



The Gym Group

TGG Salisbury

Activity Noise Assessment



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Document Control			Final		
Prepared:	Reviewed:	Authorised:	Project No.:	Revision:	Issue Date:
LB	BD	BD	101057	[00]	24/04/2026

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Executive Summary

Air & Acoustic Consultants Limited have been commissioned by The Gym Group to carry out a noise impact assessment in support of variation of Condition 7 (planning application PL/2024/09079 granted on 18th July 2025) to allow 24 hour operation of Unit 2 at Churchill Way West, Salisbury SP2 7TS to align with the hours of The Gym Group's operational requirements.

An assessment of operational noise associated with gym activity as part of development, has, therefore, been conducted in line with the results of a baseline noise survey, conducted by others in July 2024, which established the existing acoustic environment.

Gym activity noise has been assessed at worst case noise sensitive receptors using a combination of typical activity noise, façade acoustic performance, acoustic modelling and calculations.

The assessment concludes that activity noise breakout from the gym will be controlled to significantly below the existing background (L_{A90}) noise level at surrounding residential receptors at all times of day and night.

On this basis it is considered that noise breakout from 24/7 operations of the gym use represents a negligible risk of impact where no further mitigation measures would be required.

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1 Introduction

1.1 Brief

1.1.1 Air & Acoustic Consultants Limited have been commissioned by The Gym Group to carry out a noise impact assessment in support of variation of Condition 7 (planning application PL/2024/09079 granted on 18th July 2025) to allow 24 hour operation of Unit 2 at Churchill Way West, Salisbury SP2 7TS to align with the hours of The Gym Group's operational requirements.

1.1.2 Condition 7 currently states:

"The use hereby permitted shall only take place between the hours of 0700hrs and 2300hrs Monday to Saturdays, and between 0800hrs and 1800hrs on Sundays and between 0700hrs and 2100hrs on Bank/Public Holidays."

1.1.3 It is proposed to vary Condition 7 to read as:

"Unit 1 and Unit 2 shall not be open for trading other than between the following hours:

07.00 - 23.00 Mondays to Saturdays;

08:00 - 18:00 on Sundays;

07:00 – 21:00 on Bank/Public Holidays;

apart from for use of Unit 2 as a gym within Class E(d), which is not restricted in terms of hours."

1.2 Site Description

1.2.1 The site is located towards the north of Salisbury within a dedicated retail park bounded to the south by the A36, Churchill Way West. The existing tenanted units within the retail park include a Waitrose supermarket and Sports Direct. The retail park's surrounds consist of a mix of residential and commercial receptors.

1.2.2 The closest, most affected residential receptors are 2 Meadow View and Avon Reach Flats, located approximately 70m and 85m respectively from the building's façade.

1.2.3 The National Grid Reference for the centre of site is SU 13963 30732 (British National Grid Coordinates E: 413963, N: 130732). The site location, most affected residential receptors and the surrounding area are shown in [Figure 1.1](#).

Figure 1.1: Site Location



1.3 Assessment Scope

- 1.3.1 This report assesses the potential noise impact of proposed gym activity upon nearby noise-sensitive residential properties in support of variation of Condition 7 to allow 24/7 use.
- 1.3.2 To assist with the undertaking of this report a definition of acoustic terms is provided in [Appendix A](#).

2 Relevant Guidance

2.1 National Planning Policy Framework (NPPF)¹

- 2.1.1 The NPPF sets out the Government's planning policy for England, to help achieve sustainable development within the planning sector. The planning system has three overarching objectives, one of which (Paragraph 8c) is an environmental objective:

"To protect and enhance our natural, built and historic environment; including making effective use of land, improving biodiversity, using natural resources prudently, minimising waste and pollution, and mitigating and adapting to climate change, including moving to a low carbon economy".

- 2.1.2 The NPPF addresses noise as a planning issue primarily through the statements in paragraphs 187 and 198. It is also noted that paragraph 200 is linked to noise through the agent of change principle.

- 2.1.3 Paragraph 187 states:

'Planning policies and decisions should contribute to and enhance the natural and local environment by:'

'e) preventing new and existing development from contributing to, being put at unacceptable risk from, or being adversely affected by, unacceptable levels of soil, air, water or noise pollution or land instability. Development should, wherever possible, help to improve local environmental conditions such as air and water quality, taking into account relevant information such as river basin management plans.'

