



The BlueCross Foundation wants to provide our neighbors with places that help them get to know one another, form new connections and enjoy healthy activity. That's why we're building BlueCross Healthy Places, including parks with fitness elements and playgrounds, across the state.

To assist in your custom design process this catalog contains four examples of completed BlueCross Healthy Place projects. If a custom design process is not a possibility, we also are providing four pre-designed packages to select from.

# **Completed BlueCross Healthy Place Examples**



#### **DAVID CARNES PARK**

- » Accessible play areas
- » Community pavilions
- » Splash pad
- » Challenge Course
- » 40-yard dash
- » Improved walking paths
- » Fitness & play pods



### **HIGHLAND PARK**

- » Accessible play areas
- » Challenge course
- » Fitness station
- » Multi-purpose field
- » Tennis and basketball courts
- » Walking track
- » Community pavilion



# **HUNTLAND CITY PARK**

- » Accessible play area
- » Full basketball court
- » Walking track
- » Outdoor fitness equipment



### **HENRY HORTON STATE PARK**

- » Accessible play area
- » Nature and discovery trail
- » Water spray and play zone

# **Pre-designed Package Options**



# **COMMUNITY HUB**

- » Community pavilion
- » Inclusive play areas
- » Fitness stations
- » Swing set



# **FAMILY FUN**

- » Inclusive play area
- » Thrive fitness station
- » Swing set
- » Freestanding and climbing areas



**FITNESS AND FUN** 

- » Challenge course
- » Fitness station
- » Inclusive Play Areas
- » Community lawn



**THRIVE AND PLAY** 

- Inclusive large play area
- » Thrive fitness station
- » Community pavilion
- Swing set and play pods



# **BLUECROSS HEALTHY PLACE AT DAVID CARNES PARK**

**9.2** Acres

This nine acre project includes a pavilion for community gatherings, a splash pad, an accessible playground, a challenge course, a 40-yard dash and improved walking paths. The walking trail features fitness pods and play pockets, including a blacksmith shop that honors David Carnes, one of the first African-American landowners in the area and the park's namesake.



















# **BLUECROSS HEALTHY PLACE AT HENRY HORTON STATE PARK**

0.2 Acres The BlueCross Healthy Place at Henry Horton State Park celebrates the nature and history of the region. It includes two fully accessible play areas: one for children ages 2-5 and one for children ages 5-12. Both spaces include ramp access, specially designed equipment and a soft rubber safety surface for children who use wheelchairs and other mobility devices. Adjacent to the play areas is a discovery trail and several discovery pods designed to teach children about area wildlife and the history of the park. Features include an erosion table, elements explaining the life cycle of a frog and a small gristmill.



















# **BLUECROSS HEALTHY PLACE AT HUNTLAND CITY PARK**

**1.7** Acres

The BlueCross Healthy Place at Huntland City Park is home to a newly constructed, fenced playground. It features accessible equipment designed for children of all abilities. The space also includes outdoor fitness equipment, a new walking track, sway benches, a basketball court with bleachers, additional parking, water fountains, picnic tables and grills.



















# **BLUECROSS HEALTHY PLACE AT HIGHLAND PARK**

4.3
Acres

The BlueCross Healthy Place at Highland Park was completed in partnership with two local charter schools, Chattanooga Girls Leadership Academy and Chattanooga Prep. The new community space has a variety of features suitable for visitors of all ages and interests, including a multi-purpose field with bleachers, a walking track, outdoor fitness stations, a challenge course, play areas, and basketball and tennis courts.



















# **PRE-DESIGNED PACKAGES**

We understand that the design process of a park can be time-consuming and difficult, that is why we are providing four pre-designed packages to select from. Each design includes accessible elements and features for visitors of all ages.



#### **COMMUNITY HUB**

- » Community pavilion
- » Inclusive play areas
- » Fitness stations
- » Swing set



# **FAMILY FUN**

- » Large inclusive play area
- Thrive fitness station
- » Swing set
- » Freestanding and climbing areas



# **FITNESS AND FUN**

- » Challenge course
- » Fitness station
- » Inclusive play areas
- » Community lawn



# **THRIVE AND PLAY**

- » Large inclusive play area
- » Thrive fitness station
- » Community pavilion
- » Swing set and freestanding play

Final design and included assets to be finalized prior to installation. Full details available in the appendix.



The **Community Hub** Package includes a pavilion surrounded by fitness and play elements. This package features a 2-5 and 5-12 play system with accessible poured-in-place surfacing, a swing area, 3 outdoor fitness stations for cardio, balance and strength workouts, and a pavilion with picnic tables and trash receptacles. Here, the entire community can enjoy fitness, play, walking and picnics.

