

BAKU-RECREATION, SPORT AND HEALTH

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Abstract. The article discusses the concepts of development of recreation areas and sports facilities, which are among the most important factors in creating a sustainable structure of the city of Baku in the future. In the process of research, the issues of formation and development of sports facilities and recreation zones with landscape green solution surrounding it are investigated in Baku and world urban planning practice. At the same time, methods of approaching this issue are considered in the scientific works of various scientists. Important points that need to be included in the concept for the development of recreation areas and sports facilities in the city of Baku have been identified. For the sustainable development of the city, modern functional zones have been identified, which should be included in the functional zoning scheme of these architectural objects. As a result, recreation zones and sports facilities are important in organizing the ecological, socio-economic and cultural environment of the city. At the same time, the effective organization of leisure activities for people with different health conditions should become one of the main goals in developing the concept for the design and development of these facilities.

Key words: Baku, sports facilities, recreation areas, large cities, health

BAKİ-REKREASIYA, İDMAN QURĞULARI VƏ SAĞLAMLIQ

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Xülasə. Bakı şəhərinin gələcəkdə dayanıqlı struktura malik olmağında ən əhəmiyyətli amillər sırasında olan rekreasiya zonaları və idman qurğularının inkişaf konsepsiyaları məqalədə nəzərdən keçirilir. Tədqiqat prosesində Bakı və dünya şəhərsalma təcrübəsində idman qurğuları, onu əhatə edən landşaft yaşıllıq həllinə malik rekreasiya zonalarının formalaşma və inkişaf məsələləri araşdırılır. Eyni zamanda bu məsələyə müxtəlif alimlərin elmi əsərlərində yanaşma metodları nəzərdən keçirilir. Bakı şəhərindəki rekreasiya zonaları və idman qurğularının inkişaf konsepsiyasına daxil edilməli vacib məqamlar təyin edilmişdir. Şəhərin dayanıqlı inkişafı üçün bu memarlıq obyektlərinin funksional zonalaşma sxeminə daxil edilməli olan müasir funksional zonalar müəyyən edilib. Belə bir nəticəyə gəlirik, şəhəri ekoloji, sosial-iqtisadi və mədəni mühitin təşkilində rekreasiya zonaları və idman qurğuları vacib əhəmiyyət daşıyır. Eyni zamanda, bu obyektlərin layihələndirmə və inkişaf konsepsiyasının təklifi prosesinə müxtəlif sağlamlıq imkanlarına malik insanların asudə vaxtının səmərəli təşkili əsas hədəflərdən olmalıdır.

Açar sözlər: Bakı, idman qurğuları, rekreasiya zonaları, iri şəhərlər, sağlamlıq

Introduction. In order for the constantly developing and changing city of Baku to have a sustainable structure, various action plans are being prepared and implemented. Recreation areas and sports facilities bear a great responsibility in this process. Both recreation areas and sports facilities are an important factor in the effective use of the population's leisure time and increasing the level of healthy lifestyle. For this reason, it would be a positive step to design recreation areas and sports facilities as a single object of sustainable development of the city from all sides.

Currently, large recreational areas are being put into operation around the sports facilities built in Baku over the past ten years (for example, the Baku Olympic Stadium (2015)) (Fig. 1), or sports facilities are being added to the planning solution of existing recreational areas. As a successful example, we can mention such sports facilities as the Baku "Aquatic Palace" (2015) (Fig. 2), the Baku European Games Park (2015), etc., built over the past ten years on the territory of the National Seaside

Boulevard. These areas are becoming more functional and useful due to the presence of surrounding residential areas and highways.



Figure 1. Baku Olympic Stadium (Photo-fins.az)

The analysis of sports facilities only in terms of morphotypography or indicators is a narrow study. Modern sports facilities, in addition to having a certain architectural solution, also form a modern urban structure, so in the process of improving the master plan architects should propose specific sustainable development solutions for these facilities (Çalışkan, Bahadır, 2023).

Along with the numerous tourists who come to the city due to the development of tourism, the city's population also pays special attention to the tandem of recreation areas and sports facilities, which allow them to escape from routine life (Ceyhun, 2008).

