

Campus Recreation Advisory Committee Meeting

Tuesday, February 9, 2021
Hosted by: Suzann Hensley via Teams

MINUTES

Vice Chair Delayne Miller called the meeting to order by welcoming the committee members and explained that the purpose of the committee was to help communicate information about programs and services to others on campus and to let Suzann know if there are concerns or questions that need to be addressed.

In Attendance:

Maggie Tweel, Bruce Greene, Delayne Miller, Peggy Nettenstrom, Jerry Keeton, Donna Schrock, Jonathan Moldenhauer, McKinley Thomas, Courtney Fowler, Suzann Hensley, and Audrey Cody.

Vice Chair Miller asked for and received a motion and second to approve the minutes from the last meeting, and to approve the agenda for today's meeting. Vice Chair Miller then asked for nominations for a Chairperson. Jerry Keeton was nominated and all approved. She turned the meeting over to Chairperson Keeton, who asked Suzann Hensley to go over the agenda items.

AGENDA ITEM 1: GRATIS MEMBERSHIPS

Students were assessed a \$100 fee during the planning and construction of the new recreation center. Upon completion of the building, they will be given a gratis membership for the time that they paid. The following statement was read to the committee:

"In 2014 a referendum was passed by the TTU Student Government Association to begin collecting student fees for the purpose of building a new Student Recreation and Fitness Center. It was determined that a portion of a full-time student activity fee be earmarked for the construction of the facility. After completion of the Center, the fee would continue to be assessed of students, but its purpose would be to provide necessary monies for maintenance, operation, and debt retirement. Those who contributed from August 2014 until July 2020 when the facility opened, were given gratis time to compensate for having paid fees toward the cost of the facility when it was not open for use. The time clock on this gratis time began ticking as soon as the Fitness Center opened on July 6, 2020. All gratis time expires March 31, 2025."

Vice Chair Miller recommended that Suzann get with Communications and Marketing to publish this information for the students who may not know this is available.

AGENDA ITEM 2: SNOW DAY POLICY – SEVERE WEATHER POLICY

If classes are canceled, the center will close at 6 p.m. When the university delays opening (offices and staff) the building will open ONE HOUR prior. For CODE RED, the building will be open 10 a.m. – 3 p.m. Extreme conditions will necessitate a discussion on a complete shutdown. There needs to be a place for

students to come, but consideration has to be given to the safety of student staff who are expected to come in and work.

AGENDA ITEM 3: USAGE SINCE OPENING

The official opening of the new recreation center was July 6, 2020. From August 24-December 23, 2020 there were 62,680 visits by students and faculty/staff and alumni, to the building.

AGENDA ITEM 4: POOL

Since opening, there have been several issues with maintaining the chemical balance of the pool. It has been determined by the project manager, and the architects, that an addition of a 1000 lb Co2 tank be installed to enable the pool to operate more efficiently. This project should take no more than one or two months to complete.

The spa is still not operational. We have not been able to determine if the addition of the larger tank will correct this issue.

Question - Swimmers informed?

Answer: They have to have a lane reservation, so if the pool closes they will be informed by phone, as quickly as it happens.

AGENDA ITEM 5: SECURITY CAMERAS

There are currently no cameras installed in the facility. It is a priority to get them and we are happy to announce that phase 1 is about to be implemented with 24 cameras, Phase II will provide a total of 72 cameras in the building. Infrastructure is already in the building it is just a matter of installing the cameras.

AGENDA ITEM 6: SEARCH FOR A NIGHT SUPERVISOR:

Search for Night Supervisor continues and is a slow process. The position is being re-evaluated and will be re-advertised in the next week or so with the hope of being filled in a few weeks.

AGENDA ITEM 7: COVID PROTOCOLS

Current protocol includes no guests, no daily use lockers, no senior fitness classes, additional daily cleaning will be done on high traffic days.

AGENDA ITEM 8: WALKING OPTIONS:

Walking trails from parking lot ½ m 1/7th, 1.1 miles respectively – a map will be published that will show where the walking trails are. This will be published in Tech Times later on this month.

