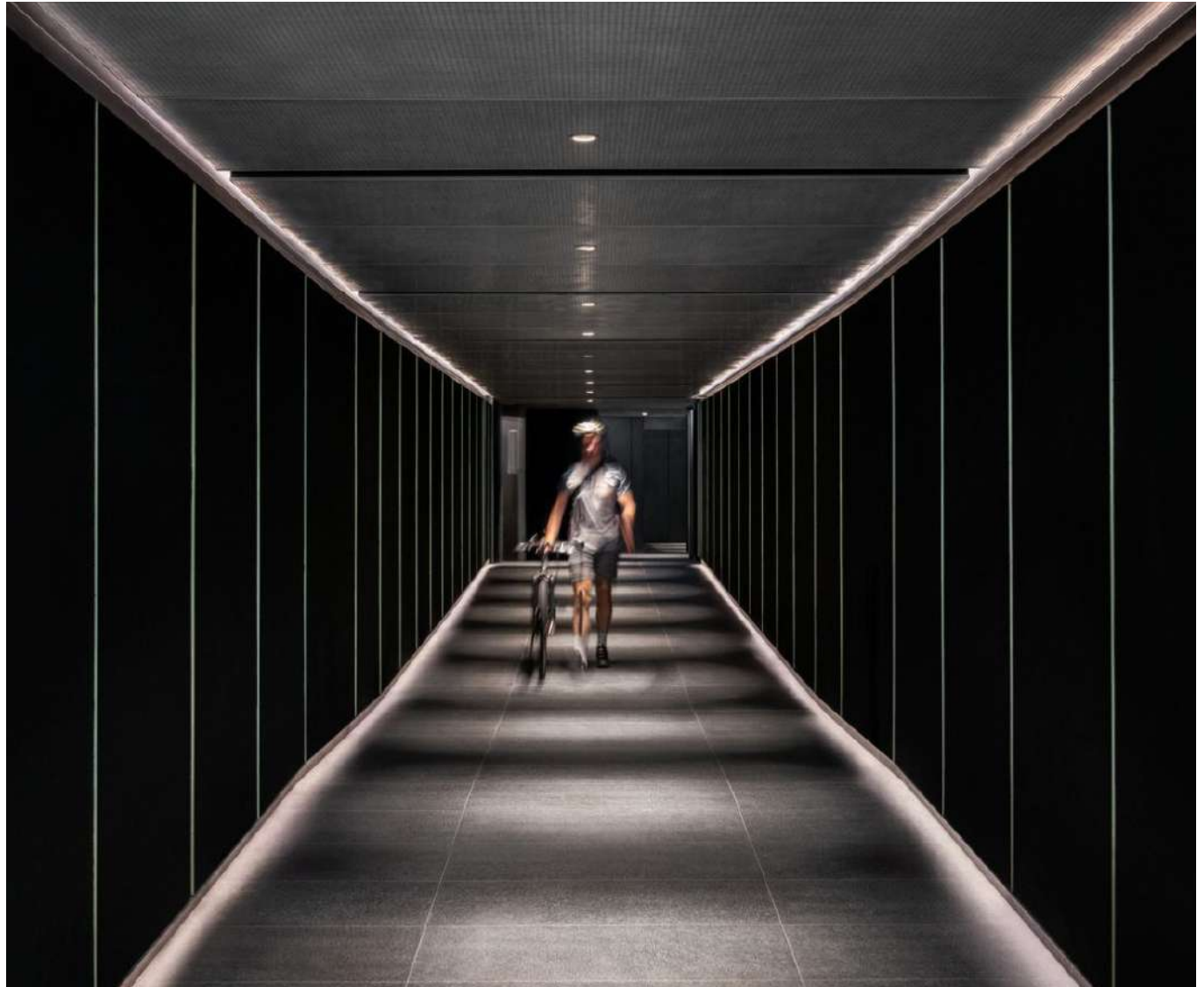


Ramps.

Q2: Describe the access provided into the facility?

Ease of access plays a key role in the overall user experience. Wherever possible, we recommend using ramps and walkways instead of stairs or lifts to connect to bike and changing facilities.

Ramps should be at least 1.5 metres wide to accommodate peak-hour traffic comfortably, with a gradient of 1 in 8. Effective water management is essential, as bikes can bring water into the building. Flooring should be non-slip, water-resistant, and durable.



Doors.

Q3: What style of door is installed for entry to the facility and the bike room?

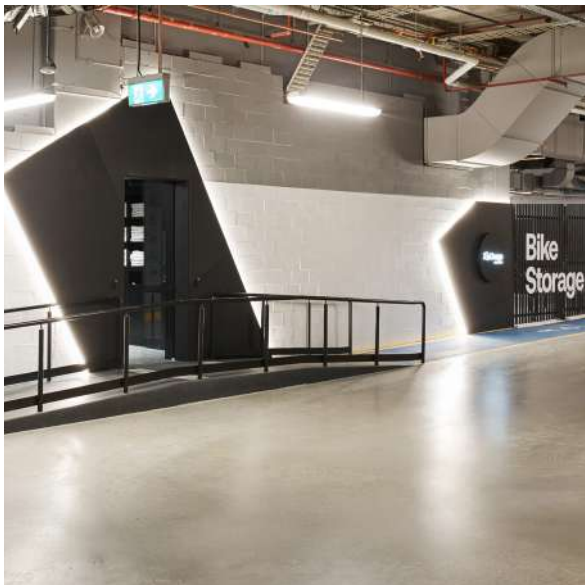
Providing access to bike stores and changing rooms through automatic sliding doors is considered best practice, as it enhances accessibility, convenience, and hygiene. These doors allow for hands-free operation, which is particularly beneficial for individuals carrying bicycles or gear, and they support inclusive access for people with mobility impairments.



Location.

Q4: What is the location and connection between the bike and change room?

The bike room and changing facilities should be co-located on the same level and positioned adjacent to each other. This spatial arrangement significantly enhances user experience and overall convenience, especially after a tiring commute, an exercise class, or in cases where users need to return quickly to retrieve forgotten items. Keeping these amenities close together reduces time spent navigating the building, and supports a smoother and more efficient transition.



Journey.

Q5: Is it possible for runners/gym goers to access the change rooms without having to pass through the bike room?

End-of-trip facilities are no longer used primarily by cyclists. A growing number of active users, such as runners and gym-goers are now making use of these spaces. It's essential to create an inclusive and convenient experience for all, regardless of how they arrive or the type of activity they pursue. Aim to design facilities that serve all users equally, without prioritising one group over another. To support this, layouts should avoid situations where, for example, runners or gym users must walk through bike storage areas to access the changing rooms, as this can diminish the overall experience.



Security.

Q6: How many lines of security have been provided?

Security is a critical component in ensuring the safety and comfort of all end-of-trip facility users. A robust security strategy not only helps prevent theft and unauthorised access but also supports a sense of safety and trust in the facility, encouraging consistent use. This is why it's strongly recommended to incorporate at least two lines of security. Ultimately, a well secured environment contributes to a more positive and stress-free experience for all users, whether they are arriving early in the morning, late at night, or during off-peak times.



CCTV.

Q7: Is the building using CCTV cameras to increase security?

CCTV plays a vital role in enhancing safety, improving visibility, and protecting both property and people.

Strategically placed cameras help deter theft and vandalism, monitor activity in real time, and provide valuable footage in the event of an incident.

Beyond security, CCTV also supports the overall wellbeing of tenants by creating a sense of reassurance and accountability within the facility.

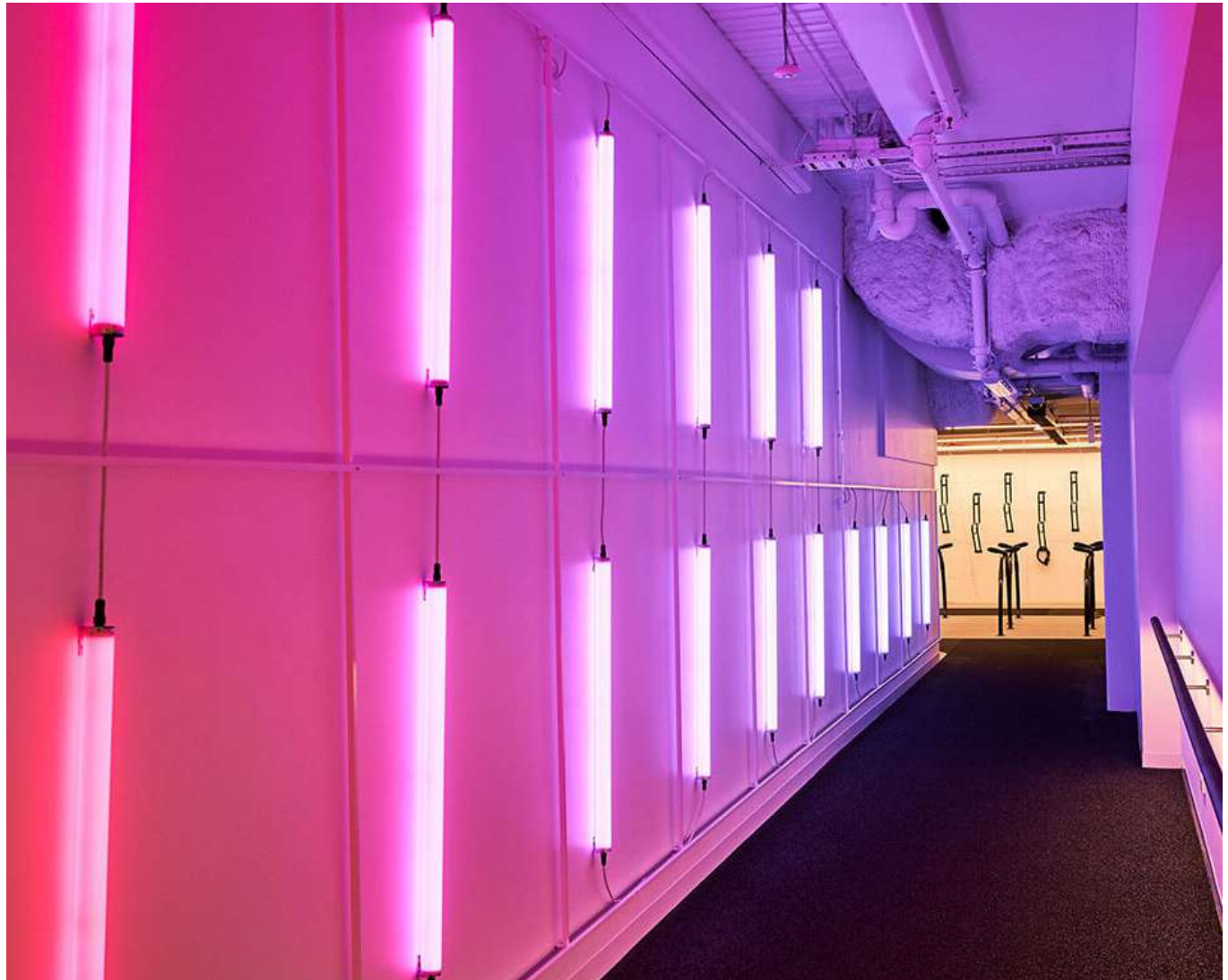
Incorporating CCTV into the design is essential to ensure the space is both functional and secure.