As already mentioned, in modern times, sports facilities have a serious impact on the number of tourists coming to the city. At the same time, sports as a type of tourism forms a broad direction. With the correct organization of this direction, it is possible to develop sports tourism in some areas of large cities. We can see confirmation of this idea in various scientific works. "Sporting events are one of the fastest growing sectors of the global tourism industry, it is important to develop sports tourism" (Çetin, 2023).

The main organizing factors of recreation areas are landscape solution (green cover, composition of water basins, etc.) and sports zones. If these factors are present, sustainable recreation zones and a sustainable urban structure that is strengthened as a result of this process are formed. Areas with green cover, but not formed as recreation zones, and recreation zones (parks) have the main common feature is their positive effect on human health, or rather, the amount of toxic fumes concentrated in the air layer of cities is normalized due to the oxygen produced by the vegetation of these zones. The combination of green cover, recreational areas and sports facilities has a positive effect on people's physical and mental health.

Methods. The parallel development of recreation areas and sports facilities increases the sustainability potential of large cities in all directions. The main issue in this process is the design of recreation areas and sports facilities in accordance with both international standards and urban development norms.

In recreation zones, the composition of the territory, the dimensions of the territory, the type of sports activities vary according to the following:

- Number of population served,
- Features of the residential area,
- Natural features such as relief, land capacity, vegetation,
- Climatic conditions (Ersoy red., Barlas, 2016)



Figure2 . Baku. “Aquatic palace” (Photo-www.mys.gov.az)

Scientists dealing with the classification of sports facilities mainly divide the activity of these facilities into two directions:

- Sports facilities aimed at improving sports at the country level and preparing for various competitions.
- Physical education and treatment facilities aimed at protecting the health of the population (Zolotov at all, 2004 and Stepanova, 2003).

If we look at the planning solution process of sports facilities in the experience of other countries, we will see the ranking of the main requirements in this form:

- If the sports facility is intended for only one sport, it must be located in an area with a high development potential for that sport.
- Factors of use and number of spectators (capacity) should be taken into account in the process of designing devices, determining their capabilities and programming.
- Spectator seats cannot be placed in training facilities.
- International norms should be applied at the points where international and national competitions are held. Sports facilities of this type should be planned in a multi-purpose way.
- Durability, easy maintenance and easy cleaning, less staff work are the main factors in the facilities to be built.
- Open sports fields for football, basketball, volleyball and handball should be designed in each residential area.
- It is important to build a sports hall in every district with a population of more than 1,000 people.
- Large sports complexes can be located far from residential areas, but multi-functional sports facilities should be built in the area between people's work and home (Ersoy, 2015).

For sustainable development, it is very important to organize recreation zones and sports facilities in the form of a whole urban structure. In this process, the main issues to be taken into consideration are the city's climate, soil structure, age groups of the city's population, the distance between the sports facility and residential areas, the state of the transport structure, and the direction of the city's development before starting the design and operation of the facility.

At the same time, the city's adopted development concept for the coming years must be taken into account. Both the sports facilities and the recreational areas that complement it should be designed outside the areas where various types of waste are present.

Modern approach. Currently, it is possible to observe that the atmosphere is polluted in different ways in the big cities of the world. In cities with a high degree of radiation pollution, swimming pools, especially water aerobics, gymnastics, outdoor games, etc. proven beneficial for the population of cities exposed to radiation pollution. The depth of pools, which should be designed with a horizontal bottom, should be 1.1 - 1.2 m, and the water should be drained to a depth of 70 - 80 cm

[4, p. 40]. One of the requirements for the faster development of sports facilities is the presence of a flexible response to the ever-changing needs of the population (Kosogorov, 2016).

In recent years, environmental awareness, sustainability concepts, unique project proposals have a serious impact on the design of sports facilities, especially stadiums. As a result, multi-functional, technologically superior sports facilities that can adapt to the environment are put into operation (Selo, Erdönmez, 2018).

The planning structure and facade solution of the sports facilities built in Baku constantly update the image of the largest city of Azerbaijan. Most of these sports facilities are designed in recreational areas. As a result, the urban population benefits from the comfortable environment created by the tandem of recreation areas and sports facilities.

We can classify these sports facilities in two categories. In the first category, let's classify the sports facilities built in Baku in the years 1950-1990, and in the second category, 1990-2020.

