

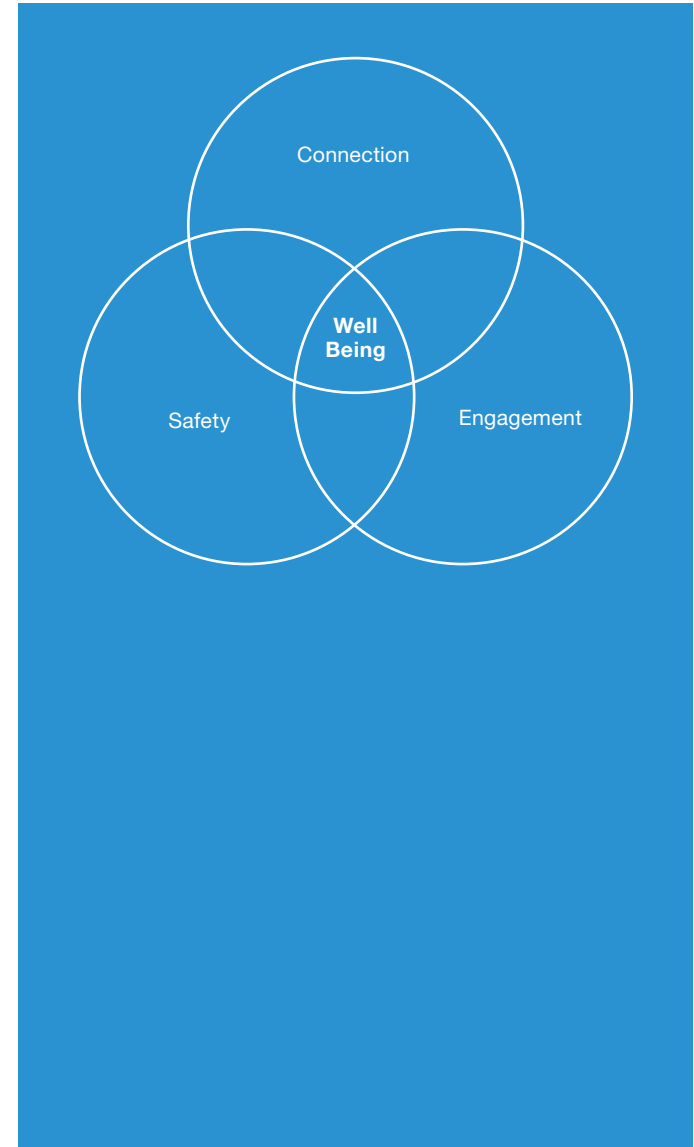
# Wellness Outdoors: Space Planning for Healthier Places

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## The Current Landscape

Health and wellness concerns are currently at an elevated state, and the concepts of distancing and slowing the spread of disease weigh heavily on our minds as we partake in public outings. However, as we move forward, it is important to devise space planning methods that allow us to collaborate, maintain interpersonal relations, and connect with nature—elements of human life necessary for our well-being. Landscape architects and other designers of public spaces play an integral role in creating new environments that enable people to conduct these important aspects of everyday life while also maintaining appropriate physical distance.

So how do we achieve these goals while also maintaining the distancing guidelines necessary to curb the spread of disease? According to the CDC, social distancing is defined as “remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.” In this guide, Landscape Forms identifies various new planning paradigms that allow designers to create outdoor spaces that reinforce healthy communities, allowing people to responsibly connect with each other and their natural environments in light of COVID-19 concerns.



## Implications to Consider

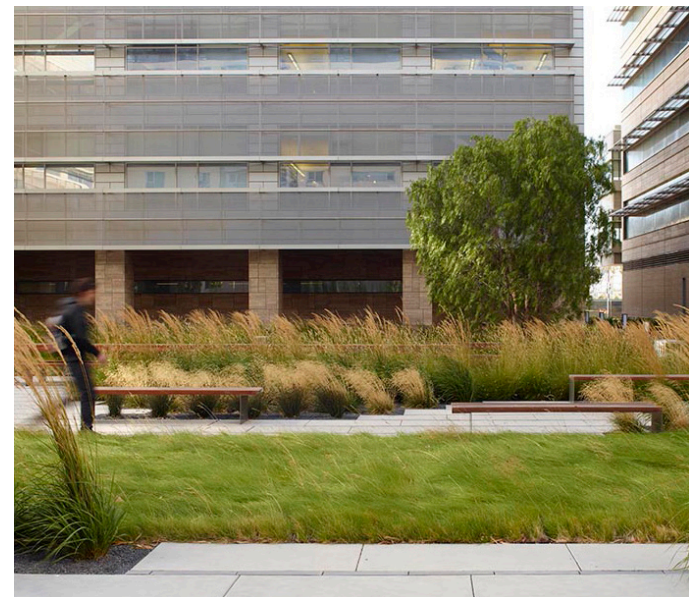
Wellness is natural, but it doesn't occur without intentionality. We are fundamentally social beings, and removing ourselves completely from our social networks and the outdoor environment can carry significant psychological consequences. While distancing is a crucial part of curbing the spread of coronavirus, it doesn't have to come at the cost of our social well-being. This creates an important opportunity for landscape architects to design spaces that thoughtfully balance these two fundamental aspects of human wellness. In making these design decisions, we find it helpful to reframe the concept of social distancing as "physical distancing"—a recognition that we have the tools to create spaces that prioritize both physical distance and human mental health and wellness. From this insight comes new ways for communities sustain culture and support a sense of confidence and morale in their citizens while navigating the significant and necessary societal changes at hand.

