



Office of the City Manager

CONSENT CALENDER  
March 10, 2020

To: Honorable Mayor and Members of the City Council  
 From: Dee Williams-Ridley, City Manager  
 Submitted by: Scott Ferris, Director, Parks Recreation & Waterfront  
 Subject: Grant Application: National Fitness Campaign for fitness courts

RECOMMENDATION

Adopt a Resolution authorizing the City Manager or her designee to: submit a grant application in the amount of \$150,000 to the National Fitness Campaign for up to five fitness courts; accept any grants; execute any resulting grant agreements and any amendments; and that Council authorize the implementation of the projects and appropriation of funding for related expenses, subject to securing the grant.

FISCAL IMPACTS OF RECOMMENDATION

Each fitness court has a total project cost of \$130,000 of which the NFC provides \$30,000 per court, with approximately \$100,000 per court as the required local match. This local match will vary from site to site because each site has different needs for preparation (e.g., grading, drainage, etc.) If awarded, the \$30,000 in grant funds for up to five fitness courts (grants totaling \$150,000), as well as up to \$500,000 in Parks Tax funds will be appropriated as part of the Third Amendment to the FY 2020 Annual Appropriations Ordinance in May 2020.

CURRENT SITUATION AND ITS EFFECTS

In 2019, the National Fitness Campaign requested that the City provide parks and demographic information about potential Fitness Courts in Berkeley. A Fitness Court is an outdoor rectangular surface that contains a series of exercise elements that use a person's bodyweight as resistance. Fitness Courts are open twenty-four hours a day and can be used by all persons free-of-charge<sup>1</sup>. Fitness Courts are a powerful way to encourage physical activity and promote community wellness (See the graphic image in Attachment 2). Each Fitness Court is integrated with a shock-resistant sports flooring surface and allows users of varying fitness levels to use the Court at the same time. The National Fitness Campaign provides a full program that includes a series of individual exercises, group classes, and events; an ambassador training program (e.g., instructors); and a mobile app that provides how-to exercises, events, trainers, calorie tracking, and other features. In December 2019, the NFC offered the City a grant of \$30,000 per fitness court for up to five courts in Berkeley. In the Spring of 2020, the City will conduct a public process to identify up to five locations to receive new Fitness Courts.

<sup>1</sup> National Fitness Campaign website: <https://nationalfitnesscampaign.com/>

BACKGROUND

The National Fitness Campaign (NFC) is a non-profit organization that has funded the installation of over 4,000 fitness courts throughout the U.S., Canada, and Australia since 1979. Once installed, these courts offer the community a range of fitness exercises free-of-charge. To-date in the Bay Area, fitness courts have been installed or are scheduled for installation in San Francisco, Hayward, and Oakland.

ENVIRONMENTAL SUSTAINABILITY

This project is consistent with the City of Berkeley Climate Action Plan Chapter Six – Adapting to a Changing Climate that seeks to promote environmental stewardship of the Bay and greater direct awareness of sea level rise.

RATIONALE FOR RECOMMENDATION

These grant funds will allow the City to install up to five new fitness courts at parks in Berkeley which will provide people with fun ways to exercise and improve their health. Additionally, adding fitness courts would align with the City's strategic plan goal #1: 'provide state-of-the-art, well-maintained infrastructure, amenities, and facilities.'

CONTACT PERSON

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Roger Miller, Senior Management Analyst, 981-6704

Attachments:

- 1: Resolution
- 2: Graphic Image – Fitness Courts

RESOLUTION NO. -N.S

GRANT APPLICATION: NATIONAL FITNESS CAMPAIGN GRANT PROGRAM FOR  
\$30,000 PER FITNESS COURT FOR UP TO FIVE COURTS

WHEREAS, in 2019, the National Fitness Campaign requested that the City provide parks and demographic information about potential fitness courts in Berkeley; and

WHEREAS, in December 2019, the NFC offered the City a grant of \$30,000 per fitness court for up to five courts in Berkeley; and

WHEREAS, in the Spring of 2020, the City will conduct a public process to identify up to five locations to receive new fitness courts; and

WHEREAS, the National Fitness Campaign (NFC) is a non-profit organization that has funded the installation of over 4,000 fitness courts throughout the U.S., Canada, and Australia. Once installed, these courts offer the community a range of fitness exercises free-of-charge. To-date in the Bay Area, fitness courts have been installed or are scheduled for installation in San Francisco, Hayward, and Oakland; and

WHEREAS, if awarded, the \$30,000 in grant funds for up to five fitness courts (grants totaling \$150,000), as well as up to \$500,000 in Parks Tax funds will be appropriated as part of the Third Amendment to the FY 2020 Annual Appropriations Ordinance in May 2020.

NOW THEREFORE, BE IT RESOLVED by the Council of the City of Berkeley that the City Manager or her designee is authorized to: submit a grant application in the amount of \$150,000 to the National Fitness Campaign for up to five fitness courts; accept any grants; execute any resulting grant agreements and any amendments; and that Council authorize the implementation of the projects and appropriation of funding for related expenses, subject to securing the grant. A record signature copy of said agreements and any amendments to be on file in the Office of the City Clerk.

Attachment Two – Graphic Image – Fitness Court in San Francisco



**FITNESS ELEMENTS**

- (A) 2 Sets destabilized pushing handles
- (B) 2 Sets stabilized pushing ladders
- (C) 7 Progressive foothold strips
- (D) 2 Sets rowing handles
- (E) 4 Full body rowing stations
- (F) 2 Sets muscle-up ring
- (G) 2 Sets bicep curl rings
- (H) 2 Stabilized pull-up bars
- (I) Plyometric / Squat boxes
- (J) Lunge step course
- (K) Agility ladders
- (L) Agility dots
- (M) 2 Bending stations
- (N) Rubberized tile surface (provided by NFC)
- (O) Concrete border (by others)
- (P) Progressive training wall

