

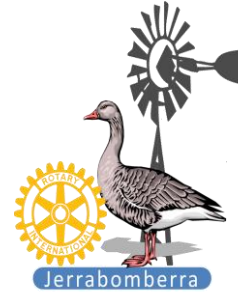


Rotary Club of Jerrabomberra Inc.

2015 – 2016

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Project Proposal Rotary promoting a healthy lifestyle in Jerrabomberra

Overview:

This proposal is submitted to the February 2016 Rotary Club of Jerrabomberra Board meeting; it sets out a plan for ongoing maintenance of exercise equipment and development of a new fitness circuit.

Situation:

The fitness trail around Lake Jerrabomberra is over 15 years old. Although the equipment is in relatively good condition, it is showing signs of aging and disrepair.

Proposed Solution:

Set up a new subcommittee within the Rotary Club of Jerrabomberra. The new subcommittee's title will be the "Jerrabomberra Fitness Project". The new committee will address this project in three phases; the first phase is information gathering and planning. The second phase is refurbishment of existing equipment and the third phase installation of new equipment. The time for commencing this community project is now, and the Rotary Club of Jerrabomberra is uniquely positioned to take on such a task. We are recognized as the leading community service organisation in Jerrabomberra; we have connections with Queanbeyan Council (QC) members, and volunteers with a full range of experiences and talents.

Steps Involved:

1. Form an enduring subcommittee for continuity throughout the project's lifespan. Volunteers have already been identified as Anton Pemmer, Cathy Hobbs, Paul Robey and Bruce Miller.
2. Phase 1: Gather information and develop a working relationship with QC.
3. Phase 2: Implement refurbishment phase on existing equipment. Cost est. \$6,000 (\$3,925 for new graphics and \$2,075 for misc. supplies and 5 person hours per station)
4. Phase 3: Implement development phase for new equipment designed for all abilities. Cost est. \$25k + GST + annual inflation.

Benefits:

Well-maintained public use fitness equipment is the hallmark of any great community. It teaches kid's healthy lifestyle choices and encourages fitness across all age groups. This project will also boost Jerra Rotary's visibility in the community. It will build relationships with local businesses and the council.

Potential Obstacles:

- The cost of new equipment is approximate \$25k. This cost would be spread over a few Rotary years to minimise the impact on yearly dispersions.

Outcome:

Have a maintained community fitness circuit that meets the needs of the community. This project will increase residents' awareness of Rotary in the community and may generate club interest.

Attachments:

- (1) Inspection report and cost est. from Neil Gray
- (2) Sign example with Rotary emblem
- (3) Pricing schedule
- (4) Site layout

Bruce Miller
Community Services Director
Rotary Club of Jerrabomberra

Notes: Submitted for approval at JRC February Board meeting held on 10 Feb 2016. I received the approval to implement phase 1 and 2 of this proposal with phase 3 under consideration. All phases of this project must have Queanbeyan Council approval.

Attachment 1

Refurbishing the Jerrabomberra 9 station timber fitness trail

The background, suggestions and cost estimates are set down following an inspection of the fitness trail on Friday 5th February 2016.

Those in attendance were: Anton Pemmer, Bruce Miller and Paul Robey representing the Jerrabomberra Rotary Club and Neil Gray, Principal, Fitness Trails

Background

The Jerrabomberra Lake Fitness Trail (JFT) is a fitness trail installed more than 15 years ago by Fitness Trails.

The JFT consists of 9 exercise stations for a balanced, effective fitness program. Includes: 2 warm up, 5 strengthening and flexibility activities and 2 cool down stations.

Special features

1. Introduction sign (810 x 1220mm) instructs participants on the correct use of the circuit.
2. Heart Check Sign: (810 x 1220) provides user with general principles of fitness, how to use their 'pulse –rate' to monitor their exercise program and advises first-time users to check with their medical adviser prior to starting their exercise program
3. Exercise stations (numbered 1-9) (405 x 810 mm) provides written instructions and graphic illustrations to ensure users work out safely and in the correct form. Each panel offers 3 levels of intensity from the beginner to the champion and has a 'benefits' section describing and illustration the relevant muscle groups.
4. Usage Capacity: each station can accommodate a minimum of three users at one time.
5. Variable Apparatus: each station provides 3 options for variation in ability and size of the user.