Lighting.

Q8: To help improve safety, visibility and align with the look & feel of the facility. Has lighting design been considered?

Lighting is a critical element to consider as it significantly enhances safety, visibility, and contributes to the overall look and feel of the space. Well-designed lighting not only helps prevent accidents and discourages unwanted behavior, but also creates a welcoming and functional environment for users. By aligning the lighting design with the architectural and aesthetic standards of the facility, the space will feel more cohesive and user-friendly.



The Bike Room.



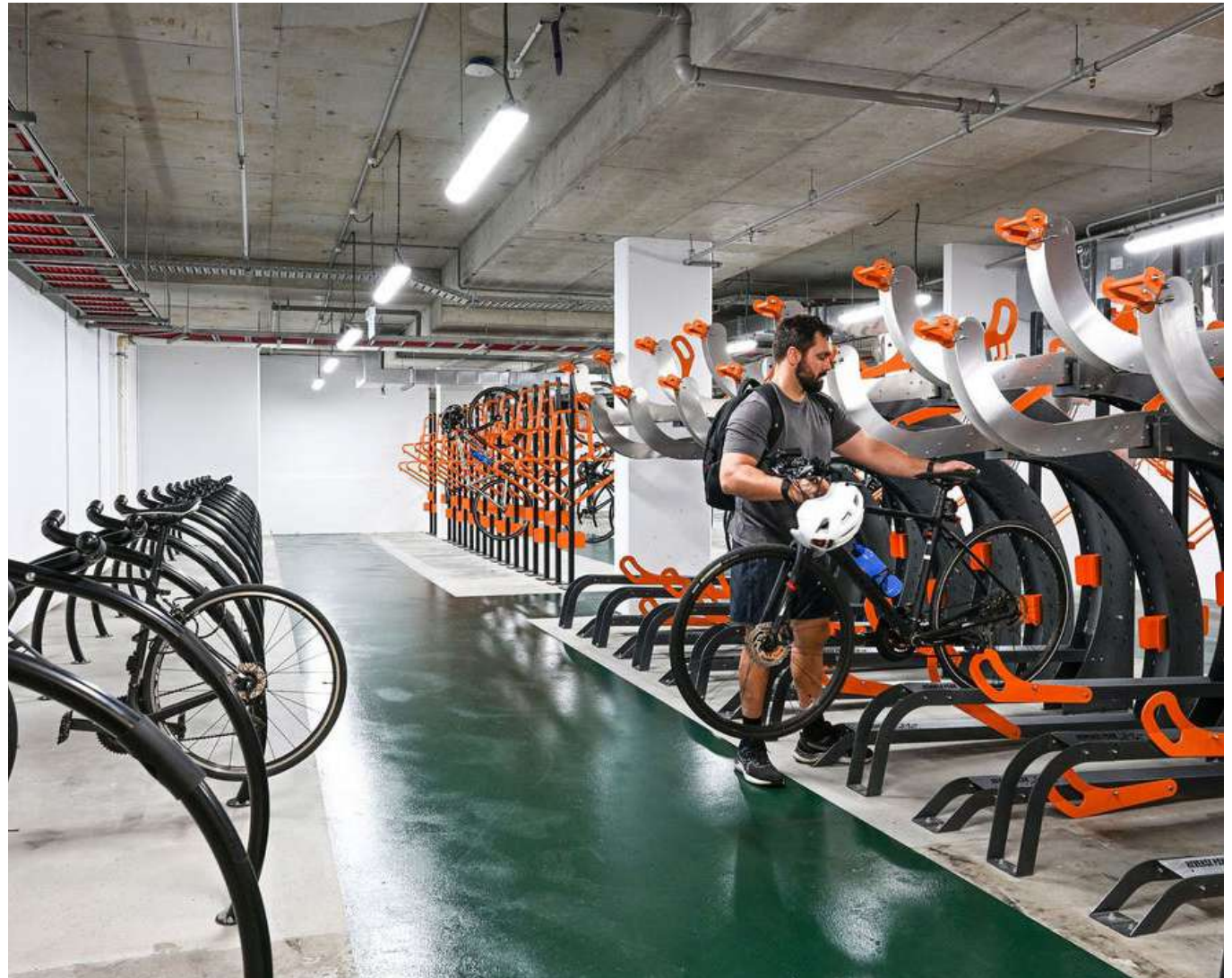
Bike Quantities.

Q9: Are there enough bike spaces?

Every tenant, building, and city has unique patterns of bike usage. It's crucial to plan the right number of bicycle parking spaces from the beginning to meet current demand and allow for future growth.

During the design phase, aim to meet the planning requirements. If no specific numbers are mandated, it's sensible to consider actual usage trends from comparable buildings of similar size and location. Planning or certification guidelines can sometimes request unrealistically high bike parking numbers, so referencing real-world usage helps ensure the provision is practical and appropriately sized.

Partner with Five at Heart to get expert guidance on how to plan and implement effective bicycle parking solutions.



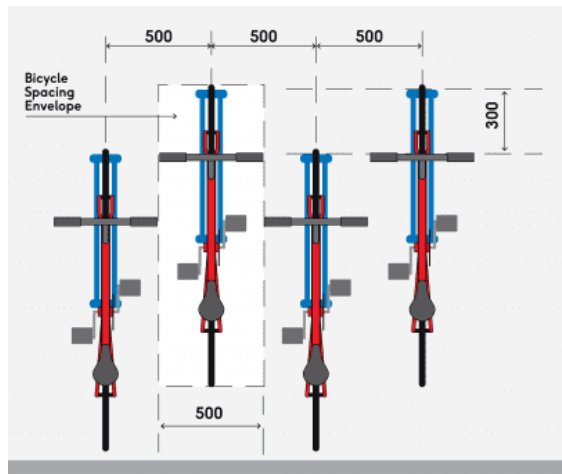
Spacing.

Q10: Are the bike racks spaced apart correctly?

Below are the recommended spacings for different rack types and are based on the typical bicycle footprint of 1800mm long × 500mm wide × 1200mm high. As with bicycles, racks come in many different shapes and sizes. If a rack provides less spacing than recommended below, parking becomes difficult, bikes collide and get damaged, and users can be discouraged from using the facility. Ensuring proper spacing is essential for a good user experience.

Different countries and councils may have different standards when it comes to the spacing of bike racks so it's important to check for local requirements. We know that bike parking standards, along with their many nuances, can at times feel complicated. If you have any questions on the spacing and usability of any bikes racks, reach out and **partner with Five at Heart to get expert guidance on how to plan and implement effective bicycle parking solutions.**

Vertical

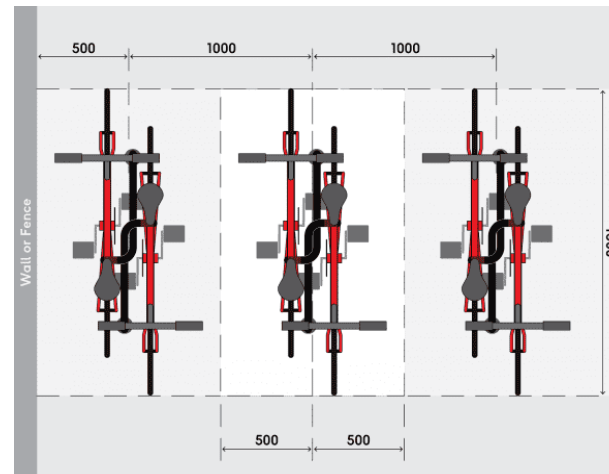


Front Elevation

AUS:
500mm

UK/EU/US:
400mm

Horizontal

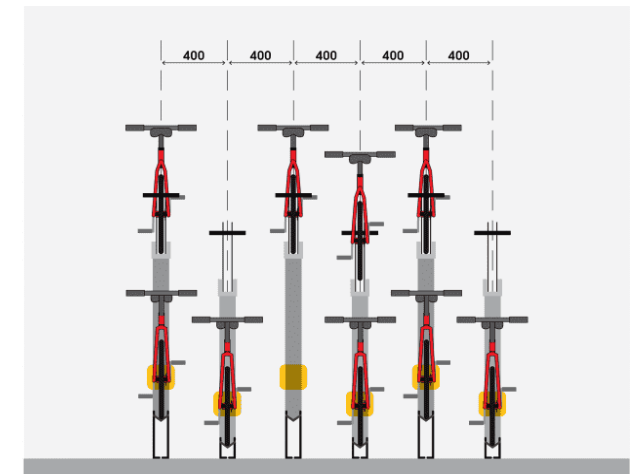


Plan View

AUS:
1000mm

UK/EU/US:
1000mm

2 Tier



Front Elevation

AUS:
400mm

UK/EU/US:
400mm

Aisles.

