



## **Recreation Board Meeting Minutes**

November 14<sup>th</sup>, 2017 5:30pm

Rec Lobby Meeting Room

### **I. Call to Order**

5:31pm

Rafe - Calling the meeting to order.

### **II. Roll Call**

5:32pm

Rafe - Please make sure you sign in.

Rafe Kossak, Alek Joga, Tony Price, Ryan Coval, Lee Silbert, Patty McConnell, Betsy Sabala, Gabirel Ezcurra, Nan Lu, Nicole LaRocque, Emily Carroll, Diba Mani, Denise Adelsen, Pauline Olivas

### **III. Changes/Approval of Agenda Items**

5:32pm

Rafe - Any changes? We did remove the facility request. No changes.

Nan - Motion to accept the agenda.

Lee - Second.

Gabirel - Discussion.

Ryan - Call to Question.

Rafe - Acclamation.

### **IV. Reading & Approval of 11/07/2017 Minutes**

5:33pm

Rafe - Any changes?

Nicole - Yes, I have a change to the section about the Women's Self Defense class. We actually cannot provide a free BeFit pass to someone with mental illness, and the minutes indicate that we do.

Nan- Motion to approve the minutes with the suggested changes.

Diba - Second.

Gabirel - Discussion.

Alek - Call to Question.

Rafe - Acclamation.

V. **Public Forum (15 minutes)**

5:53pm

Rafe - Anything? No.

VI. **Old Business**

5:35pm

a **Women's Self Defense Class**

Nicole - I will introduce Denise Adelsen. This is a follow up on the email sent to Rafe about the Self Defense class offered by the Rec. We want Denise to have a chance to address some of the questions addressed at the last meeting.

Denise - I can start by fielding questions or giving background.

Rafe - I received an email suggesting self-defense classes be offered free of charge to women. We all are generally in favor of the idea. We'd like to know more about how the program runs and the impact of changing the fees to make it cheaper or free.

Alek - We also suggested bringing in a second instructor at the last meeting.

Rafe - Yes, we suggested bringing in a female instructor whose schedule isn't as tight.

Denise - I'll start with some history. Prior to when I took over the program from Nicole, we had a longstanding instructor who taught this class regularly as part of the martial arts program. When he retired, a conversation started with the Women's Resource Center about the content of the course. The most common scenario for an attack involves an acquaintance, not a stranger, so we wanted the class to address this specific scenario, not just the physical

techniques. In talking to our current instructor, Brian Scott, he mentioned that his class does address the common scenarios for attack. He teaches participants what to be vigilant of and what not to be concerned about to avoid paranoia, yet remain safe. He teaches women to respond with using thinking skills and avoidance of scenarios, and physical responses if necessary.

I also considered the RAD program, which focuses on the defensive responses, and the “out of the bushes” scenarios. That program spends less than 10% of the time focusing on being proactive and diffusing the scenario.

I spoke with someone about their elderly widowed mother. This woman was in her own home with someone she knew, when a visiting man gave her unwanted attention and approached her in a way that made her uncomfortable. She needed the skills to recognize the change in the climate while in her home.

In working with Amanda and Theresa, we arrived at this curriculum. Brian’s assistant Marissa, has been a champion fighter her whole life, and adds another voice to help more people connect with the content. Brian is a champion fighter himself, but he is very warm, welcoming, and understanding instructor. This summer the CU Women’s Basketball team (15 participants) did a teambuilding activity. It was very new to them, and we could see they were uncomfortable at first. Throughout the event, we could see the players getting closer and more comfortable. Brian’s schedule is opening up more, so he would like to teach more at CU.

Our first class was held last spring with 7 participants. Earlier this fall we offered another class which had 18 participants. Our November 12th session had 10 participants.

Our classes used to be \$45. Now they are \$15. We did offer a free class once before through the Residence Hall Association, but we only had 2 participants. People are more likely to attend if there is a small fee. This spring we will offer a single Sunday 4-hour class, and a 9-week course for 1 hour each week which will allow more time to dive deeper into the material.

Alek - That’s great that there’s both a male and female instructor.

