

ESC Fitness room extras

1. Entry issues

- a) Access control card machine/cards
Initially 6 keys, eventually smart card. AA foresees problems with keys - loss and non-receptionist hours amongst others.
- b) Entry qualifications
Anyone except pre-puberty juniors.
- c) Charging
Objective should be to cover running and replacement costs. Initial thought is £1 for social; guests covered by existing £3 charge.

2) Equipment

- a) Draft suggested, OK generally?
DD doesn't want rowers; AA does. Rowers good value at £750 each. DD wants second treadmill. Suggest we ask for authority to spend up to a value including 2 treadmills; this will be 15K plus VAT i.e. £17625.
Detail is;

Treadmills, 2 @ 3250	6500
Cycles, 1 @ 1000, 1 @ 775	1775
Rowers, 2 @ 730	1460
Steppers, 2 @ 1295	2590
Multigym, 7 stations	4470
Fitness assesment items	750
Extras, e.g. mats	200
	<u>17745</u>
VAT @ 17.5%	<u>3105</u>
Total	20850

Removal of 1 treadmill would bring the total down to 17K.
Best and final offer to be requested from Cardinal on Monday 31/10.

- b) Leadtime
5 weeks max (multigym)
- c) Tender/order/install
- d) Les Kingstone asked if a punchbag could be installed, principally for Tai-Kwando usage. DD unequivocally no. AA may discuss again with Les - he's also asked about the hire of space for TK practice.

3) Supervision/Management

- a) Hiring/voluntary
Paul Macari/DD/A McS(?) /Alan Murray's flatmate. Initially other volunteers may be required on a frequent basis, perhaps most evenings for an hour or so.
- b) Session planning/assessment
Prime marketing opportunity. Assessment kit included in overall equipment quote. Above personnel to train and conduct tests.

- 4) Insurance Cover
 - a) Indemnity
 - b) Buildings/equipmentDD promises to 'advise' Norwich Union (A Burns). AA thinks this is a serious subject.
- 5) Marketing the facility
See item 3); also Opening may be at AGM, and Lothian Open in week beginning 1 Dec will be an opportunity for visitors to learn about the facility.
- 6) Liquids/food
 - a) Water machine
Water machine is £500'ish from Cardinal. DD thinks other drink/food unnecessary, AA thinks otherwise. AA to investigate.
 - b) Juice bar; see above.
- 7) Cleaning contract, fitness +steam
DD to include in contract, staff to receive training in cleaning requirements.
- 8) Other
 - a) Window covering
Mike Towers obtaining quotes for 2 types of blinds.
 - b) Tables/chairs/loungers
DD says no space; weary users to lie on floor!
 - c) Music
DD says not necessary. Stone age quoted by AA. All other fitness rooms in Edinburgh have music; MH has suggested piped as part of club-wide scheme, someone else has suggested a tele; DD hasn't heard that one yet!
 - d) Mirrors
Believe included as part of main contract.
 - e) Posters/pictures/plants
To be ordered nearer the time.
 - f) Other
- 9) Upgrade entrance
AA/MH met Mike Towers week ending 7/10. All in hand.
 - a) Remove lockers
 - b) Decoration
 - c) Lighting
 - d) Cupboards
- 10) Contingency
- 11) Mens sauna
MH/AA met Mike Towers Sat 8/10. In hand (MH).
- 12) Other?