

October 12, 2021

KO AAFP 211012 ComServRptKoReply2Cte5a

To: Cobourg Town Council from Delegate Keith Oliver, FPWG Coordinator

Re: The response by the Fitness Park Working Group (FPWG) to the Report by Community Services (CS) No 066-21, recommending Council award Active Fit a contract for equipment to be installed in an Adult Outdoor Fitness Park (AAFP) for Seniors..

The recommendation of the AAFP Working Group is as follows:

“That Council defer its decision to accept or reject the Active Fit proposal until such time as the CS and FPWG have had an opportunity to work together to decide on the most appropriate and cost efficient equipment to be placed in an AAFP for Seniors, how to solicit bids for such equipment, decide its best location in Cobourg, and to explore the feasibility of expanding the goal of such a park to include more physically able adults.”

In support of the above is the fact that the \$25,000 grant from the “Federal New Horizons for Seniors Program” will remain available until it is spent by the end of the Federal 2022 fiscal year (April 1 to March 30) and that if requested the Federal Government might agree to extend the grant spending deadline to March 30, 2023 because of COVID-19. as it extended the March 2021 deadline to 2022. The reason that justified the that extension was how Covid was making private fund-raising very difficult. In the meantime an additional \$25,000 has been promised from private sources but only to be spent on equipment more suited to more able adults. The FPWG has a goal of raising an addition 60,000 which is possible

Introduction

As Coordinator, I am the public face of the FPWG. The group was formed in response to a petition in favour of establishing a fitness park in Cobourg that was signed by 1038 local residents. Following a presentation to the Parks and Rec Advisory Committee on June 4th 2019, the Committee forwarded a recommendation to the Council meeting of June 10th that resulted in the FPWG assisting Community Services in its application for a grant of \$25,000 from the Federal New Horizons for Seniors Program.

(Appendix 1: Page 9 of the New Horizons application defines the make up and role of the FPWG as well as a 4 Phase Plan defining its participation in planning and raising funds for an AAFP, from start to finish and beyond, We believe that the fact that three of its five members were seniors with experience in the physical needs of seniors was a significant factor in the successful outcome of the New Horizons application.)

The filing deadline was June 21st. Within the 11 day time period the FPWG, based on its relationship with Parks Staff in Whitby and Peterborough and the experience gained by visiting their recent fitness park installations, was able to secure three firm proposals from three equipment suppliers that justified a \$25,000 grant. Three months later Cobourg was awarded the grant.

During the three month period, the FPWG visited 11 fitness parks from Tweed, to Niagara, to North York, to Elmira in the Kitchener/Waterloo area, and tested, photographed and wrote notes on 5 different makes of outdoor fitness equipment. It spoke with 7 parks managers about their experience. The result was a 95+ page report entitled “State of the Project Report”, issued October 15, 2019. The Report included 5 pages of contact information which had been passed on to Community Services. (See Appendix 2).

Compliance with Cobourg 2019-2022 Strategic Plan

The concept of an AAFP is in compliance with and supports the Objectives and Desired Outcomes outlined in Cobourg’s 2019-2022 Strategic Plan. They include:

- a) ... the Town supports and cares for the social and physical well-being of its citizens.
- b) ... the Town provides efficient and effective corporate and community, business and recreational services for its residents, businesses and visitors.

- c) ... encourage healthy life styles across all age groups by promoting and raising awareness about personal health.
- d) ... encourage residents to engage in a wide range of physical activities.
- e) ... the Town engage in strong, sustainable, public-private partnerships to improve the quality-of-life for everyone.

Adult Outdoor Fitness Par included in recent Town Planning Documents

The May 2018 “Cobourg Waterfront User Needs Assessment + Detailed Design” was the product of consultations with 36 Cobourg organizations as well as input from approx 2.000 individuals who participated via the internet or in several real public meetings, the last of which offered an opportunity for those in attendance to rank the various proposals. As far as an AOFP was concerned it was ranked in the Users Needs Report as # 31 of 81 projects to be carried out at the Waterfront over time. The only restraint on carrying it out earlier is financing. (See *Appendix 3*)

Critique of the RFP process and the Contract:

When the Town needs to acquire products or services, good practice requires it to issue a Request for a Proposal (RFP) document inviting interested parties to respond with a proposal that the Town could then evaluate, but is not obliged to accept. The 2nd paragraph on page 6 of the RFP for exercise equipment states that ...

“Town of Cobourg reserves the right to award the contact in whole or in part and the right to reject any or all proposals.”

We believe that the RFP for exercise equipment where so many types of equipment exist, where the resistance mechanism varies so significantly, where quality issues exist, where safety issues exist, makes a traditional RFP unsuitable unless specific pieces of equipment are identified. A random request for such equipment is very different from one for office furniture or side walk cleaning. The Active Fit proposal was evaluated by a group of very competent Community Services Parks Managers but who were not as qualified or experienced as members of the FPWG. Of the four pieces of equipment involved, and using notes and evaluations made by members of the FPWG which produced the Oct 2019 “State of the Project Report”, one piece is irrelevant to the needs of seniors, another was unsafe compared to one from another supplier, and a third was found to be broken on a visit to the Port Perry Fitness Park which uses Active Fit equipment exclusively. The Leg Press sliding seat was coming off the track, the Cross-Country Skier was completely broken, and the Sit Up Bench poorly designed for those with back problems.

(See Appendix 4 for more information on choice of equipment)

The final ranking of equipment experienced by the FPWG in its visits to 11 fitness parks:

The system used may seem overly complex but it is not. More explanation can be supplied. (See *Appendix 5*)

Selection of the AOFP site:

The FPWG believes that a site at the east end of the grassy area and south of the Pavilion is the best location for an AOFP as far as accessibility, exposure to the greatest number of people and as a source of information about Cobourg Community Centre and sports programs. (See *Appendix 6*)

Miscellaneous: letters of reference, liability issues, a possible name for the Cobourg AOFP

(See Appendix 7)

In closing the FPWG looks forward to working with Community Services, raising more funds both in the community and through Provincial and Government programs, and working to raise public awareness about the benefits of keeping fit as described on page 9 of the New Horizons Application.

Keith Oliver, [REDACTED]

PROJECT PROPOSAL DESCRIPTION

24. Project Summary (In about 500 words), describe the need of the proposed project including what it aims to achieve (objective and anticipated results), and who is the targeted group.

The Project is the development of an Adult Outdoor Fitness Park (AOFPP) tailored to the abilities and needs of seniors but whose use will be of benefit in maintaining and enhancing the physical well-being of all adults, especially at a Time where we all lead a more sedentary style-of-life. An AOFPP is identified in Cobourg's Waterfront User Needs and Detailed Plan (May 2018). Seniors are heavily involved in the Process both leading up to and following construction of the Park through the leadership of a volunteer Fitness Park Working Group (FPWG) which includes a professional physical trainer, a physiotherapist and a retired geriatric nurse. Their work has already begun. The grant application is for funds to purchase the exercise equipment.

The need: Cobourg's percentage population age 65+ highest in Canada.(StatsCan). Need for exercise increases with age. Recovery from injuries/operations/arthritis often takes longer than OHIP provides for. The Town's senior's programs do not include AOFPP exercises.

Leadership and seniors involvement begun 2.5 years ago by 79 year old retired geriatric nurse with hip replacement and 82 year old male with a knee replacement and arthritis. Growing interest of many older adults and seniors produced a petition with 1038 local signatures. Since late 2016, our web-site (www.cobourgfitnesspark.org) keeps everyone up to date.

Community benefit: Exercises that maintain and enhance core strength, muscle tone, joint mobility, flexibility and balance, of benefit to all ages. Next to the Victoria Beach Boardwalk, Park will be well exposed and easily accessible.

Phase One: Create Fitness Park Working Group (FPWG) with majority seniors, to work with Town, plan and design an AOFPP suitable for use by seniors and others. Uses next generation outdoor exercise equipment similar to indoor equipment. (Underway).

Phase Two: FPWG plans and executes publicity and fund-raising program. (Underway, first donation of 5,000 received)

Phase Three: Town works with FPWG on funding application, then becomes solely responsible for competitive bidding, equipment purchase, Park construction, maintenance. (Underway)

Phase Four: FPWG plans and executes an initiative that will: 1) encourage all Cobourg adults to become more physically active; 2) take advantage of opportunities offered by the AOFPP; 3) link use of the Park to other senior's programs available including those at the Cobourg Community Centre, and 4) ensure that those who use the Park, especially seniors, have access to volunteer Exercise Coaches, a majority of whom expected to be retired seniors with an active interest in exercise and sports..

Measurable goals are: objective and difficult to apply to a project of this nature. Our subjective conviction is that this exercise facility will be well used and succeed in improving the physical health of all who use it, this affirmed by the fact that out of a population of 18,000, 1038 Cobourg citizens signed a petition in favour, and that our new 26 million dollar Community Centre hosts many sporting event, championships and what could be called "social programs".

A June 10 resolution by Cobourg Town Council directed staff to work with the FPWG and make this application.

Page 9 from the successful application by the Cobourg Department of Community Services to the Federal New Horizons for Seniors Program for a grant of 25,000 toward the purchase of exercise equipment suitable for Seniors.

Master Contact 1 ... Fitness Parks, Equipment and Government contacts:

Town/Municipality and name of equipment in **bold**, individuals underlined, date is year of installation.

Fitness Park equipment companies began with childrens' play ground equipment. Individual contact may represent equipment mfg directly, or their regional agent, or a company that has access to several different makes and which, like insurance brokers, are semi-autonomist, take on or abandon equipment makers, and from time acting as a middleman for a line they are not the recognized agent for.