Denise - Yes, and she’s part of the CU community. Brian has several other connections in the CU community to keep that legacy going.

Betsy - How has this been marketed?

Denise - It’s on our website (the main promo), flyers, and it’s being communicated during martial arts classes. We’ve also connected

curious individuals with Brian, so he can answer questions and settle some of those anxieties before class begins.

Lee - What are the capacities of the classes being offered this spring?

Denise – 25 participants each for both classes.

Lee - Can that increase?

Rafe - Could we offer more classes? I think this class sounds like it's well worth the money. I think offering more classes would be a higher priority than offering it for free. I think we could talk about waiving fees on a case by case basis.

Tony - I've had a lot of conversations regarding affordability and accessibility. We've talked about a gift or scholarship account for registration for personal training or access to Outdoor Program events that students could apply for.

Lee - How big is women's self defense overall?

Nicole - We have a strong program. The martial arts classes are usually 50/50 in terms of gender. When Denise came on board we were just starting the Sunday classes, and they've really filled up. The various classes ebb and flow in terms of students' preferences.

Diba - I love the scholarship idea. When I wanted to take the First Aid and CPR class I had the opportunity to take it for free as long as the class didn't fill completely. I think we should keep the barriers for this class low.

Tony - If we can pool resources with the Office of Victim Assistance and the Women's Resource Center that would help. We don't want to judge who can or can't afford it, but we want an educated plan to help those individuals with expense needs who maybe can't afford the fees.

Nicole - Do you think Denise should respond to the individual who contacted you?

Rafe - I will respond with this additional information and include Denise's contact information if she has further questions. Thank you so much, Denise.

Denise - Of course! I have a testimonial from personal training to share, too. A patron has improved their own agility, which has helped them in competitive dog agility events!

## VII. **New Business**

6:01pm

Rafe - Anything? No.

**VIII. Chair's Report**

6:01pm

Rafe - We will meet next on November 28<sup>th</sup> when we get back from break and we will be taking Rec Board pictures on that day. The meeting may be longer to accommodate photos. I will send a reminder.

**IX. Director's Report**

6:02pm

Tony - Kambiz Khalili resigned to take a new position at the University of Michigan. He was in communication with Student Affairs leadership so they could prepare for his departure and are doing some reorganizing to redefine student support. There are new clusters and themes on the new organizational chart. The goal was to make it broader instead of deeper, and more digestible by people within and outside the organization. We want to be more intentional, fluid, flexible, and efficient in our work. The lower left corner has Student Development and Support. Akira Bradley was Dean of Students and Assistant Vice Chancellor, and now she is Associate Vice Chancellor who will do more high-level strategic work. Christina Gonzales will open the Dean of Students position for a national search and will be filled soon.

The upper left corner is the student health and wellness cluster. The Rec is aligning with those with similar services. Jennifer McDuffy has been promoted to Assistant Vice Chancellor and is our direct report. I will meet with her next Tuesday about our plan to support students. She is co-leading a wellness initiative with someone from the Tri-Exec and Wardenburg. I am co-chairing a Physical Wellness taskforce with Alison Butler from Housing and Dining Nutrition. There are several facets of wellness we will touch. Our taskforce includes folks from Wardenburg, Housing and Dining, Residence Life and CSI. We want to evaluate how well we're serving students, whether there are duplicate services, and how we're getting the word out about our services. We want to create a road map to identify potential partners for the future. We will do a spring wellness fair partnering with some other groups. We used to partner with the Environmental Center, UMC, and Residence Life, but they have shifted to another cluster. Christina Gonzales will do a town hall on the re-org this Thursday. We want to talk about how to serve our current students and future

generations. We want to prepare for the unique student needs of the future generation. Dione is the Vice Chancellor for the lower left cluster. She was brought on to focus on diversity and inclusion.

Lee - It's interesting to see an all-female upper leadership for the first time. It's very impressive.

Tony - Yes, and we do indirectly report to the Provost, Russ Moore. We've seen a lot of women getting involved in higher leadership positions in Student Affairs. I'll continue to share more about this change. Also, Annie Mulvany isn't here, but our Rec Board table skirt is in. Her team is continuing to work on the health and hygiene campaign. They will be working on a gym etiquette campaigns also. We want to meet students where they are, but also encourage them to be polite.