Minimum space requirements: (160' x 109' or 17,440 sq. ft.)



- » 2-5 and 5-12 play systems with poured-in-place surfacing
- » Swing area with tot swing, Expression Swing and traditional belt seats
- » 20x24 pavilion with picnic tables and trash receptacles
- » 50 feet of sidewalk to access play and fitness amenities
- » Benches
- » Bike rack



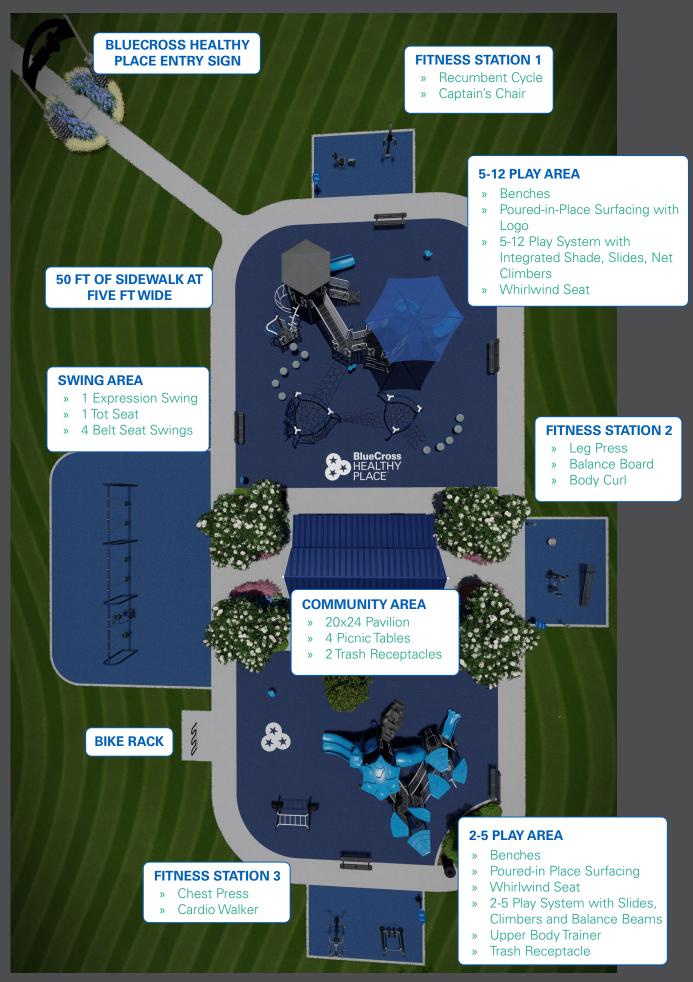














The **Family Fun** Package provides fun activities for children — and their parents, too. This package features inclusive play systems for ages 2-5 and 5-12. Play activities include an inclusive Rock N Raft, Merry-Go-All, sensory seats, slide transfers and climbers. Children and adults can swing together on Expression Swings and accessible Zero G swing seats. Adults can keep a close eye on the kids while working out in the nearby fitness zone, which includes equipment for strength training and balance.