- 2.1.4 Paragraph 198 states:

'Planning policies and decisions should also ensure that new development is appropriate for its location taking into account the likely effects (including cumulative effects) of pollution on health, living conditions and the natural environment, as well as the potential sensitivity of the site or the wider area to impacts that could arise from the development. In doing so they should:

a) mitigate and reduce to a minimum potential adverse impacts resulting from noise from new development – and avoid noise giving rise to significant adverse impacts on health and the quality of life;

b) identify and protect tranquil areas which have remained relatively undisturbed by noise and are prized for their recreational amenity value for this reason;'

- 2.1.5 Paragraph 200 states:

'Planning policies and decisions should ensure that new development can be integrated effectively with existing businesses and community facilities (such as places of worship, pubs, music venues and sports clubs). Existing businesses and facilities should not have unreasonable restrictions placed on them as a result of development permitted after they were established. Where the operation of an existing business or community facility could have a significant adverse effect on new development (including changes of use) in its vicinity, the

¹ Ministry of Housing, Communities and Local Government. 2024. *National Planning Policy Framework*.

applicant (or 'agent of change') should be required to provide suitable mitigation before the development has been completed.'

- 2.1.6 The NPPF refers to the Noise Policy Statement for England (NPSE) for advice on the achievement of these policy aims, and particularly in connection with the explanation of 'adverse impacts'.

2.2 Noise Policy Statement for England (NPSE)²

- 2.2.1 The NPSE is the overarching government policy on noise. It seeks to clarify the underlying principles and aims in past and existing policy documents, legislation, and guidance in relation to all forms of noise including environmental noise, neighbour noise and neighbourhood noise (but not noise in the workplace).

- 2.2.2 It uses the established concepts of No Observed Effect Level (NOEL) and Lowest Observed Adverse Effect Level (LOAEL). The NPSE extends these by introducing Significant Observed Adverse Effect Level (SOAEL), this is the level above which significant adverse effects on health and quality of life occur. However, the explanatory note to the NPSE states that it is not possible to identify a single objective value to define the SOAEL for noise that is applicable to all sources of noise in all situations. It is likely to be different for different noise sources, for different receptors and at different times.

- 2.2.3 The NPSE's vision is to:

"Promote good health and a good quality of life through the effective management of noise within the context of Government policy on sustainable development.

This long-term vision is supported by the following aims:

- *Avoid significant adverse impacts on health and quality of life;*
- *Mitigate and minimise adverse impacts on health and quality of life; and*
- *Where possible, contribute to the improvement of health and quality of life, through the effective management and control of environmental, neighbour and neighbourhood noise within the context of Government policy on sustainable development."*

- 2.2.4 The second aim of the NPSE refers to noise impacts that lie somewhere between LOAEL and SOAEL. The NPSE asserts that, while this means that all reasonable steps should be taken to mitigate and minimise adverse effects, this does not mean that such adverse effects cannot occur.

² Department for Environment, Food and Rural Affairs. 2010. *Noise Policy Statement for England*.

3 Assessment Approach

3.1 Assessment Receptors

3.1.1 The receptors considered to be most affected by site activity is detailed in [Table 3.1](#) and illustrated in [Figure 3.1](#).

Table 3.1: Noise Sensitive Receptors Details

Receptor	Description	Receptor Details
R1	2 Meadow View, Avon Terrace	70m from external building fabric
R2	Avon Reach, Middleton Road	84m from external building fabric

Figure 3.1: Assessment Receptor Location



3.1.2 Noise decreases with increasing distance from the source; therefore, any receptor that is located at a greater distance from the external building fabric than the identified receptors will experience lower noise levels from site activity.

4 Baseline Conditions

4.1 Noise Survey

- 4.1.1 A previous planning application sought retail use of units 1 & 2 (the site), planning application reference *PL/2024/09079*, which was approved by Wiltshire Council with conditions in July 2025.
- 4.1.2 To support this application, a baseline noise survey was undertaken by others between 26th and 30th July 2024 (document ref. *11557/BL*). As the measurement data was obtained within the last 2 years, and from analysis of the data, monitoring location and methodology, AAC considers this environmental survey data is suitable for use within this assessment. The survey consisted of a single measurement position (L1) as illustrated in [Figure 4.1](#).

Figure 4.1: Noise Measurement Location



- 4.1.3 All measurements were taken using a class 1 sound level meter. The microphone's measurement position was in the acoustic free field, mounted at approximately 2.5 metres above the ground.

4.2 Noise Survey Results

- 4.2.1 A summary of the measured sound levels at L1 has been reproduced in
- 4.2.2 [Table 4.1](#). The data is presented as average levels for the day and night-time periods calculated from 15-minute sound indices.