Cobourg
Seniors equipment

3 quotes, June 21, 2019, New Horizons for Seniors application for 25,000 with photos and dwgs labeled Cobourg Option 1, Cobourg Option 2, by PlayWorld

... **PlayWorld**, Brian Salter, New World Park Solutions, brian@nwps.ca, 647-377-9866 (if no answer call Mike at office, 519-750-3322)

... **HealthBeat**, Keith Dodd, 800-267-5753, keith.dodd@abcrecreation.com (outside district, but very knowledgeable about standards, etc, willing to help, FPWG and direct us to other sources), info@abcrecreation.com
Our regional rep, Shelly Wagner-Trombley, 800-267-5763

... **TrekFit**, lowest of the three quotes received June 21. Good instructions, expensive **Play Power Lt Canada**, Paris, Ont West rep, robb.wilson@playpowercanada.com 519-442-6331, (Toronto) 800-265-9953, ext 318 for Robb Wilson
www.littletikesscommercial.ca
Ontario East rep ... Maryanne Swinimer, 613-828-5502, 613-829-7372
maryanne.swinimer@playgroundplanners.com (613-223-5665?)

Elmira
Gibson Park

Brad Hergott, Maintenance, 877-969-0094, ext 7007, bhergott@woolwich.ca (2013, equip no maint; rubber, mold, power push rainwater off once a month) (Ann MacArthur, Woolwich Township, 519-669-1647, ext 7022, or 877-969-0094)
... **HealthBeat**, Keith Dodd, 800-267-5753, keith.dodd@abcrecreation.com (outside Cobourg Region, but very knowledgeable about standards, etc, willing to help, direct to other sources), info@abcrecreation.com
... Eastern Ont rep; Shelly Wagner-Trombley, 613-366-1933 (Eastern Ont)
shelly@abcrecreation.ca

Whitby
Hayden Shore Park

(First **GreenGym** equip fails, replaced with **Kompan**, 2012, Rotary, soft surface)
... more parks worth investigating using different equipment

Sean Malby, Supervisor Parks Dept, 905-430-4300, ext 7416, cell 905-706-2877
? 905-668-5803, ext 7416

Andrei Micu, Maintenance, ordering, 905-430-4300, ext 7421
ref to Alex Elliot, **Kompan**, cell? 519-699-7529, alex@openspacesolutions.com

Tina Peterson, Corporate Services, 905-430-4300, ext 2368, pending law-suit, silent 1/5

Nov 1, 2019.

Tweed

Paris, 2018, *in-memoriam community project, concrete surface*
 ... Mark Hicks, 800-387-6318, mhicks@peml.com
 Office, 519-458-4882, www.parisoutdoorfitness.com

Niagara Falls

Greenfields, multiple corporate, rejected trail, rubberized turf over hard surface

Millennium Park

Rep Kendall Hilker, cell 905-213-8701, kendall@hendersonplay.ca
 Henderson Recreation Equipment Ltd, www.hendersonplay.ca, off 800-265-5462
www.vistafurnishings.com
Greenfields Outdoor Fitness, 2617 W Woodland Dr, Anaheim, CA, 92801
 888-315-9037, info@greenfieldsfitness.com, www.greenfieldsfitness.com
sheryl@greenfieldsfitness.com

St John's, Nfld*Quidi Vidi Park*

Paris System, 2005 *City of St John's, visited by Dave Avery late Spring 2019.*
Brian Head, Parks, 709-576-5406, cell 709-682-0757, bhead@stjohns.ca
Kelly Maguire, Media, 709-576-8491, (8020 Community Services), jmaguire@...
 Track Consulting, Neil Dawe, 709-738-2500, ext 223, park development consultants
ndawe@trackconsulting.com
 Charles Cook, Royal St John's Regatta, 709-687-2490, ccook@nl.rogers.com

Minor Facilities:**Warkworth,**
Kennedy Park Proj

Paris System, 2010, *Municipality of Trent Hills, In-memoriam to fallen soldiers*

Norwood
*McNeil/Metcalf
Playground*

Paris System, 2012, *Asphodel-Norwood*
4 units next to skate park, children play park, year round ice rink, installed on grassy area with pavers covering a small area beneath equipment)

Madoc
Centre Heritage Prk

Play Power LT Inc, Farmington Inc, Mass.? 800-325-8828
Charles Gordon, 613-473-0447, charles.gordon@sympatico.ca, Box 562, Madoc, ON, K0K-2K0 ... *runs rental, very knowledgeable, large concrete skate park, triangular sunshade system at picnic area (PlayWorld), Hendersonplay.ca supplier?*
Kendall Hilker, distributes a variety of products besides Greefields?

Oshawa
Willow Park

*Traveling north of Dundas E on Thickson, turn east onto Rossland Road E.
 (Children play only, PlayWorld single post shade shelter)*

Halifax
Lower Sackville

Seniors' agility park, material sent by an acquaintance.

(Complete catalogues and contact info received from Playworld, Paris, Jambette, Heartbeat, Greenfields, ActiveFit, TreckFit, TGO (the Great Outdoor Gym Company, UK)

Donors, Active, in-kind and monetary:

Behan Construction Tom Behan, 905-372-9862, mail@behan.ca, www.behan.ca

Stalwood Homes Al Rose, 905-372-4179, (372-7820 ?, 372-7705 ?)
44 University Ave West, Cobourg

Dufferin Concrete John Prescott, Marketing, 705-755-6992, ref Al Rose

Lafarge Concrete Matthew Smith, plant office 905-372-6891,
matthew.smith@lafargeholcim.com
www.lafarge-na.com
Head office,

Jim Doubt Eng 905-373-2171

**Miriam Mutton
Landscape Arch** 905-372-11511

Rotary President, Don Owen, 905-372-6634
Past Pres, Rick Riley, home 905-
Sec, Jennifer Städtke, *secretary@*

Sanofi-Pasteur International Pharmaceutical Manufacturer
Dr Bruce Seet, VP Medical Development, son of FPWG member
Possible financing of extra signage promoting physical fitness in Cobourg

Standards:

IPEMA International Play Equipment Manufacturers Association
Third party certification service by TUV SUD America for compliance to certain ASTM Standards

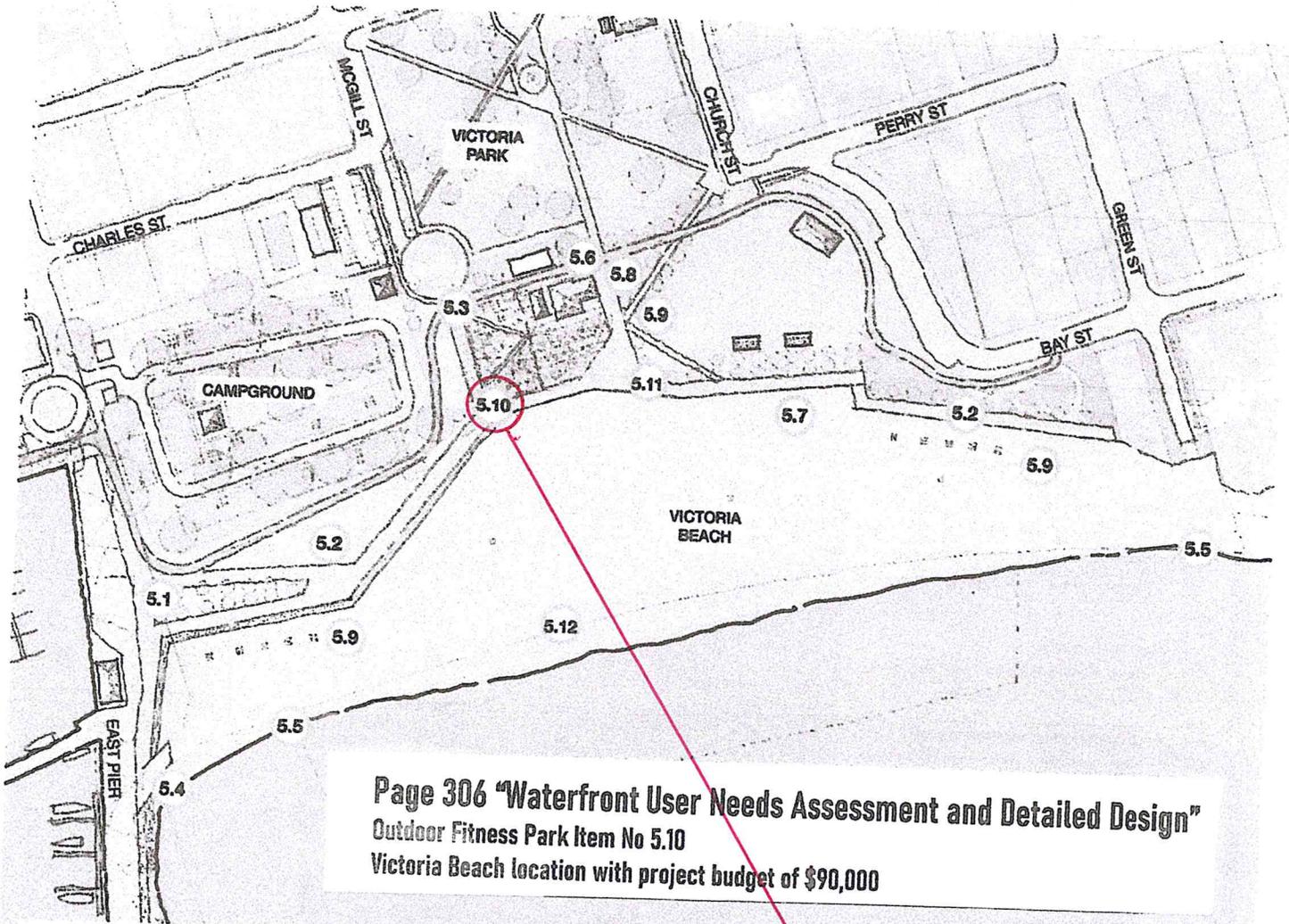
CSA CAN/CSA-Z614-14 Standards, updated to Sept 1, 2016, apply to "play ground" equipment used by individuals 13 or younger. Fortco Ltd not certified surface applicator; while Playground Planners, Landscape Structures, Kompan, etc, are.

