

OUTDOOR RECREATION - ISSUES AND PROBLEMS

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ABSTRACT

This paper reviews the study of recreational open spaces. It proposes the state of the art of recreational studies from 1950 to the present. It also reveals some of the important definitions of leisure and recreation. The study touches on the theory of leisure and recreation. It offers an understanding of the dimensions or measures of recreational demand and supply. This background study was found essential for a complete appreciation of an outdoor recreation, an open space site planning and its needs for an integrated planning approach.

Keywords: Leisure, Outdoor Recreation, Carrying capacity, Site planning, Integrated planning.

INTRODUCTION

Recreation is a vital need in today's world. It is perhaps the greatest opportunity for self-expression, for doing what one really wants to do, not what one is forced to do to earn a living. The very phenomena which have brought leisure and income have also brought serious tensions for everyday life - both working and living take place under crowded and noisy conditions. Recreation under conditions of one's choosing is necessary to relieve these tensions. For many, the physical activity of outdoor recreation is vital in building and maintaining physical fitness and in discharging nervous energy. Recreation also has important values in reducing delinquency. And perhaps most important, recreation is simply good fun. Man does not live for work alone; when he can play he does [1].

Research into leisure and recreation was usually a by-product of what were to be much important issues such as economic growth, sport and community recreation. A precise identity was given to leisure and recreation studies when researchers in different disciplines recognized their interdependence and developed strong moves towards interdisciplinary or cross disciplinary core concepts.

The pressure for recreation space is intense and questions of siting and density of development are raised. On the other hand urbanization is an important force which rapidly changes rural nation to one composed of cities and suburbs. The majority of the population is concentrated in the metropolitan centers which exhibit a range of social, economic and political diversity but lack the open space or opportunities for public outdoor recreation.

The need for outdoor recreation is directly proportional to the degree of Urbanization. It could be based on man's biological need to retain some association with the outdoors, and man's psychological need for contrast and change in special surroundings and activities, or maintaining and improving a nation's physical health.

Outdoor recreation as an activity is the focus of an intense demand thanks to the increase of leisure time, mobility and income. Supply and demand of outdoor recreation interacts to produce the pattern of tourism and outdoor recreation. These patterns have associated economic, environmental and social impacts and have given rise to planning and management problems and opportunities.

In order to have a better understanding of the term recreation, the paper investigates the field of outdoor recreation, evolved issues

and problems and relates it to the site planning process and to the integrated regional planning.

THE FIELD OF RECREATION STUDIES

In the 1950's research into recreation was usually a by-product of what were to be much important issues such as economic growth, sport, physical education, and community recreation. Until very recent whenever recreation was mentioned it was assumed that reference was being made to sport or physical exercise. After the Second World War there was a rising concern about physical fitness and the readiness for war on the one hand, and young people having too much free time, on the other. Such developments as New Zealand's physical and welfare Recreation Act, passed as early as 1937, and the Australian community center movement between 1943-55 were based on the notion that the provision of recreational facilities and leisure programmers helped to fill people's empty leisure hours usefully and prevent community unrest and discontent [2, 3]

In the early 1960s, leisure and recreation were no longer seen as by-products, but as topics of considerable interest and importance. However, the subject still had not evolved into a clearly defined core discipline. From 1967 to 1974, publications, specialist recreation courses and institutes were established and a growing recognition that different disciplines had something of value to offer in the study of the recreation phenomenon had evolved.

This was the phase of the multi-disciplinary approach in which it was widely recognized that the simultaneous application of several disciplines to an issue or problem might offer insights that each alone could not [4].

In more recent times governments and researchers have shown considerable interest in the systematic classification and mapping of recreation potentials using established scientific techniques. The word

'potential' is used to describe the focus of this work, sometimes land or water 'suitability' and sometimes recreational 'capability'; whichever term is used, the aim of such projects is always the same: to establish as objectively as possible the suitability of a given area of land or water for particular kinds of recreational activity.

A much more precise identity was given to leisure and recreation studies, when researchers in different disciplines clearly recognized their interdependence and developed strong moves towards interdisciplinary or cross disciplinary core concepts. Some broad areas of interest within the field of leisure and recreational studies are as follows: social sciences, humanities, biological sciences, medical and earth sciences.

Researchers in the leisure and recreation field can be classified in terms of:

- a- Their precise topic of interest within the field of leisure and recreation studies.
- b- Their political perspective; and
- c- Their focus on practical or theoretical issues.

These three are all strongly interrelated. It has been noted that the study of recreation has a marked pragmatic planning orientation that depends on the individual involved in this study, the kind of organization he or she works for, and on the individual's political outlook. Recreation planning usually fits into one of five more general types of planning namely resources, urban and regional, facility, environmental health, or social planning.

In a highly simplistic manner the diagram in Figure 1 summarizes the different emphasis which individuals can bring to bear on the study of leisure and recreation. It is a useful exercise to consider the manner in which people located at opposite ends of each of these lines would approach the study of recreation.