Table 4.1: Noise Measurement Results - L1, Long Term

Period	Typical $L_{A90,15min}$		Average $L_{Aeq,T}$	
	Mode	Range	Mode	Range
Daytime 07:00 - 23:00	44	39 - 55	52	43 - 68
Night-time 23:00 - 07:00	42	42 – 46	43	42 - 69

5 Assessment

- 5.1.1 A prediction of noise impact from gym activity has been undertaken with methodology described below.
- 5.1.2 The area highlighted in yellow in [Figure 1.1](#) is a fire escape route and will not contain areas for gym use. The west and north elevations share party walls with a Lidl retail unit. The east elevation shares a party wall with a Sports Direct retail unit. The breakout from these elevations are considered negligible and have not been included within our calculations.
- 5.1.3 The south elevation consists of part glazing and part masonry blockwork. Sound insulation tests were conducted to determine the in-situ performance of this façade. Due to site restrictions, it was not possible to conduct airborne sound insulation tests for the lightweight metal roof. For the purposes of this assessment, construction of the building element was observed, and a minimum performance of this element has been assumed based on AAC library data for similar constructions. Sound insulation performances for these elements are presented in [Table 5.2](#).

Table 5.1: Measured / Predicted External Building Fabric Performance

Location	External Building Fabric Sound Insulation Performance							
	63	125	250	500	1K	2K	4K	D _w
South Façade (<i>Measured</i>)	15	19	20	20	23	24	27	23
Lightweight Metal Roof (<i>Assumed</i>)	3	8	14	20	26	32	38	24

- 5.1.4 Predictions of gym activity noise levels at most affected residential windows have been conducted based on typical gym activity noise levels measured within operational TGG sites, which are presented in [Table 5.2](#).

Table 5.2: Typical TGG noise levels used within this Assessment

Location	Typical TGG Gym Noise Levels, L _{eq,T}							
	63	125	250	500	1K	2K	4K	dB(A)
Main Gym Area	68	67	67	68	66	63	61	71
Functional Zone / Studio Class	65	72	71	72	74	68	64	80

- 5.1.5 Acoustic calculations incorporate sound insulation performance of building fabric, distance propagation from façade geometry and directivity corrections to predict the sound level at the receptor locations.
- 5.1.6 Calculation to receptor R1 considers noise breakout through the lightweight metal roof. Calculation to receptor R2 considers cumulative noise breakout through both the south façade and lightweight metal roof.
- 5.1.7 Calculation results are presented in [Table 5.3](#).

Table 5.3: Predicted Noise Level at Identified Receptors

Receptor	Predicted Noise Levels, $L_{Aeq,T}$ (dBA)	
	Main Gym Area	Functional Zone / Studio Class
R1 - 2 Meadow View, Avon Terrace	23	33
R2 – Avon View, Middleton Road	23	33

- 5.1.8 Summary of calculations are shown in [Appendix B](#).
- 5.1.9 Predictions demonstrate that noise breakout will be controlled to at least 9dB below the representative night-time background level.
- 5.1.10 It should be noted that, the previous acoustic report issued by others (document ref. *11557/BL*) indicated that sound levels at receptor location R1 may be quieter than the levels recorded at monitoring position L1.
- 5.1.11 This is determined from simultaneous attended measurements in close proximity to receptor R1 between 12:30 and 13:06. The report suggests that the noise level at the receptor location is 9 dB lower than at measurement position L1 and applies a universal correction factor of -9 dB. There are, however, no measurements to indicate if this difference is applicable to more sensitive periods such as night-time or evenings where retail activity is expected to be lower when compared to more consistent residential activity, and therefore this assumption may be inappropriate, expected to be onerous.
- 5.1.12 Furthermore, a worst-case scenario where functional zone and studio areas are operating during the night time period was considered. In reality, these gym activities will not operate between 23:00 and 06:00.
- 5.1.13 Additionally, the functional zone / studio class noise levels have been predicted assuming they may be located at any area within an open plan gym. In reality, these activities may be restricted to designated areas within the gym, further lowering noise break-out predictions and, therefore, reducing the risk of any impact.
- 5.1.14 Therefore, it is considered that noise from 24/7 gym operations represents a No Observed Effect Level (NOEL) and poses a negligible risk to local sensitive receptors where no further mitigation would be required.