COBOURG WATERFRONT USER NEEDS ASSESSMENT + DETAILED DESIGN

5.0 VICTORIA BEACH

Cobourg's beach is a key destination for tourists in the Greater Toronto Area. Thousands visit the beach each season to enjoy the large white sand beach and easy swimming access to Lake Ontario. The beach hosts numerous activities each year including the Waterfront Festival, Sandcastle Festival, and beach volleyball

tournaments. As a result a huge amount of pressure is placed upon the beach and the surrounding community. Challenges include washroom capacity, parking and traffic flow, bylaw enforcement, and garbage collection



Page 306 "Waterfront User Needs Assessment and Detailed Design"
Outdoor Fitness Park Item No 5.10
Victoria Beach location with project budget of \$90,000

5.1 WOOD TRELLIS IMPROVEMENTS

- Replace and upgrade existing structures nearing end of life cycle
- Phase repair/replacement in conjunction with other projects

5.2 WALKWAY ENHANCEMENTS

- Widen and repair walkway along north edge of beach
- Provide additional accessible locations to/from beach
- Coordinate work with initiative 6.2

5.3 PLAYGROUND AND WATERPLAY ENHANCEMENTS

- Integrate playground and waterplay into one children's activity zone
- Combine with initiative 5.10

5.4 ACCESSIBILITY ENHANCEMENTS

- Provide an accessible access from east pier to the beach
- Provide additional mobility mats with access to water's edge
- Coordinate additional accessible locations with initiative 5.2
- Provide signage at key locations identifying accessible beach locations

5.5 ADJUST SWIMMING AREAS TO ACCOMMODATE SMALL CRAFT LAUNCH AREAS

- Reduce swimming area at each end to provide a minimum 6 metre wide small craft launch location for canoes, kayaks and standup paddle boards
- Reduce depth (extent into water) of swimming area to allow boats to paddle east-west closer to shore

5.6 CHANGE ROOMS AND FOOT WASHING STATIONS

- Provide small change rooms separate from washrooms, for private change facilities
- Incorporate foot washing stations with change facilities

5.7 PERMANENT BEACH VOLLEYBALL POSTS

- Provide 6 to 10 permanent beach volleyball courts
- Posts to be embedded into ground; users to supply own nets

5.8 ADDITIONAL WASHROOMS WITH EXTENDED HOURS OF OPERATION AT VICTORIA BEACH

- Provide second washroom building
- Provide accessible and family washroom stalls

5.9 NEW FOOD AND CONCESSION OPPORTUNITIES FOR SMALL BUSINESSES

- Identify second food concession spaces on beach
- Potential for licensed patio space
- Beach cabanas (rentals)
- Water park

5.10 OUTDOOR FITNESS

- Provide 8 to 10 adult fitness stations on sand surface
- Plan in association with initiative 5.3

5.11 ENHANCED BYLAW ENFORCEMENT

- Additional signage

5.12 REVIEW BEACH GROOMING PRACTICES

- Review current beach grooming/maintenance practices to minimize disturbance of beach area and migration of sand

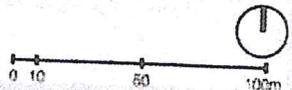
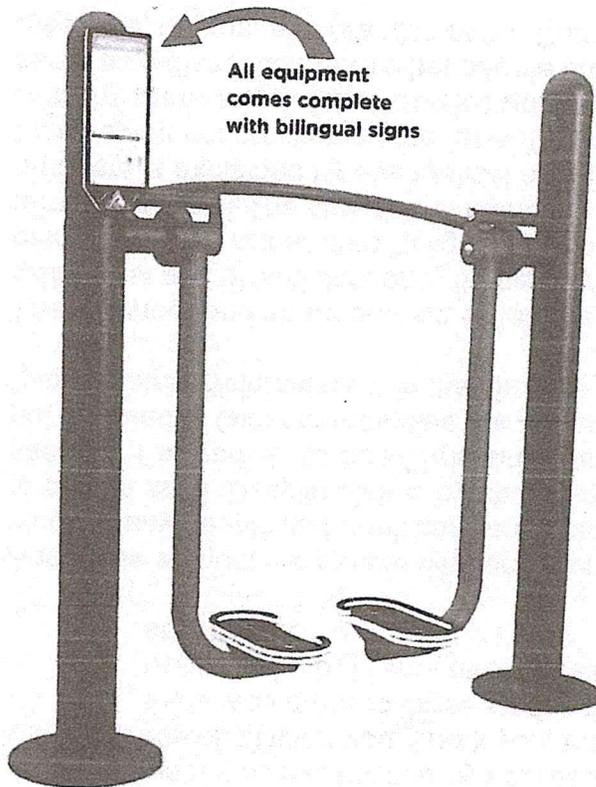


Figure AE.41: Victoria Beach Panel from Public Meeting October 2017

AIR WALKER

Age Group: 13+

Number of Users: 1



FEATURES

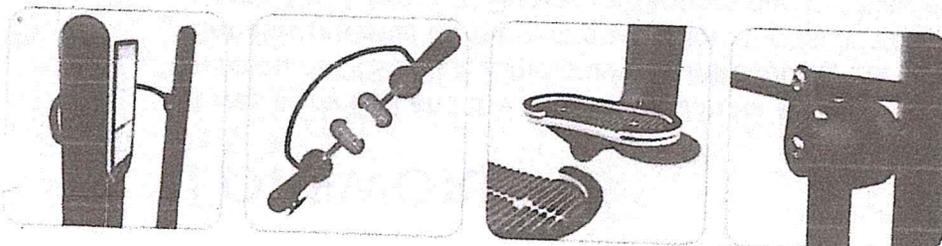
- Foot supports with front, back & side walls prevent slippage
- Low impact - Great for Seniors
- Internal dead stops eliminate crush and shear points
- Minimal assembly required
- Various colours available
- Sealed bearings minimize maintenance

TRAINING

- Try using the Walk-Run method for a more intense workout: Run for 10 minutes and then walk for 1 minute repeat 3 to 4 times if possible
- Stretching before and after a workout is highly recommended



The ActiveFit **Air Walker** offers a low-impact, fun and effective cardio workout, that mimics a walking or running motion, without exerting excessive strain on the legs, knees, ankles, and back. The ActiveFit **Air Walker** features internal safety stops to prevent injury on this free-swinging apparatus.



Active Fit "Air Walker" ... see Paris "Air Walker" on next page.