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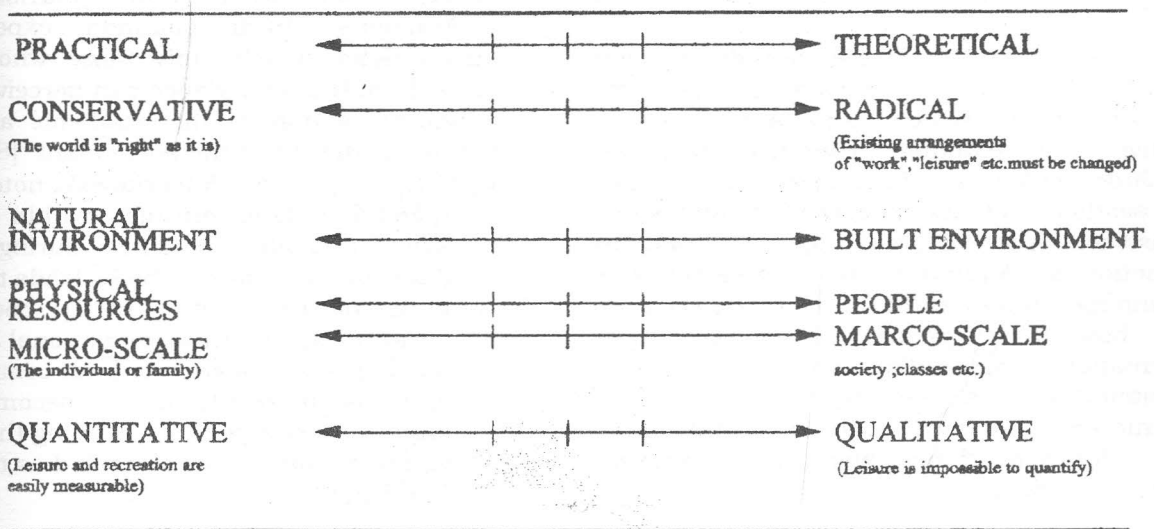


Figure 1 A diagram summarizing the different emphasis which individuals can bring to bear on the study of leisure and recreation [5].

LEISURE AND RECREATION SOME DEFINITIONS

Both leisure and recreation, as currently used, are relatively modern concepts. In discussing leisure and recreation it is important to recognize that one's personal values constantly intrude into it. It also has been noted that definitions of recreation can change quite markedly over time. For example, hunting, fishing, canoeing or wilderness travel on foot, at one time these were all pioneer skills, essential for survival in hostile frontier environments such as 19th century Canada or Australia [5] Today they are popular modern recreation enjoyed largely by city people.

Leisure is a term that came into general usage only after the Industrial Revolution, when the nature of work changed quite dramatically. Three main definitional approaches are introduced, they focus predominantly either on time, activities or on attitude.

The first of these considers leisure to be quite simply something that happens in specified leisure time periods. It is the time remaining after work, sleep and necessary personal and household chores have been completed. It is the time available for doing as one chooses. Leisure may thus be defined

as 'discretionary time' [6]. The second approach, the activity approach defining leisure and recreation, is closely related to the time budget strategy. It argues that all one has to do is to decide what constitutes recreational activities and to assume from this that if people are engaging in these pursuits it follows that they are at leisure. Seen in this light, leisure then is time, and recreation is activity. Meaning that, recreation embraces a wide variety of activities which are undertaken during leisure. The third approach is based on the assumption that since just about any activity can be classified as a leisure time pursuit, the only feasible way then of deciding whether or not someone is at leisure at a particular time is to ask him how he himself would define these actions. This is sometimes called the attitude of mind strategy. The advantage of this definition is that it is left up to individuals to decide what is their leisure or recreation and what is not. The simple distinction between leisure as discretionary time and recreation as activity is difficult to implement, for many activities include both obligatory and discretionary components. Such difficulties have prompted some authors to argue that leisure and recreation are stages of mind and that

they are best defined in psychological terms [7].

Several types of recreation are defined although physical recreation requires physical effort as the major experience of the activity; for example, cognitive recreation includes cultural, educational, and creative or aesthetic activities. Recreation can also be classified into different spaces based on function or dominant use, degree of use or planning unit orientation. The latter focuses on how many people are served by a recreation space. Passive recreation is limited to trails, parking areas/trailheads, picnic areas/shelters, outhouses, and simple boat docks or fishing piers. It is defined as: outdoor activities.

Leisure, recreation and tourism are abstractions from common experience, abstractions which only those who stand aside from that experience can perceive. The language is that of the academic and the planner rather than the participant" [8].

- Murphy [9] after Mieczkowski notes that recreation falls entirely within leisure since it is an experience during free or discretionary time, which leads to some form of revitalization of the body and mind. Part of this recreational activity takes place outside the local community and as a result travel becomes an important component, leading this form of recreation to be classified as tourism (see Figure, 2).