First, let's consider the sports facilities built and put into use in Baku in 1950-1990:

T. Bahramov Republican Stadium-1951, Baku Sports Palace-1974, Republican Velotrack-1980, Republican Olympic Center-1982, Heydar Aliyev Sports Concert Complex-1976 year.

The sports facilities built and put into use in Baku in 1990-2020 are as follows:

Baku Olympic Sports Complex-2000, Paralympic Sports Complex-2008, Baku Tennis Academy-2009, "Sarhadchi" Sports Center-2009, Baku Olympic Stadium-2015, Baku Crystal Hall-2012, National Gymnastics Arena-2014, Baku Shooting Center-2015, Baku "Aquatic Palace"-2015, Baku European Games Park-2015, Velopark-2015 year.

One of the main factors of the stability of the ecosystem of large cities is recreation zones, and it is important to emphasize the importance of designing sports facilities and recreation zones in the development concept of residential areas (Mustafayeva, 2023).

In large cities, special attention should be paid to the organization of the process of access of physically disabled people to existing sports facilities (Dawn, 2023). Suburban and urban residents with different physical abilities may face different difficulties when they want to come to these facilities. This can be caused by several factors:

- Due to the fact that the sports facilities are mainly located in the center of the city, the surrounding traffic density;
- Not fully organizing the process of using public transport for physically disabled people;
- Tariff set by special vehicles for long distances.

Results. In addition to all the mentioned factors, we can mention the main factors to be considered in the design process for the sustainable development of recreation areas and sports facilities.

- Effective organization of the ecological environment around the facility is an important point. For example, the cooling, heating, and lighting systems of the facility should be activated with the support of solar panels. The process of collecting rainwater, which is relevant in modern times, and using it for irrigation should be implemented.

- Sports facilities and recreation areas are currently of great importance in the assessment of the city's tourism potential. The organization of this process, which is one of the factors of strengthening the socio-economic position of the city.

- Organization of the surrounding transport structure of the recreation zone taking into account the potential of visiting the sports facility.

- The recreation zone where the facility is located must have infrastructure that meets standards and can be flexibly modernized.

- In addition to the sports facility, the plan structure of the recreation zone should ensure the comfortable movement of people with physical disabilities.

- If the planning solution of a sports facility requires it due to its size, auxiliary functional zones, such as a press center, should be included.

- The architectural appearance of the sports facility should be adapted to the environment of the area in which it is located and be designed with elements in the national architectural style.

- Provision of reserve functional zones should be considered to ensure safety in mass sports competitions.

Discussion. If a sports facility designed in recreational zones is built on an area with an already formed, landscaped solution, it increases the potential for expanding the surrounding green cover. At the same time, it encourages people living in nearby areas to walk more.

If the area where the sports facility is located is in a medium or small city, the architectural solution of the facility can be a symbol of the city's image. Sports facilities with mobile architectural-planning solutions suitable for organizing various social activities on calendar days when there are no sports events also optimize the process of land use in the city.

In the following years, the demand for recreational areas with rich vegetation and green areas will increase significantly. If the Baku agglomeration continues the positive trend in the design and operation of recreation zones and sports facilities in this form, the city's sustainable development process will always be active.

The existing sports facilities in the coastal recreation areas of Baku play an important role in the development of the city. The organization of functional zones around sports facilities, such as bicycle lanes, sports equipment, etc., has a positive impact on the organization of the population's leisure time.

The existence of such functional zones provides social activities in a common environment for people of different ages and health categories.

At the same time, the organization of sports facilities in recreational zones in the coastal area has a positive impact on the landscape design of the coastal area. This, in turn, supports the organization of the microclimate, air filtration and temperature regulation.

The natural landscape surrounding the facility is enriched by the existing sea view, which has a positive effect on people's physical and mental health.

The design and organization of public catering facilities around the facility, while adhering to environmental standards, enhances the value of that area of the city from various aspects.

Recreation zones of large cities in all countries of the world and the tandem of existing sports facilities in their functional organization have a significant positive effect on both city planning, compositional solutions, and the health of the city population. Partially applying the existing planning scheme for sports facilities in the recreation zones of large cities of Azerbaijan to the design process of sports facilities in small cities is considered a positive step. At the same time, adapting the surroundings of existing sports facilities built relatively far from recreation zones to the concept of recreation areas with different functional zones will have a positive effect on the future development of cities.

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