PARIS "air walker", safest, best design, lowest price

2015-

Tweed - PARIS - AIR WALKER 78000042 SM

8

COPY 2

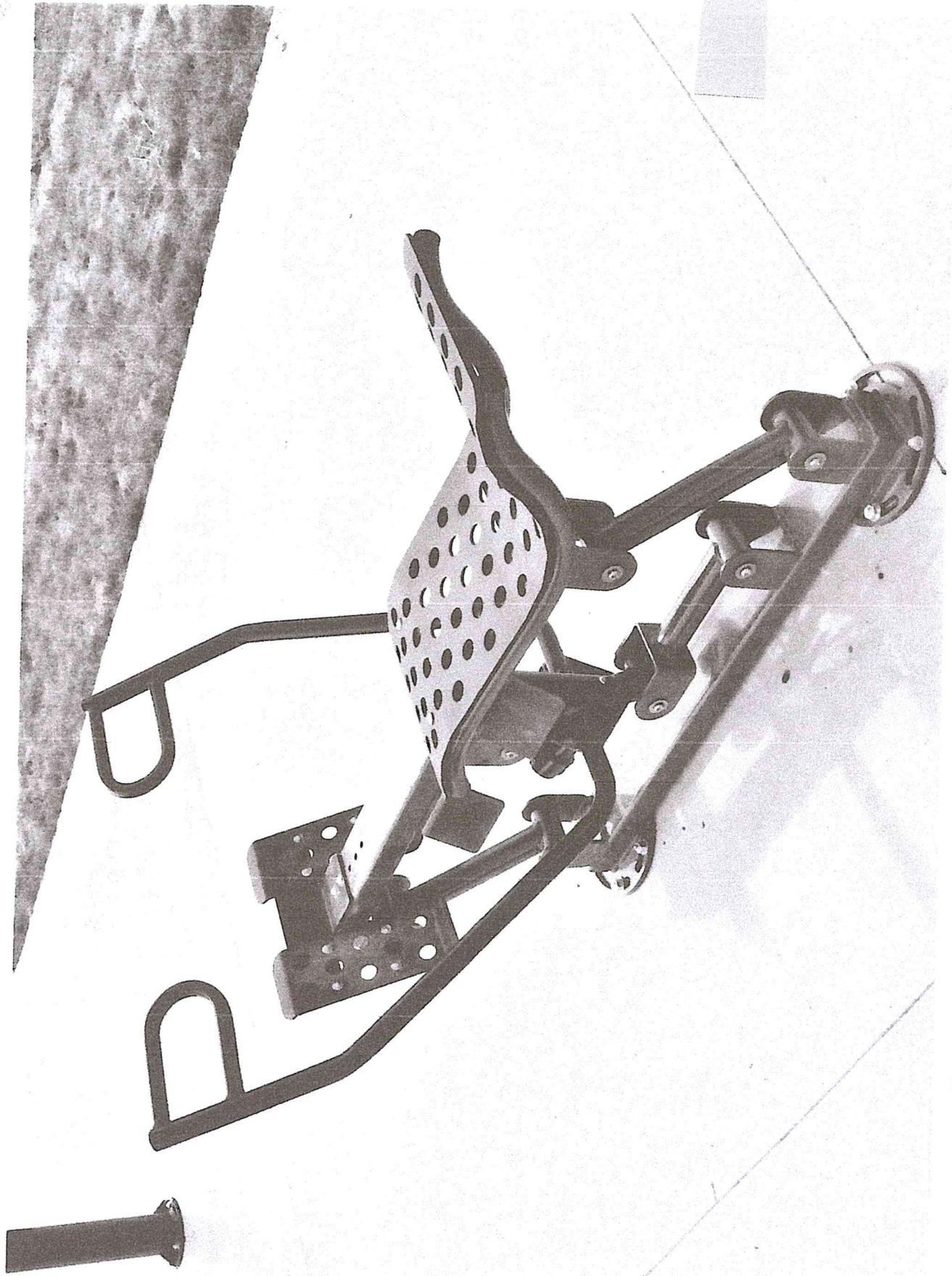
21.0



TWEED-PARIS - COMBO LEG EXTENSION/CURL - 780000 59 SM
7005

7
copy

PARIS: "lower leg extension and back curl", suitable to all physical conditions

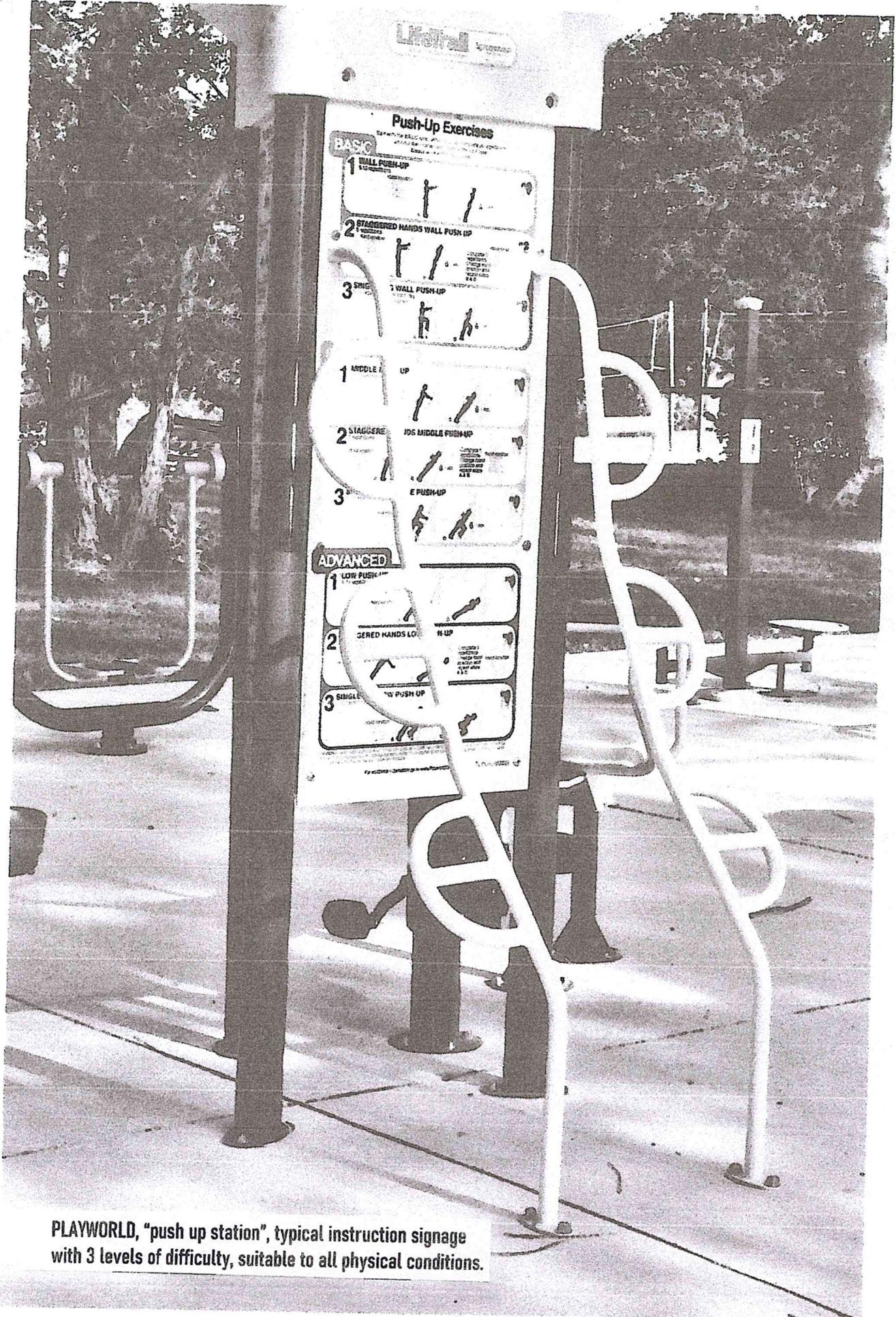


TWEEK - PARIS - Rowing Machine - 78000007 SM 2,395.-

6

Copy 2

●
10x.10



Lifefit

Push-Up Exercises

BASIC

1 WALL PUSH-UP
 1. Start in a plank position with hands on a wall.
 2. Push up until arms are straight.

2 STAGGERED HANDS WALL PUSH-UP
 1. Start in a plank position with hands staggered on a wall.
 2. Push up until arms are straight.

3 SINGLE WALL PUSH-UP
 1. Start in a plank position with one hand on a wall.
 2. Push up until arm is straight.

MIDDLE

1 MIDDLE PUSH-UP
 1. Start in a plank position with hands on the ground.
 2. Push up until arms are straight.

2 STAGGERED HANDS MIDDLE PUSH-UP
 1. Start in a plank position with hands staggered on the ground.
 2. Push up until arms are straight.

3 ONE-ARM MIDDLE PUSH-UP
 1. Start in a plank position with one hand on the ground.
 2. Push up until arm is straight.

ADVANCED

1 LOW PUSH-UP
 1. Start in a plank position with hands close to the feet.
 2. Push up until arms are straight.

2 STAGGERED HANDS LOW PUSH-UP
 1. Start in a plank position with hands staggered close to the feet.
 2. Push up until arms are straight.

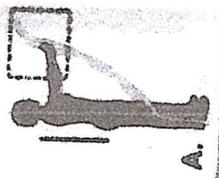
3 SINGLE LOW PUSH-UP
 1. Start in a plank position with one hand close to the feet.
 2. Push up until arm is straight.

PLAYWORLD, "push up station", typical instruction signage with 3 levels of difficulty, suitable to all physical conditions.

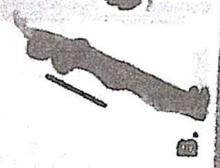
BASIC

1 WALL PUSH-UP

5-10 repetitions



A.



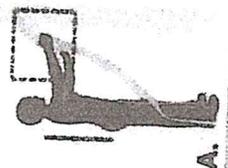
B.

1 sec.

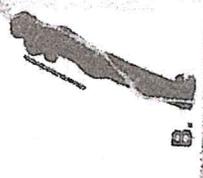
and not feel challenged, move to the next level.
Always work within your ability.

2 STAGGERED HANDS WALL PUSH-UP

5 repetitions



A.



B.

1 sec.

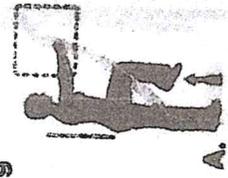


Hand location

Complete 5 repetitions.
Change hand position and repeat steps A & B.

3 SINGLE-LEG WALL PUSH-UP

5-10 repetitions with each leg



A.



B.

1 sec.

INTERMEDIATE

1 MIDDLE PUSH-UP

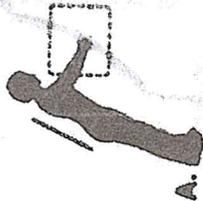
5-10 repetitions

A.  B. 

INTERMEDIATE

1 MIDDLE PUSH-UP 5-10 repetitions

Hand location



A.



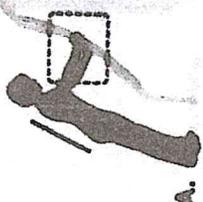
B.

 1 sec.

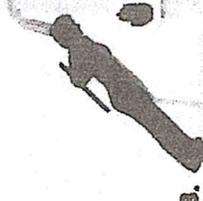


2 STAGGERED HANDS MIDDLE PUSH-UP 5 repetitions

Hand location



A.



B.

 1 sec.

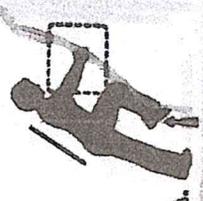
Complete 5 repetitions.
Change hand position and repeat steps A & B.

Hand location



3 SINGLE-LEG MIDDLE PUSH-UP 5-10 repetitions with each leg

Hand location



A.



B.

 1 sec.



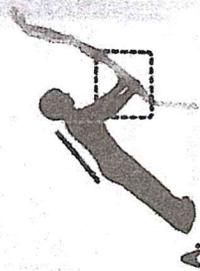
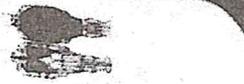
ADVANCED

LOW PUSH-UP

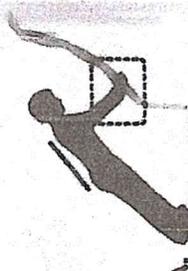


ADVANCED

1 LOW PUSH-UP 5-10 repetitions



2 STAGGERED HANDS LOW PUSH-UP 5 repetitions



Complete 5 repetitions. Change hand position and repeat steps A & B.



3 SINGLE-LEG LOW PUSH-UP 5-10 repetitions with each leg



WARNING! Before beginning any program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness or shortness of breath while exercising, stop the exercise and consult your physician.

