



CITY OF WILLIAMS LAKE COUNCIL REPORT

DATE OF REPORT: February 29, 2024
DATE & TYPE OF MEETING: April 24, 2024 Joint Committee Meeting
AUTHOR: Rob Warnock, Director of Municipal Services & Stacey Miranda, Director of Community Services
SUBJECT: ROTARY CLUB FITNESS EQUIPMENT FOR KIWANIS PARK – NDIT APPLICATION & FUNDING APPROVAL
FILE: 1-96-9; 0360-37-01

Recommendation

That the Central Cariboo Joint Committee approve a 2024 Northern Development Initiative Trust (NDIT) application to the Community Places program in partnership with the Williams Lake Rotary Club, and further authorize staff to support the project with the sub-regional recreation funding account or other funding source for a maximum amount of \$10,000.00.

Purpose

The purpose of this report is to provide information to the CCJC to seek approval for the support of the Seniors' Exercise Equipment Project with the Williams Lake Rotary Club for an application to the Community Spaces funding program. Community Spaces supports the creation, restoration or enhancement of community spaces that improve amenities and enhance the overall quality of life. This report gives information to Council regarding the partnership, the project, and the application. Part of this application requires financial support for the project.

Discussion

Background

At the January 16, 2024, Committee of the Whole City of Williams Lake Council meeting, Dave Dickson from the Williams Lake Rotary Club presented a project proposal for a senior's activity park to be installed in a municipal park. This project is perfect for the Community Spaces funding stream of the NDIT. With the support of City of Williams Lake Council, and the support of the Central Cariboo Joint Committee, the application for the grant would be a strong contender for success. This project is designed to promote outdoor physical activity, and the exercise equipment chosen will be specifically for Seniors' but can be utilized for anyone.

Exercise designed for outdoor physical activity can benefit everyone, especially seniors in their everyday life in the following ways:

1. **Daily life.** Functional training trains the same muscle movements you use in everyday life. For example, a senior citizen might practice bodyweight squats to improve their ability to stand up from a chair. These everyday activities can get easier when you train for them.

2. **Balance and coordination.** Exercises can help maintain and preserve your sense of balance. Functional exercise makes different parts of your body move together smoothly. This is helpful for older adults to prevent falling and related injuries. People recovering from injuries can also regain balance with functional training.
3. **Injury protection.** Practicing the movements involved in daily life can help prevent injury. Exercise equipment that is simple and easy to use protects your spine from movements that cause back pain. If you lift heavy objects off the floor correctly while exercising, you can avoid accidents picking up heavy objects at work or home.
4. **Prevents muscle loss.** Strength training, functional fitness can maintain and increase muscle mass, bone density and strength. Training muscles will continue to enhance strength and agility which can effectively improve overall posture. These exercises trigger many areas of muscles and joints providing a better overall physical movement.

Analysis

The Municipal Services and Community Services departments for the City of Williams Lake have met with the Williams Lake Rotary Club to discuss this project, and support it moving forward. The Williams Lake Rotary is prepared to present to the CCJC, however, the Director of Community Services authored this report for immediate discussion and information. The most suitable location for this equipment is in Kiwanis Park. Kiwanis Park, while a destination park in Williams Lake, has several other recreation amenities, is close to the Cariboo Memorial Recreation Complex, Boitanio Park but most importantly, is near to the Senior's Centre.

In-kind support for the project would be required from both the City's Municipal Services and Community Services Departments.

It should be noted that, even without providing the additional financial or in-kind support, the Central Cariboo Joint Committee and the City of Williams Lake will be responsible for the ongoing operation and maintenance of the structure(s). This is an excellent recreation feature, without similar equipment existing in any other areas in the Central Cariboo.

Financial Considerations (Cost and Resource Allocation)

- ☒ Yes – Costs will vary depending on if (and by how much) the Central Cariboo Joint Committee chooses to contribute financially.
- ☐ N/A

NOTE: As of April 4, 2024, the Williams Lake Rotary Club has received positive information regarding the application.

Legislative Considerations (Applicable Policies and/or Bylaws)

- ☒ Yes – Parks and Playground CSA Regulations.
- ☐ N/A

This project aligns with the following Focus Areas of Council's Strategic Plan:

- ☒ Collaboration and Partnerships
- ☐ Indigenous Relations
- ☒ Livability / Positive Atmosphere
- ☐ Housing
- ☒ Infrastructure
- ☒ Organizational Effectiveness

OR

- ☐ **Core Service (not identified in Focus Areas, but necessary local government function)*

This report has been prepared in consultation with:

- Rob Warnock, Director of Municipal Services
- Gary Muraca, Chief Administrative Officer

Respectfully submitted,

Stacey Miranda
Director of Community Services

ATTACHMENTS:

Attachment A – [Background Report to January 30, 2024 Regular Council Agenda](#)