



SACRAMENTO
STATE

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The WELL Advisory Group Meeting

February 9, 2022

Zoom Meeting

MINUTES

1. The meeting was called to order at 7:33 a.m., by Oneto
 - A. Present: Nicole Oneto, Bernard Omiple, Michael Thompson, Debbie Bruffet, Alex Knapp, Rebecca Woolston, Amanda Visger, Lisa D'Angelo, Mandy Facio
 - B. Also Present: Kate Smith, Jill Farrell, Bill Olmsted, Jessica Swart, Erica Wood, Tori Butler
2. Public Comment: None
3. Consent Calendar:
 - A. Approval of Advisory Group Minutes for December 1, 2021
[Consensus for approval of minutes as written: Passed]
4. Old Business
 - A. Expansion Update: Olmsted & Smith
 - Smith announces that flooring has been replaced in the MAC (Multi-Activity Court), which will be the last space to reopen since reopening the facility in the fall. The court will have modified hours that are posted on the WELL website, and will be staffed for policy enforcement of face covering requirements. The WELL garden project is continuing with a goal of completion by summer.
 - Olmsted states that the construction contractor is working through the final punch-list, which started with over 200 items and is down to about 15, including items as small as nicks in paint and carpet stains. He adds that students have been using the building since fall, but it's been great to see the influx of students.
5. New Business:
 - A. WELL Reservations Contract: **(MSP: Visger, Omiple)**
 - Wood presents a redlined reservation contract and discusses changes, most of which were made to align with the University Union (UU) contract and correct grammatical items. The food, beverage and catering section had Java City listed with exclusive rights, which is no longer the case since Starbucks is on campus now. Parking was updated to match current parking requirements. A late changes section was added to align with UU contracts and acknowledges that changes requested less than three days prior to the event may not be possible and fees may be incurred. Conference suite staffing section was updated to reflect an Event Staff team *member* is included, not the team. Audio/visual was updated to reflect the current setup and equipment offerings. Decorations and cancellation/no show sections had grammatical corrections, no changes to the policies themselves. Force majeure and dispute resolution sections were added to align with UU contracts, as recommended by University Counsel.
 - B. Membership Proposal 2022-2023 **(MSP: Facio, Bruffet)**
 - Swart presents the proposed membership rates for 2022-23, noting that there are no changes from current rates and offerings. Last year, items that are no longer offered were removed but rates didn't

change then either. This was due to impacts of the pandemic such as people being concerned about coming to an indoor public space, program modifications, less activity hours, etc. Prior to March 2020 a membership rate evaluation was done in the local market, including CSU's with similar facilities. Another evaluation of rates will be done this summer and fall to ensure rates are competitive and reflect the new spaces and offerings after expansion. Next year will likely include changes to membership types and rates. Swart adds that guest passes are currently not available due to COVID, in order to keep the building dedicated to students, faculty, staff, and alumni.

- Smith explains the summer student special, which allows students who are not enrolled in summer classes but enrolled for fall to purchase a membership for the entire summer for \$48 if they sign up by June 1. Those students also have the option to purchase one month at a time. Students taking summer school have their membership fees included in their student fees.

6. Reports and Comments

A. Executive Director:

- Olmsted states that the organization is currently working on 2021-22 budget year end projections, as well as the 2022-23 budget, projects and to-do lists, which will be presented in April. The major parts of WELL expansion are wrapping up. A few items that were backed out of the project are being completed as well as some others that came up. He discusses upcoming projects including additional bike parking in front of The WELL, screens and AV equipment modifications in the Terrace Suite, converting some of the conference suite staging kitchen to a smaller space to create more storage, and lighting control project. Lastly, expansion architects will be verifying square footage of every space in the facility including circulation areas, mechanical and back of house spaces. He also points out there is a lot more outdoor seating off the pathway to The WELL, near AIRC and Tahoe hall. There will also be ADA improvements in walkways around UU and Library, and towards residence halls.

B. Director:

- Smith states that recruitments for a Marketing & Outreach Coordinator and Assistant Director of Fitness & Wellness are underway, with hope to close by end of semester. Modified hours are being offered for the Gym Box and MAC. Some indoor Intramural Sports (IM) are being offered, but modified given the challenge of ensuring participants follow the face covering policy that campus and Sacramento County have in place. The WELL hosted the first volleyball match this weekend, which was exciting for students to participate in a sport club. Registration is open for the Sac State 5k which is scheduled for April 28 with a prehistoric race theme. The race will be in-person with limited virtual options due to the logistics and pre-planning required for virtual runners.
- Wood adds that 5K is back in-person for the first time since 2019. There are currently 204 in-person registrants and 11 virtual. The next price increase will occur this Sunday, February 13. Also, the 5K committee will begin recruiting volunteers this week.
- Smith adds that all WAG members are eligible to volunteer as well as Greek organizations. Additionally, RPTA students can receive volunteer credits which they are required to fulfil. The race is dependent on volunteers and needs around 100. A variety of shifts and options are available, including the days leading up to the race.
 - Bruffet mentions that the PHE (Peer Health Educator) programs may be willing to volunteer. Wood explains that the offer is extended to PHE through Reva Wittenberg, AD of Campus Wellness.
- Smith reminds the group that an email was sent with a survey link to gather feedback regarding the remaining WAG meetings. The meeting in March focuses on projects for the upcoming year. Then the Joint Advisory Group meets in April where the entire budget for the corporation is presented. She adds

that Farrell hosts a budget training, which is being held tomorrow. Attendance is not mandatory but will be helpful for understanding the presentation for those who haven't seen the budget before. Lastly, hybrid options are being explored for the next meetings, but cannot make any promises.

C. Assistant Director:

- Swart agrees that it feels good to have a busy building again. The facility usually has over 2,000 people check-in per day and, last fall, check-ins didn't exceed 1,400. There are currently 15,000 active members; 96% students which is about 14,352. She doesn't have official enrollment numbers but heard headcount is about 29,300, so about 49% of students have activated their membership. There are a little over 500 non-student members; 6 associated campus program members, 35 sponsored, 109 faculty/staff, and 415 alumni. An Instagram contest was held two weeks ago to pick up engagement and follow-ship, and had an 8.6% increase in followers in last few days. The Union WELL Inc. newsletter continues to be distributed. The February issue came out Monday and includes all programs and services in the next 30 days.
- Program updates: Climbing is currently running a Mile-High Climb challenge, and offering First Ascent Mondays, belay classes, and Gym to Crag. Fitness is offering the Hustle From Home virtual training program; two out of three sessions offered are already sold out. More spots will be opened as more trainers are hired. Group Fitness has sold out the first of two sessions of Self-Defense classes, and is offering Group Fit Club, 35 classes per week including 6-8 virtual classes and a new spin class in the new cycling studio. IM is offering 4-on-4 indoor volleyball and 4-on-4 outdoor flag football. Recreational Therapy (RT) is offering virtual semester prep workshops, 1-on-1 RT sessions, mindfulness, and outdoor wellness later in the semester.

D. Advisory Group members


- Knapp notes that she is the virtual yoga instructor on Tuesdays and Fridays at 9am, on Zoom, and would love to see members there.

7. The meeting was adjourned at 8:17am

Respectfully Submitted



Authorized Signature



Date