For additional information go to www.PlayworldSystems.com



COBOURG ADULT FITNESS PARK OPTION 2



NEW WORLD PARK SOLUTIONS
42 Woodway Trail
Bramford, ON N8R 6G7

EQUIPMENT SIZE:
N/A

USE ZONE:
4 1/4" x 38"

AREA:
1,024 Sq Ft

PERIMETER:
121 FL

FALL HEIGHT:
2 FL

USER CAPACITY:
7

AGE GROUP:
13+



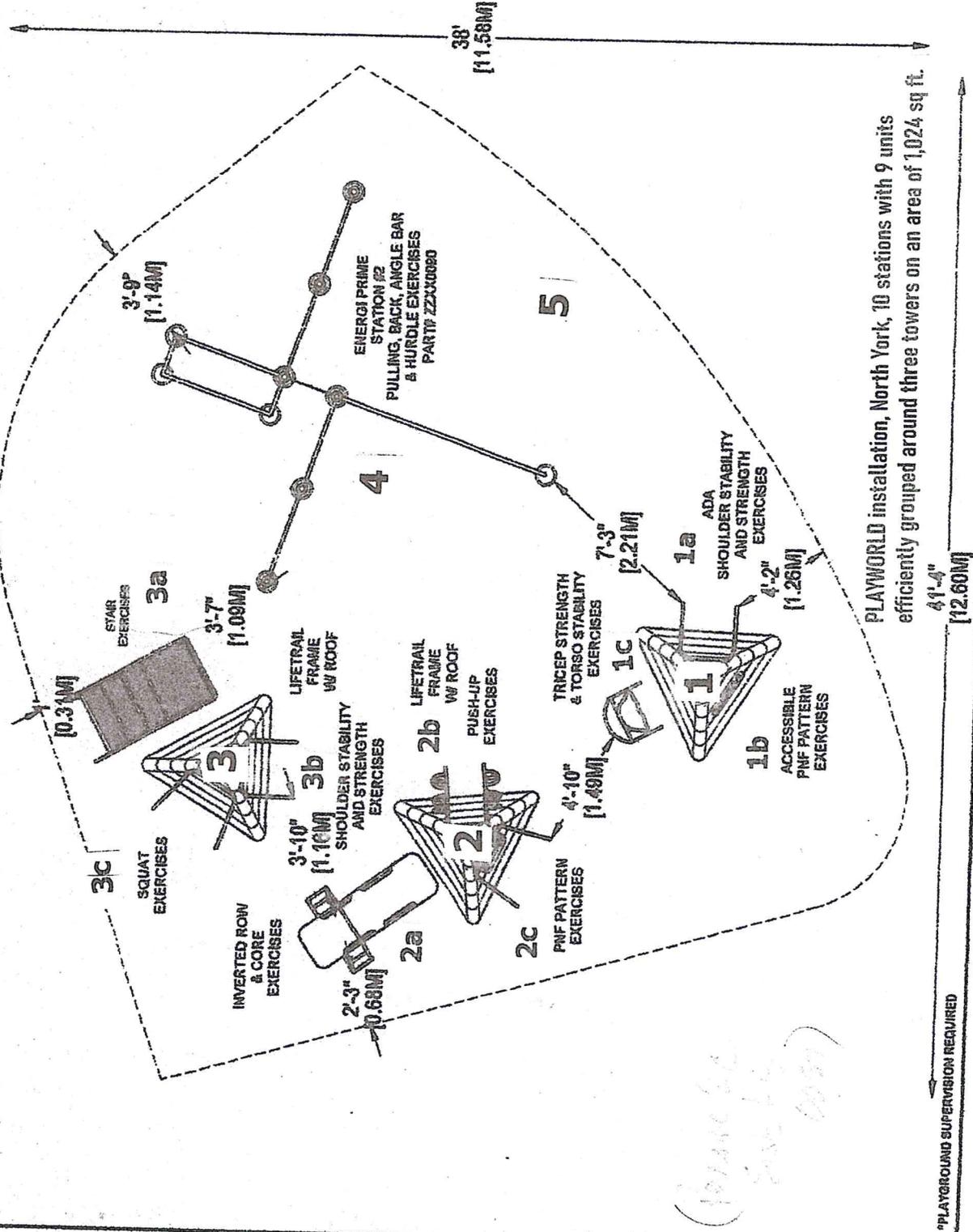
PROJECT NO:
19-002 TA, NEW

SCALE:
1/4" = 1'-0"

DRAWN BY:
LEISE

Sheet Size:
B

DATE:
20-JUN-19



Plan Dwg "Category 1 - Passive Equipment" only. (Details found at Addendum #7, "State of the Project Report")

Equipment - Budget Summary 2

FuPrk EquipSum2 191028 (from FuPrk7EquipListBudget5 191015)

** = preferred unit.

Add 7.

<u>Location:</u>	<u>Mfg/Exercise:</u>	<u>Equip/HST:</u>	<u>Sub-total</u>	<u>Freight:</u>	<u>10% Cont</u>	<u>Total</u>
pg 1/5	● <u>Passive - Group 1</u>		30,125.	2,900.	3,000.	40,000.
			+ 3,916.			
	● <u>Active Challenge - Group 2</u>					
		<u>Equip only</u>				
pg 2/5	GF - Rowing	(6) SGR2005-1-91	3,100.**			
	Par - Combo Leg Exten/Curl	(7) 78000059 SM	2,795.**			
	GF - Inner Thigh Adductor	UBX-218	6,743.**			
	GF - 4 Combo (Side split, captain leg lift, lower body twist, leg extension)	SGR2005-1-21	5,800.**			
pg 3/5	Par Air Walker	(8) 78000042 SM	2,815.**			
	Par Cross Country Ski	78000019	2,170.**			
	GF Elliptical	SGR2009-5-03	4,448.**			
	HB Chest/Back Press	(9) 192456	6,080.**			

Sent to DH AMTB
Oct 29, 2019
Re: BY AG 5B5 1/2

(7) Equipment selection and base for Budget Estimate

FitPak EquipListPrice6 191028

(Combo 2 = exercises back to back; BW = body weight resistance; VR = variable resistance, BD = bi-directional, WC = wheel chair accessible, ADA = senior, ** preferred)

Passive - Group 1

Playworld

	Location (Add page)	Product #	Description	List Price (no HST)
Shoulder Stability, Abdominal Strength	1a	ZZLT0060	ADA, WC,	
PNF Upper, Lower Body, Leg Extension	1b	ZZLT0061S	ADA, WC	
Tricep Strength, Torso Stability	1c	ZZLT0062S	ADA, WC	
Inverted Row, Core	2a	ZZLT0049S	ADA +	
Pushup	2b	ZZLT0050S	ADA +	
(Remove PNF Facilitation	2c	ZZLT0054S	ADA + substitute #0057, change Add 7)	
Hip Lift and Thigh Squeeze	2c	ZZLT0057S	ADA+	
Stair Exercises	3a	ZZLT0055S	ADA +	
Shoulder Stability, Strength	3b	ZZLT0048	ADA +	
Squat	3c	ZZLT0052	ADA +	
Angle Bar, Hurdle, Pulling, Back	4	ZZXX0090S		
(Combo) Stabilizing, Balance Disc	5a	ZZXX0093S	Energie Station 5	
+ Core and Torso Bench	5b	" "	" "	

1/5

Package incl HST 34,040.
 Freight 2,900.
 Contingency 3,060.
 (Budget 40,000)

Group 1

Sent to D4+73
 Oct 29, 2010
 Read by Ag



(Brand: PW = Playworld, Par = Paris, HB = HealthBeat, AF = ActiveFit, GF = Greenfield, KP = Kompan, TGO = Great Outdoor Gym, TF = Trekfit, Cat = catalogue page no)

ACTIVE
Challenging - Group 2 (Acceptable units with *** 1st choice ** *budget * 2nd choice*)

Rowing Machine:

Par	Rowing Machine	6	78000007 SM	BW	Hard stop	2,395*
GF	" "	Cat 133	SGR2005-1-91	BW		3,100.**
GF	Back and Arms	Cat 128	SGR2005-1-42	BW	Arms push down like dip	5,800.

Leg Extension/Curl

Par	Combo Leg Extension/Curl	7	78000059 SM	BW	weights can be added manually Leg curl could do back extension ?	2,795.**
GF	Leg Extension only	Cat138	SGR2005-1-98	BW		4,043.
GF	Leg Extension/Curl	Cat 91	UBX-298	VR, BD		6,743.*

Inner Thigh Adductor

GF	Inner Thigh Adductor	Cat 92	UBX-218	VR, BD		6,743.**
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Combo 4-person Lower Body

GF (Special)	(Side split, captains chair leg lift, lower body twist, side leg extension)	Cat134	SGR2005-1-21	BW		5,800.**
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Pull-Up and Dip:

Par	Combo, Pull-Up and Dip	Cat 64	78000001	BW		
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Simple D4+TB
on Oct 29, 2019
2/5

Air Walker

** = preferred units ... * = second choice

Par	Air Walker	8	78000042 SM	Side protection	2,815**
AF	Air Walker	Cat	FIT-00004		4,105.
GF	Air Walker	Cat 139	SHP2009-5-06		2,870.

Cross-Country Skier

Par	Cross Country Skier	Cat 62	78000019		2,170.**
GF	Cross-Country Ski	Cat 139	SGR2005-1-09		3,150.
AF	Cross Country Skier	Niagara-7/8 Cat	FIT-000015		5,260.

Elliptical

HB	Elliptical	11, Cat 9	192457	VR, bi-directional	8,954.
AF	Elliptical	Cat			5,785.
GF	Elliptical	Cat 137	SGR2009-5-03		4,448.**

Chest/Back, Press/Pull

HB	Chest/Back Press	9	192456	VR, bi-directional, (Combo + Hand Cycler)	6,080.**
Par	Lat Pull Down, Chest Press	Tweed	78000047	Combo, BW	4,800.
GF	Lat Pull-Down, Vertical Press	pg 131	SGR2005-1-48C	Combo, BW	5,800.

Hand Cycle

** = preferred units ... * = second choice

HB	Hand Cycle	10	205938	WC +, VR, bi-directional (Combo + Chest/Back Press)	2,850.**
AF	Hand Bike	Cat	FIT-000039	WC+, free wheel ?	4,503.

Butterfly and Reverse

GF	Butterfly and Reverse Fly	11	SRG-2005-1-48 E	Combo, BW,	5,800.** app
GF	" "	Cat 88	UBX-208	Single, VR, BD	6,744.
Par	Butterfly		78000016	BW	3,800.

Tai Chi, Upper Body Stretch

AF	Combo, Tai Chi/ Upper Body Stretch	Port Perry Cat 10	FIT-000038	Greatest diameter, variable grip (can combo be made ?)	3,035.**
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Recumbent Bike

Jam	Lower Body Cycling	Cat Smith's Falls	Z-13005	Free wheel, sliding adjustable seat back	2,200. app
AF	Recumbent Bike		FIT-000012	Free wheel, no seat adjust, placement = distance	4,805.
PW				VR but Beavermeade slips to 0, seat slips Instructions include leg back stretch	

Special, and/or large groups

ActiveFit (Special)

** = preferred units * = second choice

AF	Bench sign	Cat	FIT-000056B	Turns bench into an exercise station	1,280.**
AF	Bench	Cat		Shown with above, best profile ?	