6 Conclusion

- 6.1.1 Air & Acoustic Consultants Limited have been commissioned by The Gym Group to carry out a noise impact assessment in support of variation of Condition 7 (planning application PL/2024/09079 granted on 18th July 2025) to allow 24 hour operation of Unit 2 at Churchill Way West, Salisbury SP2 7TS to align with the hours of The Gym Group's operational requirements.
- 6.1.2 An assessment of operational noise associated with gym activity has been conducted in line with the existing acoustic environment.
- 6.1.3 The assessment concludes that activity noise breakout from the gym will be controlled to significantly below the existing background (L_{A90}) noise level at surrounding residential receptors at all times of day and night.
- 6.1.4 On this basis it is considered that noise breakout from 24/7 operations of the gym use represents a negligible risk of impact where no further mitigation measures would be required.

Appendices



APPENDIX A – DEFINITION OF TERMS

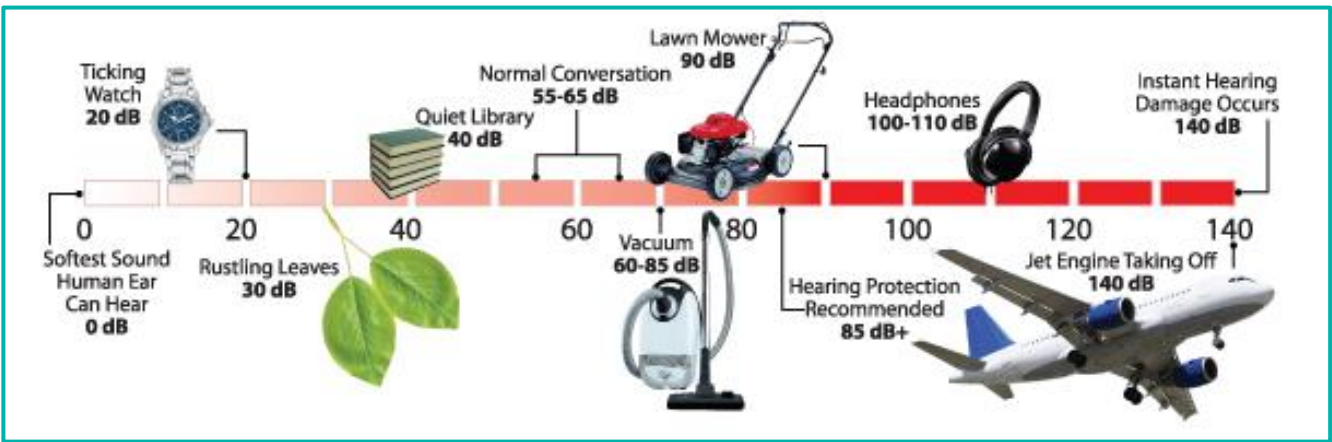
Sound Pressure - Sound, or sound pressure, is a fluctuation in air pressure over static ambient pressure.

Sound Pressure Level - The sound level is the sound pressure relative to a standard reference pressure of $20 \mu\text{Pa}$ (2×10^{-5} Pascals) on a decibel scale.

Decibels dB - Noise is commonly defined as unwanted sound. The range of audible sound is from 0 dB to 140 dB, which is taken to be the threshold of pain. The sound pressure detected by the human ear covers an extremely wide range. The decibel (dB) is used to condense this range into a manageable scale by taking the logarithm of the ratio of the sound pressure and a reference sound pressure.

The decibel scale is logarithmic and therefore when two noise sources are present together, they must be combined logarithmically, therefore, when two sound sources of the same sound pressure level are combined the resultant level is 3 dB(A) higher than the single source. However, in subjective terms, the ear can distinguish a difference in 'loudness' between two simple noise sources when there is a 3 dB(A) difference between them. For simple sources, when two sounds differ by 10 dB(A) one is said to be twice as loud as the other.

Figure A.1: Examples of Typical Noise Levels



Noise Level Indices - Noise levels usually fluctuate over time, so it is often necessary to consider an average or statistical noise level. This can be done in several ways, so several different noise indices have been defined, according to how the averaging or statistics are carried out.

A-Weighted Decibels dB(A) - The frequency response of the ear is usually taken to be about 18Hz (number of oscillations per second) to 18,000Hz. The ear does not respond equally to different frequencies at the same level. It is more sensitive in the mid-frequency range than at the lower and higher frequencies, and because of this, the low and high-frequency components of a sound are reduced in importance by applying a weighting (filtering) circuit to the noise-measuring instrument. The weighting which is most used, and which correlates best with the subjective response to noise, including that of music, is the dB(A) weighting. This electronic filter matches the variation in the frequency sensitivity of the meter to that of the human ear. This is an internationally accepted standard for noise measurements.