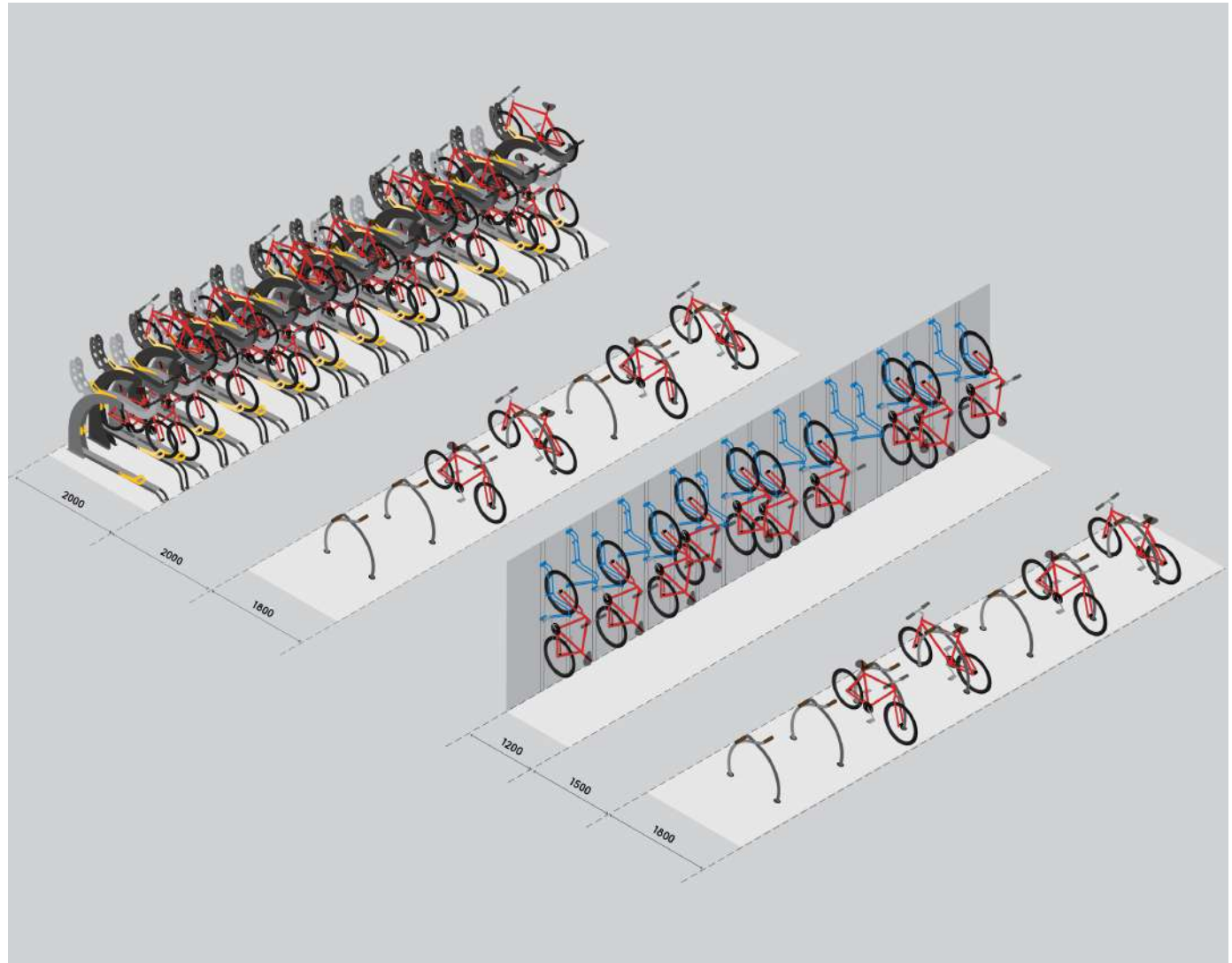
Q11: Are the aisle for the bike racks spaced correctly?

What aisle width do you provide for horizontal, vertical and double tier racks?

The aisle minimum we recommend in front of vertical and horizontal racks is **1500mm** and in front of double tier racks we recommend **2000mm***.

Providing anything less than this negatively affects the user experience by making it harder to maneuver and park a bike. Ensure aisle widths are measured from the footprint of the bike and not the bike rack, to allow for adequate space and ease of access.

***These dimensions align with Five at Heart's manufacturer recommendations and Australian Standards (AS2890.3). Standards or local council requirements in other countries may differ and may specify alternative spacing; however, these dimensions represent the minimum that Five at Heart recommends to ensure a good user experience.**



Horizontal.

Q12: How much horizontal parking is there?

Horizontal bike parking is a crucial element that must be included in all bike rooms to ensure it accommodates all users.

While it's best to provide as much horizontal parking as possible, it's recommended that **at least 20% of the total bike capacity be allocated to horizontal spaces**. This is especially important for users with heavier or larger bikes, e-bikes, or those equipped with accessories such as baskets, panniers, or child seats. Additionally, not all users have the physical strength or ability to lift their bikes onto upper tiers or vertical racks, making horizontal parking essential for inclusivity.

Due to space constraints, many bike rooms depend on double-tier racks to meet capacity requirements. **While the lower tier of certain double-tier racks can technically be considered horizontal parking**. However, applying a one size fits all approach often results in a poor user experience.



Horizontal.

Q13: How much 'true' horizontal parking is available (e.g. Hoop, Sheffield or Wishbone racks)?

This question considers how much true horizontal parking has been provided in the facility.

True horizontal racks are the preferred option for users due to their ease of use, intuitive design, and compatibility with 99% of bike types. Their simplicity and accessibility make them the most user-friendly solution in any bike room.

It is recommended that **at least 20% of total bike capacity be allocated to true horizontal spaces**; however, providing more will further improve the overall user experience.



Oversized Bikes.

Q14: Are there any accessible/over size cargo bike spaces?

It's essential to accommodate oversized cargo, accessible and e-bikes, as they are becoming increasingly popular.

These bikes are larger than standard bikes and require more space, along with an appropriate rack such as a Hoop or Wishbone.

We recommend providing at least 1–2 dedicated spaces for these bikes. Without suitable parking, users may leave them improperly parked, blocking other bike spaces as shown below.



Water Fountain.

Q15: Has a water cooler been provided?

Installing a water fountain supports active users and enhances their experience by offering a convenient way to refill water bottles or rehydrate after physical activity. It's a simple yet effective way to show that you value their health, comfort, and well-being. As staying hydrated is key for recovery.



Vending Machine.

Q16: Has a vending machine been provided?

Vending machines can be stocked with essentials like bike spare parts, toiletries, snacks and drinks. This provides a great convenience and can even be a lifesaver for users who may have forgotten something, like deodorant or need a replacement inner tube for a flat tire. It saves them the hassle of leaving the building to find these items elsewhere.



Micro Mobility.

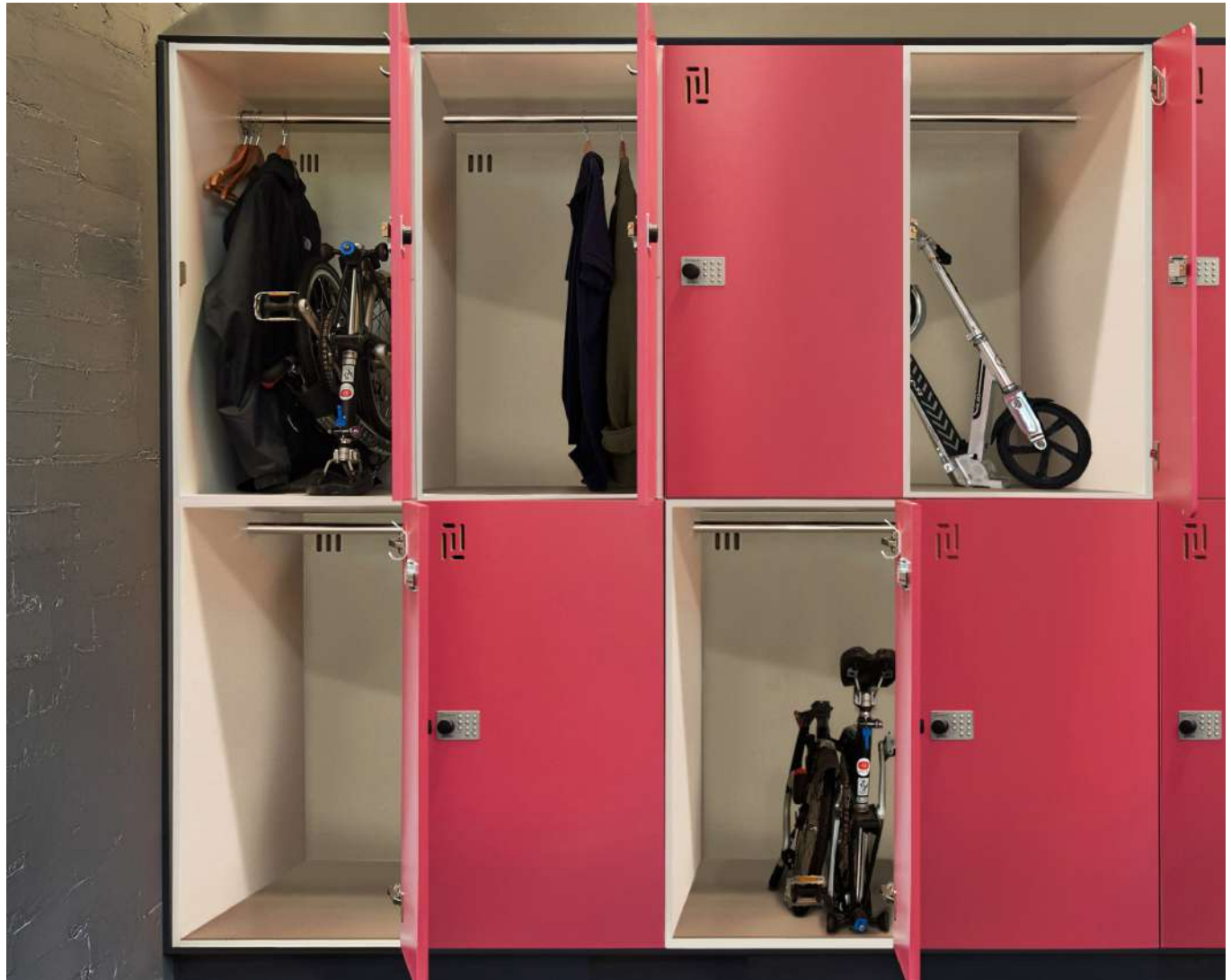
Q17: Have different types of micro mobility been catered for? Folding bikes, electric scooters etc?

Folding bikes and scooters are popular forms of micro mobility and are increasingly common in bike rooms. Since they take up less space than standard bicycles, providing dedicated parking for them helps optimise space and ensures that traditional bike racks aren't unnecessarily occupied. This thoughtful approach shows that you value all users, regardless of their mode of transport.

Charging.

E-bikes and e-scooters are now a common sight in end-of-trip facilities and must be accommodated; however, they also pose safety and fire risks. With no clear codes or standards, buildings are adopting varied approaches.

Partner with Five at Heart to gain expert guidance on how the industry is addressing this challenge.



The Change Room.

An abstract graphic composed of cyan lines. It features a large circle that partially encircles the word 'Change'. A horizontal rectangle is positioned to the right of the circle, overlapping the word 'Change'. Below the circle, there is a smaller rectangle with a line extending downwards from its bottom center, ending in a small arc.

Airlocks.

Q18: Can you see inside the change space from the common area?

Airlocks serve a critical function in enhancing user privacy and safety. By creating a transitional space between the public corridor and private changing areas, airlocks act as visual and physical buffers that prevent direct lines of sight into sensitive spaces. This separation helps maintain the dignity and comfort of users, ensuring that those inside changing rooms are not exposed to passersby or unintended onlookers.



Locker Quantities.

Q19: How many lockers are there?

Getting the number of lockers right from the start is essential. These facilities are no longer used exclusively by cyclists and lockers are always in demand, so we recommend providing a ratio of **1.6 lockers for every bike space**. This higher ratio accounts for a broader range of users - those heading to the gym, attending fitness classes, going for a lunchtime run, or simply wanting to freshen up.

Different countries and councils may have varying standards for the number of lockers required, so it is important to check local requirements. As every building is unique, to ensure the quantity provided is fit for purpose, reach out and **partner with Five at Heart for expert guidance on planning and implementing effective locker solutions.**



Shower Quantities.

