



OUTDOOR FACILITIES

INTRODUCTION

The outdoor sports facilities comprise open free play spaces. Play grounds for major sports like athletics track, football, hockey, cricket, handball, basketball, tennis, kabaddi, kho-kho etc. In comparison to indoor facilities, outdoor facilities are relatively easier to construct and maintain. Drainage, watering, sloping etc. surface specification –natural or synthetic are also equally important in the modern era. In physical education the meaning of outdoor facilities is the field and equipment for the games but this meaning is not clear. In reality the meaning of outdoor facilities is all those things that help the institution to progress capably. By which the atmosphere is created to study and research work will help to bring a change in the student along with the progress of his ability. The outdoor facilities of physical education include the play field and the play equipments. Without outdoor facilities the institution is meaningless. If the institute has the outdoor facilities then it has everything. If it doesn't then it doesn't have anything.

LAYOUT OF PLAY FIELDS

Maintenance Layout of play fields is an art, which all physical education teachers must have. The utility, care and management of the play fields depend largely upon the layout. Besides being attractive and appealing to the eyes, a good lay out of the outdoor complex is an antidote to several financial, administrative, engineering and disciplinary problems.

LAY-OUT OF OUTDOOR FACILITIES

The following are the general guidelines for planning of outdoor infrastructures from the view point of functionally, utility, economy, technically, aesthetically, care, maintenance, management, longevity etc.

Study of the area: The area considered for the development of sports infrastructure must be thoroughly studied in terms of its topography, feasibility, nature of soil, size of plot, shape of area, drainage, feasibility and appropriate adjustment for the entire proposed sports infrastructure, scope for further expansion etc. Rough drawings with several alternatives should be prepared keeping in mind the aesthetic nature of facilities. The lay out drawings should be discussed with all concerned individuals before finalizing the blue print of the sports infrastructures. As far as possible suggestions or last minute changes should not be entertained.

Irrigation and drainage system: Efficient provisions must be kept for economical and efficient irrigation and drainage system before the play fields are lay out. Adequate number of hydrants and drainage outlet should be provided. The health and life on the open sports infrastructure greatly depend on the inlet-outlet network for water.

Multipurpose use: Where space is limited, an efficient multiple use of the area should be planned e.g. Football and Hockey fields can easily be accommodated inside the standard track. To make multipurpose use portable goal posts shall be required.

Direction of play fields: To avoid sun, all the play fields or courts are laid down in North-South direction. The kho-kho court is marked in East-West direction. However, much depend upon the availability of open space, its shape and size too.

Provision for kids : If space is available, at least 5000 square feet stretch, should be earmarked as kids space, separated from the main play fields but nearest to the institution building so as to be accessible to the elementary section of children. It may accommodate a surface area, a turfed pitch, sandpit, swings, ladder, slides, sea-saw, hanging and climbing structures etc. to provide a safe environment for the kid's playful nature.

Reference marking point: It is to be ensured that all important reference marking points such as corners, mid-points, penalty spot, angle points, stagger point, hurdle point etc. are permanently inlaid with bricks or small wooden boxes at even level of the field. The reference points should be clearly visible and pose no danger to the players while they play. The reference points facilitate in quick and accurate marking.

Free circulation and safety spaces: Sufficient circulation as well a safety space should be provided around each play field. Space should be provided for officials, substitutes, spectators etc. As far as possible it should be conform to the standard rules and regulations of the games and sports.

Standard dimensions and specifications: While laying out the play field standard dimensions and specifications of play field and court for men and women must be followed. Anything shorter than the standard dimension may be observed when there is no other alternative.

Provision of enclosures: 8 to 10 feet high separate mesh wire enclosures should be provided around small ball game court, lawn-tennis, volleyball and basketball, so as to make the retrieval of balls speedy and to avoid interference in the proceeding of other game.

Provision of seating step: Provide seating steps on a suitable side of the play field for students and other spectators to watch the competition comfortably.

Provision of service area: When out sports facilities are spread over several acres service areas like shelter from sun and rain, store, drinking water points, lavatories etc. should be provided at convenient points. This is very important for maintaining discipline among players and spectators, and keeping surroundings clean and hygienic.

Provision for physical challenged, visually impaired, slow learners: The consideration should be given to accommodate the special category of spectators and participants like physically challenged, visually impaired and slow learner. Special attention is needed for compatible passage to the facilities, seating arrangement and service area.