Table A.2: Other Standard Noise Units:

Symbol	Name	Definition
$L_{Aeq,T}$	Equivalent Continuous Sound Level	The A-weighted sound pressure level of a steady sound that has, over a given period, the same energy as the fluctuating sound under investigation. The L_{Aeq} provides a single value to express the average sound energy over the measurement period and is the most widely used indicator for environmental noise.
$L_{Amax,T}$	maximum 'A' weighted noise level	This is the maximum 'A' weighted noise level recorded during the measurement period, (T).

Symbol	Name	Definition
$L_{A90,T}$	the 'A' weighted noise level	This is the 'A' weighted noise level exceeded for 90% of the measurement period (T). This is normally used to describe the background noise.
L_S	Specific noise level.	The equivalent continuous A-weighted sound pressure level at the assessment position produced by the specific noise source over a given reference time interval.
L_{A,r,T_r}	Rating noise level	The specific noise level plus any adjustments for characteristic features of the noise.
NOEL	No Observed Effect Level	Noise Policy Statement for England (2010) - The noise level below which no effect can be detected. In simple terms, below this level, there is no detectable effect on health and quality of life due to the noise.
LOAEL	Lowest Observed Adverse Effect Level	Noise Policy Statement for England (2010) - The noise level above which adverse effects on health and quality of life can be detected.
SOAEL	Significant Observed Adverse Effect	Noise Policy Statement for England (2010) - The noise level above which significant adverse effects on health and quality of life occur.

APPENDIX B – SUMMARY OF ACOUSTIC CALCULATIONS

Noise Breakout to Receptor R1		63Hz	125Hz	250Hz	500Hz	1kHz	2kHz	4kHz	dB(A)
Main Gym Area	L _p @ 1m	68	67	67	68	66	63	61	71
Sound Insulation Performance	Roof	-3	-8	-14	-20	-26	-32	-38	
Rathe Decay		-19	-19	-19	-19	-19	-19	-19	
Directivity		-9	-9	-9	-9	-9	-9	-9	
	Subtotal	38	32	26	21	13	4	-4	23
Predicted Noise level at receptor		Leq 1hr	38	32	26	21	13	4	23

Noise Breakout to Receptor R1		63Hz	125Hz	250Hz	500Hz	1kHz	2kHz	4kHz	dB(A)
Functional Zone / Studio Class	L _p @ 1m	79	79	77	79	76	71	66	80
Sound Insulation Performance	Roof	-3	-8	-14	-20	-26	-32	-38	
Rathe Decay		-19	-19	-19	-19	-19	-19	-19	
Directivity		-9	-9	-9	-9	-9	-9	-9	
	Subtotal	49	44	36	32	23	12	1	33
Predicted Noise level at receptor		Leq 1hr	49	44	36	32	23	12	33

Noise Breakout to Receptor R2		63Hz	125Hz	250Hz	500Hz	1kHz	2kHz	4kHz	dB(A)
Main Gym Area	L _p @ 1m	68	67	67	68	66	63	61	71
Sound Insulation Performance	Roof	-3	-8	-14	-20	-26	-32	-38	
Rathe Decay		-20	-20	-20	-20	-20	-20	-20	
Directivity		-9	-9	-9	-9	-9	-9	-9	
	Subtotal	36	30	24	19	11	2	-6	21
Main Gym Area	L _p @ 1m	68	67	67	68	66	63	61	71
Sound Insulation Performance	South Façade	-15	-19	-20	-20	-23	-24	-27	
Rathe Decay		-34	-34	-34	-34	-34	-34	-34	
Directivity		3	4	4	4	4	4	4	
	Subtotal	22	18	17	18	14	10	5	19
Predicted Noise level at receptor		Leq 1hr	36	30	25	22	16	11	23

Noise Breakout to Receptor R2		63Hz	125Hz	250Hz	500Hz	1kHz	2kHz	4kHz	dB(A)
Functional Zone / Studio Class	L _p @ 1m	79	79	77	79	76	71	66	80
Sound Insulation Performance	Roof	-3	-8	-14	-20	-26	-32	-38	
Rathe Decay		-20	-20	-20	-20	-20	-20	-20	
Directivity		-9	-9	-9	-9	-9	-9	-9	
	Subtotal	47	42	34	30	21	10	-1	31
Functional Zone / Studio Class	L _p @ 1m	79	79	77	79	76	71	66	80
Sound Insulation Performance	South Façade	-15	-19	-20	-20	-23	-24	-27	
Rathe Decay		-34	-34	-34	-34	-34	-34	-34	
Directivity		3	4	4	4	4	4	4	
	Subtotal	33	30	27	29	24	18	10	29
Predicted Noise level at receptor		Leq 1hr	47	42	35	33	26	19	33



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