

Seats & Perches



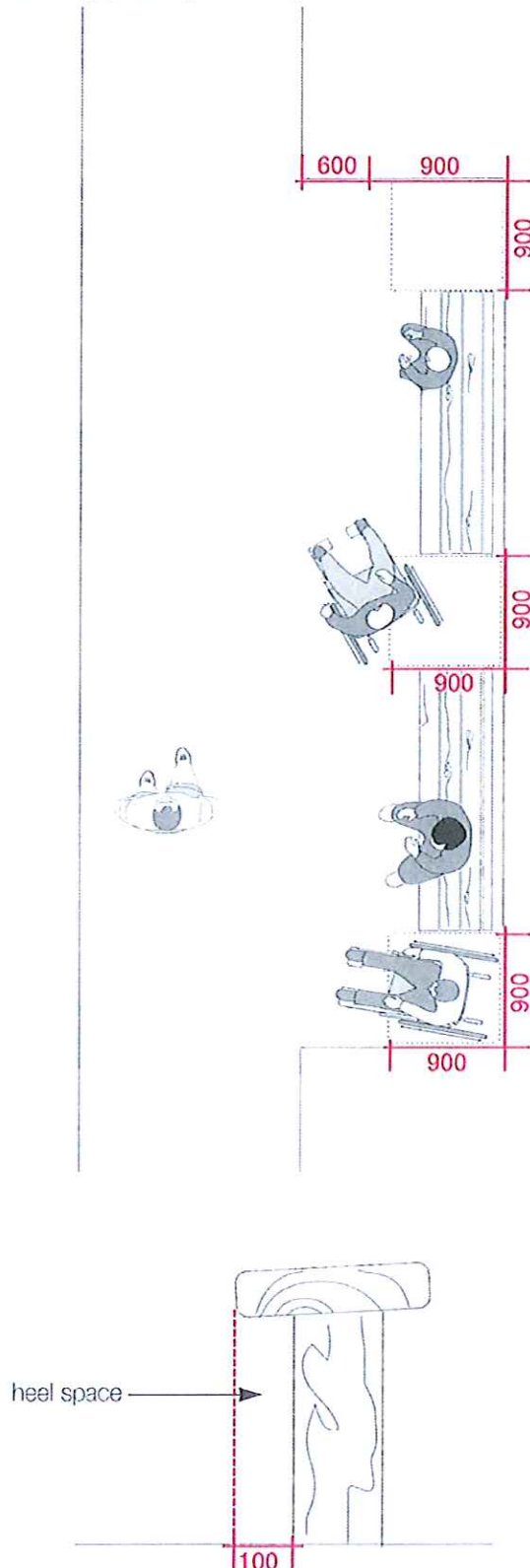
BT Countryside for All

4.1

Seats and perches should be placed at regular intervals along paths in the countryside. This will enable ambulant disabled and elderly people to rest during a walk.

- The distance between resting points should be no more than 100 metres.
- Wherever possible, put seats and perches where there is something to look at, and where there is shelter.
- Place resting points at the top, bottom and at some level points along steps and ramps. Wherever possible place them in sight of each other, so people have something to aim at.
- Provide a tactile cue on the path surface before a seat, to alert visually impaired people (see information sheet 5.6.).
- Seats and perches should be set back from the main route by at least 600mm to allow the free passage of through traffic.
- Surfaced resting places at least 900mm square should be provided next to seats so that wheelchair users can sit next to their family and friends.
- Seats should be 450-520mm high, and perches should be 500-750mm high. It is best to provide both, as some people may find getting up from a seated position too difficult. The seat should be sloped slightly to allow water to run off. Children may prefer seats as low as 350mm high.
- Heel space of at least 100mm should be provided under seats. This will help people to stand up more easily because it places the feet below the body's centre of gravity.

Resting points (plan view):



N.B. All measurements are in millimetres



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- The surface under seats should be firm, stable and flush with the pathway.
- Some seats should have backs and arms for additional support. The arms can be used as leverage when standing up, and some people may use the seat back as a perch point.
- Large logs and low walls can double up as resting points, and some seat designs might also incorporate carvings, sculpture, location and distance information, or other site interpretation.
- Arm rests on seats are helpful to lean against and will help people to lever themselves in and out of the seat.

NYMNP

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