## Goals

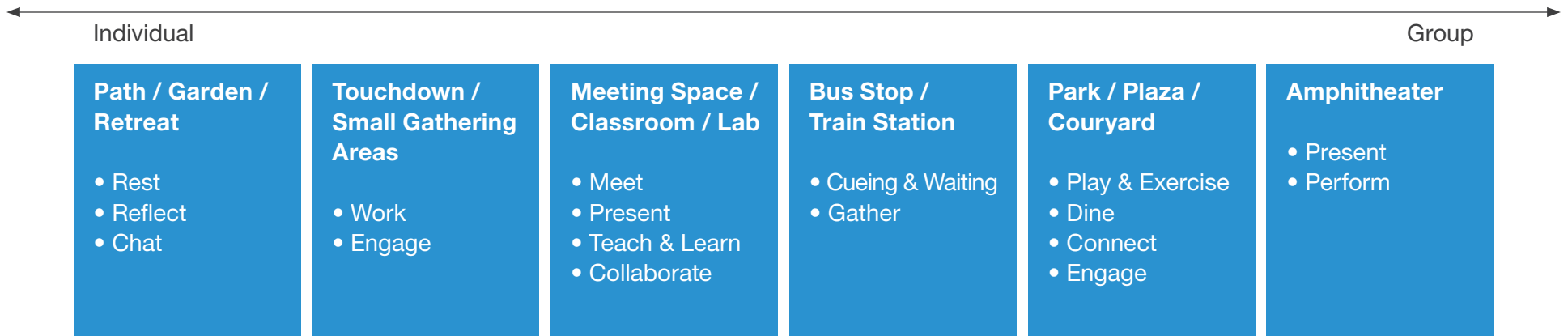
A focus on reducing physical contact, while maintaining—to the extent possible—the social connections that help us thrive and stay healthy is key to preserving the collective wellbeing of our communities. Let's protect ourselves psychologically as well as physically, while doing everything possible to slow the spread of the virus and mitigate its impact.

## New Approaches to Space Planning

The following guidelines are offered to help designers in creating settings and places that foster well-being. These safe places provide the essential qualities that allow people to connect and engage conscientiously with each other, with nature, and with the outdoors.