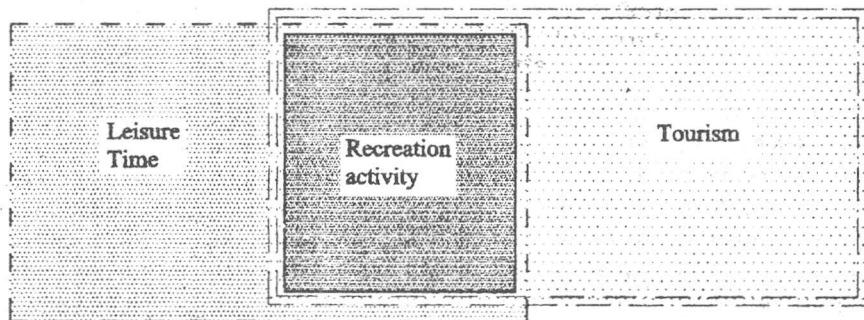


Figure 2 A developed diagram by the author showing the interaction between leisure, recreation and tourism

Recreational travel, is an important and is possibly the most important component of the experience. As for outdoor recreation, the activity is the prime objective and travel to a recreational site is of secondary importance or even an inconvenience.

- Mercer [5] after Burton identified five periods of recreational time, which may help to distinguish local from non-local recreational travel. The five were: (a) Very short (up to one hour), (b) short (a few hours), (c) a full day, (d) several days (usually a weekend), and (e) a week or more (usually the annual vacation). With the increased mobility, however, it is possible to move beyond the physical limits of a hometown in a matter of hours, thus making travel on a regional

or non-local basis feasible in time period's (b) and (c) (see Table 1).

Tourism thus includes recreational activities, and the use of parts of leisure time, but it has major non-recreational components as well. Tourism and recreation share the same basic resources, facilities and the infrastructure, but tourists (domestic or foreign) may conflict with recreation day visitors for access to these outlets [10].

Outdoor recreational activities may take place either in parks which is defined as any public or private land set aside for aesthetic, educational, recreational or cultural use; or in open spaces which comprises all land and water in an urban area not covered by buildings

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Table 1 A classification of recreation sites [5]

Opportunity level	Time-distance constraint*	Available recreation time	Examples of facilities
Locality	1/2 mile 10 minutes	Very short periods Short periods	Children & play spaces
Neighbourhood	Up to 2 miles Up to 20 minutes	Short periods	Park Tennis courts Sports pitches
District	Up to 3 miles Up to 30 minutes	Short periods Half-day	Branch library Swimming pool Social centre
Town/City	Up to 4-5 miles Up to 30-45 minutes	Short periods Half-day	Major sports centre Large commercial facilities Cultural facilities
Regional	Up to 25-30 miles About 1-1.5 hours	Half-day Full day Several days	Outdoor water areas Airfields Race tracks
National	None	Full day Several days Annual holiday	Resource-based facilities

*Time-Distance Constraint is a maximum figure in time or distance: which figure is operative will depend, of course, on mode of transport.

THEORIES OF LEISURE AND RECREATION

The two main explanatory theories of leisure that have been advanced are sometimes called the spillover and compensatory hypotheses. Briefly stated, the spillover theory argues that for many people work and leisure are so intimately related that it is impossible to disentangle the two—one quite literally spills over into the other. This hypothesis would for example be supported by the example of businessman and professional—especially self-employed. The compensatory theory refers to people who deliberately keep their work and leisure worlds as far apart as possible. They seek out quite different environments and they recreate with people other than their work mates.

It has been argued that people who have fairly solitary occupations compensate with a very sociable leisure life style and that those working in sedentary occupations tend to favor physically active pursuits.

The compensatory theory frequently makes its appearance in newspaper articles, government policy statements and during land-use conflicts when it is said that new parks are being provided because people

need open spaces to escape from the stresses of the modern city or when it is argued by conservationists that wilderness should be retained for the same reason.

RECREATIONAL DEMAND AND SUPPLY

There is an intense demand for outdoor recreation, and a growing realization of the need for conservation of unique natural environments. Providing space for hiking, picnicking, camping, hunting, and fishing especially within close range of the great metropolitan regions, has become an urgent matter. People are seeking large recreational areas that contain a variety of landscapes, challenging autonomous places for the teens, serene rural quiet or crowded areas for those who want stimulus and companionship.

The study of recreation can be divided into two main areas, demand and supply. It needs to be recognized at the outset that demand is closely intertwined with supply, in the sense that available supply of recreational facilities or opportunities in a given country or region has a strong influence on the exhibited patterns of demand or participation in these same areas. There is no evidence to support the assertion that we have an inbuilt need for leisure or

recreation; on the contrary, recreational behavior and preferences are learned and culturally transmitted. As such they are subject to change.

Recreational demand refers to questions such as the following:

Tools to investigate the recreational demand are surveys, which could be quite expensive. The surveys of recreation consumption across the country are combined with inventory of the supply of recreational opportunities on all scales as well as on site surveys at the needed locations.

Site demand studies can be at any regional scale; they focus attention on what is happening at the destination. A micro-scale site demand study might for example examine areas as small as a local park.

Considering participation demand and latent demand the term latent refers to those activities that people do not participate in for various reasons but in which, given different circumstances, they might engage (see Figure, 3) it is used in connection with those recreation sites or regions that certain people do not visit, for a variety of reasons. There are three other interrelated categories of recreational demand that have to be considered. They are induced, substitute, and diverted demand. The concepts of substitute and diverted demand are closely related; referring to the way in which people substitute one activity for another, as when they move from one residential environment to a different setting, or when they grow too old to participate. Diverted demand refers to the transfers of demand that take place from one location to another when a new facility or opportunity is established.