Betsy - Is this more a concern of time or safety?

Tony - It's more about the time sharing equipment.

Lee - Is there a policy?

Tony - There's not a specific policy. We need to be prepared to support our student staff to enforce these policies, and we also want to educate users on the appropriate behavior. We're talking to students and looking at the approaches other universities have taken to determine a good approach.

Lee - We used to require an etiquette class for people to access certain parts of the gym.

Tony - Yes, we're thinking about how patrons learn that information.

Lee - The culture is certainly important here.

Tony - Definitely, we want to be inclusive and welcoming. We want to continue to use surveys and focus groups. Even Rec Board has diverse voices regarding the culture of this facility.

## **X. Executive Team Reports**

6:21pm

Patty - I have 2 things. First, I will bring the calendar of events to our next meeting. Second, weekend hours go into effect this weekend for Fall Break. We are closed next Thursday and Friday. Signs are up on the main entrance to the building. The gym will open at 7am over break instead of 9am which we approved last year. That's all I have.

Dan - We are still waiting for design documents for the pool. We hope to have everything ready for a December bid. We have had a few complaints, which I've responded to. Work probably won't start until January or February. We are still on track for re-opening in May, 2018. We will also be cleaning air ducts starting over winter break which will involve closing portions of the building, including locker rooms. Either dry or wet locker rooms will be closed at any given time, not both at the same time. We planned this to take place during the lowest use time of the year. If it doesn't finish during winter break, we will resume during spring or summer break. Also, staff broomball is planned for Tuesday, November 21st

Nicole - Rec Services and Athletics are partnering to offer an Inclusive Sports Summit which will align with the spring Diversity Summit. It will take place in both Rec and Athletics spaces. We applied for a grant to support program.

Tony - We do want to support diverse athletes in the Athletics programs and Sport Clubs, but we want a good cross section of campus groups.

Betsy - Does that include student diversity, such as international or multi-cultural athletes?

Tony - Yes, we're putting together a student panel to talk about their experiences regarding sports and diversity.

Betsy - I would love to help support this.

Nicole - As this becomes more concrete we will take you up on that. Next, there is a record high number of climbing gym passes sold this semester. That's especially surprising given the mild weather. Levi is installing two auto-belays which we are testing for the next 9 months. They're a big financial investment, so we want to ensure the add value.

Rafe - Those are awesome because they allow people to top-rope climb without a partner.

Nicole - We will definitely collect feedback. OP is also going to tweak their gym hours starting in the spring. They are going to close early on Monday nights to allow a more private dedicated space for Inclusive Rec (women rock, multi-cultural climb, LGBTQ and Allies and Bouldering Vets). This will also accommodate his staff trainings and route-setting. Those hours decreased will be replaced with an early morning opening on another day to see if we can justify being open in the early morning.

Rafe - Is the purpose of this to allow isolated groups to have time to themselves?

Nicole - Anyone with a BuffOne card can participate. For example, the LGBTQ and Allies swim event is open to anyone, but the Clare pool is specifically reserved for that event. The goal is to create a safe space for those communities and to educate others. Another example is the disability climb. We had vision-impaired climbers and fully abled climbers who participated together.

**XI. CUSG Report**

6:37pm

Betsy - I'm happy to be here and apologize for missing the last few weeks. I have had a conflict. I have a few things to share. Carter and I met with Jennifer McDuffy yesterday. She wanted to ask our perspective on her new position and share her ideas for Student Rec. She had the idea to create IM leagues for student organizations including Greek Life. Also, I have heard other people speaking about the Inclusive Sports Summit, so the word is getting out.

Tony - Bryan Hostetler has been looking at offering sport tournaments involving Resident Halls and we've also been looking at Greek Life sport tournaments for the spring.

**XII. Announcements**

n/a

**XIII. Adjournment**

6:41pm

Nan - Motion to adjourn.

Betsy - Second.

Alek - Discussion.

Gabirel - Call to Question.

Rafe - Acclamation.