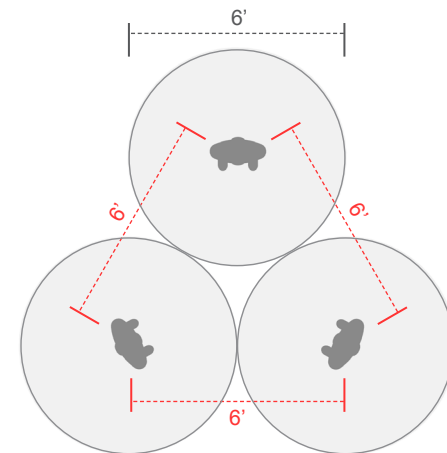
## Typologies + Activities



### Designing for Physical Distance

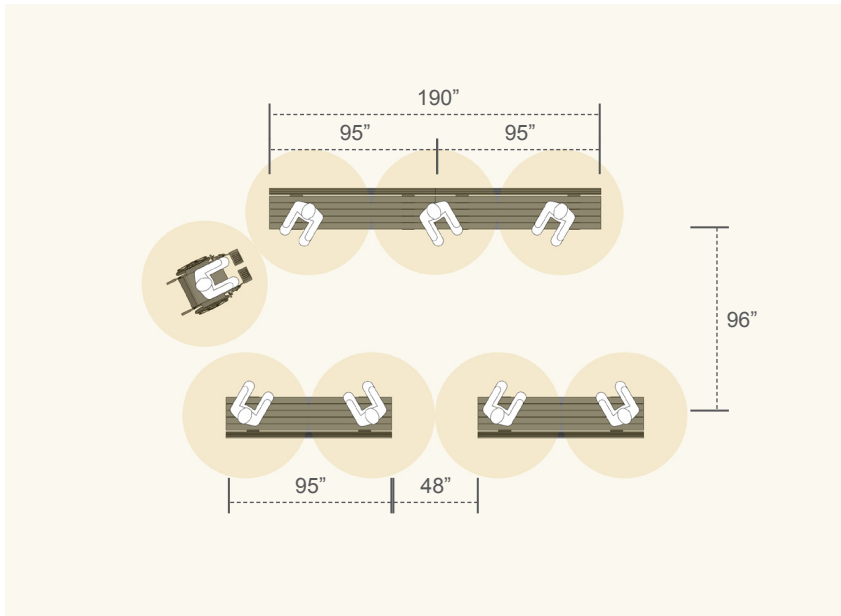
Maintaining a safe distance (approximately 6 feet or 2 meters) from others is critical. A 72-inch planning bubble will create the recommended distances between people.

From pocket parks to public places, there are myriad variables to consider when determining arrangements for site furnishings. To assist designers in this process, we have developed spacing guidelines that combine our years of experience activating outdoor spaces with the emerging community mitigation framework identified by the CDC.



## Spacing Guide

Spacing recommendations for common settings and placement scenarios.