Induced demand refers to the new heightened levels of participation that are encouraged or induced by the following:

- a- siting of a new facility in an area that previously did not possess such a recreational opportunity;
- b- Improvements in access to a site or region by transport developments,
- c- Improved technology makes an activity cheaper and therefore accessible to wider population;
- d- Large-scale advertising or encouragement programs.

e- Educational initiatives in schools.

For planning purposes it is often important to focus on all different categories of demand.

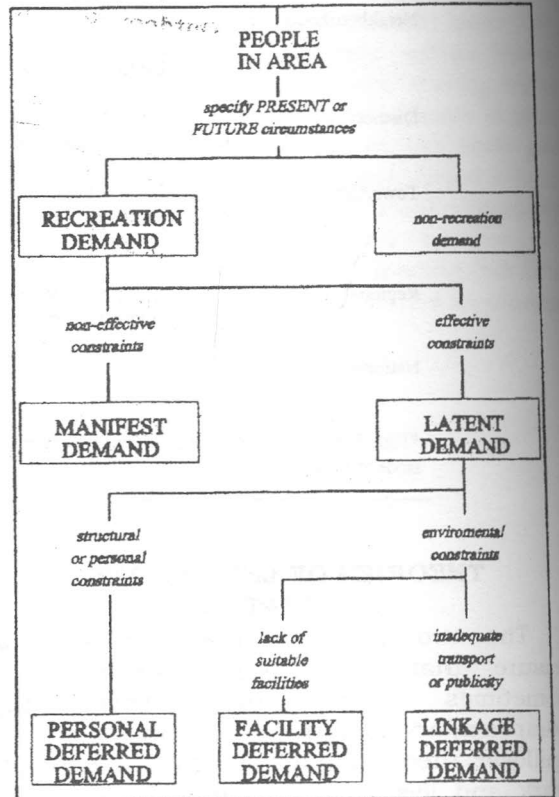


Figure 3 A classification of recreational demand [5].

DIMENSIONS OF DEMAND

Gold, in Reference 11 described several aspects of demand that could reflect the quality of recreational experience, which he considers a more important measure of recreational demand.

1. **Leisure:** In statistical sense, leisure provides the time dimension for outdoor recreation. The amount of leisure time varies with each individual and his stage in life. For example, for the typical American adult, most estimates agree on "five hours leisure time" remaining after a minimum level of existence and subsistence has been accomplished.
2. **Population:** The populations of a planning area is the most important variable associated with recreation

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demand. It is vital to identify age, sex, income, race, ethnic background, physical condition, geographic location, life style, level of education, and a host of other demographic variables for sensitive planning.

3. **Mobility:** Many authors link population mobility with demand. They relate it in three general ways: (1) transportation determines relative travel time and the amount (time) of outdoor recreation that most people can enjoy, (2) transportation affects outdoor recreation in terms of monetary cost, and (3) transportation facilities influence the character of the recreation experience (see Table 2).

4. **Income:** The ability to afford or spend money on recreation is one measure of

interest or demand. The amount of discretionary income is more important than actual income. Because many outdoor recreation activities have no direct user fees or charges, statistics should be viewed as only partial indicators of demand.

5. **Participation:** Demand (or consumption) is also expressed by actual participation in activities, getting people to enthusiastically participate in whatever leisure pursuits they may engage in, are of great importance. Available data, though incomplete, do give some indication of measured use and preference by types of areas, activity and age group.

Table 2 Classification of outdoor recreation areas [5].

Item	Type of recreation area		
	User oriented	Resource based	Intermediate
1. General location	Close to users; on what ever resources are available	Where outstanding resources can be found; may be distant from most users.	Must not be too remote from users; on best resources available within distance limitation.
2. Major types of activity	Games, such as golf, and tennis; swimming; picnicking; walks and horse - riding; zoos, etc.; playing by children.	Major sightseeing; Scientific and historical interest; hiking and mountain climbing; camping; fishing and hunting.	camping, picnicking, hiking, swimming, hunting, fishing
3. When major use occurs	After hours (school or work).	Vacations	Day outings and weekends.
4. Typical sizes of area	One to a hundred, or at most to a few hundred acres.	Usually some thousands of acres, perhaps many thousands.	A hundred to several thousand acres.
5. Common types of agency responsibility	City, country, or other local government; private.	National parks and national forests primarily; state parks in some cases; private especially for seashore and major lakes.	State parks, private.

SUPPLY FOR OUTDOOR RECREATION

In talking of 'supply' it usually means all the existing recreational resources of a region. It often makes more sense to use the word opportunity rather than 'supply'. It is not easy to draw up a definite list of recreation resources for that practically anything can be regarded as a recreation resource so long as it is perceived as such....

“ Even polluted industrial landscapes can be recreational resources “..... [5].
Climate is obviously an important recreational resource as are historic buildings, plants, wildlife and anything which acts as an attraction for people in their spare time—from rock concerts to suburban backyards—can be regarded as a recreational resource.

Some of the resources are readily recognizable as 'recreational', for example, swimming pools, beaches and national parks. Others are not so easily recognizable and are sometimes called 'unintentional' sites, such as city streets or old quarries.

Moreover, the distinction between 'recreation' and 'conservation' resources is not always clear-cut. For example, many national parks, wildlife reserves, wilderness areas and historic buildings or landscapes serve both functions.