Economical approach: Planning of sports infrastructure should be done in such a manner that their construction, care, maintenance, upkeep, renovation etc. should be as economical as possible without compromising on the quality. In other words over ambitious plan certainly will lead to white elephant structure that may not be feasible to maintain in future from the finances point of view.

PRINCIPLE FOR THE LOCATION

When sites for educational institution are being considered, the areas to be used for play fields should be analysed from the stand point of suitability. Such consideration as drainage, surface water conditions, need for filling or excavation should be reviewed. As far as the location of sports infrastructures is concerned it should be preferably within the boundary walls of the institution at a walking distance. They should neither be laid across the road and close to the polluted surroundings, open drains, garbage dumps, and factory discharging smoke and chemical and noisy railway yards. The building of the institution and sports fields should be of adequate distance to minimize the disturbance by either side. Low lying, accident and health hazard prone areas are least suitable to choose for sports infrastructure.

All the facilities of physical education should be near the school. The following are the advantages:

- ❖ Proper planning of physical education can be done.
- ❖ Students can be encouraged to take part in the activity of physical education.
- ❖ They remain the facilitators in the establishment of discipline.
- ❖ Time consumption is saved.
- ❖ The maintenance of facility becomes easy.
- ❖ All the facilities become systematic.
- ❖ Students can use them for entertainment during long recess.
- ❖ There is no hindrance in the theory classes.
- ❖ It helps in the safety of students.
- ❖ Control can easily be done on the students.
- ❖ The mind becomes interested and attracted by the natural beauty.

RECOMMENDED AREA

Sufficient outdoor activity areas are needed to accommodate service classes. Intramurals, extramural, recreation etc. for all the students, The number of outdoor teachings stations will be determined by the number of students in the institution and their age group and gender, the number of required periods per week, the estimate number of students who will use outdoor facilities in the morning, day time and in the evening etc., during the academic session and the utility of facilities during vacations. The number of player field needed for intramurals, recreational sports, and inter- collegiate or interscholastic sports will be determined by the students strength in the institution and the scope of the physical education required, elective, or optional programme.

To establish the different facilities of physical education, there should be so much area which is sufficient for the following activities.

1. There should be separate area for independent games for students.
2. There should be separate area for students to play mind games.
3. There should be area for students assembly.
4. There should be sufficient area for athletics.
5. Area for gymnasium.
6. Area for swimming pool.
7. Separate area for cricket pitch, jumping pits and throws.
8. Separate area for girls to play independent games in co-education institutions.

Different great thinkers have said different things about the facilities of physical education. To establish the facilities of physical education the description of area is essentially based on the following aspect.

1. Types of educational institution.
2. Number of students.
3. Age group of students.
4. Physical activities included in the syllabus.
5. Interest of students in sports.

The following is the description of facilities:

According to H.C. Buck:

Kindergarten	150sq. feet per students
Primary school	250sq. Feet per student
Middle school	400sq. Feet per student
High school	1000sq. Feet per student
College	2500sq. Feet per student

According to Dr. William and Dr. Nash, it is difficult to consider on the basis of square feet for each student. Hence according to Buck the following facilities of games are essential for school.

Primary school	5 acres
Middle school	7 acres
High school	12 acres
Colleges	12 acres or more

If the above mentioned areas are not available then the following minimum area are essential.

Primary	1.2 acres
Middle school	3.4 acres
High school	5.7 acres
Colleges	10-12 acres

Present opinion of the central advisory committee:

Primary school	100 to 120 sq. Feet per student
High school	250 to 500 sq. Feet per students
College	500 to 1000sq. Feet per students

CONCLUSION

Play grounds are required for major sports like athletics track, football, hockey, cricket, handball, basketball, tennis, kabaddi, kho-kho etc. In comparison to indoor facilities, outdoor facilities are relatively easier to construct and maintain. Maintenance Layout of play fields is an art, which all physical education teachers must have. The utility, care and management of the play fields depend largely upon the layout. Besides being attractive and appealing to the eyes, a good lay out of the outdoor complex is an antidote to several financial, administrative, engineering and disciplinary problems. They should nether be laid across the road and close to the polluted surroundings, open drains, garbage dumps, and factory discharging smoke and chemical and noisy railway yards. They should neither be laid across the road and close to the polluted surroundings, open drains, garbage dumps, and factory discharging smoke and chemical and noisy railway yards. The building of the institution and sports fields should be of adequate distance to minimize the disturbance by either side. The number of outdoor teachings stations will be determined by the number of students in the institution and their age group and gender, the number of required periods per week, the estimate number of students who will be used outdoor facilities in the morning, day time and in the evening etc.