Q20: Do the number of showers meet demand?

After a tough workout or active commute, no one wants to wait in line for a shower. It's not only uncomfortable but also frustrating, especially during peak times.

Providing enough showers helps minimise wait times, improves the overall experience, and creates a more efficient and enjoyable environment for everyone. We recommend **1 shower for every 10 bikes**.

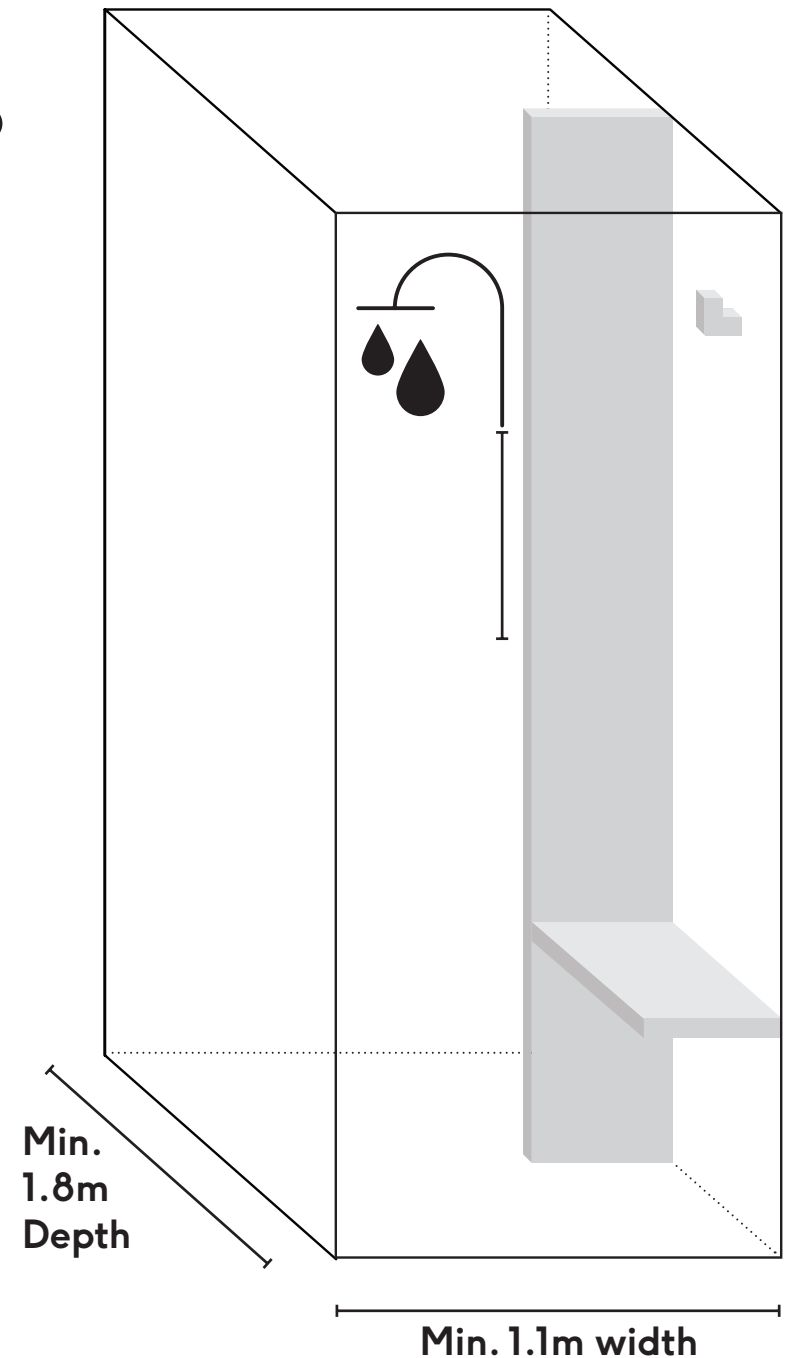
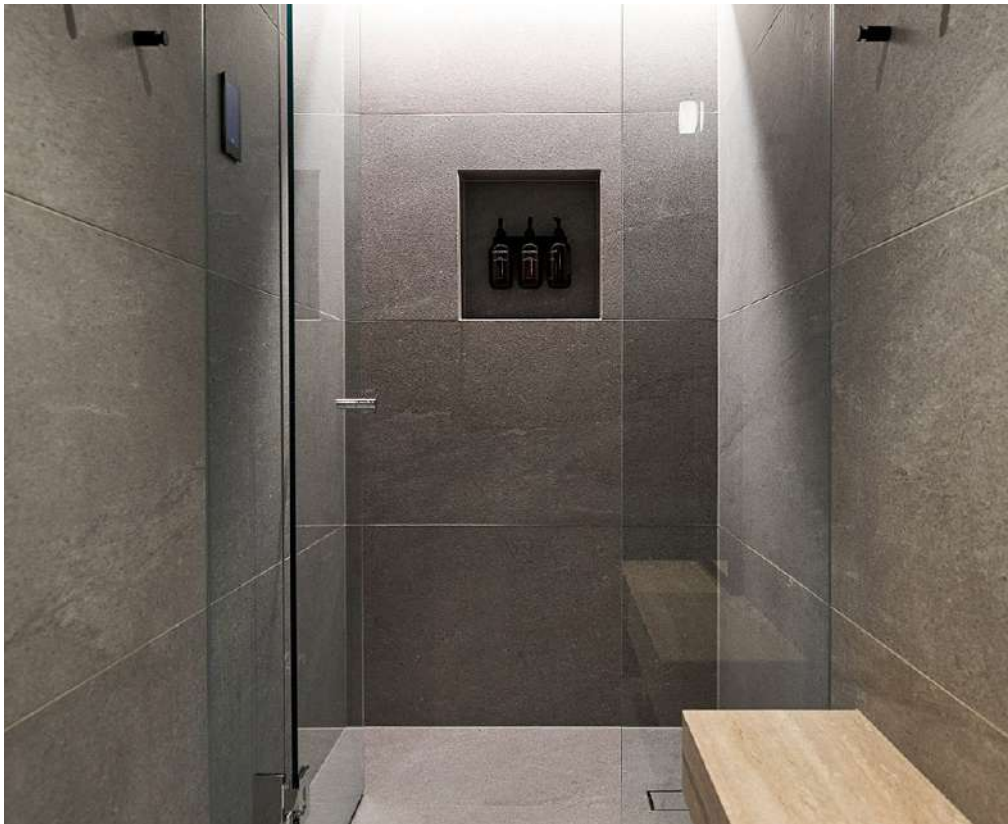
Different countries and councils may have varying standards for the number of showers required, so it is important to check local requirements. As every building is unique, to ensure the quantity provided is fit for purpose, reach out and **partner with Five at Heart for expert guidance on planning and implementing effective shower quantities.**



Shower Size.

Q21: What is the size of the shower?

For a commercial-grade shower, we recommend a best practice internal size of 1.1 m wide by 1.8 m deep. The space should be evenly divided into wet and dry zones, each 900 mm deep.



Shower Cubicle.

Q22: Inside the shower cubicle is there separation between the wet and dry zone along with a bench seat?

Ensuring a clear separation between the wet and dry areas within shower cubicles helps to prevent water from spilling or being tracked into the adjoining changing room area, which can create slip hazards and increase the frequency and intensity of cleaning required by facility staff.

From a user experience perspective, many individuals feel more comfortable and prefer to change in the dry section of the cubicle. Without this division, users are often forced to stand in wet conditions while changing, which can be unpleasant and inconvenient.

To address these concerns and enhance the overall user experience, we strongly recommend installing a physical partition, such as a glass door or screen (alternative materials can be considered) to separate the showering (wet) area from the changing (dry) area. Additionally, providing a bench seat within the dry section of the cubicle offers users added comfort and convenience while changing.



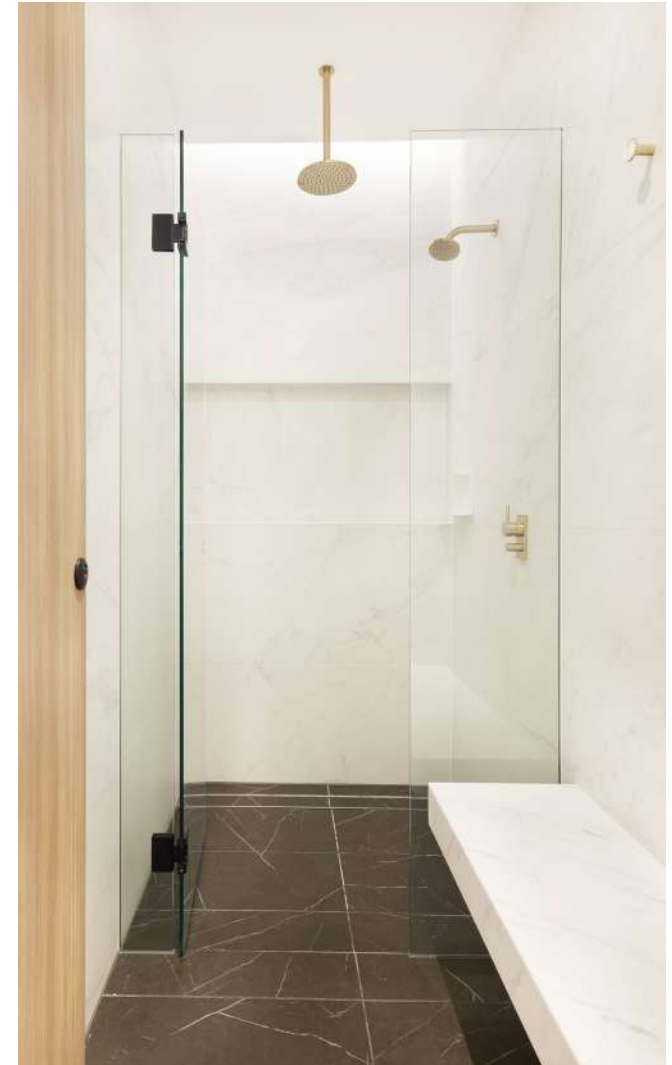
Privacy & Hygiene.

Q23: Are the shower cubicles fully enclosed from the adjacent areas by providing dividers that go all the way down to the floor and independent drainage?

We strongly recommend that either the shower walls be fully tiled or that the dividers between shower cubicles extend all the way to the floor. Additionally, each cubicle should have its own dedicated drainage system.

Dedicated drainage prevents water from flowing between adjacent cubicles, which is not only unhygienic but can also create an unpleasant experience for users. Shared drainage can lead to the spread of bacteria, unpleasant odors, and pooling water, all of which compromise the cleanliness and comfort of the facility.

Proper separation and drainage significantly improve sanitation and provide a more private, high-quality experience for each user.



