

Nathan,

The details I am now providing have been sent previously, both as part of the online planning application and in the various correspondence between us mainly as part of the pre-application process. The outbuilding was completed in 2018 and it is currently used for storage and for my 4-year-old son to play with his toys.

To clarify these issues which mainly seem around noise. As stated previously no complaints have ever been made to the Council and there is no evidence to support these, some of which are contradictory. There appears to be no substance to these complaints but irrespective they do not seem to be substantial enough for my application to fail.

The outbuilding was built to a very high standard that was in line with normal properties as can be deduced from the successful planning application 2017/1032. The foundations of the outbuilding are slightly lower that is noticeable from most neighbouring properties whereby only the roofline is visible.

The walls are double lagged to assist with thermal insulation with 2 double glazed windows facing northeast and a double-glazed door facing east.

There is 6foot fencing to the perimeters mainly wood but also brick, some enhanced by bamboo with extensive detail in my previous correspondence.

I have done my own tests regarding the potential noise by asking someone to create noise inside the outbuilding at a level above what this application could possibly create. I used a referee's whistle and a sound system turned to high volume with the bass deliberately low. This was done in various locations along the fencing perimeter and in particular in my son's bedroom which is the nearest point to the outbuilding with the windows open. I could not hear anything and although this is not scientific it does provide a good test.

The sessions themselves are well controlled and all clients are well known to me. They are 1 hour long with 15 minutes between clients for the purpose to put equipment back and clean up. There is no music played and the double-glazed windows and door will remain closed at all times during the session to block any potential for noise.

The flooring is 0.05m thick designed to cushion impact and ameliorate noise. The flooring is known as Bulldog Gear and is classified as the premium flooring solution. The flooring protects the sub flooring from damage and transmits impact shock avoiding damage and provides sound deadening. I regularly use this site for equipment.

I will invest in quiet exercise machines that are well documented and reviewed on social media. I would like to make the offer for you to be given the opportunity to see similar ones in action at the unit I currently operate from. At this visit you could monitor the sound on a more scientific method should you deem this to be necessary.

Equipment such as individual weights are coated in silicone to minimise impact but the main action to minimise noise is to train clients how to correctly use them. The equipment is of a rubber recycled construction and not metal.

I use 2 main pieces of equipment. The first one is the Concept2 RowErg which is recognised by many as the standard for indoor training. It is efficiently engineered to last a long time and it is very quiet when used.

I attach a website so that you can view this: -

<https://bulldoggear.com/products/concept-2-model-d-rower>

The second piece of equipment is the Concept2 SkiErg which is recognized as delivering one of the toughest workouts around developing both strength and endurance exercising both the legs as well as the arms and core. It uses the same flywheel resistance and electronic monitoring systems as the Concept 2 Rower. The machine is made to last and as well as being durable and well built, the SkiErg is sophisticated too. It also provides immediate, accurate performance data. It is sophisticated yet easy to use and allows accurate assessment of output.

<https://bulldoggear.com/products/concept-2-skierg-pm5-monitor>

Activities are client specific, but could include sessions with rower, ski erg, squat rack, kettlebells, dumbbells and trx. Not all the equipment will be used during each session, they are planned in advance and varied to suit each individuals program to improve their fitness. The equipment is well maintained and durable.

My clients are mainly professional people who appreciate their own fitness and would not go against my wishes regarding respecting neighbours. They are mainly teachers, the medical profession, swimming teachers, business owners to name a few.

To consider your offer regarding specific measures for clients such as warnings who do not follow instructions and disrupt neighbours is in my opinion not proportionate and reasonable in the context of this application in line with NPPF. I have their respect and will continually have the conversation regarding respecting neighbours. The natural way to regulate this would be by accepting that any such breaches would be reported to the Council via evidence-based complaints.

It takes 20 seconds from leaving the outbuilding to either getting into parked vehicles or leaving the property. I am totally convinced that my business will operate without having any undue impact on the living conditions of neighbouring properties as a result of any noise or disturbance. On entering the outbuilding all clients have to sign in and out of each session and it is on the table for this purpose where I will additionally place the notice requesting respect for neighbours. On leaving I will remind them regarding the necessity to comply with this.

Given that I have agreed to a restriction of hours between 9am and 5pm I believe that people coming and going could not have any noticeable impact over the existing domestic use of the property. Furthermore, the likely level of traffic parking at my property would not have a noticeable impact. The use itself does not seem to be inherently noisy and, given the daily low number of customers that are on a 1:1 basis and that they would be unlikely to dawdle in the garden with little time for any brief conversation that would be of a low-level frequency in the worst-case scenario.

Personal Training activities are client specific and vary according to their work program. However, I will take you through a typical one.

It will always start with warm up. This will consist of a pulse raiser such as a rower or bike.

Next there are dynamic movements such as squats and mobility work.

Compound movements follow such as squats, deadlifts, bench press or chins ups.

Accessory work could include lunges, pull downs or bicep curls

I always finish with metabolic conditioning to get the heart and lung working. This often uses a combination of movements such as swings into push ups then perhaps rowing for a distance.

The first daily session will now commence at 9.00am, finish at 10.00am with a gap of 15 minutes between clients for all daily sessions.

The second client whenever possible will not be in a vehicle and will start at 10.15am ensuring there is no overlap. The session will stop at 11.15am.

The third client starts at 11.30am and finishes at 12.30pm where I take a break.

The fourth client commences at 1.15pm finishing at 2.15pm.

The fifth client commences at 3.00pm finishing 4.00pm.

This allows flexibility in the afternoon should clients not be able to do the allocated times but there would be a 5.00pm finish regardless with a maximum of 5 clients per day.

In relation to my clients, they do not all have fitness training as I do sport's massages as well. As such during these sessions no fitness equipment will be used.