

**South Bay Community Association**  
**Health and Fitness Committee**  
**Draft Minutes 12/12/19**

Regular (Inaugural) meeting was called to order at 9:30 am

**Quorum present:** Chair-Dean Rosenthal, Mike Porter, Chris Dean, Barb Sweet, Mac McCulloch, Dave Jurca. Special Guest: Ray Sheldon  
Absent: Susan Shadrick

**New Business:**

Motion made to approve the SBCA Health and Fitness **Charter** by Dave Jurca, seconded by Mike Porter.  
Unanimous vote in favor.

Committee **membership list** to be recommended to SBCA Board for approval. Includes: Mac McCulloch  
Mike Porter- Vice Chairperson  
Chris Dean  
Barb Sweet  
John Robertson

**Budget Responsibilities:** The H&F Committee will have overlapping jurisdiction (partnership) with the Facilities Committee. Any fitness related expenditure will go through H&F then on to Facilities and/or Finance, then subsequently to the Board for approval.

**Personal Trainer Directory:** As to providing a list of area Personal Trainers to the SBCA membership, it was stipulated that the list was only for convenience of the membership and only used as a reference. This brought up the issue of **liability insurance (malpractice insurance)** of trainers, whether personal trainers or class trainers.

Apparently, this is a requirement now with SBCA. This issue needs to be addressed in a future meeting. We may be losing classes because of this.

**Captains:** To help assist General Manager to keep fitness areas clean, safe, orderly, in good repair, instruct equipment usage directions, act as a repository of members needs, ideas, input and feedback.

***Aerobic Room:*** Mike Porter

***Weight Room:*** Dean Rosenthal

***Floor Exercise/Stretch/Bands:*** Mac

McCulloch

***Pool:*** Barb Sweet

***Fitness Classes:*** Chris Dean

***Locker Rooms:*** Men Dean Rosenthal

Women Chris Dean

**Improve Level of Participation:** Future discussion; key issue.

**Professional Consultant:** All members expressed agreement that the H&F should have professional guidance, seminars and demonstrations related to fitness. ***Dr. Michael Haberpointner*** was recommended by Dean Rosenthal to help achieve these goals. Dean Rosenthal is tasked to approach Dr. Haberpointner to determine what a cost might be for his services.

Mark was approached by ***John Robertson*** who offered to become a committee member of H&F. Apparently John Robertson is a Sports Medicine Doctor.

**CPR and AED:** Committee recommend that all staff members be up to date on certification.

**Fitness Open House:** Idea presented to include entire Port Ludlow Community to introduce what fitness related activities are available and perhaps use as a seed for new activities (ex. Bicycling group, walking group).

**Marketing:** Internal and external in conjunction with the Communication Committee who is led by Board Director, ***Tom Sprandel***. All communications from H&F

should go through Director Sprandel, **tomsprandel@gmail.com**, which may include blast emails, surveys, mail, and nextdoor.com. The Voice articles need to be sent to Jenise Harper, **jharper@plvoice.org**. It was agreed that Voice articles would be submitted on a monthly basis and authored on a rotating basis by committee members. SBCA new software will have the ability to profile members as to fitness interests thus detailing communications to interested parties.

**Survey:** It was recommended to use periodic surveys on a regular basis to ascertain members fitness wants, needs, desires, evaluations of fitness equipment, instruction, classes, etc.. Information about member's supplemental Medicare insurance benefits like Silver Sneakers and Renew Active may be useful to possibly obtain help with fitness classes or even monetary help. Proper wording in a survey to acquire this information must maintain privacy; "Are you entitled to the Silver Sneaker's program or the Renew Active program?" Once data is gained, our General Manager can contact the appropriate agencies as to how they are willing to help us.

**Tour:** A tour was conducted to introduce and review the SBCA fitness venues, equipment, and organization. Pool rules were a bit confusing and will require some future investigation.

**Prioritize:** As a new committee, we are faced with many tasks. It is recommended by President Sheldon that H&F prioritize them. Next meeting: prioritize our tasks.

**Aerobic Room TV Sound:** Members were asked opinion via email about "Tunity". Mike Porter agreed to give it a try. Apparently it is a program geared for gyms and is used by many fitness chains. It is advertised to have low, or no cost???? This solution is one idea on how to handle conflict over rankling TV programs. Another conflict to be addressed by the committee in the near future is about room temperature.

**Pool:** Future consideration will be given to organizational hardware for the pool and pool accessories. Chris Dean and Barb Sweet will have input.

Another idea presented by email by John Robertson is that SBCA consider the addition of a Sauna. This will be a future agenda item.

**Old Business:** None

**Manager's Report:** None

**Comments:** None

**Next Meeting:** January 9, 2020

**Adjourned:** 11:30am