# Minimum space requirements: (137' x 105' or 14,385 sq. ft.)





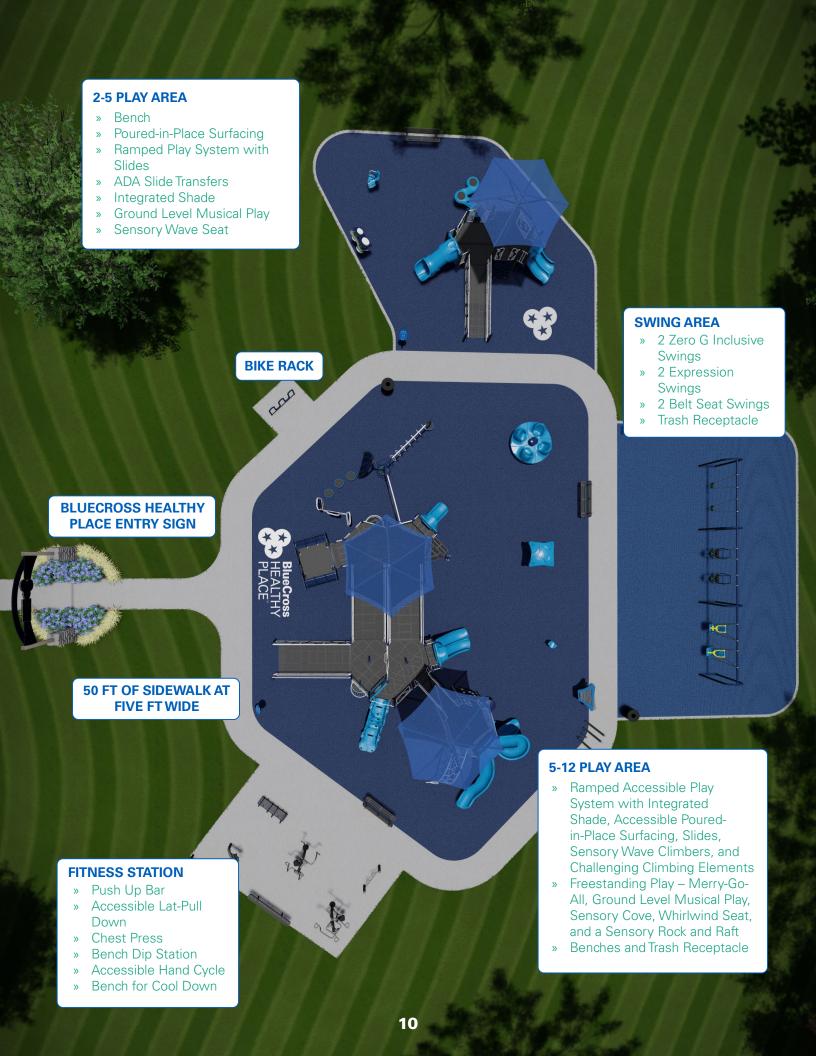


- » 2-5 and 5-12 play systems with poured-in-place surfacing
- » Swing area with Zero G swings, Expression Swing and traditional belt seats
- » Fitness station with 5 unique activities
- » 50 feet of sidewalk to access play and fitness amenities
- » Benches
- » Bike rack
- » Trash receptacle











Your community will enjoy the best of both worlds with the **Fitness and Fun Package**. This package includes a 2-5 and 5-12 play system with a handful of challenging play and accessible activities, a fitness station that sits next to an artificial grass lawn and a challenge course. The play and challenge course areas will be installed on accessible poured-in-place surfacing.

Minimum space requirements: (108' x 104' or 11,232 sq. ft.)



- » 2-5 and 5-12 play systems with poured-inplace surfacing
- » Fitness station with 6 activities
- » A timed\* Challenge Course 3000 with poured-in-place surfacing
- » Benches
- » Artificial grass lawn next to the fitness station
  - \*See requirements for timing systems

















The **Thrive and Play** Package features exciting amenities for communities seeking an inclusive and multi-generational space. This package includes an inclusive, ramped playground for ages 2-12 with accessible poured-in-place surfacing, a swing area, a community pavilion with seating, and a Thrive exercise system for children and adults 13+ years.

Minimum space requirements: (87' x 153' or 13,311 sq.)



- Inclusive, ramped playground for ages2-12 and freestanding play elements
- » Swing area with inclusive swing seats and an Expression Swing
- » Community pavilion with picnic tables
- » Thrive 450 fitness station for ages 13+
- » Sidewalk
- » Bike rack
- » Trash receptacles