Baker in Reference 12 drew up a list of the factors that in combination go to make up what we can call recreational or tourist attraction, as follows:

1. Cultural environment factors

- a. Location in relation to population
- b. Historic association

2. Natural environmental factors

- a. Physiographic pattern
 - i. Water access and shoreline conditions
 - ii. Topographic configurations
 - iii. Drainage conditions
- b. Vegetative patterns
 - i. Composition or type
 - ii. Form- mature, crown cover, etc.
- c. Biologic patterns
 - i. Bird and animal population
 - ii. Fishing conditions
- d. Climatic patterns
 - i. Temperature
 - ii. Wind
 - iii. Precipitation
 - iiii. Amount of sunshine, fog, etc.

RECREATIONAL CARRYING CAPACITY

It is difficult to consider recreation as a cause of pollution because recreation is traditionally the major sufferer from pollution and other degradation. But the pollution is there!

The increasing number of recreationists engaged in diversified recreation pursuits, together with many of the developments specifically planned for their use, are further impacting on the natural resources. Water fronts and parks are examples where negative environmental impact can be demonstrated in extensive use of concrete for

parking areas and facilities, destruction of coastal vegetation, interruption of ecological succession, noise impacts, oil in water, soil impact on tree cutting, disturbance of wildlife.

Carrying capacities analysis is a basic technique now commencing to be widely used in tourism and recreation planning to systematically determine the optimum utilization of tourism and recreational resources. Establishing carrying capacities is based on the concept of maintaining a level of development and use that will not result in environmental or sociocultural deterioration or would not be perceived by users as depreciating their enjoyment and appreciation of the area.

There are numerous definitions of carrying capacities, Mathienson and Wall, [6], defined the carrying capacity as the maximum number of people who can use a site without an unacceptable alteration in the physical environment and without an unacceptable decline in the quality of experience gained by visitors. Inskip, 1991 added, 'without an unacceptable adverse impact on the society, economy, and culture of tourism area'.

Inskip, in Reference 13 noted that, "The importance of incorporating carrying capacity analysis into recreation planning process has been emphasized by many authors, who wrote about the carrying capacity. Despite some difficulties in establishing precise means of measurement and standards, ... though the basic concept one believes it to be a sound one, ... as it provides an essential guideline that could be used in formulating the recreation plan at any level". It has to be precisely established for each development site at the community planning level. More generally at the national and regional planning levels.

One of the advantages of the carrying capacities analysis is that it could provide feedback to the market analysis for necessary adjustments to the market projections or targets.

MEASUREMENTS CRITERIA OF CARRYING CAPACITIES

Adapted from the approach taken from WTO (World Tourism Organization) literature applied on recreation, the two aspects are to be considered [13]:

- a- The local physical and socioeconomic environment: This refers to the capacity that can be achieved without resulting in damage to the physical environment and generating sociocultural and economic problems to the local community and maintaining the proper balance between development and conservation. Exceeding saturation levels may lead to either permanent damage to the physical environment or socioeconomic and cultural problems or both.
- a- The visitor image and recreation product: This refers to the capacity or number of visitors that are compatible with the image of the recreation open space and the types of environmental and recreational experiences that the visitors are seeking.

With respect to the local environment, the criteria for determining optimum capacity levels include the following:

• Physical

1. Acceptable levels of visual impact and congestion;
2. Point at which ecological systems are maintained before damage occurs;
3. Conservation of wildlife and natural vegetation of both the land and marine environments; and
4. Acceptable levels of air, water, and noise pollution.

• Economic

1. Extent of visitors that provides optimum overall benefits; and
2. Level of employment suited to the local community.

• Sociocultural

1. Extent of visitors development that can be absorbed without detriment to the sociocultural life styles and activities of the community.

• Infrastructure

1. Adequate availability of transportation facilities and services;

2. Adequate availability of utility services of water supply, electric power, sewage and solid waste disposal and telecommunications; and
3. Adequate availability of other community facilities and services such as those related to health and public safety.

The criteria that can be applied in determining carrying capacities relative to visitor satisfaction levels include the following:

• Physical

1. Overall cleanliness and lack of pollution of the recreational open space;
2. Lack of undue congestion of the open-space environment, including the attraction features;
3. Attractiveness of the landscape or townscape, including quality and character of architectural design; and
4. Maintenance of the ecological systems and flora and fauna of natural attraction.

• Economic

1. Cost of the trip and 'value for money'.

• Sociocultural

1. Intrinsic interest of the local community and cultures;
2. Quality of local arts, handicrafts, cuisine, and cultural performances; and
3. Friendliness of locals.

• Infrastructure

1. Acceptable standards of transportation facilities and services;
2. Acceptable standards of utility services; and
3. Acceptable standards of other facilities and services.

The threshold or saturation levels of visitors use of a recreational open space usually is reached only during the peak periods of use and not during the low periods or on an average annual basis. Therefore, the peak tourist demand period must be considered in calculating carrying capacities.

The analysis of carrying capacity for some of the criteria concerning the physical level of damage and the residents and visitors perceptions of saturation levels may

all be different. Visitors may accept a higher saturation level in terms of crowding, for example, than do residents, or the actual level of environmental damage may exceed both the residents and visitors perceptions of environmental problems.

