



## EQUIPMENT HIRE

Provide employees with opportunities to use equipment to fit physical activity in and around their working day

Providing employees with equipment in the workplace allows them the flexibility to take part when it suits them - for example playing table tennis at dinner or using exercise bikes for a meeting. Equipment to be hired/purchased from MSP includes:

- Stationary exercise bikes
- Sports equipment, including:
  - badminton
  - golf
  - table tennis
  - tennis
  - volleyball
- Equipment for larger events from external suppliers, e.g.:
  - Climbing walls, assault courses
  - Crazy golf courses
  - Pop up football pitches and athletics tracks

### EMPLOYER BENEFITS

- ✓ Equipment flexible to fit within an office/communal area
- ✓ Quick and easy to assemble and fold away to save space
- ✓ Provides options for employees to access throughout the working day
- ✓ Equipment provided with a risk assessment template to adopt

“Borrowing table tennis equipment really helped bring our team together - people played in 10 minute intervals so that it didn’t interfere with work, and colleagues reported that they enjoyed interacting with other, having a laugh and giving a positive outlook - people said that they returned to work with a smile on their face and it gave a welcome distraction from the pressures of work.”

*Izaak, Rock Court Surgery*

Equipment can be left to use in an office/communal area for staff to use on an ad hoc basis, or you could use the equipment to coordinate an team activity challenge or fundraising campaign. For example, you could encourage staff to take it in turns to cover a suitable distance (e.g. Liverpool to Manchester) within a certain timeframe, or use the table tennis equipment to organise a lunchtime staff knockout competition.

## EMPLOYEE BENEFITS

- ✓ A fun and sociable option to build activity in to the working day
- ✓ Use as when desired
- ✓ Easy to use and set-up

*“We held a cycle challenge at work and all of our team took part - we cycled a total distance of 330km in six hours, and raised £1,400 for local charities in the process!”*

*Mesha McManaman, Austin-Smith:Lord*

MSP also link with external providers who have access to larger activity equipment, such as an athletics track, crazy golf courses and sit/stand desks.



## COSTS

An administration charge for delivering equipment applies (from £30), which also includes the provision of a risk assessment template. Quotes for equipment from external partners can be provided on request.

## FIND OUT MORE

Contact MSP’s Active Workplaces team on 0151 728 1811 or email [activeworkplaces@merseysidesport.com](mailto:activeworkplaces@merseysidesport.com)