AGENDA ITEM 9: TRX TRAINING

TRX – Stands for Total Body Resistance Exercise. Plans are underway to provide training to individuals so that they can teach classes using the TRX machine located in the weight room. This is a popular piece of equipment used extensively by Crossfit gyms. Multiple exercises can be done in this equipment configuration. The training will begin virtually, and on-site training shortly thereafter. We hope to have this completed and active by end of spring semester.

AGENDA ITEM 10: DISC GOLF COURSE

Disc golf course improvements have been made – new launch pads, baskets, and has gone from 9 holes to a 12-hole course. University Grounds staff will add trees, to enhance the course esthetics and provide a challenge. Completion date is by the end of spring break. Hope to add tournaments after completion of improvements.

AGENDA ITEM 11: SUMMER CAMPS

All signs point to not having summer cheerleading and dance camps again this year. Housing and Dining services would not be able to accommodate heavy traffic as in the past due to COVID restrictions.

AGENDA ITEM 11: VIDEO FOR ACCESSIBLE EDUCATION and THE 'BURN'

We are in discussion with Disability Services to create a video showcasing the fitness studio on the 2nd floor which has ADA compliant machines. Anyone who is confined to a wheelchair will be able to use the equipment simply by turning a knob to open up the access. Plans are underway to rename the studio something other than: "Quiet Space".

We are also talking with Steven Keller in Admissions who is willing to co-sponsor the cost to create a video that can be used by Admissions, as well at other departments on campus as a recruiting tool.

AGENDA ITEM 12: AREA REPORTS

Please see attachments for:
Health Promotion Programs
Outdoor Program/Climbing Wall
Intramural Sports

The Floor was opened to Questions

Question: Students have expressed an interest in having a Nutritionist on campus.

Answer: The Coordinator for Health Promotion Programs, Garrett Lucas is preparing to be certified to provide that service through the National Association of Sports Medicine – Certified Nutrition Coach. This is the premier organization for this type of certification. This service will be available to students, faculty/staff and alumni in house.

Question – Can students who have been accepted to Tennessee Tech University come to the new recreation center for a tour?

Answer: Absolutely. Any student will who be attending the university can come by and we will give them a tour and answer any questions they have.

Courtney requested Outdoor Program Brochures – Those will be sent directly to her. Anyone else can get copies by emailing ttufit@tntech.edu

There were no other Questions or Comments-

A motion was made to adjourn, motion seconded. Meeting was adjourned.

Attachments:

Reports

- Intramural Sports
- Outdoor Program/Climbing Wall
- Health Promotion Programs

Walking Map

Intramural Report 2020-2021

Fall Semester:

Sports: Softball, Sand and Indoor Volleyball, Badminton, Table tennis, pickleball, video game tournaments

Around 300 Teams across all sports around 1500 Unique Participants

Covid Modifications: Increased cleaning, decreased shared equipment, facial coverings and distancing, spaced out games to give more time for larger groups to leave the area before the next group arrived

Overall a successful fall semester. Students were excited to start playing again. Most negative feedback surrounded the sports we could safely offer vs. what we would normally offer. Based on that feedback, we will be offering some of those this semester.

Spring Semester:

Sports offered: 2v2 Basketball, Table Tennis, Racquetball, 4v4 Flag Football, Small sided soccer, E-sports.

We will be offering three new sports. First is archery tag which is similar to dodgeball with bows and arrows. Another new sport is Grass Golf. It is played with a special ball and club. It is a combination of golf and croquette. We will also be offering a team climbing competition utilizing the climbing wall.

Covid: Reduced the number of players on a team, offering mostly outdoor sports, and everything else is carrying over from fall semester.

January Numbers

Average Climbers Per Day 40

Climbing Wall Spring Schedule

Easter Egg Wall Hunt Monday, April 5th

Climbing Competition Sunday, April 11th (Closed for Setting April 6th-10th)

Spring 2021 Eagles Outdoors Schedule

Jan 23rd 8am-11am Cruising for Coffee Bike Ride

Come along with Eagles Outdoors for a fun bike ride, along with a stop at Red Oak Roasters to enjoy coffee and pastries. We will be riding along a 4 mile paved trail through Cookeville; the trail follows the railroad ending in Algood. After getting coffee and pastries, we will retrace our steps making it an 8 mile ride round trip. Participants may use their own bike or borrow a "cruiser" bike from Eagles Outdoors.