Shower Flexibility.

Q24: Is there any flexibility for shower allocation?

Flexibility is best achieved by providing all-gender showers, promoting inclusivity for all users.

These showers are particularly effective in accommodating fluctuating gender demand on any given day, as well as supporting future growth, since they can be used by anyone regardless of gender.

All-gender showers should be designed similarly to accessible cubicles, fully enclosed private rooms that offer privacy and comfort. Each unit should include a shower, vanity, sink, and optionally, a toilet. A recommended size for each cubicle is 1.5 meters wide by 2.5 meters deep.

Be sure to provide the same supporting amenities for these showers, such as airing cupboards, towel stations, and ironing facilities just outside the all-gender cubicles, just as you would in traditional male and female areas.



Locker Flexibility.

Q25: Is there any flexibility for locker allocation outside of the male and female changing rooms?

Lockers are a crucial element of the facility's storage system. Providing lockers in common areas for general use enhances both flexibility and the overall user experience.

These lockers are especially useful for users who don't need to shower or change, such as those commuting by e-bike or e-scooter. They're also ideal for anyone who simply wants a convenient place to store their belongings. This setup adds flexibility and ease of access, allowing users to securely store items without having to enter the gendered changing rooms.

Additionally, these lockers are essential for users of the all-gender showers. Without lockers nearby, they would have to use the lockers inside the male or female changing rooms, which undermines the purpose of offering inclusive, all-gender showers.



Seating.

Q26: What seating has been provided?

A simple way to enhance the user experience and create a premium atmosphere is by incorporating island bench seating, which is considered best practice.

This offers more open space in front of the lockers and allows for the installation of full-height, two-tier lockers without a bench obstructing the bottom locker doors.



Aisles.

Q27: What are the aisle widths?

Space plays a key role in creating a premium experience, so getting the aisle widths right is critical to ensure easy movement and navigation, especially at peak times.

We recommend **1.3 metres for aisles** in front of lockers and main walkways. For locker alcoves with island bench seating, allow at least 900mm between the locker face and the island bench.



Vanity & Dry Bench.

Q28: Have sinks, vanity, and dry benches been provided?

Hair, makeup, shaving, and general grooming are key parts of the getting ready process.

Providing ample sinks, vanities, and dry bench space is essential. These activities can take time, so ensuring enough space helps prevent congestion and reduces wait times. As a guideline, we recommend providing **one sink and at least one metre of vanity or dry bench space for every five showers**.

Additionally, consideration should be given to proper lighting near vanities to aid precision in grooming tasks, as well as easy access to power outlets for hairdryers, straighteners, etc.

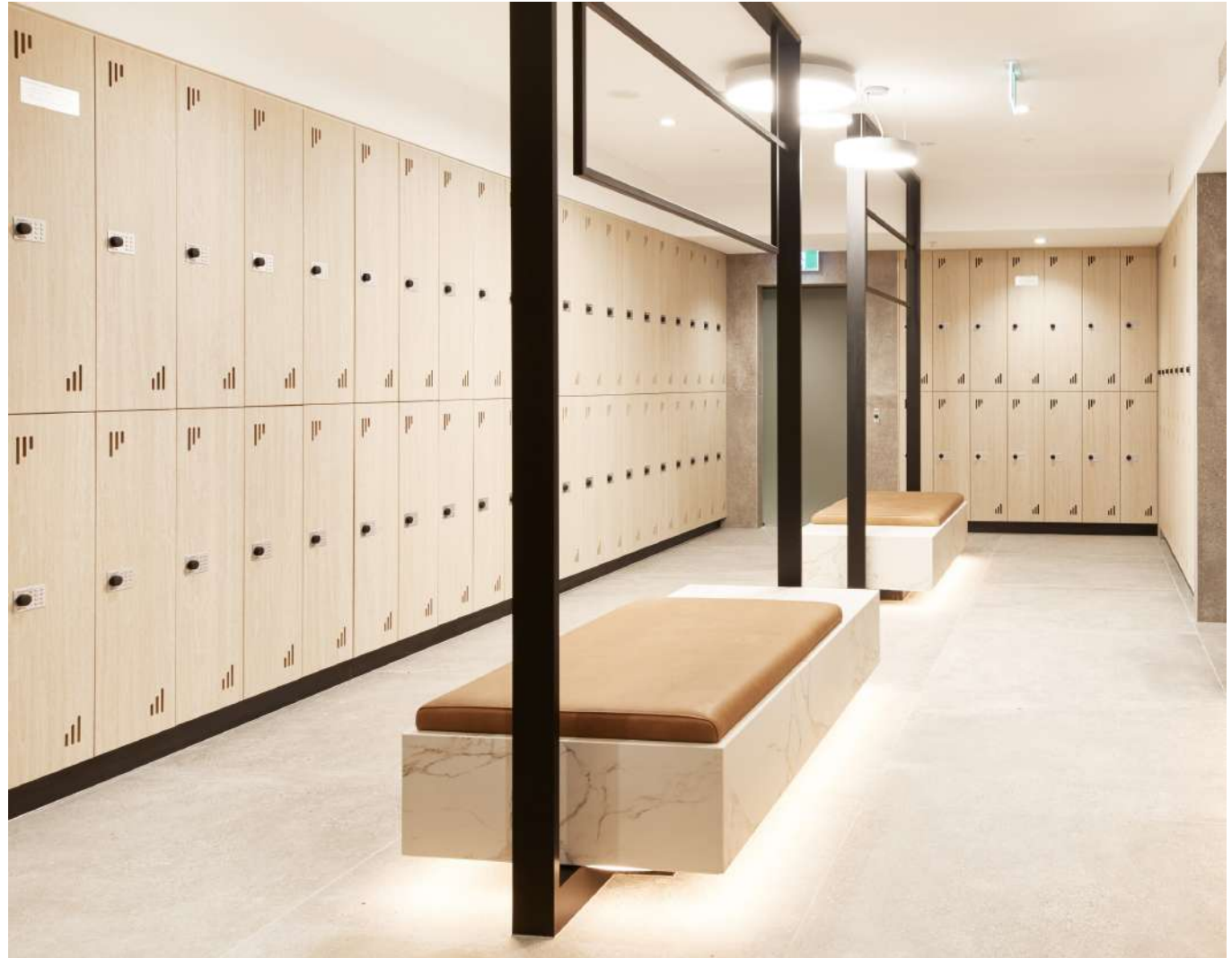


Locker Types.

Q29: Are all of the lockers inside the changing rooms 2 tier?

The lockers within the changing areas are intended for storing clothing, as this is where users get changed. To support this function, it's best practice to install two-tier lockers, which provide enough space for users to hang and store their clothes, shoes, and other personal belongings, something smaller lockers cannot accommodate.

We recommend installing only two-tier lockers in the changing rooms. However, if this isn't feasible, aiming for 85–100% coverage with two-tier lockers is a practical alternative.



Look
& Feel.



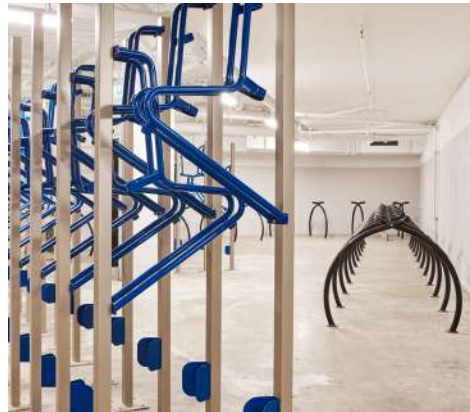
Look & Feel.

Q30: What is the look and feel of the facility?

The look and feel of a facility can be subjective and often depends on the available budget. While the aesthetics can visually demonstrate to users that you've invested in their health and wellbeing, it's more important to first get the fundamentals right, such as space, product design, and core amenities. We assess the look and feel of a facility across four categories: Basic, Standard, Premium, and Luxury.



Basic



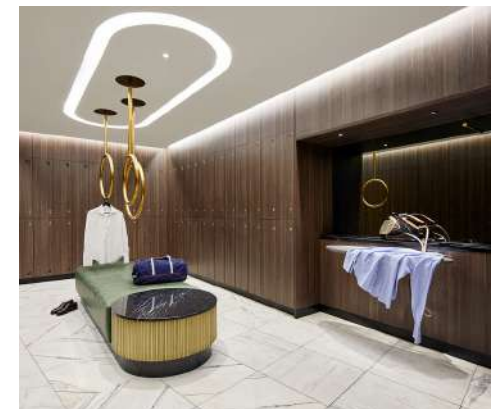
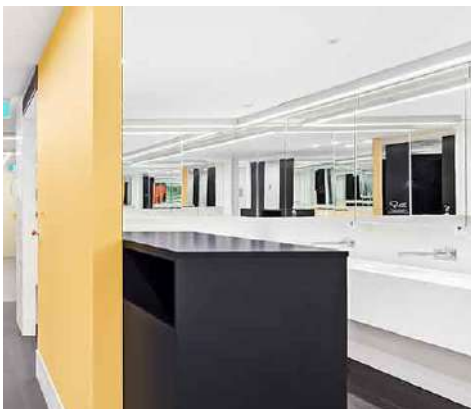
Standard



Premium



Luxury



Health &
Wellness.



EOT Lobby.

Q31: Is there an EOT lobby / arrival area with seating?

An end-of-trip lobby serves as a transitional space between arrival and accessing the office levels. It provides a place to sit, pause, and cool down, offering users a moment of rest before beginning their day or continuing their journey.

This area can also accommodate activations, serve as a meeting point for running or cycling groups, or function as a waiting area for adjacent wellness spaces and amenities.