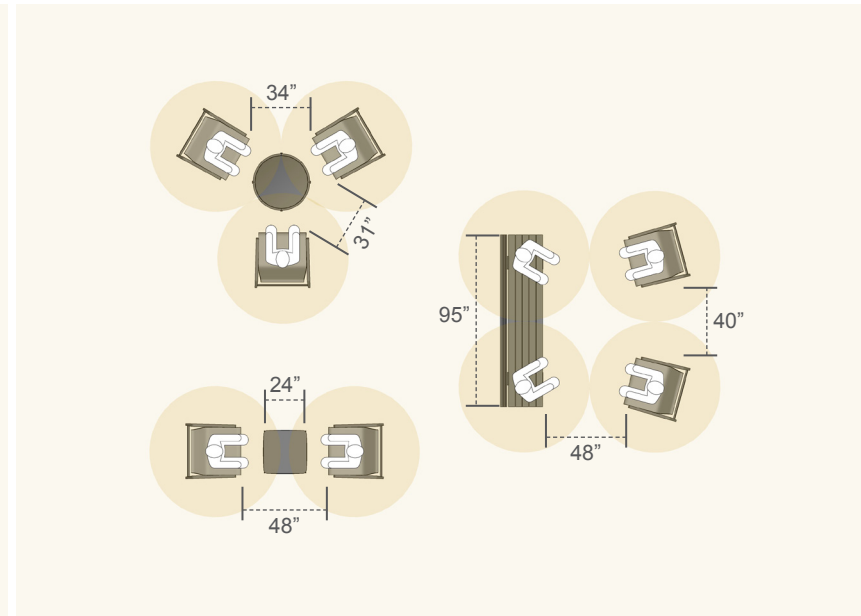
### Path / Garden / Retreat

Example 1

**Product Type:** Benches

**Products Represented:** MultipliCITY bench

**Group Size:** 1-3



### Path / Garden / Retreat

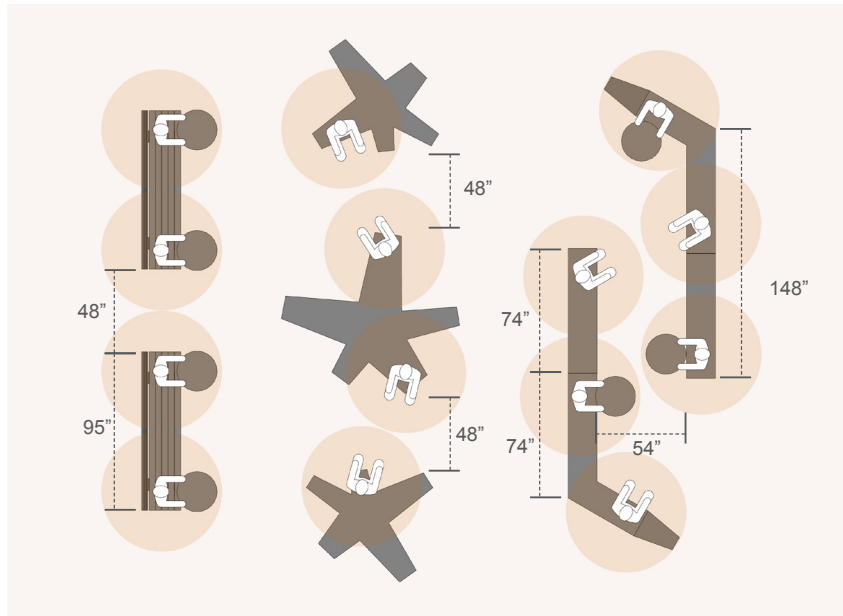
Example 2

**Product Type:** Benches, Chairs, Tables

**Products Represented:** MultipliCITY bench, Cochran Chair, Cochran table, Chipman table

**Group Size:** 1-4

## Spacing Guide (cont.)



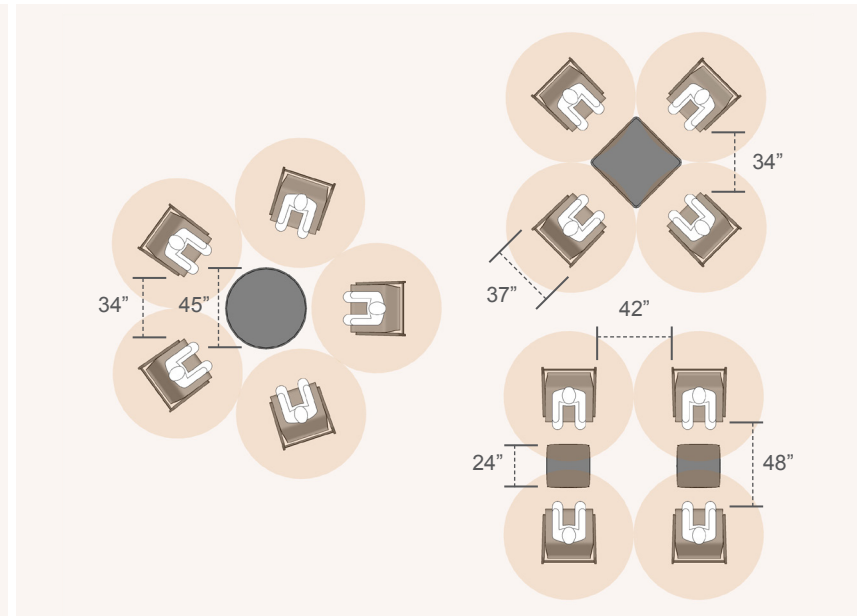
### Touchdown / Small Gathering Areas

Example 1

**Product Type:** Benches, Tables

**Products Represented:** MultipliCITY bench, Flor bench, Milenio bench, Parc Centre table

**Group Size:** 1-5



### Touchdown / Small Gathering Areas

Example 2

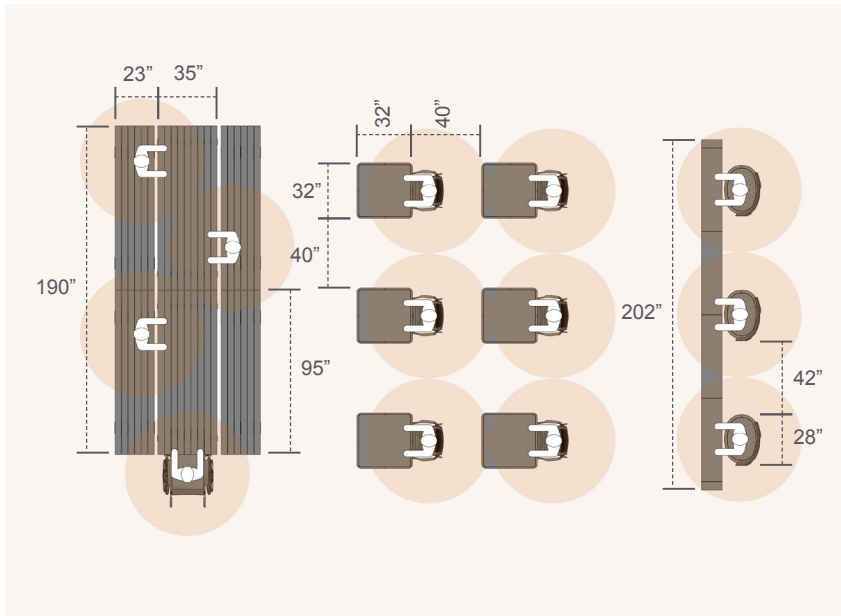
**Product Type:** Chairs, Tables

**Products Represented:** Cochran chair, Cochran table, Chipman table

**Group Size:** 1-5

## Spacing Guide (cont.)

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### Touchdown / Small Gathering Areas

