

SBCA
Health & Fitness Committee Meeting Minutes
April 7, 2022

1. Call to Order 0930 hrs.
2. Determination of a Quorum – Present: Dean Rosenthal, Barb Sweet, John Sweet and Keith Paton.
3. Approval of the Agenda- Motion Dean/Barb. Carried
4. Approval of meeting minutes -Motion Dean/Barb. Carried
5. Captain's Reports:
 - a. Aerobic Room – Dean reported there is a squeaky elliptical. A study needs to be done on repair or replacement.
 - b. Weight Room – Dean had nothing to report.
 - c. Stretching area – Barb noted the installation of the mirror which received an astounding round of applause.
 - d. Pool – Barb mentioned that signs need to be consistent. Mark said we need to just go with the state required signs for now. A swimmer raised a concern that some people are not showering, as required by state law, before entering the pool. There was some discussion about additional signage but no consensus on what should be done, if anything.
 - d. Fitness Classes- John reported that there is a good array of classes up and running.
 - e. Locker Rooms – Nothing to report.
 - f. Courts – striping for pickleball, temporary nets and gravel being proposed for FY23 budget.
- 6. Old Business**
 - a. Sign up sheets for Communication with Fitness members – we are getting some responses.
 - b. Insurance for instructors
 - b. Stretching mirror status – installed.
 - c. Tennis/Pickleball Court gravel and striping – being proposed in FY23 budget.
 - d. Michael Haberpointer Orientation – 17 signed up so far for April 15 presentation. It would be good to have some healthy snacks.
 - e. Fall Prevention seminar set for May 19. It was suggested that LMC be invited.
 - d. Communique -John reported the April issue has been sent to Lisa Bainter ready for publication. There was discussion on topics for the May issue and determined by consensus the topic would focus on heart health and the importance of getting into one's target heart rate zone. There may be follow up on the Fall Prevention seminar. Future topics could focus on the use of each area: cardio, stretching, weight room. It was mentioned later in the meeting about kids using the equipment and making an announcement in the Communique.
 - d. Courts – striping for pickleball, temporary nets and gravel is being proposed for the FY23 budget.

- e. Status of pool/tv monitor – Being proposed in FY23 budget. Remote control would be checked out from front desk. TV would be used for streaming aqua aerobics classes. Is DVD component needed?

7. New Business

- a. Discretionary yearly budget for H & F – when considering purchases initial cost v long term maintenance costs need to be considered. Committee should study style and quality of equipment to update the reserve. Equipment should be commercial grade and consideration needs to be given as what level of bells and whistles are needed. \$1500 being proposed to pay for speakers. It was later suggested that \$500 be budgeted for smaller items that come up during the budget year.
- b. Insurance for instructors - \$1500 being budgeted to reimburse instructors for classes that they offer members at no charge. Instructors that charge a fee are expected to have revenue to cover their own insurance.
- c. Approval of slant board – it would replace a balance wheel on the wall. Needs to go to facilities and board. make inventory of stretch area items and then determine what else is needed.
- d. Mitigation for reaching pull up bar in weight room – A plastic stacking block system was suggested that would measure 16x16x12. There may be similar options at Home Depot.
- e. Approval of adjustable platform for weight room –
- f. Safety signs for stretching area – relates to children using the area.
- g. Signage reminder for showers before entering pool – see pool report.

Other:

Sign Up sheets- copy and give to Mark to load into software program.

For next meeting, committee members are being asked to suggest a list of possible topics for the committee to consider for a speaker series.

Jefferson Healthcare may want to be volunteer speakers.

Keith and Dean will work together to recommend a new platform for the weight room so all members can easily reach the pull-up bar.

9. Adjourned at 1115 hrs. +/-