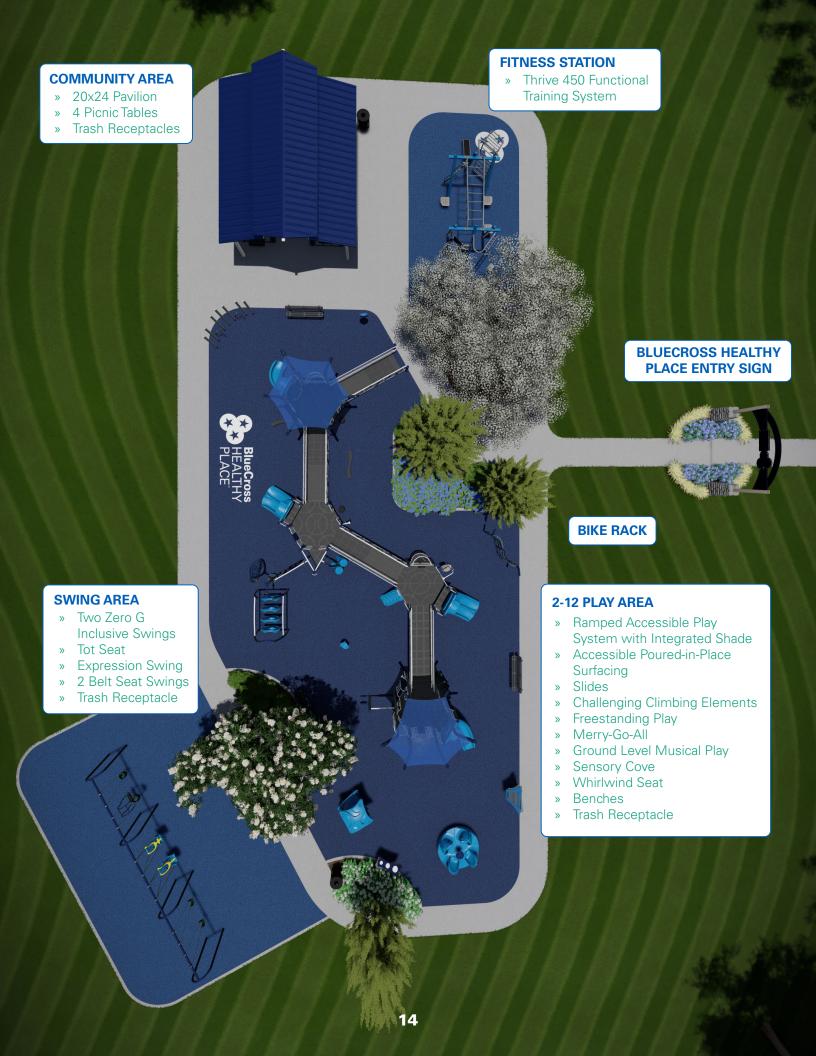














# PRE-DESIGNED PACKAGE BUILD REQUIREMENTS AND SPECIFICATIONS

# PROJECT BUILD PARTNER

BlueCross is collaborating with the GameTime Division of PlayCore, a leading national manufacturer of institutional playground and fitness equipment; site furnishings; shade and shelter structures; water play; and other recreational products.

PlayCore is a licensed (#50559) Tennessee and multi-state general contractor providing comprehensive "turnkey" BlueCross Healthy Place services: design and engineering; equipment layout, factory-certified assembly and installation; play and fitness area drainage; impact-attenuating safety surfacing and synthetic turf; landscaping beds and plantings; seed and straw restoration of construction site; ancillary goods and services as appropriate; and work completion inspection.

#### SIDEWALKS AND ENTRIES

All BlueCross Healthy Places also include perimeter and internal area sidewalks; concrete landscape bordering; fitness instructional signage; and an entrance package featuring a BlueCross-branded rock pillar entry sign, bicycle rack, and ADA access sidewalk extending from the amenity area to an existing accessible route (i.e.: ADA compliant sidewalk or accessible parking area).

PlayCore can provide more sidewalk length if needed to comply with ADA standards and guidelines and site requirements at an additional cost to the grantee. Package renderings are for presentation purposes only and may not totally reflect the finished product due to modifications to accommodate specific location sites.

#### CHALLENGE COURSE AND 40-YARD DASH TIMING APPARATUS

Packages with a challenge course and 40-yard dash have a timing apparatus requiring 110 Volt (low voltage) power on site. The grantee will be responsible for furnishing electric service to the connection points for each amenity and, if required, an electric meter, meter box, electrical permit or other necessities. PlayCore will complete the electrical hookup.



# PRE-DESIGNED PACKAGE BUILD REQUIREMENTS AND SPECIFICATIONS (CONT.)

# **DRAINAGE**

BlueCross Healthy Places include drainage provisions for recessed equipment installations with piping exiting to daylight within 50 lineal feet beyond the package perimeter. Any additional drainage required will be provided by the grantee or PlayCore, but at grantee's expense.

Should a permit(s) be needed, its cost and any required plans or document preparation, including plan professional stamping, will be paid for by the grantee. PlayCore will arrange for the location of existing public utilities prior to disturbing the site for construction purposes. The grantee is responsible for locating private utilities. If local requirements dictate, or site topography and soil conditions necessitate a professional land or geotechnical survey, the cost will be borne by the grantee.

### SITE TOPOGRAPHY AND MAINTENANCE

Grantees' sites are expected to be clear, level (flat within 2% maximum grade), free of obstacles, buried utilities, tree stumps, bedrock, or any concealed materials or conditions that result in additional construction labor or material costs. Sites shall permit unrestricted access for large construction equipment and delivery trucks and include a staging area for unloading and storage of build materials prior to installation.

Upon completion of construction, general maintenance and upkeep of BlueCross Healthy Place equipment and environment will transfer to the grantee.

#### **COMPLIANCE**

All BlueCross Healthy Place designs comply with ASTM F 1487-17, Standard Consumer Safety Performance Specification for Playground Equipment for Public Use; Handbook for Public Playground Safety Publication 325 by the U.S. Consumer Product Safety Commission; Guide to ADA Accessibility Guidelines for Play Areas published by the U.S. Access Board; and ASTM F 3021-15, Standard Specification for Universal Design of Fitness Equipment for Inclusive Use by Persons with Functional Limitations and Impairments.