CAPACITY STANDARDS

Some carrying capacity standards are expressed statistically in terms of numbers of visitors using the various recreational attractions, facilities, and services.

Some Standards for rural and recreation activities are cited by WTO as follows, expressed in visitors per day per hectare except where noted [13]:

- Forest park: up to 15.
- Suburban nature park: 15-70.

- High-density picnicking: 300-600.
- Low-density picnicking: 60-200.
- Sports/team games: 100-200.
- Golf: 10-15
- For water-based activities:
 1. Fishing/Sailing: 5-30.
 2. Speed boating: 5-10; and
 3. Water Skiing: 5-15.
- For nature trails in persons per day per kilometer
 1. Hiking: 40; and
 2. Horse riding: 25-80.

Figure 4 illustrates diagrammatically the production-consumption relationship between supply and demand in relation to the carrying capacity This diagram is adopted from Mercer [5].

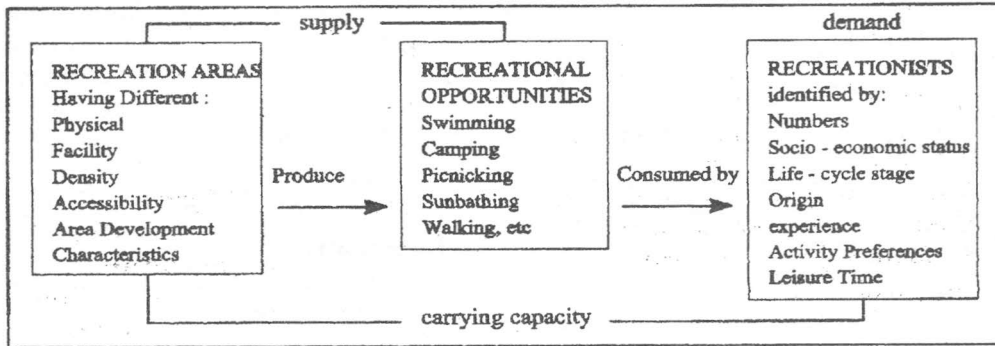


Figure 4 Diagram, adapted from Reference 5, illustrating production-consumption relationship between recreation areas supply and recreationists.

URBAN PLANNING

Perhaps the most significant dimensions of the 20th Century are world urbanization and technological change at a scale and pace often difficult to comprehend in human terms. Mass urbanization and uncontrolled technology are the primary cause of most social and environmental problems. These problems are the result of the relationships between man and his environment, which can be simply explained as "man makes environment, environment makes man" [11].

The implication of unplanned or poorly planned growth are already evident in polluted air and water, strained transportation system, the lack of adequate housing, schools or open spaces, social tension, the deterioration of the natural and

man-made landscape in and around cities, and in conflicting interesting activities and different groups. This creates the conflicts generally associated with the planning process.

Due to spatial and regional complexities, analytic and planning questions, data precision, definitions and even the purposes of research and planning vary according to the scale of the problem and the region being studied.

If recreational opportunities cannot be created in urban areas, they should be placed on the urban fringe or elsewhere and people will use them for lack of any alternatives. The recreation space standard based on carrying capacity is only a guideline of community intent to provide a

given measure of land, facilities or program. Programs for the wise use of leisure are a public and governmental responsibility. Citizen participation in the planning process could be difficult, if not impossible, because of the complexity of the problem and relative lack of locals' or residents' awareness, motivation, ability and patience to effectively engage in it. But still they have to take their chance.

SITE PLANNING AND RECREATIONAL AREAS

What is Site Planning? Site planning is the act of arranging structures on the land and shaping the spaces between, an act linked to architecture, engineering, landscape architecture and city planning. Site plans locate objects and activities in space and time.

Its aim is moral and esthetic: to make place which enhance everyday life, which liberate their inhabitants and give them a sense of the world they live in or come to visit.

Regardless of the scale or the degree of deliberation, any human site is somehow planned, whether piecemeal or at one sweep, whether by convention or by conscious choice.

Site planning has a new importance, but it is an old art. Most sites planning today are shallow, careless, and ugly. This reflects a lack of skill, but also the stubborn structural problems of a society, which are political, economic, and institutional [14].

In the most common case, a site plan is made by a professional for some paying client who has the power to carry it out.

Development will be completed in a few years' time. Once occupied, the site will continue to be used the same way, as far as can be foreseen.

The most difficult step is to define the problem, which means making a whole cluster of decisions: for whom is the place being made, for what purpose, who will decide what the form is to be? what resources can be used? What type of solution is expected? In what location will it be built? Assuming that the problem is properly set out and the site planner is willing to begin...the principle objectives of the work

are stated, as well as the expected users and their needs. The site is chosen, and so is the type of development and activity intended to occupy it. The basic character of the new environment has been proposed. A budget has been provided to carry out, including the time and resources necessary to make the plan. The planner begins by analyzing the future use and users, on the one hand, and on the given site on the other hand.

Designing large recreational areas as open spaces is an important branch of site planning.

