



# QUICK GUIDE

# PROPG: GYM ACOUSTICS GUIDANCE (GAG)

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## What is it and what is it used for?

The **ProPG: Gym Acoustics Guidance (GAG)** is a set of guidelines (produced by [ANC](#), [IOA](#) and [CIEH](#)) to help standardise the assessments for gymnasiums, fitness and exercise spaces. It provides methods to follow to see how the spaces might affect noise sensitive areas nearby, with an aim to deliver a more constant and preventative approach to acoustic problems.

It can be used to help determine viability of new gym locations, new-build or refurbishment of existing buildings as well as dealing with noise complaints.

## Key takeaways

Core areas of consideration are

- Airborne sound transfer
- Structure-borne sound transfer
- Vibration resulting from activities
- People using equipment
- Amplified music systems
- Noise from mechanical plant

Considerations at the spatial planning stage can prevent problems from occurring that could lead to noise complaints and further issues. Locality and context play a crucial role.

With gyms, it can very often be low frequency noise that causes the most issue. Because of this, the guidelines use a new framework called the G-Curve, providing a way to reference sound spectra more consistently than the NR-Curve as well as effectively demonstrating this visually.

The guidelines should be carried out by a Suitably Qualified Acoustician (SQA) with a working knowledge of acoustics and building regulations and who can bring their prior experience to a project.

## How we can help

CDC is a member company of the ANC; with a team of SQAs, all of whom are IoA members. We can carry out all Acoustic testing requirements for gyms, helping mitigate issues in the planning stage and assisting with acquiring planning permission. We can provide the following services:

- Acoustic Modelling
- Noise Management Plans
- Acoustic Design Statements
- Advise on site layouts / placement of equipment

[View our projects](#) | [View our Acoustic Services](#)

**THE GUIDANCE WAS RELEASED IN MARCH 2023 - ANC AND IOA ARE URGING THEM TO BE USED.**

Let us make a  
**difference** to your  
project

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