Example 3

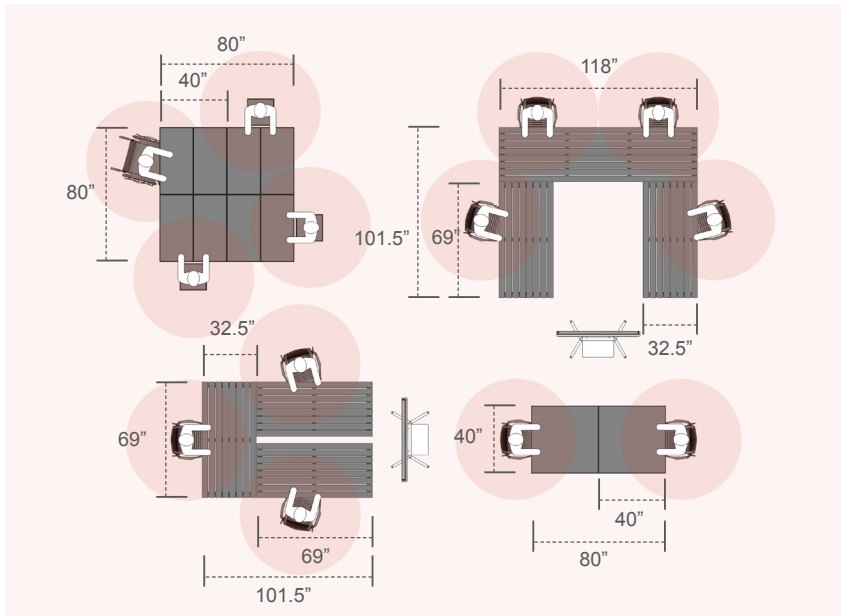
**Product Type:** Benches, Tables

**Products Represented:** MultipliCITY bench, MultipliCITY table, Chipman chair, Chipman table, Bernie stool, Jessie rail