The kit was fabricated from Tallowood, polycarbonate signs and galvanised steel hardware.

The JFT 2016

At first sight, the JFT is a functioning trail but is need of a good 'clean up' i.e. remedial work to make it an attractive community amenity.

Signage: almost all graphic signs are present, some in better condition than others.

New custom signs (11 signs and with 10 potentially to be customised) should be installed. This alone lifts the trail. See later for costing.

Timber: most timber items and sign frames are in fair condition, but all would need to be sanded, coated with a linseed base oil and fastenings tightened.

Hardware: galvanised steel handles and bars are in fair condition and in most cases need no action. One D handle is missing from station 7 (seated dips).

Next steps

Refurbishing: a club project or engaging a contractor?

Save for supply of signs and some items or pieces of equipment all the refurbishment work, including installation, could be undertaken by members of the Jerrabomberra Rotary Club.

It generally takes 30 - 35 person hours to install a 9 station fitness trail.

The JFT is a different proposition as 8 of the stations are intact and one sign frame is missing, but all need proper sanding and so on. More sanding belts the club can secure, for example, the less time needed.

Some common action needs to be taken at all 9 stations.

First task: an immediate tidy up of all stations by removing weeds and clearing the under surface for further work will make a positive difference.

Second: sand all sign frames and equipment and tighten existing fastenings.
Coat with linseed oil based preservative for the station which needs a new frame

Third: Install new station 7 and signs at all stations by removing the top of each sign frame, easing out the old graphic, reverse the backing board and insert the new graphic. Replace frame top.

Four: add timber perimeter boards and fill with rock dust or similar.

Individual stations:

Legend: Condition: Good G, Fair F, Poor P
Repair under surface and border. RUB
New item: NI
New graphic: NG
New hardware: NH

Station	Suggested remedial action	Cost estimate
Welcome and Heart Check Guide	G NG RUB	\$300 Standard \$330 logo (1 only)
1 Achilles Stretch	G NG RUB	\$120 standard \$150 logo
2 Stretch Bar	G NG RUB	\$120 St. \$150 logo
3 Step Up	G NG RUB	\$120 St \$150 logo
4 Push Up	G NG RUB	\$120 St \$150 Logo
5 Bench Curl	G NG RUB	\$140 St* \$170 logo*
* + new backing board		
+ New sign frame		\$735

6 Chin Up	G, NG RUB + new mat	\$120 St Est \$150	\$150 logo
7 Seated Dips	P NI, NG RUB New bench + handles	\$120 St \$990	\$ 150 logo
8 Leg stretch	G, NG RUB	\$120 St	\$150 Logo
9 Balance Beam	G NG RUB	\$120 St	\$150 Logo
Estimated cost	With St graphics	\$ 3275	With logo \$3575

Add GST and allow \$350 for freight

No allowance has been made for hire of a sander, perimeter timber (150 x 25m) at each site if chosen and a load of under surface material.

Allow say \$1000

Next steps:

the JRC to consider the above and if acceptable to engage Fitness Trails to supply the signage and replacement parts.

Delivery would be around 8 weeks following the go ahead but in the meantime

Work would commence on the tidy up.

Neil Gray

Principal

Fitness Trails

0412632951

www.fitnesstrails.com.au



A Joint Project between
The Rotary Club of Mt Eliza and
The Mornington Peninsula Shire Council



MORNINGTON
PENINSULA
Shire

SERIES 1

WARM UP/COOL DOWN



1

ACHILLES STRETCH

Grasp post. Move right foot back, feet straight ahead. Move left knee and hips toward post. Slowly stretch back heel down and slightly bend back knee. Hold slight stretch for required time. Recover. Reverse legs. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



4

HAMSTRING STRETCH

Place right heel on bar at a comfortable height, keeping knees slightly bent. Slowly bend forward from the waist. Hold slight stretch for required time, staying relaxed, slowly recover. Reverse legs. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



