

## Noise Mitigation Strategy – dated 15<sup>th</sup> June 2026

We have carefully considered potential noise impact as part of the design of the proposed home gym and are happy to provide further information regarding the mitigation measures proposed.

The structure will be fully insulated and fitted with British Standard double glazed windows and doors to help minimise any sound transmission. The windows will be openable, to allow for occasional airing out, moisture control, cleaning, or fresh air circulation.

Internally, we are proposing a number of additional sound reduction measures, including:

- Full gym matting across the floor area to absorb impact sound (<https://mirafit.co.uk/mirafit-1m-x-1m-rubber-gym-matting.html>) . We have used this matting in a home gym before and found it to provide excellent results.
- Acoustic wall panelling internally (<https://www.soundproofingstore.co.uk/Acoustic-Timber-Slatted-Panels> specification and product details available here. If not this brand, then similar.).
- Isolation pads beneath heavier gym equipment to reduce vibration transfer - provided through overlay of secondary gym matting as above.
- Use of modern domestic gym equipment, which operates at significantly lower noise levels than traditional commercial equipment. Such as, Echelon spin bike which operate at 30-50Db for a standard ride.

There is also dense planting along the rear boundary which provides additional acoustic buffering, as photographed.

The gym is intended solely for personal and domestic use, with no commercial use, classes, or group training proposed. Any audio played within the gym would remain internal only and at normal domestic listening levels.