Under substitute consideration

AF	Complete Outdoor Gym: Knee Lift Stepper Hyper Extension Bench Push-up Bars (Multi-Grip) Dip Station (Multi-Grip) Pull-up Bars, 92"(Multi-Grip)	Cat 11	FIT000044 (FIT-000041) " (FIT-000024) (FIT-000018) (FIT-000017) (FIT-000002)	Combo with Stepper Use info ?	1,925. 2,185. 1,465. 1,895. <u>1,968.</u> 9,438.
TGO	Medium Community Gym: Dip/Leg Rise Lat Pull down/Shoulder Press Cross Trainer Spinning Bike Plyometric Boxes Smart Energy Hand Bike Double pull-up bars	Cat 10		(No HST or delivery and price incl gym sign post)	21,133.**

For consideration at next FPWG meeting ...

TF TreckFit system

GF Kettlebell Station, SHP2009-7-42, separate brochure, use?

GF Battle Ropes, X-Rig, are these and above too specialized?

Tai Chi and Upper Body Cycle ... within the range of height suitable for WC use?

5/5

Location of an AOF in Cobourg

Appendix 6

During the summer of 2019, Bruce Belaire and Keith Oliver, (members of the FPWG) met with Jason Johns from Cobourg Parks Dept at the Water Park north of the stone boardwalk. Our physiotherapist was unable to attend because of work commitments. We looked at 4 different locations for the AOF from the Coast Guard Station area to the west through to the east end of the grassy area south of the Pavilion. Jason pointed out areas where water had pooled and areas where future physical changes were possible.

Based on that information and such factors as ...

- 1) ... keeping away from children at play,
- 2) ... creating a sense of separation or semi-privacy by those using the equipment,
- 3) ... being accessible by all types of transportation from wheelchairs to vehicles/parking,
- 4) ... being exposed to others engaged in physical exercise such as walking, kettle-bells,
- 5) ... having easy access for concrete and equipment delivery,
- 6) ... being within a 5-10 minute walk of the most densely populated area in Cobourg,
- 7) ... being easily accessible to students at Williams Academy and CCI,
- 8) ... being close to the sandy beach where one can cool off with a short dip, take a nap,
- 9) ... being next to open area where sports are practiced (saw CCI rugby team three times)
- 10) ... being easily accessible by wheelchair/walker from sources such as Legion Village
... etc ...

... the location at the east end of the grassy area, south of the Pavilion was ranked best by the FPWG.

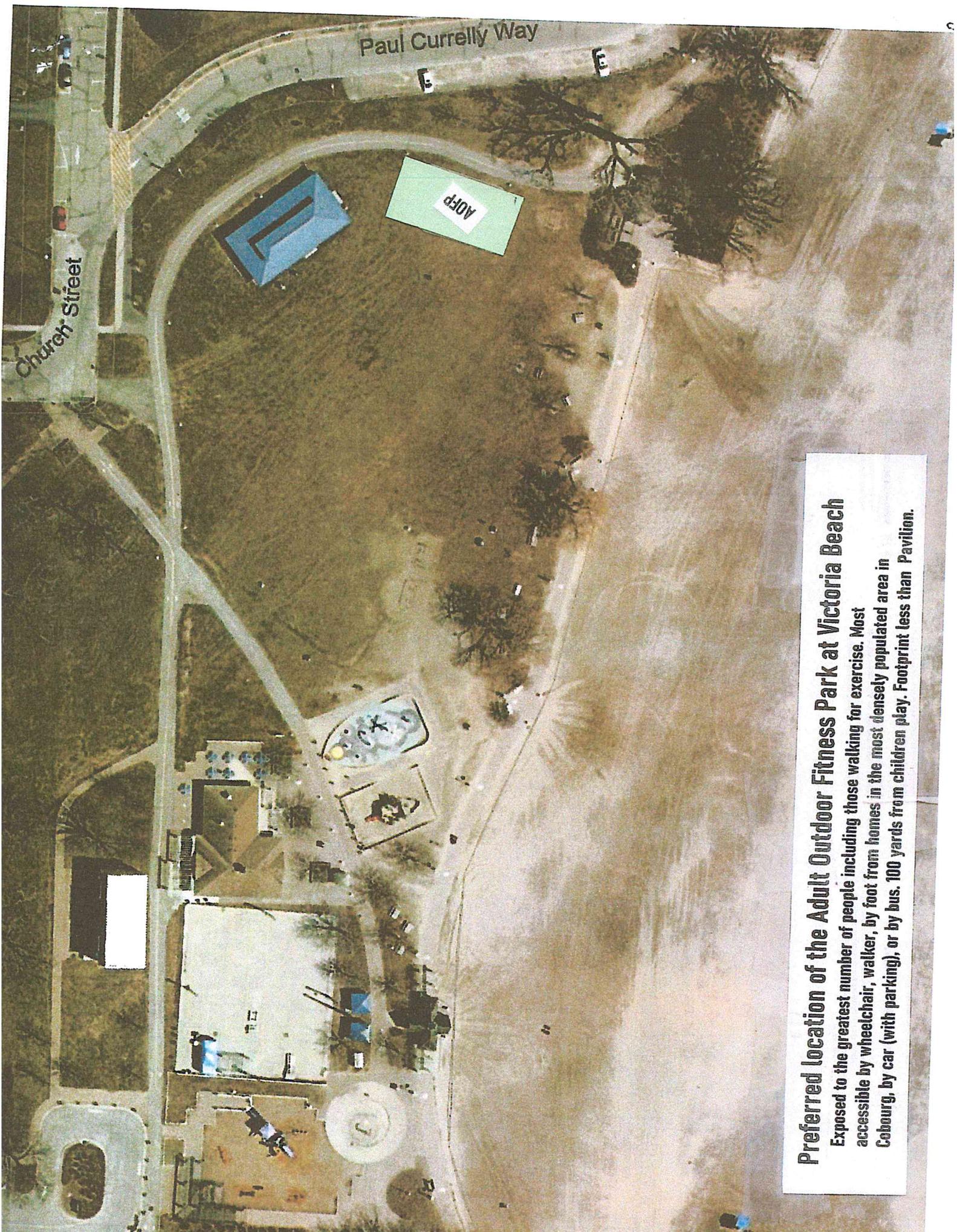
The Oct 25, 2019 Staff Report by Community Services listed the following possible locations:

- ... near the Lawn Bowling facility, (unless objected to by Lawn Bowlers as a distraction)
- ... breaking the Park into several pieces which could be located at ...
 - Fitzhugh Park
 - James Tracy Park
 - Westwood Park
 - Morely Cane Park
 - Donnegan Park
 - Millennial Park (West Park Village)

... the CCC or Delanty Park were not mentioned as possible locations.

The October 4, 2021 Staff Report requesting Council approve a contract with Active Fit for 4 pieces of equipment included the fact that **the Parks and Rec Advisory Committee** had met within the last two months and recommended that an AOF not be located at Victoria Park but be considered for the CCC or Delanty Park. **The FPWG was not advised of, or invited to participate at that meeting and will be requesting delegate status at the next Advisory Committee meeting** to inform members of the many advantages of locating the Park at Victoria Beach which they may not have considered ... and to hear their response. Deliberations as important as this need to hear from all concerned voices.

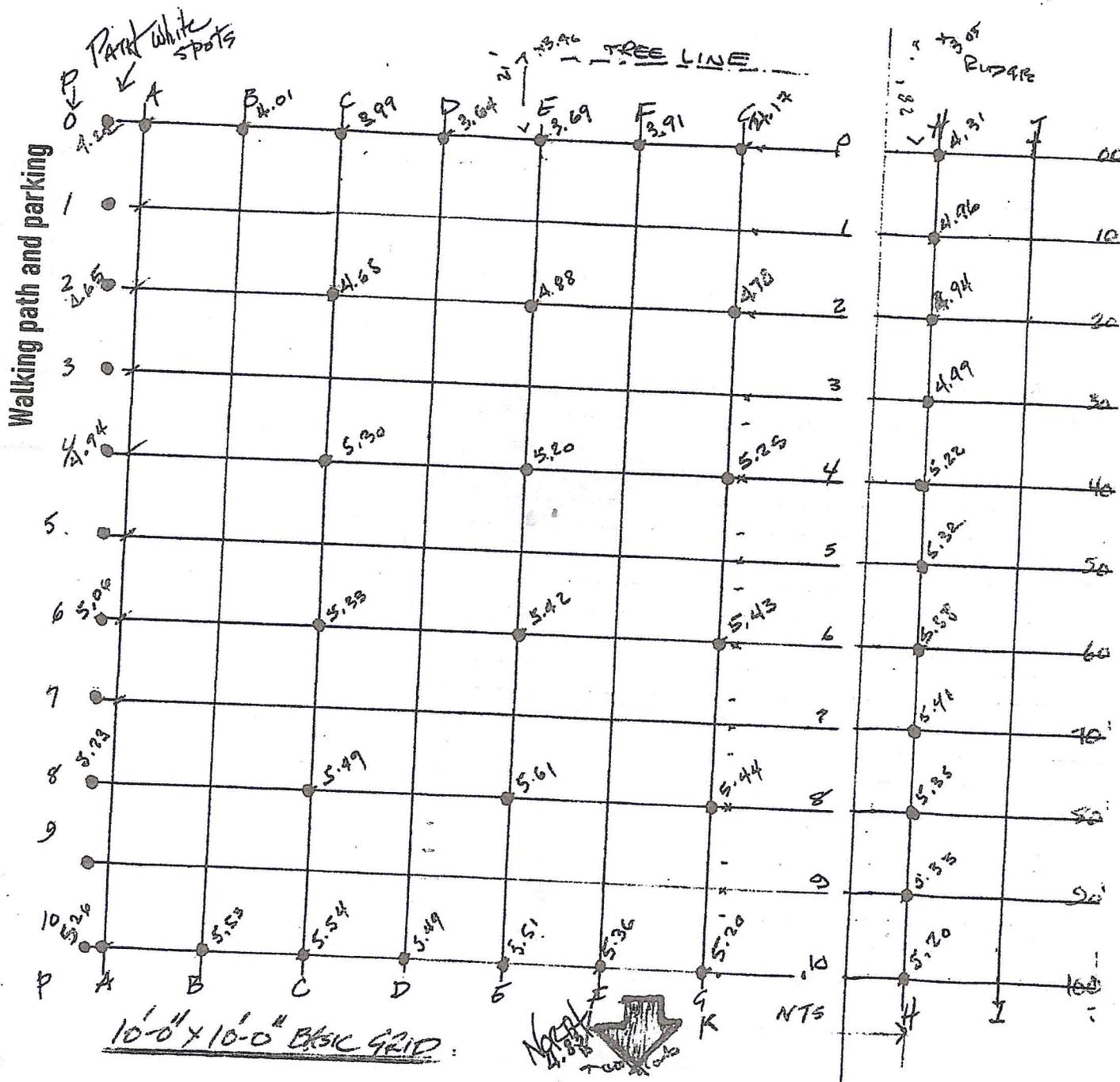
And finally, the late Jim Doubt produced a grade survey of the FPWG preferred site (attached) and Landscape Architect Miriam Mutton has agreed to produce a planting plan that will enhance a sense of separation by those using the equipment.



