



SACRAMENTO
STATE

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The WELL Advisory Group Meeting

February 10, 2021

Zoom Meeting

MINUTES

1. The meeting was called to order at 7:32 a.m.
 - A. Present: Rebecca Woolston, Sadia Ashraf, Luis Moya, Nadine Braunstein, Nneka Omekam, Megan Gross, Jenny Ruiz, Ethan Shaw, Elena Larson, Justin Chuong
 - B. Also present: Jessica Swart, Bill Olmsted, Kate Smith, Tori Butler, Jill Farrell
2. Welcome & Introductions
 - A. Postponed; no new members in attendance
3. Public Comment: None
4. Consent Calendar:
 - A. Approval of Advisory Group Minutes for December 2, 2020
[Consensus for approval of minutes as written: Passed]
5. Old Business
 - A. Expansion update: Olmsted & Smith
 - Smith shares photos of the project progress beginning with the recreation side; the new Welcome Center, the golf cart parking/trash compactor area, the Retreat, and two new group fitness studios on the second floor. Smith then shares photos of the SHCS (Student Health & Counseling Services) side; new kitchen for the Cove, a dedicated office for HWP (Health & Wellness Promotion) staff, renovated nurses' station, and the exterior. She also shares a photo of the new vending machine stocked with items like over the counter medication, which is located on the recreation side so that it can be accessed while SHCS is closed.
 - Woolston asks if Athletic Training is for student athletes. Smith explains that the SHCS Athletic Trainer works with students who are injured or need rehabilitation, and Athletics has their own trainer. She adds that a collaboration and combining of services has been considered and discussed, but no decision has been made.
 - Olmsted adds that all spaces in the Retreat are fully accessible including the all-gender showers and restrooms. Also, the original project timeline estimated completion at the end of fall 2021. However, by taking advantage of the unpopulated campus and facility and accelerating the timeline, completion is now estimated at the start of fall. Assuming students return to campus in the fall, they will have access to the new spaces.
 - Omekam asks if there are plans to create a virtual tour so that new, future and alumni

students would be able to explore the new facility. Swart states that there are plans to update the virtual tour that was recently created and add the new spaces. A promotional video to showcase the new spaces will be created as well.

6. New Business:

A. 21-22 Building Hours: Swart [**MSP: Larson, Chuong**]

- Swart presents the WELL building hours for 2021-22, including a side-by-side comparison to 20-21, which is almost entirely the same. The only change is that the facility will be open one less day. She explains that New Year's Day 2022 is on a Saturday, and the facility normally opens the day after New Year's, which will be a Sunday. The decision was made to reopen on the next business day instead. Swart notes that expansion delays and changes related to the current pandemic may prompt changes. Additionally, adjusted hours typically include homecoming and the Causeway Classic football game, but hours may not be adjusted if it's not needed whether due to the pandemic or not hosting the game.
- Smith explains that the building hours proposal is assuming a return to indoor operations, but that the actual opening date is uncertain at this time.
 - Braunstein points out an error on the years in the summer 21-22 section. Swart agrees and notes that it will be edited.
 - Woolston asks how much the number of days open contribute to how many student staff to hire. Smith explains that the number of days open is not as much of a factor as operating hours. She adds that the WELL typically employs 175-200 part-time staff, which are mostly students but also personal trainers and fitness staff. Being virtual with limited in-person services, there are currently only about 50 part-time staff. So, a number of student staff will need to be hired when indoor operations resume.

B. 21-22 Membership Plan: Swart [**MSP: Omekam, Woolston**]

- Swart presents the 2021-22 membership and guest pass rates for non-students, which consists of faculty, staff, students in accessory programs on campus, alumni and sponsored members, and discusses the changes which are highlighted. The Starter Package, which included membership and personal training sessions, will no longer be offered. Short Term members are now categorized as Pay in Full and the membership duration options will be limited to two-months. Also being proposed is removing the Start Strong program, which provides exclusive fitness classes for faculty and staff, with hopes to bring it back when the program is more sustainable. Swart notes that there are no changes to the guest pass or supplemental rates.
 - Farrell asks if most sponsored members of students choose two-months or four-months of membership. Swart believes it varies and while it is currently fairly even, it is closer to two-months.
 - Woolston asks what associated campus programs are. Swart explains that it includes programs on campus which do not have all of the student fees associated with it, including the College of Continuing Education program, foreign language programs, and the Renaissance Society. She also adds that the rate is sometimes used if a department has a membership need for a person in a learning capacity that does not fit in other categories such as an intern.

7. Reports and Comments

A. Executive Director: Olmsted

- Olmsted explains that spring is always busy with strategic planning, reviewing project lists for the following year, and budget. He notes that strategic planning and reviewing goals for the current year and next has been challenging since it involves looking forward 12-18 months and currently nobody can predict what will happen next year or even next month.
- Although campus is currently on a "hiring chill", Olmsted has been working with the president's office to start posting positions, noting that it is imperative to fill vacancies and add positions in

areas that were deficient prior to students returning to campus. Equally imperative is hiring back students in preparation for reopening in the fall.

- Every opportunity to conduct maintenance that would have been disruptive to a full building has been taken advantage of, such as the entire first floor of the Union being re-tiled. Projects planned for 1-2 years from now are being reviewed and pulled forward to conduct the work while campus is depopulated.
- Lastly, the organization has been working with SHCS on COVID-19 testing and vaccination efforts, and has been designated as a vaccination site for Sacramento County. Clinics have been held in the Union's Brown Bag Area for about three weeks, and the efforts have been incredibly successful. Olmsted adds that he found out yesterday that congresswoman Doris Matsui will be visiting the SHCS clinic and taking press questions.

B. Director: Smith

- Smith reiterates that COVID surveillance testing is being done in the WELL, for continually testing asymptomatic students who are conducting any work on campus, participating in athletics, and students in housing. Testing is conducted on Mondays and Wednesdays by an outside vendor in the Terrace Suite.
- Spring programming continues both virtually and in person. Smith mentions programs and classes being offered such as virtual inclusive fitness classes, a Mental Training for Adventure Sports clinic, the Mile High Climb challenge, and Hustle From Home which is a new virtual four-week personal training program that is free for students. The Sac State 5k will be virtual again, and is allowing dogs to participate this year; there are currently 92 participants and 29 dogs registered. In January, 490 virtual classes were offered, 138 outdoor classes were held, and pre-recorded workouts on IGTV and on demand through MindBody continue to have views. She adds that the 21-22 strategic plan includes continuing with virtual programming.

C. Assistant Director: Swart

- Swart shares participation numbers which are mostly for outdoor fitness, lap swim and outdoor group fitness. There were 3,344 check-ins in the month of January, which were mostly students. The last two-weeks had 1,300 check-ins and it's estimated that February will be the busiest month based on trends.
- Students are currently being surveyed on expanding outdoor fitness hours. Student Affairs assisted by emailing the survey to students who are subject to surveillance testing since they will be on campus and are most likely to participate in the programming.
- Swart shares the WELL website and shows new items on the landing page including quick links for outdoor reservations, fitness classes, and recreation therapy programs. She notes that all events and offerings are being promoted on the campus events calendar.

D. Advisory Group members

- Braunstein suggests informing faculty when it's time to start hiring students; they can pass the opportunity along. Smith mentions that positions are typically posted on Handshake but it is a great suggestion. She will reach out to WAG members as well as other faculty that the WELL partners with.

8. The meeting was adjourned at 8:32am

Respectfully Submitted:


Saadia Ashraf (Mar 3, 2021 12:43 PST)

Authorized Signature

Mar 3, 2021

Date