The first criteria for space design have to do with the quality of the human experience there: a free choice of activity, a release from exacting urban stimuli, a chance to become actively engaged, to exhibit mastery, an opportunity to learn about the non human world, an ability to meet new people and experiment with new ways. This quality of experience cannot be attained, without changing the natural state of the site. The second set of criteria concerns the ecology of the site. The ecology of a site is a dynamic process that has to be balanced and integrated with the human activity proposed on the site.

A good open space offers both a good human experience and a balanced use of the ecology.

These are psychological ends and cannot be attained by strict preservation of the preexisting natural state of the site. Concern with the ecology of the site is the second set of criteria. Ecological systems cannot be frozen. The ecological aim is continuity, finding a new balance in which human activity is an integral part of the whole. A good open space offers both psychological openness and ecological continuity.

Large open spaces require a gradation of access to spread out conflicting activities. High capacity roads come up to some edge or focal point. Here are the centralized facilities, the dense camping areas, the intensive functions. From this point, activity density and access capacity progressively diminish, finally reaching regions without man-made structures. Conflicting preferences are resolved. One locale can be designed and

managed to sustain a heavy load, while a fragile area is protected from intrusion.

Since the experience of the openness and freedom is psychological, it can be supported by the organization of space into small territories, even when large numbers of people are using the same ground. Natural or artificial masks of cover and terrain make special localities, shielded from each other's sight and sound, each with its own access - temporary kingdoms. Given the opportunity, people will usually look for partial enclosure, easy access, a position on the edge of something, a choice of sun and shelter, even while the actual distances they set between each other may be small. Thus the carrying capacity of a recreational open space may be increased by providing a scalloped edge of wood or grassy dune or by introducing screens, trees, or boulders to be used as territorial anchors.

INTEGRATED OPEN SPACE RECREATION PLANNING

Recreation planning is a process that relates the leisure time of people to space. It combines the knowledge and techniques of social sciences and environmental design to develop alternatives to the way people use energy, money, space and time to accommodate their needs. Recreation planning today emphasizes the relationship of public recreation opportunities to other types of land use, design and access at urban and regional scales. Recreation planning involves developing programs for human development, environmental management and creative play areas. The overall-planning task is to understand the significant relationships among people, cities, leisure, open space and urban form. The detailed planning task is to relate time (leisure), activity (behaviour), and space (environment) to a geographic area (the city). It is important to integrate recreation with other public services, such as education, health and transportation.

Several problems must be dealt with:

- a- Old cities are critically lacking open spaces

- b- Nonurban areas are accessible to families with automobiles and are used primarily for summer vacations.
- c- Minorities, kids, the elderly, the poor and the handicapped are not adequately serviced by most urban recreation spaces.
- d- Land acquisition and ownership.
- e- Resource allocation for outdoor recreation or open spaces.
- f- Funding of open spaces.
- g- Conflicts between activities.

Usually when recreation analysts or planners investigate a specific area or region the first part of the exercise involves drawing up a 'matrix' of competing activities, with some accompanying assessment of the degree of compatibility between the activities.

Table 3, illustrates this kind of exercise for coastal New South Wales, England. For planning purposes the most important descriptions on table are 'dependent' and 'incompatible'. As far as possible planning should seek to keep mutually incompatible activities apart in both time and space; and this is where 'perception' research is often very useful.

Planners should carry out a study of the tolerance levels, natural resource groups and then see if there can possibly be accommodated in a single management plan through a process of zoning or phased use. Unfortunately, in the 'real world' proposed zoning plans often conflict between different recreational interest groups and commercial activities. Conflicts are most of the time resolved in the political arena after public debate and government lobbying.

A key aim in the planning and management of a natural resource is to balance the needs of recreation against economic development, natural resources, cultural preservation and aesthetic requirements [15]. New and expanding demands for foods, housing, energy, recreation, waste disposal, transportation, and industry are placing stress on open spaces, creating the need for resolution of serious conflicts among competing uses and values. It is now recognized that recreational areas need to be managed in an integrated way. All of the proposed activities must co-

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exist with each other. This should be extended to an early stage of the planning, design, the project, the construction, maintenance, and operation. Thus most countries require a comprehensive approach. Tourism and recreation should be seen as a domestic need.

In new planning trends, with the awareness of environmental impact on

natural resources, it is recommended for open space allocation for recreational activities, to provide an "Environmental Impact Assessment" EIA for the chosen location. EIA mandates the evaluation of the present status of the sites and prediction of the environmental implications during planning construction, and future use of the proposed facilities.

Table 3 Interaction matrix for recreation activities [5].

