

SBCA
Health & Fitness Committee Meeting Minutes
March 3, 2022

1. Call to Order 0930 hrs.
2. Determination of a Quorum - all present
3. Approval of the Agenda- Motion Dean/Barb. Carried
4. Approval of meeting minutes -Motion Barb/Dean. Carried
5. Captain's Reports:
 - a. Aerobic Room - Dean reported that everything is ok.
 - b. Weight Room - Dean reported that he took care of some rust on equipment and put some silicone on cables. Lighting issue has been fixed.
 - c. Floor Exercise -
 - d. Pool - Barb reported that there was a complaint about supposedly unvaxed kids in pool during open swim. Barb handled it. Bill cited the Jefferson County Health Officer who said "Risk transmission while in pool water is negligible." She also informed some boombox aqua aerobic users that the installation of a TV was not intended to take away from what they were doing.
 - d. Fitness Classes- John reported that until we get the liability insurance question solved for fitness instructors there will be little, if any, fitness class activity. A long discussion ensued during the course of the meeting about liability insurance for instructors and volunteers. LMC and other fitness facilities carry on a wide range of activities so there has to be a solution to this. CAU is the carrier, and they need to be asked about a wider liability umbrella. Alternatively, another insurance company needs to be consulted or the contract re-bid.

Gil Skinner commented that efforts are being made with LMC about cooperating on some things and this may be one of them.
 - e. Locker Rooms - Barb reported that replacement of shower heads is very nice.
 - f. Courts - Maureen reported that tennis season officially opens on May 4 at 10:00 a.m. She is contacting excavation companies for bids on graveling court parking lot.
 - g. Outdoor Activities - no report

h. Other? Nothing.

6. Old Business

- a. H & F “Communique” – Bill thanked those who contribute ideas. There was discussion about featuring the facilities and equipment that we have available to the membership along with other ideas.
- b. Pool TV / video – Do not know budget status yet.
- c. Stretching area mirror – on backorder.
- d. “Racquet Club” initiatives – May 4 court officially opens for spring.

7. New Business

- a. “Orientation” March 24 – H&F will have four people available: Dean, John, Barb (pool) and one other in each area.
 - b. H & F “budget” priorities – It was determined that priorities should be 1) TV in pool area and 2) marking tennis courts for pickleball, all with a known price. Other items mentioned will fall into a longer-range review and prioritization
 - c. Equipment usage classes – to be scheduled with Mark.
 - d. “Member classes” – fall prevention and other ideas were discussed.
8. Member comments – enough already.
9. It was agreed by consensus that Bill would take the following items to the board:
- 1. Insurance issues.
 - 2. TV and Pickleball budget priorities.
 - 3. Classes for members on health and fitness issues.
 - 4. Permission for sign-up sheet in fitness area for people wanting more information on health and fitness.

9. Adjournment – 1122 hrs.