**Group Size:** 1-5

## Spacing Guide (cont.)

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### Meeting Space

Example 1

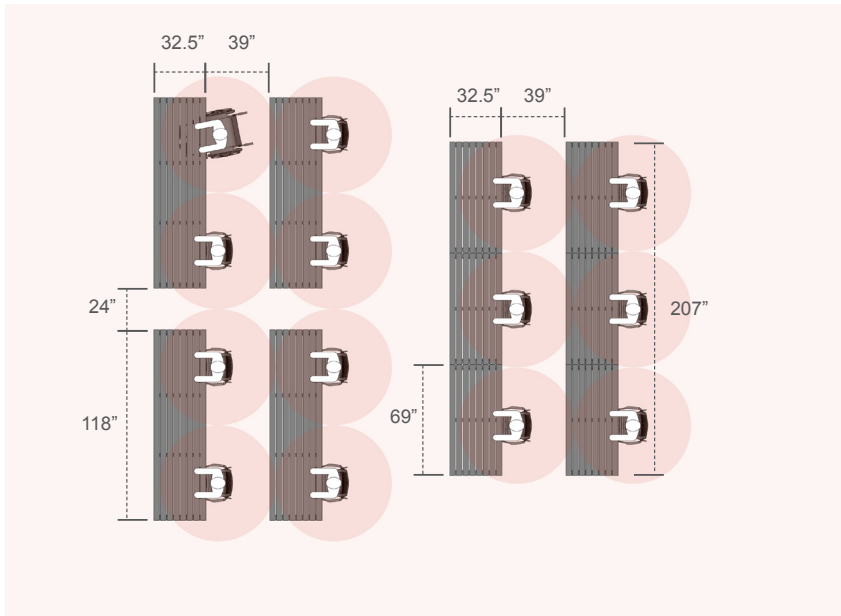
**Product Type:** Tables, Chairs

**Products Represented:** Harpo table, Morrison table, Chipman Chair

**Group Size:** 2-4



## Spacing Guide (cont.)



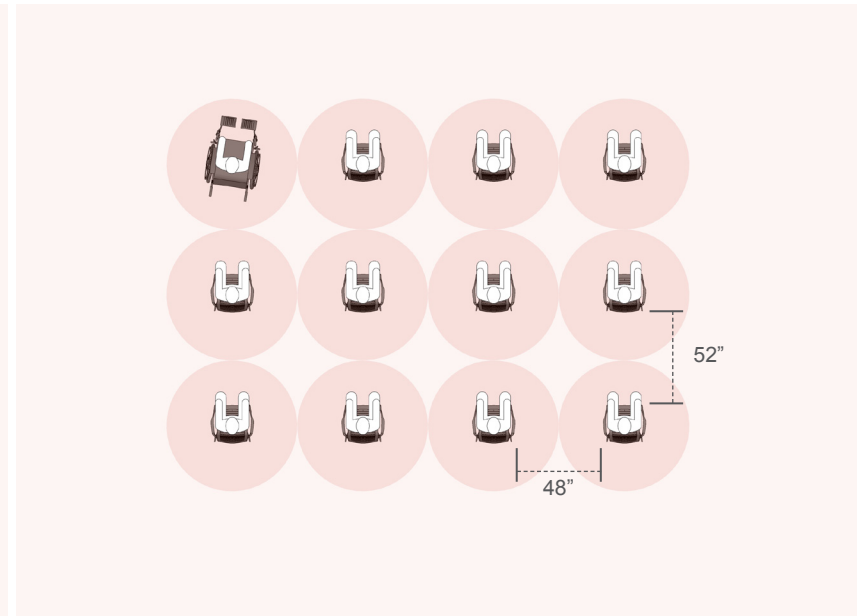
### Classroom / Lab

Example 1

**Product Type:** Tables, Chairs

**Products Represented:** Harpo table, Chipman chair

**Group Size:** 4+



### Classroom / Lab

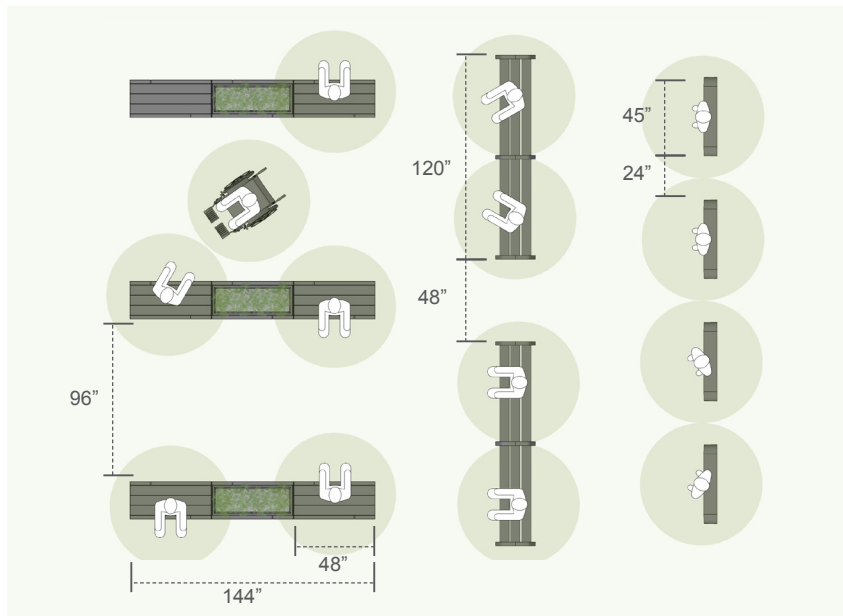
