

## Kowloon Park Fitness Trail Intergenerational Play Space 九龍公園健身徑跨代共融遊樂空間

[Intergenerational]

[Interactivity]

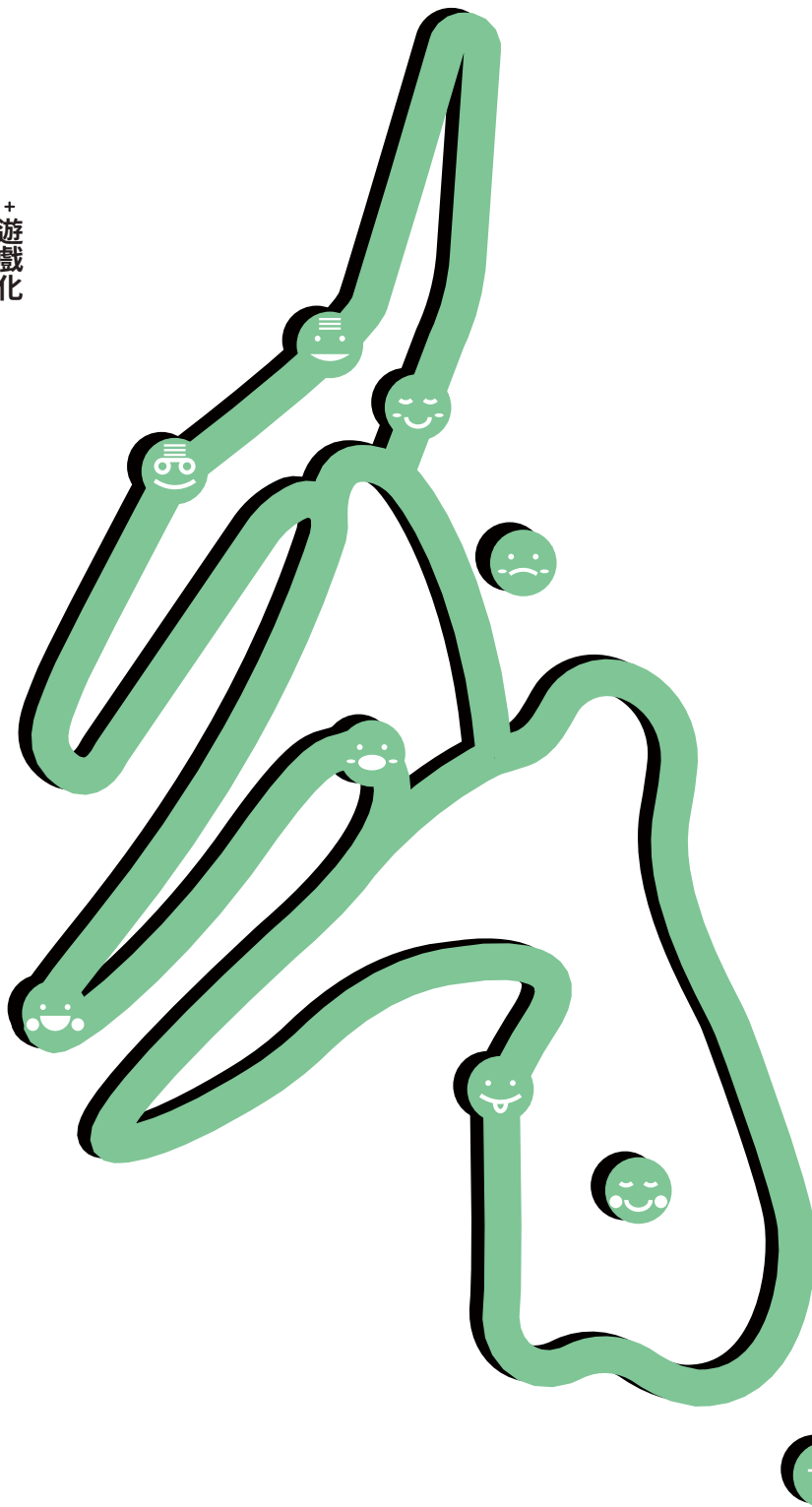
[Technology]

[Gamification]

- + 跨代共融
- + 互動性
- + 科技化
- + 遊戲化



Kowloon park + 九龍公園



Active/Play 2.0

# [05]

舊設施。新玩法

How do you interpret park facilities?



您會點用公園嘅雙槓？

How would you use the parallel bars in the park?



## 舊設施，新玩法

現時很多公園的健身設施都設有指示牌，教大家如何使用該設施。有時候，展示的動作難度較高，未必適合所有使用者。我們觀察到很多的公園使用者，都會自創使用方法。可見同一樣的設施，對不同用家都可以有不同的用途。

這次我們會以九龍公園的雙槓健身器材為例，探討設施的多元玩法。

依照指示牌的說明，用家需要「雙手緊握雙槓，垂直雙臂，沿住雙槓前進」，初學者來回一次，熟練者則來回三次。但是，這動作要求用家有足夠手臂力量去支撐整個身體，部分長者和小朋友未必有足夠力量完成。相反，對體能較佳的年輕人來說則過於簡單，所以他們依照自己在體能訓練上的需要而改良動作，進行鍛煉。

你又會用以下那種方式使用雙槓呢？

- 1) 傳統式：根據指示牌方式
- 2) 休閒式：拉筋
- 3) 互動式：尋求協助
- 4) 挑戰式：反向俯臥撐
- 5) 其他創新方法

## How do you interpret park facilities?

The current park facilities are designed with instruction boards providing a particular way of using those facilities. These instructions sometimes demonstrate a more challenging method to use these facilities which might not be suitable for all kinds of park users. From our observations, park users actually would have their own interpretation towards how these facilities should be used.

This time, we are looking into the parallel bars in Kowloon Park Fitness Trail to explore how users interpret park facilities.

According to the instructions, the user should do hand walks on the bars, 1 time for a novice and 3 times for advanced users. However, this would be too challenging for elderly or kids who might not have enough strength for such high intensity workout. On the other hand, young people might find it too easy and adjust their training routine to seek for something more challenging.

How would you use the parallel bars?

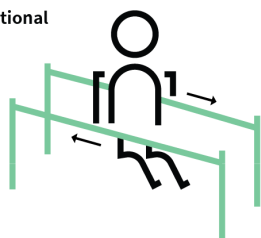
- 1) Traditional: as per the instruction boards
- 2) Leisure: stretching
- 3) Interactive: getting help from someone
- 4) Challenging: reverse push ups
- 5) Other creative ways

四個使用雙槓嘅方法 Four ways to use parallel bars



**1...**  
Traditional

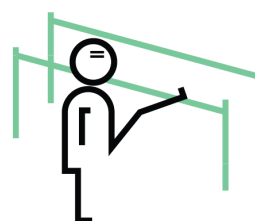
傳統式



根據指示板方式  
As per the instruction boards

**2...**  
Leisure

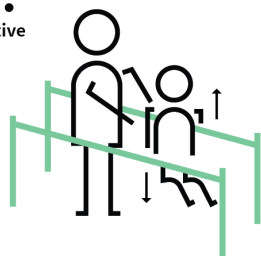
休閒式



拉筋  
stretching

**3...**  
Interactive

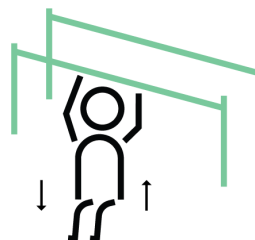
互動式



尋求協助  
getting help from someone

**4...**  
Challenging

挑戰式



反向俯臥撐  
reverse push ups