

Campus Recreation Advisory Committee

Minutes from Wednesday, May 21, 2014 meeting at 7:02pm-8:15am

Health and Wellness Center – HWC Mezzanine

Members in attendance: Allison Cook, Brady Blatchley, Nathan Tew, Rusty Brassine, Shelby Green, Rob Troyer and Rip Horsey. Members not in attendance: Ben Prah and Melissa Ineck

A brief ice breaker was held describing the most influential individual in sports, recreation or leisure in your life.

A motion to approve the May 15, 2014 minutes was brought to the committee by Allison; a second from Shelby, approved by vote of 6-0-0.

Jermaine Streeter, WOU student, was introduced to the committee for discussion regarding the use of weight lifting chains in the HWC. He discussed his previous experience in the military and the respectful aspects of gym etiquette regarding educating others to not throw weight down or grunting. He explained that by using weight lifting chains a lifter would be able to reduce their weight limit amount to reap the rewards of the constant pressure on the muscles/muscle groups. Jermaine did bring up that he did not feel as comfortable using bands since they pull the weight directional down they may present a safety issue if a lifter is trying to bailout of the lift. Jermaine stated he was not interested in Power or Olympic lifting, but wanted to improve utilizing the weight lifting chains. Jermaine indicated he was willing to donate his weight lifting chains so other individuals would be able to use them as a check-out item at the HWC. He asked the committee what their thoughts were and was given that they may need some more information or video demonstration to see what exactly was involved. Jermaine said he would provide a demonstration with the weight chains he had brought with him. The committee agreed to see a demonstration. Jermaine walked the committee through the entire process of adding weight lifting chains and how they benefit a lifter. After the demonstration the committee reconvened to discuss the aspects of the weight lifting chains. Rusty indicated that the difficulties he sees were noise, intimidation and attitude of individuals using the chains may create. Rusty also brought up how to control non-lifters if chains were able to be checked-out, there may not be the same control level from others that Jermaine displayed. Allison stated that the Head Strength and Conditioning Coach does not use weight lifting chains in the Athletic weight room. Brady brought up that the HWC staff already does make a number of corrections to individuals using weights and that this could just be another item to watch over and perhaps there could be just a time for usage. Nathan also brought up the point of having a time for weight chains to be used. Shelby asked if there could be regulations on usage if the weight lifting chains were available as a check-out item. Rip discussed that providing weight chains would require all HWC staff to educate themselves on the proper usage, safety aspects and understanding of how to teach individuals how to use them, which may take time and does not follow the trend in recreation facilities on other universities. Rip also discussed the issue of time limitations possibly causing undue hardship on individuals trying to work their schedules around the set times. Rip lastly brought up that there was not a full proof way of ensuring the weight chains were only used by the individuals who knew how to use them. Rob brought up that there really was no guarantee that the individuals who used the weight chains would be as conscientious as Jermaine. Nathan did ask Jermaine earlier if he was going to be an athlete this upcoming year and Jermaine did indicate that he has completed his required course to be eligible to participate in football and basketball, which means he would be allowed into the Athletic weight room in early August. The committee felt that this was difficult and to change the focus of the HWC from the general student user to a selective group/individual of advanced lifter(s) may be the wrong message. A motion was made by Shelby to "Approve the use of weight chains in the HWC" it was seconded by Allison, motion denied 1-3-2.

A brief discussion occurred about the introduction of adaptive climbing program, youth climbing classes, campus wellness initiatives and future fitness coach program. The committee felt we were headed in the right direction.

The HWC membership rates for 2014-2015 were presented by IFC for \$101 per fall, winter and spring term and \$77 for summer term. Information regarding the proposed Plus One students, Extended

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Students and Faculty/Staff fees of \$96 per academic term and \$81 per term for summer was given. The committee determined the pricing was appropriate.

A review of the legal liability requirements Campus Recreation staff must review and follow when establishing policies and procedures. A review of the student compliance structure was discussed regarding initial verbal warnings, staff written documentation of incidents, in-person meeting with students and CRD Administration and then Student Conduct/Campus Public Safety if individual continually ignores the policies of the facilities. The committee expressed the possibility of too much leniency is being given to repeat offenders, but was not opposed to the process. They did suggest developing a tracking tool to limit multiple verbal corrections from different staff to expedite the process of in-person meetings.

At 7:58am Nathan had to excuse himself to go to class; quorum was still established.

A brief review was given regarding the scheduling and usage of the Turf Field. Usage pattern shows that Club Sports and Athletics are the top two users of the complex. Ben Prah, Assistant Director of Campus Recreation visits with each entity prior to the terms to ensure Club Sport, Intramurals, Physical Education, Athletics all can fit into the terms field's availability. The committee did not feel there was any issue or problem with this process.

A question was asked if anyone had any issue or heard of any issue regarding the policies of the Health and Wellness Center that needed to be discussed. No one on the committee had any questions or concerns.

No last minute items were discussed

A motion was brought to adjourn the meeting at 8:15am by Allison; a second by Shelby, approved by a vote of 5-0-0.

CRD Advisory Committee

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