Example 2

**Product Type:** Chairs

**Products Represented:** Chipman chair

**Group Size:** Variable

## Spacing Guide (cont.)



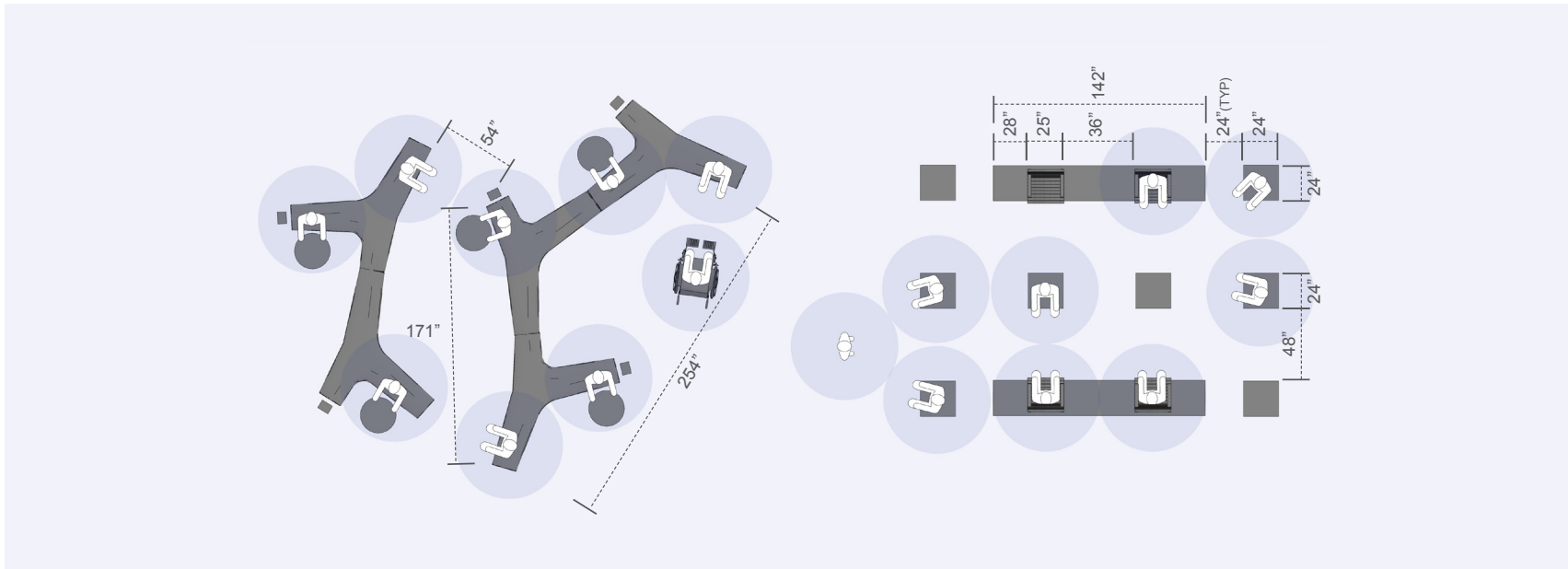
### Bus Stop / Train Station

**Product Type:** Benches, Planters, Rails

**Products Represented:** FGP bench, Gus planter and bench, Connect rail

**Group Size:** 1+

## Spacing Guide (cont.)



### Park / Plaza / Courtyard

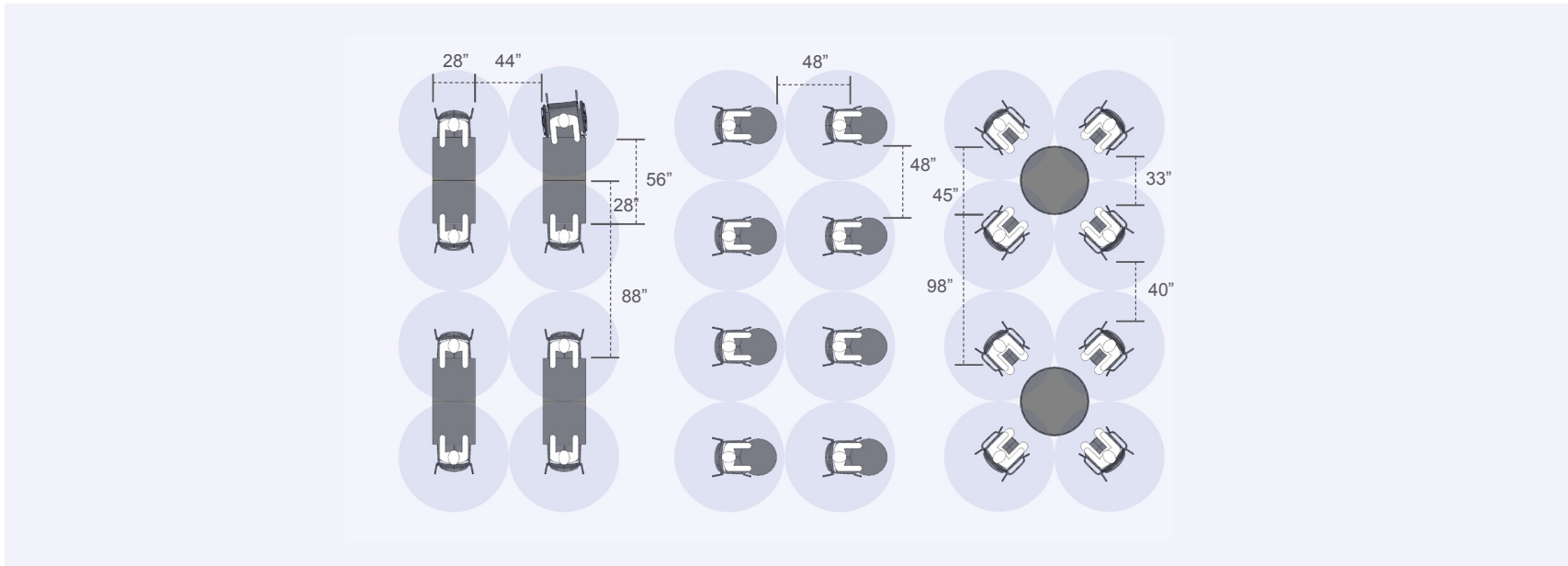
Example 1

**Product Type:** Benches, Tables

**Products Represented:** Twig bench, Socrates bench, Universe system, Parc Centre tables

**Group Size:** 1+

## Spacing Guide (cont.)



