



Kent Volunteer Fire Department, Inc.

P.O. Box 355
Kent, CT 06757

The following is the charge of the Fitness Room Committee:

Make recommendations to the KVFD membership on funding, design, new/used exercise equipment, room modifications and fixed room equipment for fitness room. Oversee removal and disposal of old equipment, make purchases of equipment, arrange contractors if required, oversee and assist with installation and outfitting of the new equipment. Recommend to the membership a Fitness Room use policy of completed fitness room facility to ensure safe, clean, and enjoyable use by the Membership of the KVFD.

Meeting Minutes

KVFD Fitness Room Committee
Saturday, March 12, 2022- 8:00 AM
Fire House Officer Room

Attendance: Matt Starr, Dan Kabasakalian, Jill Scholson, Eric Epstein

Call to Order: Chairman Starr called the meeting to order at 8:05AM

Public/Member Comment: None

Old Business: None

New Business:

- ***Reviewed the charge of committee. Starr reported that President Russell has tasked this committee with adding "Staff Sleeping Quarters" to our charge.***

Funding:

- ***Committee discussed funding for this project.***
- ***A request for ARPA funding of \$30,000.00 for the Fitness Room and \$5,000 for sleeping quarters has been asked that the department includes in our request to the ARPA committee.***
- ***Fire Department endowment***
- ***Grants including Wal-Mart, First Light, NW Community Foundation***

At this point, the committee went to view the Fitness Room currently:

- ***Kabasakalian recommended that the room be cleared out and the current equipment and membership asked if they would be interested in any of the old equipment.***
- ***Committee members were in agreement as some of this equipment is not safe and not in use.***

New/Used Equipment:

- ***Rubber floor***
- ***Treadmill***
- ***Bike/Peleton***
- ***Free weight bench/rack***

- *Stair machine*
- *Virtual reality equipment: Oculus*
- *Mirrors*
- *TV/ Entertainment*
- *Towels station*
- *First Aid/AED*
- *Water Cooler*
- *Mirrored door glass*

Protocols:

- *Protocols for room use were discussed and need to be formulated. These include:*
- *Wipe down of equipment*
- *Cleaning*
- *Towels and Laundry*
- *Schedule*
- *Log in/out*
- *User training*

Sleeping Quarters:

- *Committee reviewed a quick sketch layout of possible Murphy bed type bunk areas for in the Responder Room.*
- *Work on this will need to continue to be reviewed.*

Assign Tasks:

- *Kabasakalian: contact exercise equipment machine vendor to work on options*
- *Scholson: Peleton and Oculus options*
- *Epstein: meet with Fire Marshal and Building Inspector on sleeping quarters*
- *Starr: free weight options*

Schedule of next meeting: TBD

Adjourn: @ 9:07AM

Respectfully submitted,

Eric Epstein

Acting Secretary