Preferred location of the Adult Outdoor Fitness Park at Victoria Beach
Exposed to the greatest number of people including those walking for exercise. Most accessible by wheelchair, walker, by foot from homes in the most densely populated area in Cobourg, by car (with parking), or by bus. 100 yards from children play. Footprint less than Pavilion.

Sand Beach

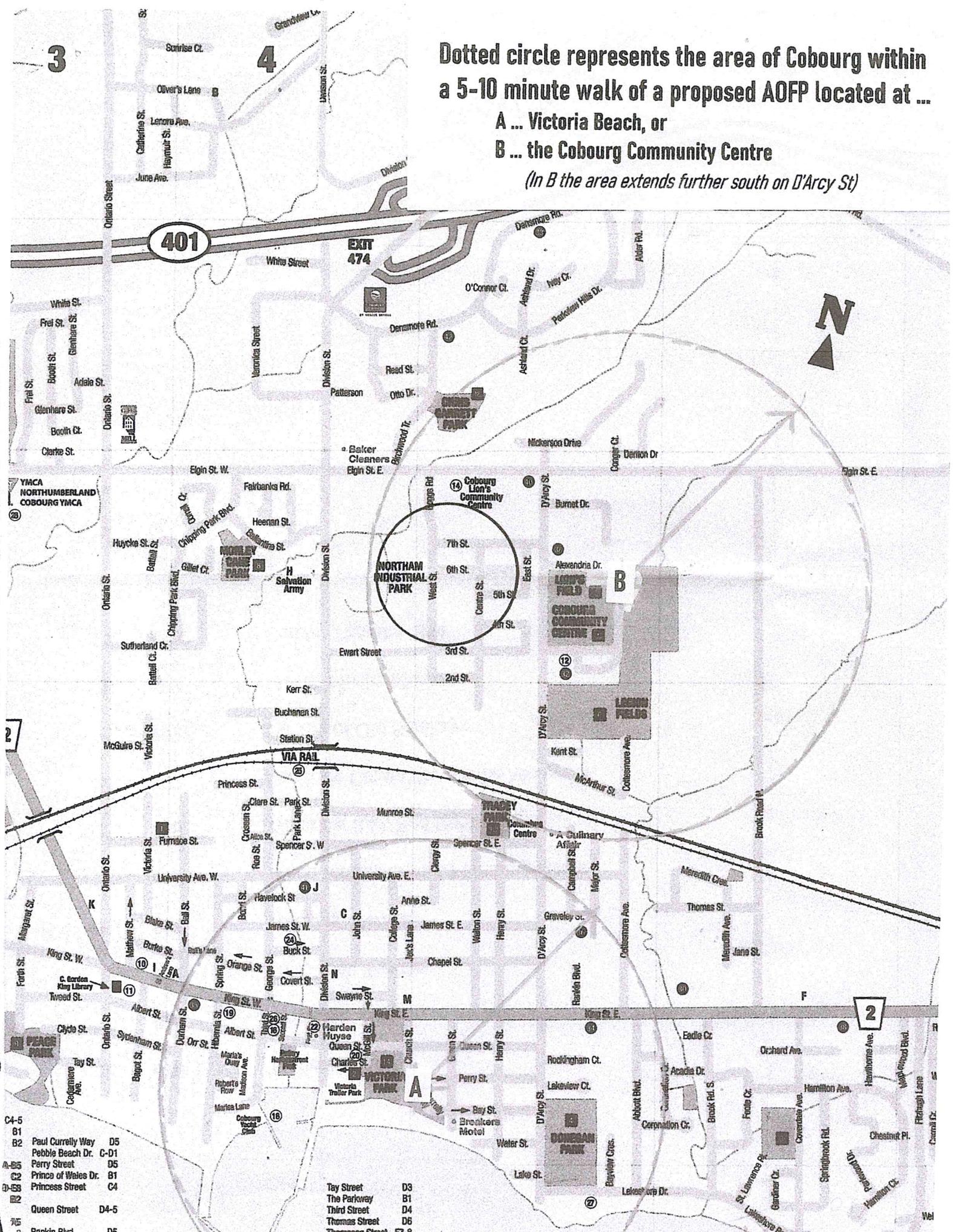
Stone Boardwalk



Dotted circle represents the area of Cobourg within a 5-10 minute walk of a proposed AOFP located at ...

- A ... Victoria Beach, or
- B ... the Cobourg Community Centre

(In B the area extends further south on D'Arcy St)

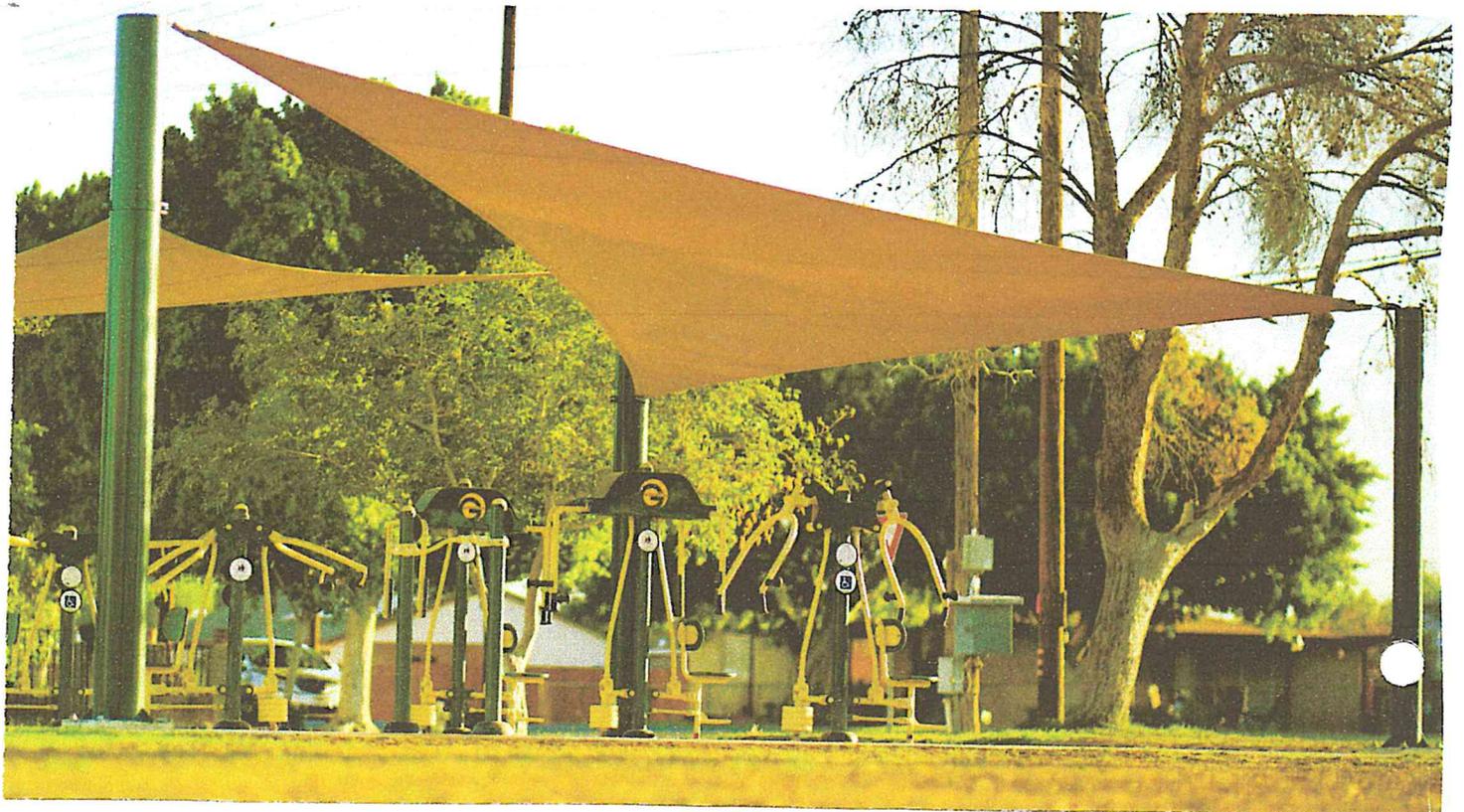


- C4-5
- B1
- B2 Paul Currelly Way
- Pebble Beach Dr. C-D1
- Perry Street D5
- Prince of Wales Dr. B1
- Princess Street C4
- Queen Street D4-5
- Rankin Blvd. D5

- Tay Street D3
- The Parkway B1
- Third Street D4
- Thomas Street D6
- Thompson Street E7-8



AODP full concept with retractable summer shading structure, motion sensitive night lighting.



Possible names for the Cobourg Adult Outdoor Fitness Park:

1) "Albert Smoke Fitness Park"

Albert Smoke (1891-1944) was a Mississauga Ojibway Canadian marathon runner and Olympian, the son of James Smoke of Alderville and Hannah Knott of Curve Lake.

Smoke began his amateur road racing career around 1913 in Peterborough as a teenage "junior" in the Peterborough Examiner Road Race. He persisted and worked his way up the ranks in the sport until he was about to qualify as a member of the Canadian Team at the 1916 Olympic Games which were cancelled because of WWI.

