

NOISE MANAGEMENT PLAN FOR UNIT 7-10 STATION APPROACH, HITCHIN SG4 9UJ

DOC REF. NMP-01

JANUARY 2026

Introduction

This Noise Management Plan has been prepared to support the proposed indoor sport (gym) operations at 7-10 Station Approach, Hitchin.

It is intended for the gym to operate on a 24-hour basis as it has done for the last 10 years from the adjacent premises at Station Approach. During this 10-year period, only one noise complaint has ever been received and it is strongly believed that this noise issue related to another operator and not RAW Performance. The operator is committed to implementing a range of noise management measures to ensure that amenity of all surrounding residential occupiers will be unaffected by the gym operations.

Measures to Control Noise Emanating from the facility

Music Controls

Music shall be kept to a reasonable level at all times and should not be audible outside of the premises.

No amplified music at all shall be played between the hours of 20:00 and 08:00.

Sound Insulation Measures

All external doors to the premises will remain closed, except for typical access, during operations and shall not at any point be fixed open.

The walls will be clad with wood panelling with acoustic felt backing (specifications provided at Annex 1) which will be installed prior to first occupation and retained thereafter for as long as the premises is used as a gym.

The ceiling will be fully insulated with backed plasterboard (specifications provided at Annex 1) plus plaster which shall be installed prior to first occupation and retained thereafter for as long as the premises is used as a gym.

New noise dampening flooring shall be installed prior to first occupation of the premises as a gym and retained thereafter for the duration of gym operations.

Other Management Practices

No more than 20 persons shall attend the premises at any one time between the hours of 20:00 and 08:00.

ANNEX 1 – FIT OUT MATERIAL SPECIFICATIONS

Black acoustic slat wood wall panel 2400mm x 600mm

Sold & shipped by [WOOD PANEL CO LIMITED](#)



Product details

Product information

Easily installed to walls and ceilings, our premium acoustic slat panels are a simple but effective way to renovate your space. Choose from our range of real wood veneer panels, made with a recycled felt backing, to instantly modernise your room. By absorbing sounds, our panels help reduce reverberation whilst improving the sound quality of the room. All panels will have natural characteristics and slight colour variation.

- Guarantee - 1 year

Features and benefits

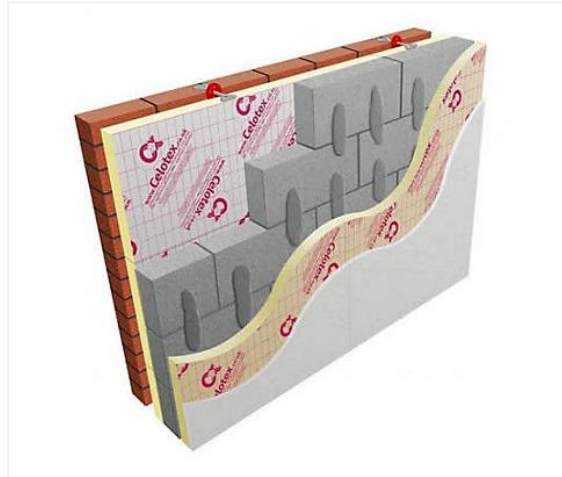
- Each panel measures 2400mm x 600mm. Which is standard UK wall height
- Made with a natural real wood veneer
- Created with an acoustic felt backing to absorb sound
- Simple to install with an installation guide included
- Free Delivery
- Each panel weighs just 12kg

Specifications

Product thickness	21mm
Product weight	12000g
Product code	7685746354777

EcoTherm Eco-Liner Insulated Plasterboard 2400mm x 1200mm – Celotex Equivalent

Sold & shipped by [Materials Market](#)



Product details

Product information

37.5mm EcoTherm Eco-Liner is a 2-in-1 insulated plasterboard. 25mm PIR insulation is bonded to 12.5mm plasterboard to help reduce heat loss and dryline a wall or ceiling.

**Boards could be supplied in Unilin/Celotex/Mayplas Speedline/Tekwarm/Mannok depending on availability at point of order. All equivalent brands are of the same specification and price.

- Guarantee - 2 years
- Zero global warming potential
- Zero ozone depletion potential

EcoTherm Eco-Liner Specifications

EcoTherm Eco-Liner features a high-performance PIR (polyisocyanurate) fibre-free insulation core, bonded to a 12.5mm tapered edge gypsum plasterboard. The ivory-faced plasterboard ensures a smooth, flat finish, ready for either a skim coat or seamless drywall jointing as per manufacturer recommendations.

With an impressive thermal conductivity value of 0.022 W/mK, the EcoTherm Eco-Liner significantly improves the thermal efficiency of existing walls. Its quick response to heating systems offers a cost-effective way to reduce CO2 emissions, helping to meet Building Regulations requirements.

Key specifications include:

- Zero Ozone Depletion Potential (ODP) and low Global Warming Potential (GWP)
- Thermal conductivity: 0.022 W/mK
- Suitable for direct bonding ('dot and dab') or mechanically fixed installations
- Includes an integral vapour control layer
- Combines insulation and drylining in one product
- BBA certified for quality assurance - Compressive strength: 140kPa
- Fire performance: Class 0, as defined by Building Regulations

Certifications for EcoTherm Eco-Liner

EcoTherm Eco-Liner meets multiple industry standards, ensuring reliability and compliance:

- BBA Approved PIR foam, produced in accordance with BS EN 13165: 2008
- Gypsum plasterboard meets BS EN 520: 2004
- Fire safety: Plasterboard component is classified as Class 0 or low risk, in line with BS 476-6: 1989 and BS 476-7: 1997
- Green Guide Rating: A+
- Endorsed by the Energy Saving Trust for its energy-efficient performance