

To: Graham Haigh, Facility and Operations Coordinator at UBC Recreation
From: Ian Betts
Date: October 28, 2016
Subject: Proposal for reducing the unnecessary amount of time needed to work out at the Birdcoop Fitness Center

Introduction

As I'm sure you are aware, Birdcoop Fitness Center is the most widely used student gym on campus. It is the only student gym which provides students a full set of cardio and strength training equipment. Increasing enrollments at the university means more people are buying memberships to use the gym. It has been well documented that exercise is a powerful tool for increasing energy and reducing stress. Therefore, it is important that the university provide a functional fitness facility that allows students to get in the workout they desire within a reasonable amount of time. Long wait times for lockers and long wait times to use equipment in the gym is causing some students to avoid exercising at school.

Statement of Problem

On most occasions, it takes an unnecessary amount of time to complete a desired workout. One reason for this is the shortage of lockers the facility has. Because there are a limited number of permanent lockers that students can rent for the entire school year, most students rely on renting a day locker to store their items (students receive a key from the front desk for a locker and must return it within three hours). In many cases, there are too many people working out at the time for there to be a day locker available. This requires being put on a waitlist to receive a locker, which can take up to twenty minutes. Secondly, there is no room to add additional equipment with the current layout of the gym. This is much needed because the gym is busy at most hours of the day, leading to long wait times for particular pieces of equipment.

Proposed Solution

Solutions could include building a new and larger facility or making changes to the organization of equipment at the current site. I propose to evaluate the advantages and disadvantages of each solution and determine which is the most feasible.

Scope

The areas of inquiry I intend to pursue for the report include:

1. How do regular users of the Birdcoop feel about their fitness experience?
2. What are the causes of the long wait times for lockers and gym equipment?
3. How can the current layout be changed in order to solve the problems of too few lockers and long wait times at most equipment?
4. What are the costs associated with building a new and larger fitness facility?

Methods

I will conduct a survey of regular Birdcoop users in order to gain a consensus of satisfaction for the facility, and the degree of change that is desired. I plan to also interview UBC recreation

staff to gain insight related to my scope. For secondary sources, I plan to incorporate some of the extensive research that has been done on the importance of fitness for university students.

My Qualifications

I am a 4th year student at UBC who will be graduating in the spring of 2017. I have regularly gone to the Birdcoop for two years, and as someone who understands the contribution fitness can make to a university students health and well being, I am suited to provide recommendations on reducing wait times for the campus's main fitness facility.

Conclusion

The over crowdedness and wait times at the Birdcoop Fitness Center is affecting the quality of workouts students are receiving, and may be discouraging students from using the facility altogether. By addressing the four areas of inquiry presented in the proposal, I can determine the most viable solution to correct this. I hope for your approval so that I can begin working on this important matter immediately.