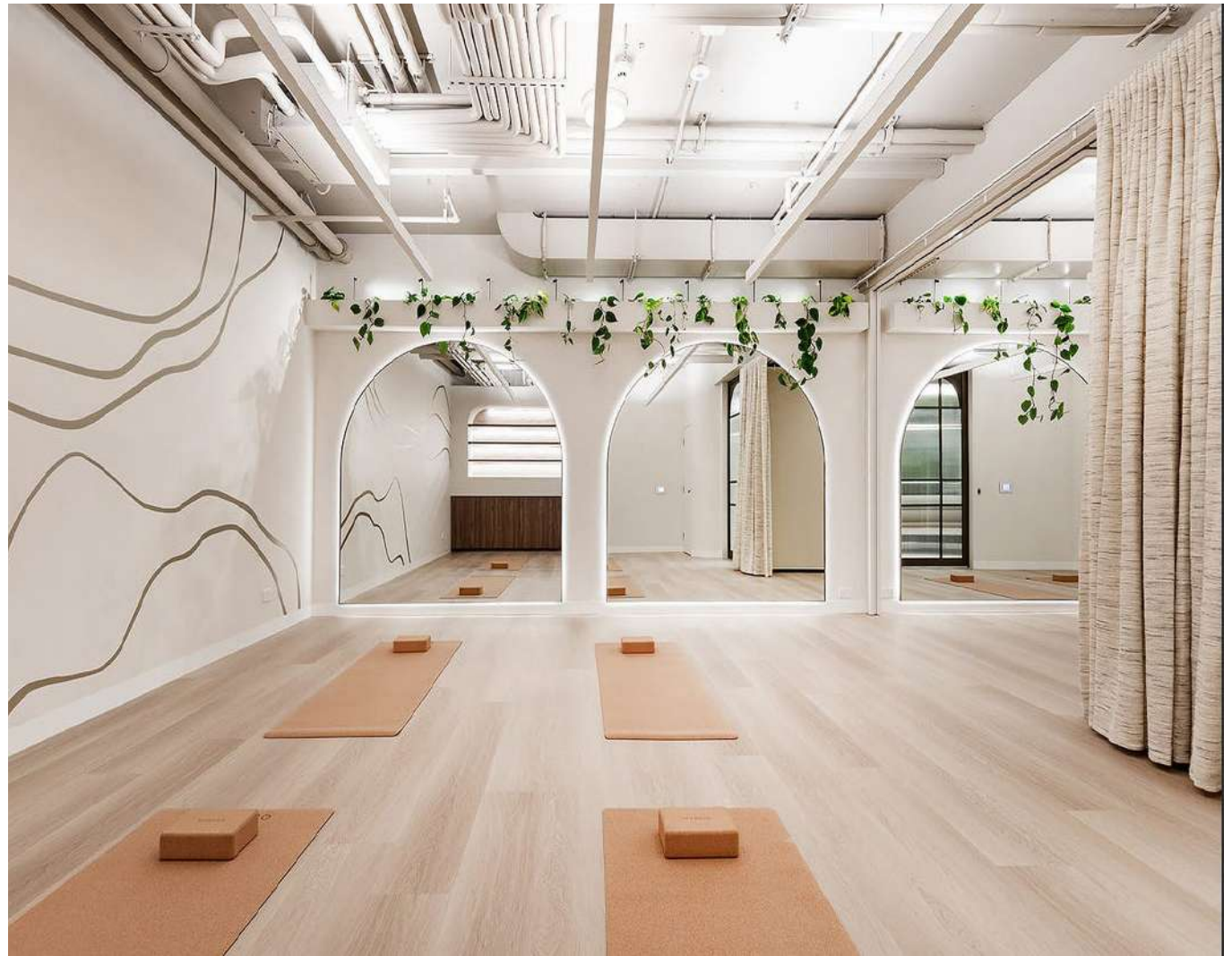


Wellness Space.

Q32: Is there a multi function / Wellness space?

Healthy employees are happy employees. Wellness spaces provide dedicated areas for activities such as yoga, Pilates, HIIT, and stretching. These spaces can be available for open use, or instructors can be provided by the building to encourage participation and promote overall health and well-being.

These spaces can also be rented for events, making them truly multifunctional and adaptable to a range of uses based on the building's requirements.



Treatment Rooms.

Q33: Are there any treatment rooms for tenant use?

Treatment rooms allow tenants to book them out for physio, massage, beauty treatments, counselling etc.

Having these spaces integrated within the building creates a seamless and highly convenient experience. Tenants no longer need to commute to multiple locations for personal care or wellness appointments, everything they need is just a few steps away. This saves valuable time during busy workdays and promotes better work-life balance, as users can easily fit self-care or health appointments into their daily routine.



Equipment & Classes.

Q34: Is there gym equipment available and/or classes?

Providing on-site fitness equipment and free or subsidised fitness classes boosts workplace appeal and adds significant value to the office environment.

These amenities support well-being and offer financial benefits by reducing the need for external gym memberships. The added convenience can boost office foot traffic, increase use of shared spaces, and strengthen community whilst enhancing tenant satisfaction and retention.



Recovery & Relaxtion.

Q35: Has the facility provided any saunas, steam rooms, spa, cold plunge pool? Etc.

As the scope of end-of-trip facilities broadens, their amenities and features increasingly focus on health and well-being, incorporating elements typically found in spas.

Recovery is considered just as essential as maintaining an active lifestyle. To support this, facilities such as saunas, steam rooms, spas, and cold plunge pools are provided. These amenities offer a range of recovery and relaxation options. By integrating recovery focused features, we promote a more balanced approach to health, wellness, and performance for tenants.



Product Performance.



The
Change
Room.

The graphic features several teal-colored elements. A large, rounded rectangle is positioned behind the word "Change". To the right of this rectangle are three horizontal wavy lines. Below the word "Room." is a small square, and further down is a curved line that resembles a stylized bracket or a partial circle.

2 Tier Lockers.

- 1 Locker Depth: Min. 500mm / Max. 600mm**
A standard clothes hanger is around 450mm, lockers need to be a min. 500mm deep to hang clothes properly. Increasing the depth to 600mm gives garments more room to hang comfortably.
- 2 Locker Height: 2100mm**
Higher than this recommendation and the top locker becomes unaccessible and lower compromises the hanging and shoe storage space.
- 3 Hanging Width: Min. 300mm / Max. 400mm**
Providing a 300mm rail width is optimal for hanging multiple garments; whilst 400mm provides enhanced spacing. Less than 300mm reduces efficiency and usability.
- 4 Hanging Height: Min. 875mm**
This minimum ensures garments have enough space to hang properly (measured from rail to compartment base).
- 5 Built In Shoe Storage**
Shoe storage is often overlooked within lockers. Including this provision optimise's storage and keeps shoes separate from clothing, as shoes can often produce odors. It's important that this addition does not interfere with the hanging height required for garments.
- 6 Small Personal Shelf**
Providing a small and easily accessible shelf for personal item storage makes it quick and easy for users to access their wallet, phone, keys etc.
- 7 Front & Rear Vents**
These provide ventilation for shoes and clothing, helping prevent stagnant air and odors, as lockers are not always opened daily.



2 Tier Lockers With Integrated Bench.

- 1 Locker Depth: Min. 500mm / Max. 600mm**
A standard clothes hanger is around 450mm, lockers need to be a min. 500mm deep to hang clothes properly. Increasing the depth to 600mm gives garments more room to hang comfortably.
- 2 Bench Depth: 300mm**
This size is optimal and any smaller would be uncomfortable and impractical to sit on, while any larger would result in inefficient use of space.
- 3 Locker Height: 2100mm**
Higher than this recommendation and the top locker becomes inaccessible and lower compromises the hanging and shoe storage space.
- 4 Hanging Width: Min. 300mm / Max. 400mm**
Providing a 300mm rail width is optimal for hanging multiple garments; whilst 400mm provides enhanced spacing. Less than 300mm reduces efficiency and usability.
- 5 Hanging Height: Min. 875mm**
This minimum ensures garments have enough space to hang properly (measured from rail to compartment base).
- 6 Hinged Bench Seat**
This enables unrestricted full-height access to the lower locker when unlocked.
- 7 Built In Secure Shoe Storage**
Each compartment includes integrated shoe storage for secure in-locker placement. Ensure that this storage does not impede garment hanging height.
- 8 Small Personal Shelf**
Providing a small and easily accessible shelf for personal item storage makes it quick and easy for users to access their wallet, phone, keys etc.
- 9 Front & Rear Vents**
These provide ventilation for shoes and clothing, helping prevent stagnant air and odors, as lockers are not always opened daily.



Accessible Locker.

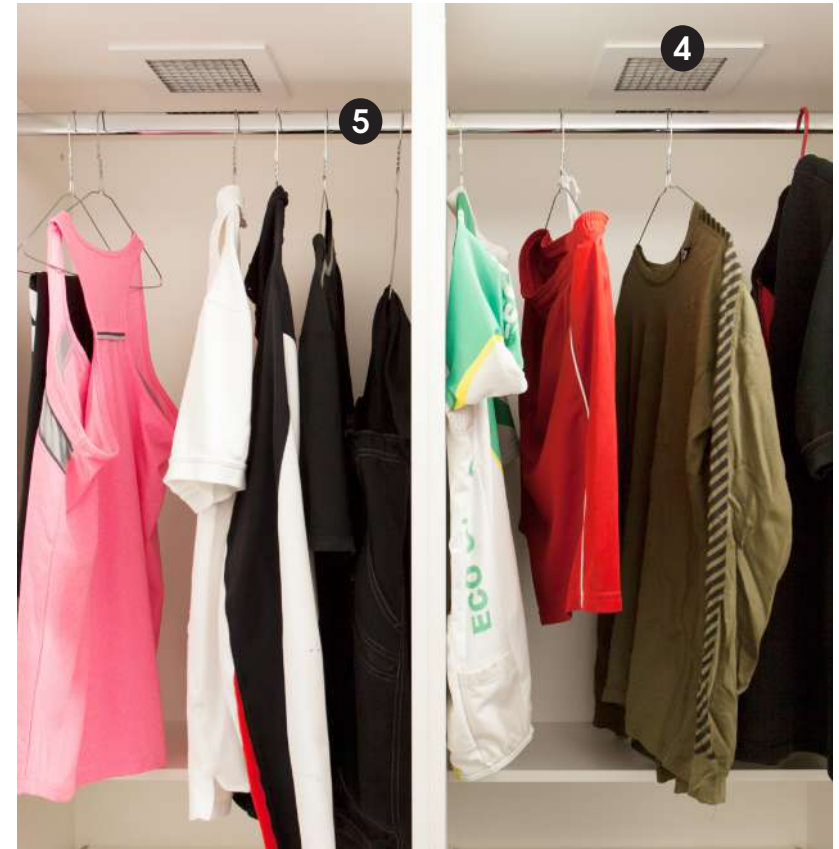
- 1 Locker Depth: Min. 500mm / Max. 600mm**
A standard clothes hanger is around 450mm, lockers need to be a min. 500mm deep to hang clothes properly. Increasing the depth to 600mm gives garments more room to hang comfortably.
- 2 Locker Height: 1250mm**
Higher than this recommendation makes the locker inaccessible for wheelchair users, while a lower height reduces available hanging and storage space.
- 3 Hanging Width: Min. 300mm / Max. 400mm**
Providing a 300mm rail width is optimal for hanging multiple garments; whilst 400 mm provides enhanced spacing. Less than 300mm is not recommended as this reduces efficiency and usability.
- 4 Hanging Height: Min. 875mm**
This minimum ensures garments have enough space to hang properly (measured from rail to compartment base).
- 5 Door Type: Sliding**
This door design prevents wheelchair users from having to roll backwards to open and close the locker.
- 6 Base Height and Depth: 250mm high x 150mm deep**
A higher, recessed base better accommodates wheelchair users, allowing them to roll right up for close and easy access, minimising the need to reach further than necessary.
- 7 Front & Rear Vents**
These provide ventilation for shoes and clothing, helping prevent stagnant air and odors, as lockers are not always opened daily.
- 8 Optional Amenity**
The space above the accessible locker (between 1250 and 2100mm) can be used for extra lockers for able-bodied users.