2

SIT & REACH

Sit on bench, legs outstretched, feet together. Keeping back and legs straight, slowly reach forward along legs. Hold slight stretch for required time. Slowly recover. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



5

THIGH STRETCH

Hold bar with left hand. Grasp right foot near toes. Lean forward, moving right thigh back. Hold slight stretch for required time. Recover. Reverse legs. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



3

LEG STRETCH

Grasp bar with arms outstretched. Place right knee under chest, stretch left leg back. Slowly move pelvis forward and down. Hold slight stretch for required time. Recover. Reverse legs. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



6

TRUNK STRETCH

Stand, back to post, feet shoulder width apart, knees slightly bent. Fold arms across chest, turn slowly right from the waist to touch post with elbow. Turn left to touch post with left elbow. Repeat to your level.

Year	Minimum	Maximum
10 Years & Under	20 seconds	30 seconds
11-15 Years	30 seconds	45 seconds
16-19 Years	45 seconds	1 minute
20 Years & Over	1 minute	1.30 minutes



CARDIOVASCULAR EXERCISE (for at least 5 minutes). Proceed to Series 2.

This is not playground equipment. Children under 12 years should be supervised by adults.

Equipment users are advised to follow the instructional signage and equipment is used at your own risk.



Attachment 3

FITNESS TRAILS PRICING SCHEDULE#

Effective 2014

OPTIONS	Recycled Plastic	
	Gal H'ware*	Stainless Steel^
EXERSITE: includes all items, hardware and signage		
13 x 13 square metres – 15 stations	26,800	28,200
Separated Exersite 4 quadrants (configs 1+3, 2+2 or 4 individual clusters)	27,900	29,900
Dual Use Exersite (Modified for able bodied and disabled users)	28,885	30,935
Stretching Guide	8,600	N/A
SchoolFit Exersite	9,900	N/A
MINI EXERSITE* (8 exercise + 2 graphic panels)	14,900	16,900
BACK 2 BASICS * (6 exercises + one graphic panel)	9900	10900
FITNESS TRAILS: includes all items, hardware and signage.		
9 Station (individual stations)	24,935	26,850
12 Station	26,885	27,950
18 Station	31,985	34,985
CUSTOM KITS	TBD	

#Add GST + freight.

Installation and care and maintenance are the responsibility of the purchaser.

*Hot dipped gal. powder coated to colour of choice ^ Stainless Steel external hardware (standard 316)

* **New systems**

Neil Gray

Fitness Trails

Em fitnesstrails@bigpond.com

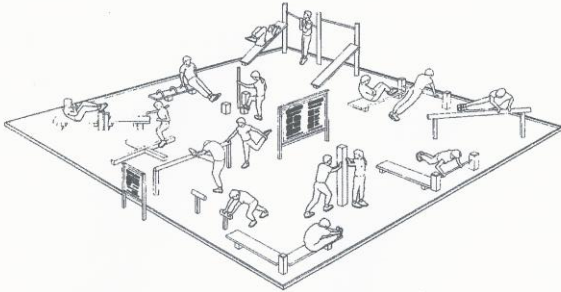
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www.fitnesstrails.com.au

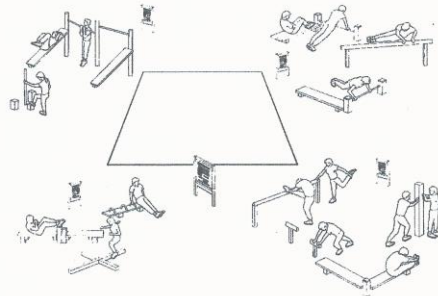
Pricing from quote held for 90 days then subject to confirmation

Attachment 4

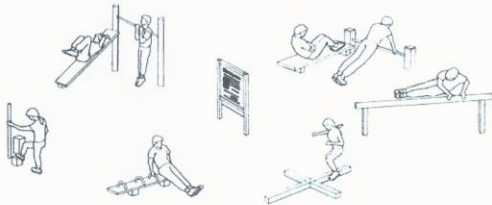
EXERSITE



SEPARATED EXERSITE



MINI EXERSITE



BACK TO BASICS WORKOUT



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