In 1920 he represented Canada at the Antwerp Olympics, making the trek to Belgium to participate for Canada in the marathon. He finished but failed to place well, having suffered from blisters in that race. Upon his return Smoke won the 1921 Hamilton Herald Road Race and then placed third in the 1922 Boston Marathon to cement his legacy.

Albert Smoke married Margaret Whetung of Curve Lake and they went on to have seven surviving children. Smoke died relatively young in 1944, still in his early to mid-50s. His wife Margaret passed away a year later in her mid-40s.

Smoke is an inspiration to all teens about the value of persisting in any endeavor.

2)

3)

4)



June 20, 2019

Teresa Behan
Deputy Director Community Services Division
Town of Cobourg Department of Parks and Recreation
750 D'Arcy Street
Cobourg, ON K9A 0G1

RE: LETTER OF SUPPORT FOR AN OUTDOOR ADULT FITNESS PARK

As Medical Officer of Health for the Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit, I am writing to express support for the creation of an outdoor adult fitness park in Northumberland County, specifically within the Town of Cobourg. Together with our communities, the Health Unit strives to improve health for all by promoting and protecting the health of those who live, work, learn and play in Haliburton County, Northumberland County and the City of Kawartha Lakes.

The concept of an adult fitness park has become increasingly popular for several reasons. According to *The Centre for Active Living*, increasing access to exercise facilities is important for increasing physical activity at a population level. The installation of outdoor fitness equipment in urban parks is an example of an intervention that increases free public access to places for physical activity.

We know that physical activity is considered an important factor in preventing and supporting the treatment of leading non-communicable diseases (NCD) such as heart disease, stroke, diabetes, and breast and colon cancer. It also helps in the prevention of NCD risk factors such as hypertension and obesity and is associated with improved mental health (i.e. can help with depression), as well as improved quality of life and well-being. For older adults regular moderate to vigorous physical activity is a key factor in the prevention of serious injuries from falls. Being active can lead to better balance, motor function, muscle strength, mobility and reduces the risk of the many chronic diseases related to aging. The Town of Cobourg has a high population of older adults and a fitness park would provide many benefits as noted above and contribute to opportunities for social participation and inclusion for participants.

.../2

PROTECTION · PROMOTION · PREVENTION

HEAD OFFICE
200 Rose Glen Road
Port Hope, Ontario L1A 3V6
Phone · 1-866-888-4577
Fax · 905-885-9551

HALIBURTON OFFICE
Box 570
191 Highland Street, Unit 301
Haliburton, Ontario K0M 1S0
Phone · 1-866-888-4577
Fax · 705-457-1336

LINDSAY OFFICE
108 Angeline Street South
Lindsay, Ontario K9V 3L5
Phone · 1-866-888-4577
Fax · 705-324-0455



*District 12
Kawartha Lakes
Peterborough/Northumberland*

June 18, 2019

Ms. Teresa Behan, Deputy Director
Cobourg Department of Recreation and Tourism
Town of Cobourg
750 D'Arcy Street
Cobourg, Ontario K9A 0G1

Dear Ms. Behan:

I am writing this letter on behalf of our members to express our support for the Proposed Adult Outdoor Fitness Park in Cobourg. As an organization that promotes and stages various sporting activities for the 55+ in our community, we recognize the importance of another opportunity for seniors to foster healthy aging by participating in physical activities and to interact socially.

We believe this Park would be a unique, dynamic, and valuable asset in the community. Its design and location would benefit many seniors who might not otherwise be able to afford or be able to access the other programs available.

In particular, we applaud and support this new venture as it is a volunteer-driven initiative.

Yours very truly,

Eva Ferguson, Coordinator
OSGA - District 12 Coordinator
c/o 301 - 325 Densmore Road
Cobourg, Ontario K9A 0E4

www.osgakpn12.com

289-252-1162
osga-dist12@cogeco.ca



Northumberland
Sports Council

June 19, 2019

RE: Letter of Support from the Northumberland Sports Council ("the NSC").

To whom it may concern:

It is with great pleasure that we write this letter in support for the Cobourg Fitness Park.

The Northumberland Sports Council supports opportunities for community members to be active in a financially accessible activity and the fitness park proposal certainly provides that opportunity. The fitness park augments other initiatives in Cobourg that we have supported in the past such as the walking map. We support all opportunities for people to be physically active in a passive way. This would be a great opportunity for the Town of Cobourg to act as a leader for other rural communities and show how public green space can be used to promote physical activity and social engagement for community members of all ages and abilities.

The NSC fully supports this opportunity to provide an opportunity for seniors in our community to enjoy and maintain an active and healthy lifestyle.

Sincerely,

A handwritten signature in cursive script that reads "Paul Allen".

Paul Allen
President

A handwritten signature in cursive script that reads "Heather Grundy".

Heather Grundy
Vice President

Web search "Soloway Wright Playground accidents"

Playground Accidents: Can Municipalities be Held Liable?, Tuesday, December 10, 2019

Parks and playgrounds are commonplace in Canadian neighbourhoods, but many people are not aware of the potential injuries that can occur there. It is estimated that around 28,000 children are injured at playgrounds each year in Canada, with 14% of these being head injuries.

Municipalities and other organizations that maintain play structures may be held liable for an injury that is sustained there, which could lead to an expensive personal injury lawsuit.

So what should you know about playground liability?

Negligence

A municipality has a duty to ensure people are not exposed to an unreasonable risk of harm on their property. If they breach this duty, they could be liable for negligence.

Negligence is at the crux of many cases that make their way to court, and is the most common form of tort action. However, it can be difficult to prove, even if on the face of it someone has a clear case.

The Supreme Court of Canada defined negligent conduct in the 1999 decision *Ryan v. Victoria (City)*: "Conduct is negligent if it creates an objectively unreasonable risk of harm. To avoid liability, a person must exercise the standard of care that would be expected of an ordinary, reasonable and prudent person in the same circumstances."

Courts often use the "but for" test to prove negligence and establish a causal link. The injured person must prove that "but for" the negligent conduct the accident would not have occurred.

Who bears the liability? Municipal employees in general have immunity, which means they cannot be held personally liable for anything they have done in the scope of their employment, so long as they acted in good faith. Therefore, it is the municipality (the employer) who can be held liable for negligence. If an independent contractor is involved in the maintenance or inspection of municipal property, they are responsible for their own activities, acts and omissions.

What is a "duty of care"?

What's crucial for municipalities is the concept of a duty of care. Duty of care is a legal responsibility of a person or organization to avoid any acts or omissions that could reasonably be foreseen to cause harm to others.

The Occupiers' Liability Act sets out the responsibilities of an occupier of a property, such as a municipality and its recreational facilities (e.g. parks, playgrounds, sports fields, municipal buildings, etc.). The Act states that an occupier "owes a duty to take such care as in all the circumstances of the case is reasonable to see that persons entering on the premises, and the property brought on the premises by those persons are reasonably safe while on the premises."

The kinds of acts that breach this duty of care are ones that fall below the standard of care. The standard of care is that which would be expected of an ordinary, reasonable and prudent person in similar circumstances. "Perfection" is not the standard that the law expects. Legislation, regulations, by-laws, industry standards, and municipal policies/procedures help define the standard of care. Note that, children are often owed a higher standard of care than adults.

So, for example, if a municipality builds a playground that does not conform to the recognized Canadian Playground Safety Standard, CAN/CSA-Z614-14 "Children's playspaces and equipment", it is likely that it would be found to have breached the standard of care.

Case study

If someone is injured in a public place, such as a municipal playground, they may have a case for proving that the municipality was negligent.

To do so, the injured party needs to show the following:

- They sustained an injury;
- The municipality owed a duty of care;
- The conduct of the municipality fell below the standard of care; and
- The injuries were caused by the breach of the standard of care.

British Columbia decision a few years ago illustrates some of the legal issues that a municipality may face.

In *Kelemen v. Corporation of Delta*, a young man was injured using a swing in a public park in Delta, B.C. At the time, he was swinging to the limit of the swing, almost parallel to the ground and at a height of 10 or 11 feet. As he was proceeding downwards from the back part of the swing, the chain link slipped through a gap in the S-joint attached to the swing and he fell to the ground. He sustained injuries to his hands, neck and lower back.

He sued the Corporation of Delta for damages, claiming that the Corporation of Delta was in breach of its duty under B.C.'s Occupiers Liability Act, 1979, which was in force at the time. The Corporation of Delta argued that the man had been using the swing inappropriately, which contributed to the malfunction of the equipment and that it had performed an adequate inspection of the playground in the week prior to the accident.

Justice Shaw confirmed that the Corporation of Delta had a duty to undertake regular inspections to ensure the equipment was reasonably safe, with particular attention being paid to known potential sources of danger. Despite two inspections of the swing being carried out by the Corporation of Delta a little over a week before the accident, Justice Shaw concluded that those inspections had not been sufficiently thorough, as they should have noticed that one of the S-joints had an excessive gap, and fixed it. Justice Shaw also concluded that the man used the swing within the normal expected usage. Therefore, he found that the Corporation of Delta was liable for the accident, and ordered damages to be paid to the injured man.

What can municipalities do?

As the case above demonstrates, the most effective way for municipalities to reduce liability is to ensure they have done their due diligence. That is, having appropriate procedures in place to show it acted reasonably. For example:

Doing regular, thorough, inspections of playground equipment and documenting the scope of those inspections

Conducting timely repairs and maintenance, and documenting what and when this is done

Having policies and procedures in place, which are then followed, and

Having their employees regularly participate in training and updates.

Record-keeping is an integral part of demonstrating due diligence. Not only does it prove you have done what you are supposed to have done, but it also leaves less room for error, leads to uniformity and provides clearer understanding.

While serious injuries at playgrounds are still relatively rare, municipalities should be proactive in managing the risk in the first place, in order to reduce the possibility of any injury.

If you have questions about municipality liability and playgrounds, contact our Insurance Law or Personal Injury practice groups.

News Category List: Insights, Insurance Law, Personal Injury

Author: Ashley Bennett, assoc. Condemnation