Airing Station.

- 1 Unit Depth: 600mm**
As these units are designed to store bulkier damp items such as coats and jackets, additional depth beyond standard locker dimensions is recommended to provide adequate hanging space.
- 2 Unit Width: 600mm**
This width allows for the integration of shoe drawers while still providing adequate hanging space for bulkier damp items such as coats and jackets.
- 3 Unit Height: 2100mm**
Higher than this recommendation will make the top hanging rail inaccessible and lower than this compromises the hanging height and shoe storage space.
- 4 Drying Capabilities**
Drying is enabled by mechanical ventilation (by others). The unit includes a cut-out for air intake and circulation*. This allows damp garments to dry in 8 hours.
- 5 Storage Capabilities: Hanging Rails & Metal Drawers**
It's recommended to include both, as this allows for the storage and drying of a variety of garments and shoes, all of which may become wet during workouts or commuting.
- 6 Base Material: Moisture resistance MDF**
This helps prevent moisture damage and extends the life of the unit.
- 7 Quantity: 1 unit for every 5 showers**

*Final airflow calculations, ducting routes and commissioning are the responsibility of the M&E consultant. Five at Heart can advise on airflow requirements based on previous deployments, but does not provide ventilation engineering.



Towel Station.

- 1 Unit Depth: 400mm**
This size is optimised for the shelves to comfortably accommodate 20 or more folded (not rolled) towels, which is the most efficient and space-saving way to store them.
- 2 Unit Width: 400mm**
This size is optimised for the shelves to comfortably accommodate 20 or more folded (not rolled) towels, which is the most efficient and space-saving way to store them.
- 3 Unit Height: 2100mm**
Higher than this recommendation makes the top shelves hard to reach and inaccessible for most users.
- 4 Integrated Towel Return**
A cut-out (250mm wde x 200mm high) should be located on the front of the unit. This facilitates convenient collection of used towels and helps maintain a tidy space.
- 5 Laundry Bags**
4 hooks need to be provided to hold the laundry bag and should be positioned at approximately 770mm in height. Correct placement ensures there is enough clearance for the bags and allows them to sit and function properly.
- 6 Quantity: 1 unit for every 5 showers**



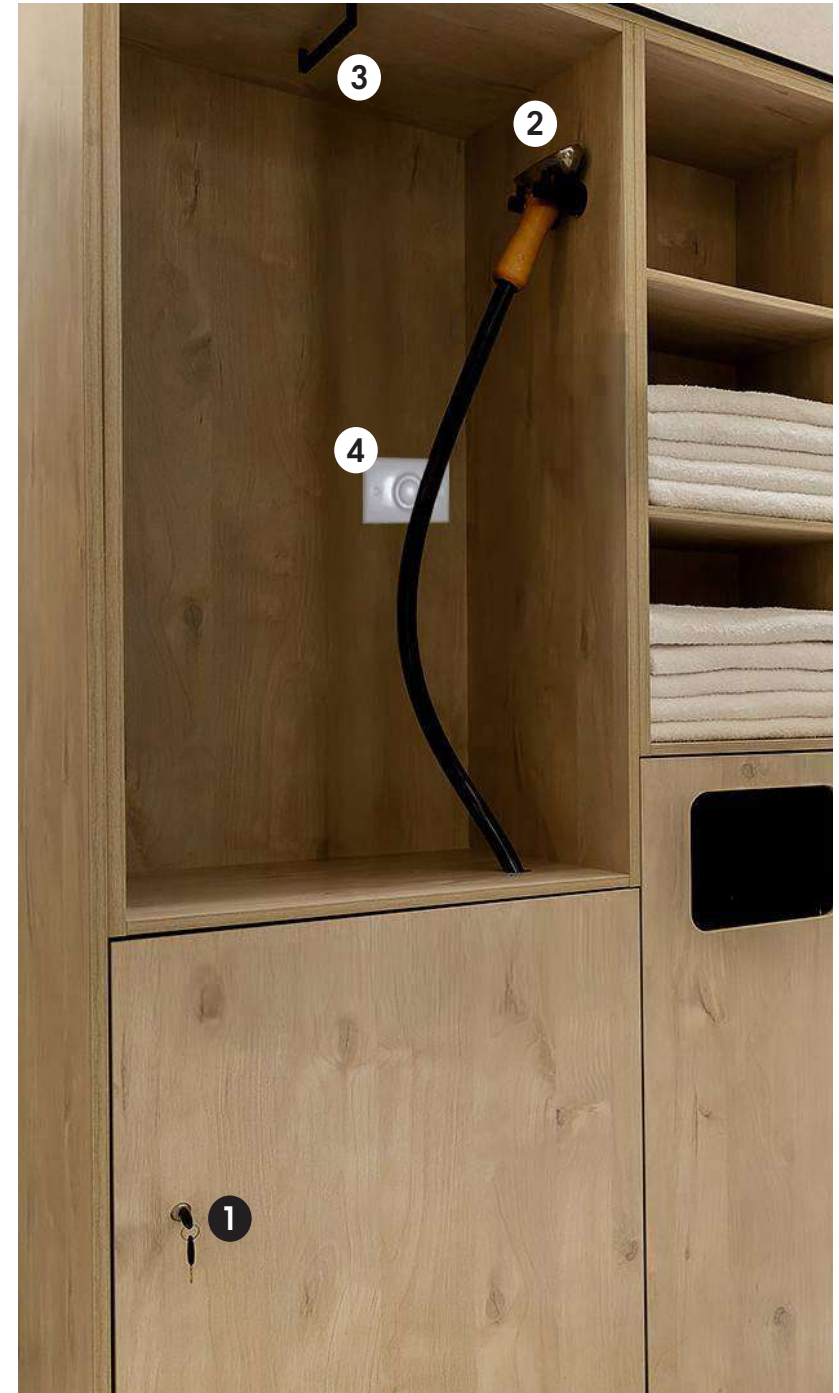
Ironing Board.

- 1 Structure & Stability**
Have the ironing board securely attached to a post which is installed into the ground. This ensures the ironing board stays stable and prevents movement or bouncing during use, a common issue with folding ironing boards.
- 2 Ironing Board Shape**
Ensure the design/shape accommodates both left and right handed users. This offers flexibility and accessibility for all users and accommodates a variety of garment types.
- 3 Iron Storage**
The unit should have an accessible shelf for storing the iron when not in use. This provides a safe, accessible, and convenient place to store the iron without risking heat damage to the laminate.
- 4 Hanging Rails or Hooks**
Locate these centrally and install perpendicular so the garment faces the user. This provides flexibility and helps with accessibility for hanging garments when ironing numerous items.
- 5 Timer Button**
This is to be located at an accessible height, approximately 1100 mm off the ground. This automatically turns the iron off after a set time, helping to ensure health and safety.
- 6 Power Outlet**
Provide a standard power outlet with security cover. This offers theft protection for the iron and convenient access for building management to service and maintain it.
- 7 Quantity: 1 unit for every 75 lockers**



Steamer.

- 1 Water Refilling**
The steamer should be connected to the water mains with self-filling capability. This provides a superior user experience and supports continuous commercial use, eliminating the need for frequent manual refills.
- 2 Steamer Head**
Provide a hook to hold the steamer head when not in use, ensuring it is positioned away from the laminate. This keeps the head neatly stored and protects the surface from heat and steam damage.
- 3 Hanging Rails or Hooks**
Locate these centrally and install them perpendicular so the garment faces the user. This provides flexibility and helps with accessibility for hanging garments whilst steaming.
- 4 Timer**
Timer button should be at an accessible height, approximately 1300mm off the ground. This automatically turns the steamer off after a set time, helping to ensure health and safety.
- 5 Quantity: 1 for every 75 lockers**
Steamers are a luxury amenity that enhance the user experience by providing flexibility for caring for various garment types. They are typically included in premium or A-Grade buildings, or in smaller facilities where a full-size ironing board cannot be accommodated due to space constraints.



The Bike Room.



Horizontal Bike Racks.

1 Bike Stability

The rack should include a mounting point for the bike's saddle, providing stability and preventing the bike from tipping or interfering with adjacent bikes.

2 Bike Protection

Soft surfaces should be incorporated at key contact points to protect the bike where it meets the rack. This helps protect the user's bike from scratches.

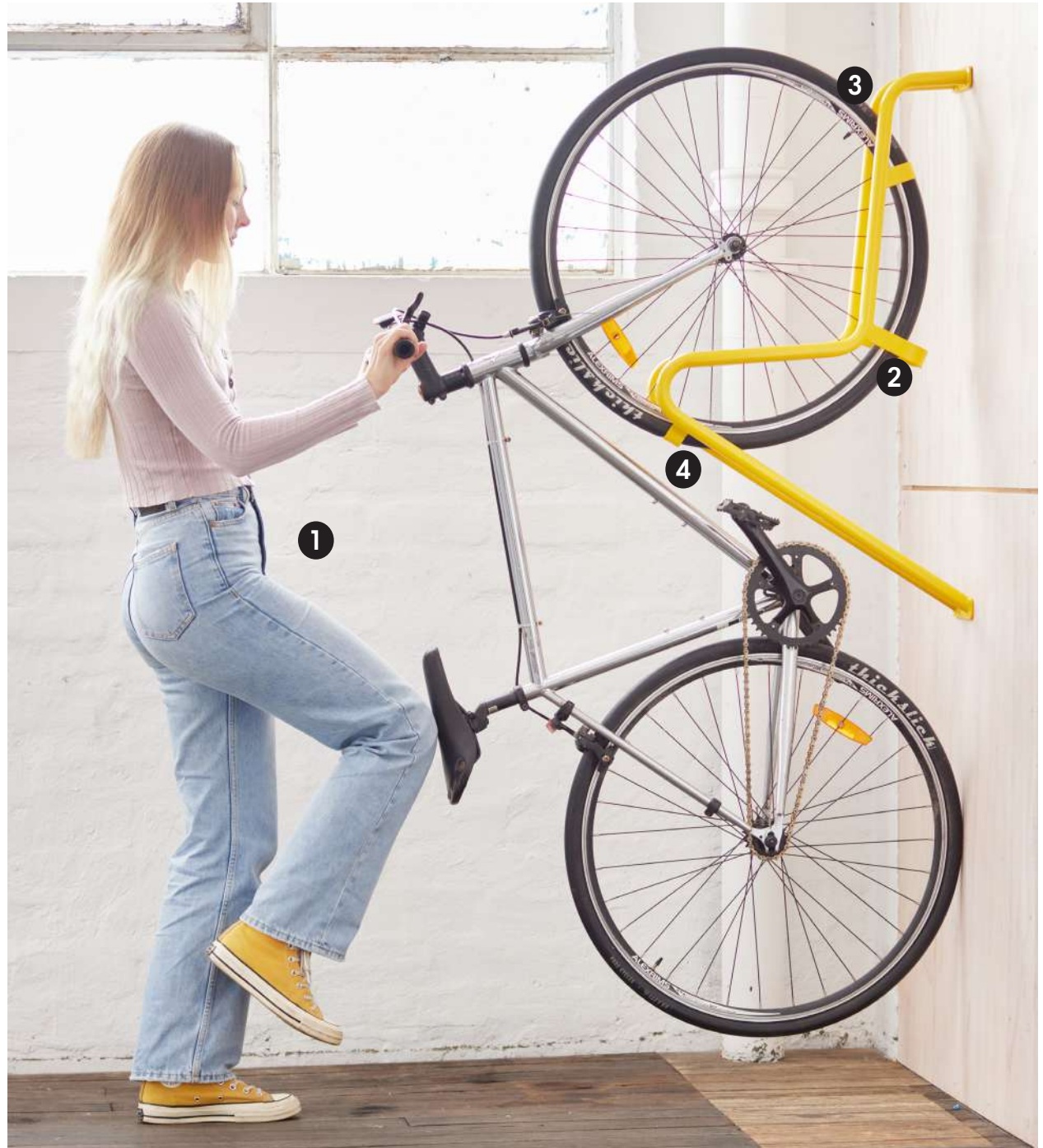
3 Security

The rack design must support D-lock usage, enabling users to lock both wheels and the frame, assuring them that their bike can be safely secured.



