



FINANCE AND CIVIC DEVELOPMENT COMMITTEE

*HIS WORSHIP, THE MAYOR
AND COUNCILLORS*

SUBJECT: UPGRADE TO THE BURNABY DETACHMENT FITNESS GYM

RECOMMENDATION:

1. THAT Council approve the use of Gaming Funds in the amount of \$60,000 (inclusive of 5% GST and 7% PST) to complete the necessary upgrades to the Burnaby Detachment Fitness Gym, allowing it to be brought to a standard consistent with fitness facilities associated to police forces in the Lower Mainland.

REPORT

The Finance and Civic Development Committee, at its meeting held on 2009 January 22, received and adopted the attached report seeking Council's approval of the use of Gaming Funds to upgrade the Burnaby Detachment Fitness Gym.

Respectfully submitted,

Councillor D. Johnston
Chair

Councillor N. Volkow
Vice Chair

Councillor C. Jordan
Member

Copied to:	City Manager Director Finance OIC, RCMP
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TO: CHAIR AND MEMBERS
FINANCE AND CIVIC DEVELOPMENT
COMMITTEE

DATE: 2009 January 06

FROM: OFFICER IN CHARGE

SUBJECT: UPGRADE TO THE BURNABY DETACHMENT FITNESS GYM

PURPOSE: To request Council approve the use of Gaming Funds to upgrade the Burnaby Detachment Fitness Gym.

RECOMMENDATION:

1. **THAT** Council approve the use of Gaming Funds in the amount of \$60,000 (inclusive of 5% GST and 7% PST) to complete the necessary upgrades to the Burnaby Detachment Fitness Gym, allowing it to be brought to a standard consistent with fitness facilities associated to police forces in the Lower Mainland.

REPORT**1.0 EXECUTIVE SUMMARY**

Burnaby RCMP Staff has identified the need to upgrade the Detachment Fitness Gym through new item purchasing and minor cosmetic additions, allowing for the Fitness Gym to function within an acceptable parameter. Properly equipped fitness gym facilities are established within all detachments and police buildings in the Lower Mainland, allowing for their employees to pursue physical fitness and a healthy lifestyle. The intended purpose of the proposed upgrade would be to bring the current Fitness Gym to a matching standard prevalent in other police force and Detachment fitness gyms.

2.0 BACKGROUND

The Burnaby Detachment Fitness Gym does not currently have the amount, quality, and condition of equipment required for a police officer to maintain the necessary level of fitness. Unfortunately, this facility is not conducive to a safe and enjoyable environment in which RCMP Members and Municipal Employees can pursue physical fitness, becoming more of a deterrent than an encouragement in the promotion of healthy exercise and living.

To: Finance and Civic Development Committee
 From: Officer in Charge, RCMP
 Re: Upgrade to the Burnaby Detachment Fitness Gym
 2009 January 06..... Page 2

Adequate fitness is very important for police officers as a certain level of physical ability is necessary to safely and effectively do police work. Inability to perform these tasks may endanger the member's safety as well as the safety of the general public. Municipal Employees benefit from regular exercise and a higher level of fitness, allowing them to have increased performance, concentration and decision making abilities. Providing an appropriate facility to maintain a high level of physical fitness allows for better physically equipped RCMP and Municipal Employees.

The exploration of this project began with an initial survey delivered to both Municipal Employees and RCMP Members. The Burnaby Detachment Survey was well received and had a 63% return rate, indicating significant Detachment participation and the results included opinions on desired improvements and equipment by all employees.

To correlate and confirm that the desired improvements and equipment were appropriate and worth pursuing, the fitness gyms of the following Lower Mainland Police Forces were examined: Coquitlam RCMP, North Vancouver RCMP, Richmond RCMP, Surrey RCMP, Langley RCMP, Maple Ridge RCMP, Delta Police Department, Port Moody Police Department, New Westminster Police Department, Abbotsford Police Department, and Vancouver Police Department. These Detachments and police forces provide appropriate facilities for their employees to pursue physical fitness and a healthy lifestyle, and presented a good baseline to establish what equipment is commonly used in most police fitness gyms within the Lower Mainland.

3.0 PROPOSAL

Burnaby RCMP Detachment Staff propose an upgrade to the Fitness Gym, involving the purchase of new fitness equipment and minor cosmetic improvements.

The proposed improvements include, but are not limited to, the purchase of new cardiovascular and free-weight equipment. The equipment and improvements have been thoroughly researched and planned, allowing for a complete and satisfactory Fitness Gym to be constructed and utilized by all members and employees of the Burnaby RCMP Detachment.

The cost estimate of the upgrade is as follows:


Cardio Equipment	\$18,000
Free-weight Equipment.....	\$20,000
Miscellaneous Fitness Items & Cosmetic Additions.....	\$4,570
Shipping & Installation	\$5,000
Contingency	<u>\$6,000</u>
Subtotal	<u>\$53,570</u>
GST (5%).....	\$2,680
PST (7%).....	<u>\$3,750</u>
TOTAL.....	<u>\$ 60,000</u>

To: Finance and Civic Development Committee
From: Officer in Charge, RCMP
Re: Upgrade to the Burnaby Detachment Fitness Gym
2009 January 06 Page 3

4.0 CONCLUSION

Adequate fitness is very important for police officers as a certain level of physical ability is necessary to safely and effectively do police work. Inability to perform these tasks may endanger the member's safety as well as the safety of the general public. Municipal Employees benefit from regular exercise and a higher level of fitness, allowing them to have increased performance, concentration and decision making abilities. Providing an appropriate facility to maintain a high level of physical fitness allows for better physically equipped RCMP and Municipal Employees. The proposed purchases and improvements would bring the current Burnaby Detachment Fitness Gym to a matching standard prevalent in other police forces and Detachment fitness gyms, greatly benefiting all employees.

In this regard, it is recommended that Council authorize the use of Gaming Funds in the amount of \$60,000 (inclusive of 5% GST and 7% PST) to finance the upgrade of the Burnaby Detachment Fitness Gym.



R.B. (Rick) Taylor, Superintendent
Office in Charge
Burnaby RCMP Detachment

Copied to: City Manager
Director Finance