

10. **OLD BUSINESS**

- c. Recreation Center Updates and Request for Policy Direction
 - ii. Policy Updates
 - 1. Staff recommendation to update Weight Room use policy

MEMORANDUM

DATE: September 25, 2008
TO: Judie Zimomra, City Manger
FROM: Chris Deal, Recreation Director
SUBJECT: Recommended Policy Change at the Recreation Center

Research and requests

As seen in many Recreation Centers through out the county, middle school age patrons are allowed to use the weight room with a parent or adult guardian supervision. With childhood obesity as a top concern for the National Parks and Recreation Association, as well as many other organizations, allowing this age group to utilize the weight room would enhance the family wellness services currently being provided at the Center. Several parents have requested that their middle school child be allowed to use the weight room along with them, and with the number of middle school age After School Program registrations growing (currently up to 18), the weight room would be a very positive program addition.

Current policy and recommendation

The current policy states that the weight room is available to everyone 14 years of age and older. As recommended by staff, and approved by the Parks and Recreation Committee, patrons age 12 and 13 would be allowed to use the weight room with a parent, adult guardian or After School Counselor supervision. The following conditions were added by the Parks and Recreation Committee:

- The After School participants must have a parent or legal guardian signature on a waiver before using the weight room.
- The After School Counselor must be a “trained instructor” in order to provide the correct use of the weight room equipment.
- Staff would limit the number of After School participants in the weight room at one time, in order to provide appropriate supervision and direction.

If the policy is approved

If the proposed policy is adopted, Recreation Center staff would provide information to all patrons of the Recreation Center of this policy change, and further provide training of After School staff before starting this program.

September 26, 2008

To: Sanibel City Council

From: Armand Ball, Chair, Parks and Recreation Advisory Committee

Re: Request for Change in Age for Use of Sanibel Recreation Center Fitness Center

At the September 25, 2008 meeting of the City's Park and Recreation Advisory Committee, the Committee reviewed a request from Recreation Director Chris Deal for changing the age of youth using the Recreation Center's Fitness Center.

The Committee had an extensive discussion of the proposal with concerns about supervision, instruction, and times of use. The following is the recommendation of the Committee:

That 12-13 year olds be allowed to use the Recreation Center Fitness Center

(1. with an adult parent/guardian

and/or

(2. with an organized and limited-size group from the After School Program under a trained instructional counselor for a given period

with appropriate signed parental waivers and participant's acceptance of rules.

The Committee believes that this gives sufficient protection and guidelines to insure safety and participation based on this age group's developmental ability.