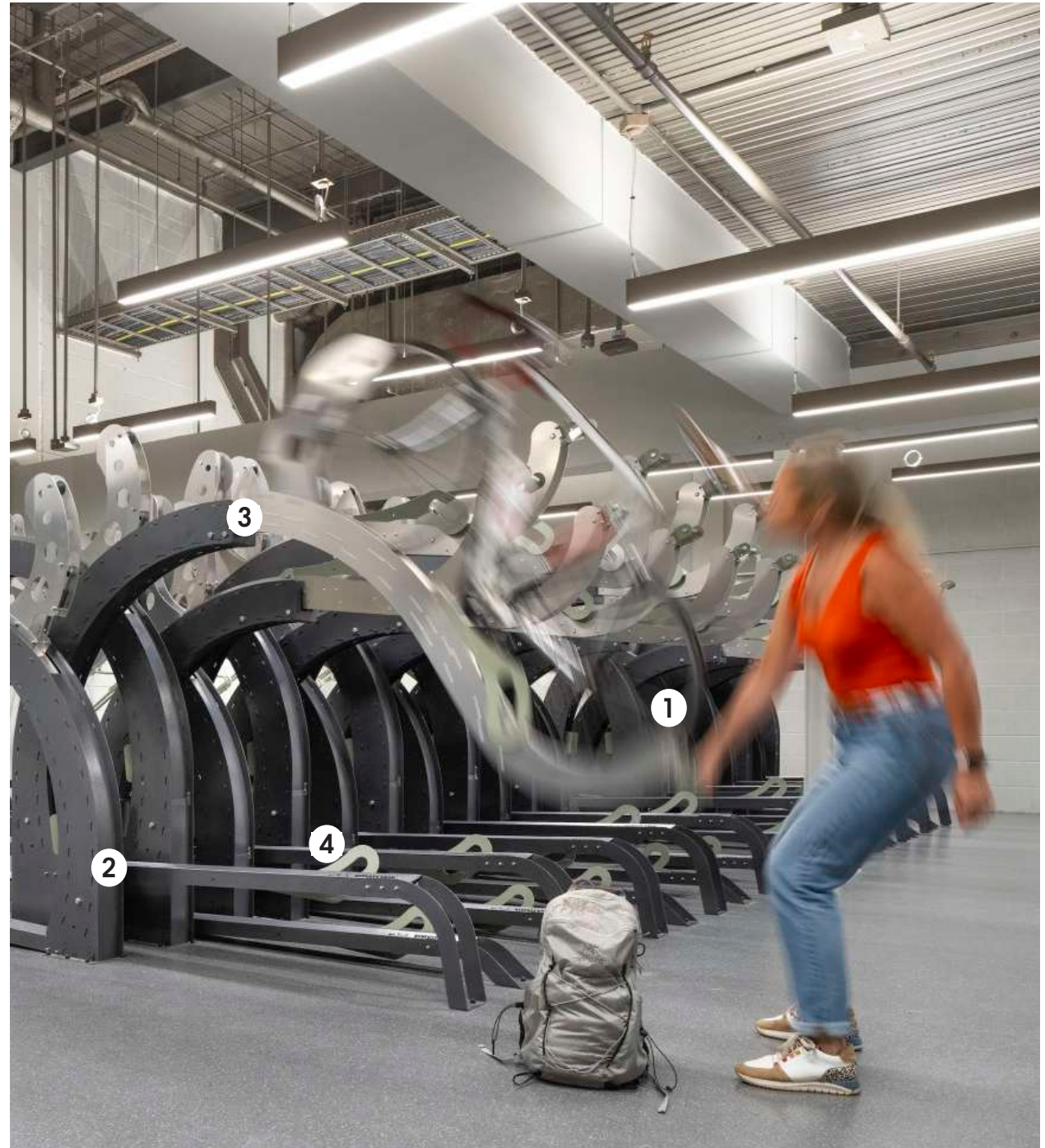
Vertical Bike Racks.

- 1 User-Friendly Lifting**
The rack should allow the bike to be easily raised onto its rear tire and rolled into position, improving usability by reducing the effort and strength required to lift and park it.
- 2 Bike Support**
Ensure the rack supports the bike by contacting only the tires. This prevents damage or scratches to the rims, which are more costly to repair or replace, as tires are a consumable item.
- 3 Tyre Size**
The rack should support tire widths between 23mm and 50mm, allowing for secure parking of various bike types and sizes.
- 4 Security**
The rack design must support D-lock usage, enabling users to lock both wheels and the frame, assuring them that their bike can be safely secured.



Double Tier Bike Racks.

- 1 User-Friendly Lifting**
Ensure the top-tier mechanism is counterweighted or fitted with a gas strut. This balances the unit and allows smooth operation, enabling users to load their bike with minimal effort.
- 2 Modularity**
Does the unit allow the bottom rack to be installed first, with the top level added at a later date? This provides flexibility, eliminating the need for additional space, new racks, or major installation when bike capacity changes due to usage or planning requirements.
- 3 Materials**
Select bike racks constructed with lightweight components to reduce overall weight, facilitating easier handling and lifting of the top rack by users.
- 4 Security**
The racks need to allow D-locking of both frame and wheel to provide enhanced security. A movable lock bar can improve access while ensuring users that their bike can be safely locked.



Repair Stand.

1 Bike Protection

The clamp should include a soft surface or padding to protect the bike from scratches or damage.

2 Bike Clamp

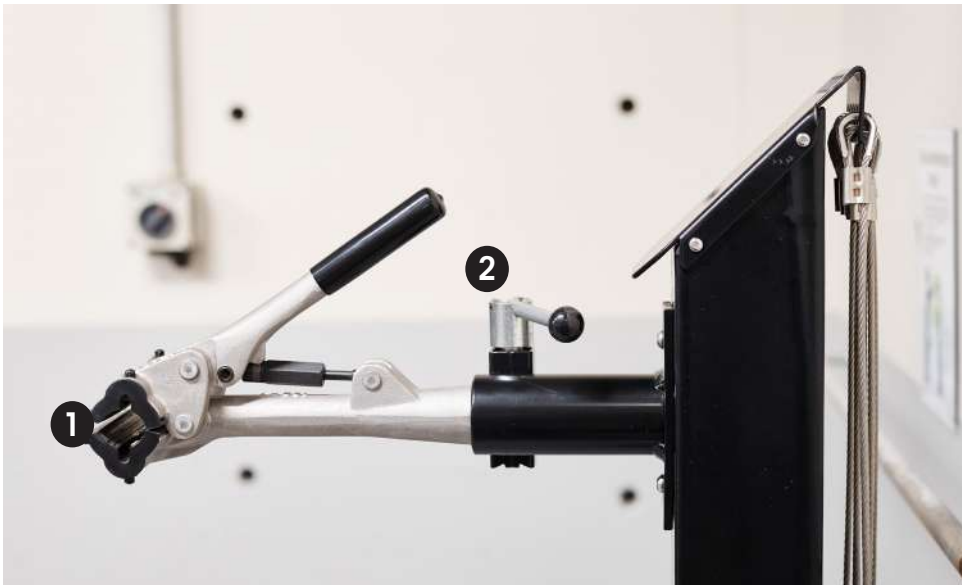
Ensure the clamp is adjustable in both tension and position, allowing it to hold the bike securely in multiple orientations without causing damage, while offering flexibility and easier access for maintenance.

3 Tools

Provide a wide range of tools, offering users the convenience of performing quick and simple bike repairs to get back on the move.

4 Longevity

Bike tools should be designed to avoid contact with the unit. Incorporate soft surfaces or padding to prevent damage, preserving both the unit's appearance and durability.



Bike Pump Manual.

- 1 Bike Support**
Including a wheel holder is essential, as it stabilises the bike and allows users to inflate tires without needing to hold the bike upright.
- 2 User Comfort During Pumping**
Pump handles should be ergonomically designed and appropriately positioned to maximise user comfort and avoid contact with the unit or components during use.
- 3 Gauge**
Provide a pressure gauge to allow users to accurately monitor and inflate their tires to the correct pressure.
- 4 Pump Holder**
A hook or slot to hold the pump head should be included, as this keeps the pump neatly stored and off the floor, preventing damage and ensuring tidy storage.



Bike Pump Electric.

- 1 Bike Support**
Including a wheel holder is essential, as it stabilises the bike and allows users to inflate tires without needing to hold the bike upright.
- 2 User Comfort During Pumping**
Ensure the button to operate the pump is positioned at the top of the unit, approximately 1,000mm high, making it easily accessible and user-friendly.
- 3 Gauge**
Provide a pressure gauge to allow users to accurately monitor and inflate their tyres to the correct pressure.
- 4 Pump Holder**
A hook or slot to hold the pump head should be included, as this keeps the pump neatly stored and off the floor, preventing damage and ensuring tidy storage.



Bike Lock Bars.

1 Convenience

Bike lock bars allow users to leave their lock at the facility, eliminating the need to carry it in their bag or bring it to and from work.

2 Tidiness

These provide users with a designated place to store their lock when it's not in use, discouraging them from leaving locks on bike racks, which can make the area look cluttered.

3 Improved Efficiency

Leaving locks on bike racks when not in use can give others the impression that the space is reserved, preventing people from using it. Installing bike lock bars helps keep racks clear and available for everyone.