### Park / Plaza / Courtyard

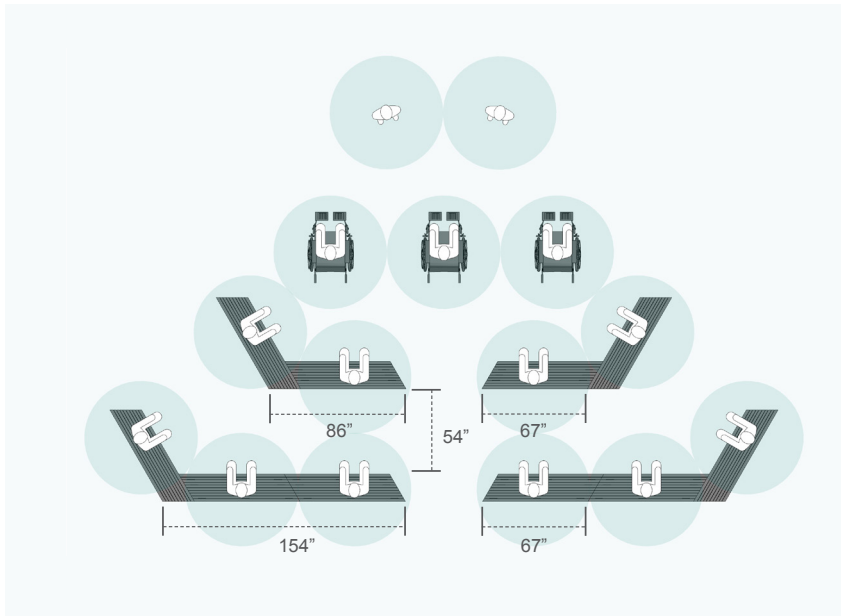
Example 2

**Product Type:** Tables, Chairs

**Products Represented:** Chipman table, 21 chair,  
Parc Centre table

**Group Size:** 1+

## Spacing Guide (cont.)



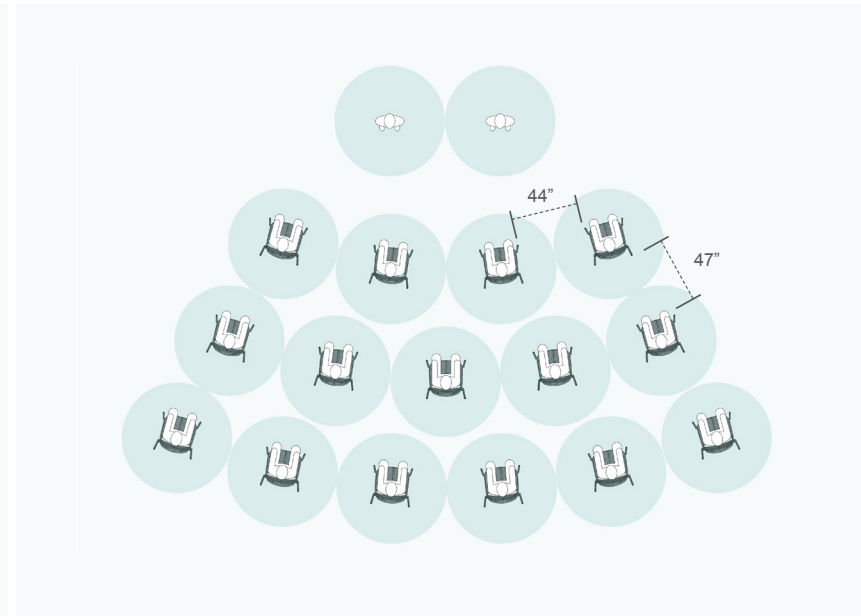
### Amphitheater

Example 1

**Product Type:** Benches

**Products Represented:** Parallel 42 bench

**Group Size:** 10+



### Amphitheater

Example 2

**Product Type:** Chairs

**Products Represented:** 21 Chair

**Group Size:** 10+