		<i>Recreation activities</i>														
Bushwalking	Trail - bike riding	Touring and viewing	Canoeing	Sailing	Family boating	Pleasure-launch rides	Water skiing	Angling	Boat fishing	Spear fishing	Prawing	Family swimming	Body surfing	Surf - Board riding		
<i>Bushwalking</i>	<i>D</i>	<i>I</i>	<i>C</i>	<i>C</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>C</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Trail-bike riding</i>		<i>D</i>	<i>N</i>	<i>N-I</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N-I</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N-I</i>	<i>N-I</i>	<i>N</i>	<i>N</i>	
<i>Touring and viewing</i>			<i>D</i>	<i>N</i>	<i>C</i>	<i>C</i>	<i>C</i>	<i>C</i>	<i>C</i>	<i>N</i>	<i>N</i>	<i>C</i>	<i>C</i>	<i>C</i>	<i>C</i>	
<i>Canoeing</i>				<i>D</i>	<i>N</i>	<i>C-N</i>	<i>N</i>	<i>N-I</i>	<i>C-N</i>	<i>C-N</i>	<i>N</i>	<i>N</i>	<i>C-N</i>	<i>N</i>	<i>N</i>	
<i>Sailing</i>					<i>D</i>	<i>C-N</i>	<i>C-N</i>	<i>I</i>	<i>N</i>	<i>C-N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Family boating</i>						<i>D</i>	<i>C</i>	<i>I</i>	<i>C</i>	<i>C</i>	<i>N</i>	<i>C</i>	<i>C</i>	<i>N</i>	<i>N</i>	
<i>Pleasure launch rides</i>							<i>D</i>	<i>I</i>	<i>C</i>	<i>C</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Water skiing</i>								<i>D</i>	<i>I</i>	<i>C</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Angling</i>									<i>I</i>	<i>N</i>	<i>N</i>	<i>I</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Boat fishing</i>									<i>D</i>	<i>C-I</i>	<i>C-N</i>	<i>N-I</i>	<i>N-I</i>	<i>N-I</i>	<i>N-I</i>	
<i>Spear fishing</i>										<i>D</i>	<i>C-I</i>	<i>C-N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Prawing</i>											<i>D</i>	<i>C-N</i>	<i>N</i>	<i>N</i>	<i>N</i>	
<i>Family swimming</i>												<i>D</i>	<i>N</i>	<i>N-I</i>	<i>N-I</i>	
<i>Body surfing</i>													<i>D</i>	<i>N</i>	<i>N</i>	
<i>Surf-board riding</i>														<i>D</i>	<i>I</i>	

D, dependent; C, highly compatible; C, compatible; N, neutral; incompatible, I, strongly incompatible.

CONCLUSION

Recreation and open spaces are still facing many challenges and opportunities, to improve scientific understanding. It is hoped that the research 'Outdoor Recreation-ISSUES AND PROBLEMS' has succeeded in providing a complete understanding of the outdoor recreation of nature and its definition, in covering the various aspects of the demand's dimensions and supply, and the spatial interrelationship with site planning and the need for an integrated planning approach. It is hoped as well that the research highlighted the importance of carrying capacity of open space areas as a tool for sustainable development and in providing a better recreational environment.

Considering the results of the research, a number of concluding points can be drawn out:

- Open space and recreation policies are particularly future oriented and deal with the needs to plan for and set aside appropriate sites and areas to keep pace with anticipated growth of the planning area.
- Land acquisition for new recreation sites in advance should be encouraged in order to designate desirable locations at cost-effective levels.
- Preserving openspaces in the face of rapid urbanization and protecting environmental resources.
- Assessing the site to be developed against the impacts of recreation on

open space environment through using the EIA method.

- Recreation planning, should consider art, culture and senior citizen activities as major factors to be integrated with open space recreations and additionally programs for the mentally and physically disabled.
- Public participation is necessary in order to maintain the recreation open space.
- Upgrading the perception of people towards the environment is an essential factor for improving the environment.

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Received June 16.1999
Accepted August 1. 1999

موضوعات ومشاكل المناطق الترفيهية المفتوحة

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ملخص البحث :

إن الاستجمام أو الترفيه أصبح من الاحتياجات الأساسية للإنسان والعالم اليوم . وهي تعطى الإنسان الفرصة لحرية التعبير عما يفعله في غير الأوقات التي يجبر فيها على كسب رزقه . إن الترويح يرفع ضغوط العمل اليومية عن كاهل الإنسان ويكسبه طاقة جديدة ولياقة خاصة إذا مارس بعض الرياضات والأنشطة في الهواء الطلق .

إن الأبحاث الموجهة للاستجمام أو الترفيه والترويح لم تأخذ أهميتها كنقاط بحثية فريدة إلا في أوائل ١٩٦٠ عندما يتقن الباحثون عن إن استقلال كل منهم بتخصصه البحثي ليس في صالح البحث في الموضوعات الترفيه في المناطق المفتوحة .

وحيث إن اتساع رقعة الحضر مع الكثافات المتزايدة يشكل ضغط على مناطق الاستجمام المفتوحة خاصة مع مشاكل التزايد السكاني في مناطق المدن الكبرى ، فانه هناك طلب متزايد على الأماكن المفتوحة مع تزايد وقت الفراغ والحركة والدخل العام للفرد في الأعوام الأخيرة . إن العرض والطلب للمناطق الترفيهية المفتوحة تتفاعل لتكون نمط من السياحة والترفيه في الهواء الطلق وهذا النمط يتواكب مع تأثيرات اقتصادية وبيئية واجتماعية مما ينتج عنها مشاكل وفرص تخطيطية وادارية .

ولذا جاء البحث بهدف التعرف على ماهية الترويح أو الاستجمام أو الترفيه وبحث مجال الترويح في الأماكن المكشوفة وماهية محدداته ووسائل قياسية وكيفية تحديد الطاقة الاستيعابية الترفيهية لينتج عن ذلك تخطيط إقليمي متكامل .