February 13th 10am-2pm Winter Wonders Waterfall Walk

Join Eagles Outdoors for a Winter Wonders Waterfall Walk. Meeting at the trailhead, we will be able to enjoy a short winter hike that will include the beauty of a winter waterfall.

February 28th 10am-3pm Black Mountain Climbing

Eagles Outdoors will lead a guided climbing trip at the recently revitalized historic climbing area at Black Mountain in Cumberland Trail State Park. If you have never climbed outdoors, this is a great way to start. All of the required climbing equipment will be provided including climbing shoes. Participants will need to meet at the climbing area.

March 6th 10am-3pm Local Crag Climbing Day

Did you know there is outdoor rock climbing in the Cookeville area? Sign up to join Eagles Outdoors for a guided climbing trip at a local climbing area. This trip is suited for beginners and experts alike. All of the required climbing equipment will be provided including climbing shoes. Participants will need to meet at the climbing area.

April 10th 10am-3pm City Lake/Falling Waters River Kayak Trip

Come kayaking with Eagles Outdoors on City Lake. City Lake is the dammed Falling Waters river, which makes for a narrow and interesting kayak trip. Sign up if you want to enjoy

the water, without having to bring any of your own equipment. Participants will meet at the City Lake parking area.

April 17th 10am-2pm Intro to Paddleboarding

Interested in learning to stand up paddleboard also known as SUP. Eagles Outdoors will be providing an introductory course that will teach the basics of SUP, including how to stand, paddle, turn and more! All equipment will be provided.

April 24th 10am-3pm Meadow Creek Lake Canoe Trip

Meadow Creek Lake is a beautiful new park in Monterey, TN. Join Eagles Outdoors as we canoe the narrow lake and enjoy the lakeside trees, sandstone cliffs and wildlife. Participants will meet at Meadow Lake and all equipment will be provided.

COVID-19 Protocol

At the climbing wall we require masks at all times; however due to the nature of climbing it is not uncommon for climbers to lower their masks. This semester I have been reiterating to my student employees that masks must be worn at all times, no exceptions. At the end of each day we spray down the bouldering wall with a cleaning solution. Due to the enormous size and logistical complexity we do not spray down the entire climbing wall.

Health Promotions Spring 21 Report

Fitness Classes

Number of participants accurate as of 2/3/21

Tone and Burn 24, Spin 57, Aqua 62, Yoga 10

Seven classes are offered throughout the week for students to choose from. A variety of low impact classes (aqua dance and yoga) and high intensity classes (tone and burn and spin) give students a nice variety to choose from. More classes will be offered later in the semester. A free outdoor class on the basketball court will make it's return when the weather is warmer, and possibly our first TRX class.

Instructors and participants have been more than willing to comply with our COVID health and safety protocols. No equipment is shared. Equipment is sanitized immediately after class.

Masks and distancing are enforced.

Other programs possibly returning in the spring

Massage Therapy

I have a meeting this week with our LMT to discuss her return to Tech.

Escape Room

We now have a Work Study student who will be our 'Game Master.' He and I are discussing a plan to open the room SAFELY. The game has many parts and pieces that are touched throughout the course of the game, making it difficult to keep everything sanitized. If we believe we can operate this safely, we will look into opening the room this semester for small groups to reserve.

Swim Lessons and Kids Programs are still on pause due to COVID



■ =.5 Miles ■ =.7 Miles ■ = 1.1 Miles

Tech Family,

Why not take advantage of our 'awesome' spring days and get your walk in around campus. There are not a lot of freebies in life but Mother Nature will soon be passing out a lot of free vitamin D. Campus Rec has measured 3 safe walking routes that allow you to get your steps in while enjoying the fresh air and the beauty of our campus as the leaves begin to reappear and bloom. All 3 routes are relatively well lit for your safety. However, as we 'spring forward' on March 14th, we do recommend that you wear bright and/or reflective clothing as an additional measure of safety.

All routes begin and end at the 'Burn' circle drive stop sign on Wings Up Way.

Take that mask off and enjoy the fresh air,

Campus Rec