

The ten principles of Active Design

FOUNDATIONAL PRINCIPLE



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.

SUPPORTING ACTIVE TRAVEL



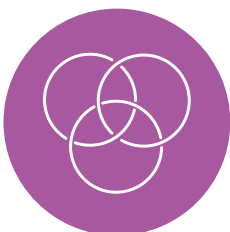
Principle 2 – Walkable communities

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.



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.



Principle 4 – Mixing uses and co-locating facilities

People are more likely to combine trips and use active travel to get to destinations with multiple reasons to visit. Places with more variety, higher densities, and a mix of uses also reduce the perception of distance when travelling through spaces. They also generate the critical mass of travel demand to better support public transport services.

ACTIVE HIGH-QUALITY PLACES AND SPACES



Principle 5 – Network of multi-functional open spaces

Accessible and high quality open space should be promoted across cities, towns and villages to provide opportunities for sport and physical activity, as well as active travel connections and natural or civic space for people to congregate in and enjoy.



Principle 6 – High-quality streets and spaces

Streets and outdoor public spaces should be Active Environments in their own right. They should be safe, attractive, functional, prioritise people and able to host a mix of uses, with durable, high quality materials, street furniture in the right places and easy-to-use signage. High quality streets and spaces encourage activity, whereas poor quality streets and spaces are much less likely to be used to the same degree.



Principle 7 – Providing activity infrastructure

Infrastructure to enable sport, recreation and physical activity to take place should be provided across all contexts including workplaces, sports facilities and public space, to facilitate activity for all.



Principle 8 – Active buildings, inside and out

Buildings we occupy shape our everyday lives, both when users are inside and outside. Buildings should be designed with providing opportunities for physical activity at the forefront, considering the arrival experience, internal circulation, opportunities to get up and move about, and making the building an active destination.

CREATING AND MAINTAINING ACTIVITY



Principle 9 – Maintaining high-quality flexible spaces

Spaces and facilities should be effectively maintained and managed to support physical activity. These places should be monitored to understand how they are used, and flexible so that they can be adapted as needed.



Principle 10 – Activating spaces

The provision of spaces and facilities which can help to improve physical activity should be supported by a commitment to activate them, encouraging people to be more physically active and increasing the awareness of activity opportunities within a community.