

Fitness Center Renovation Proposal

Executive Summary

The Belmont High School Fitness Center (“Center”, also known as the Weight Room) is used by students from many athletic teams and clubs, as well as students doing individual workouts. Located in the Wenner Field House wing, the Fitness Center has not been renovated for many years and has grown shoddy. The ceiling and walls are in poor condition and the floor covering presents a potential tripping hazard because of tearing. The equipment mix may benefit from an update as well. The Boosters Club is leading an effort to renew the character of the room from ceiling to floor as well as re-examine the equipment needs.

History

The Center is located just inside the entrance to the Wenner Field House of Belmont High School. The room was apparently originally used as a classroom. It is likely that the original flooring was the same type of tile found throughout the rest of BHS. At some point this was replaced by carpeting, which is now quite worn and torn in places. There has been at least one other renovation of the room as evidenced by a plaque that lists donors.

Description

The Center’s room is approximately 30 feet by 60 feet with about 1792 square feet of floor space. The ceiling is suspended tile approximately 8 feet high. Behind the tiles there is approximately 18-24” of space that is occupied by numerous pipes and electrical conduits. At several points tiles have been removed, either due to damage or to provide additional headroom for exercises. Lighting is provided by 17 florescent fixtures that have been retrofitted at some point from 6 tubular bulbs to 2 bulbs, probably during an energy audit. The fixtures are covered with translucent, pebbled plastic lenses. There is no exit lighting or emergency lighting currently installed. The walls are painted concrete block, partially covered with large mirrors. The floor is covered by thin, worn carpet that is torn in places. Over the carpet are scattered rubber mats. The carpet tears and mats present many loose edges. The equipment consists of a set of circuit weight training machines that were acquired from a local fitness club, two “racks” used for barbell exercises, two treadmills and various dumbbells, medicine balls and step boxes. Because of the large number of equipment pieces, there is little open floor space.

Asbestos

BHS was constructed in the early 1970s when asbestos was still commonly used and asbestos containing materials can be found throughout the school. Like all public schools, BHS is required to have completed a survey of such materials and to update

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an asbestos management plan annually. There are two major types of asbestos-containing materials in the school—a loose, friable fireproofing coating used on major structural elements and a hard, non-friable insulation found on hot water pipes. There is also a presumption that asbestos may be found in the mastic adhesive used to lay the floor tiles found throughout the school.

Above the Center's ceiling tiles are several short runs of hot water pipes with non-friable asbestos-containing insulation. There is no friable fireproofing material. The original floor tiles have been covered by carpet. The tiles and underlying mastic glue test positive for asbestos.

The school has chosen to leave all asbestos-containing materials where they will be undisturbed and this has prevented exposure to any asbestos hazard. Regular monitoring for asbestos exposure continues.

Proposed renovations

1. Possible asbestos remediation: Depending on fundraising, it may be possible to pay for removal of all asbestos from the ceiling water pipes (and the floor, if it remains from previous tile mastic). This would allow the suspended ceiling to be removed, thus gaining overhead space; just how much space is difficult to ascertain without removing more of the existing tiles for inspection. Besides additional cost the downside of this step would be the extra time and administrative steps associated with removing asbestos.
2. Ceiling replacement: Assuming the plan evolves to leave the ceiling in place, the 2x2 panels will be replaced, probably with new, white panels. Panels will be provided to the school for installation by school employees, or installed by project volunteers.
3. Lighting replacement and emergency lighting installation: 17 current 2x4 fixtures will be replaced with state-of-the-art fixtures using LED bulbs, dramatically improving the amount of light in the Center. Exit lights will be installed over the two doors. Emergency lighting, which can provide 20 minutes of illumination in the event of a power failure, will be installed. Work will be done by Rumley Electric
4. Wall painting: The walls will be repainted in a shade of white using a volunteer work crew supervised by Gene Vetrano of Vetrano Painting.
5. Wall graphics: Belmont Marauder graphics will be provided and installed on the walls by project volunteers.
6. Floor replacement: Rubber flooring will be installed. The carpet may be removed depending on cost (this is permissible as long as the underlying tiles are not disturbed). Installation will be done by one of several professional flooring companies that have provided quotes.
7. Windows: Damaged and non-functional vertical blinds will be removed from the Center's windows.

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Equipment planning

Jim Davis, Director of Athletics, has surveyed his coaching and physical education staff to determine the best mix of equipment to satisfy the Center's various users. It is clear that several pieces of existing equipment can be removed without impacting these users. This will open up floor space for exercising, and allow some updated equipment to be fit into the room.

The Boosters works closely with Jim Davis to support the acquisition of new pieces of equipment that are needed to serve the BHS athletic programs. Currently under discussion is an exercise bike for rehabilitating injuries and a new barbell rack.

The Boosters are also in discussions about bringing a fitness expert to BHS to provide guidance to coaches and teachers about the latest trends in fitness training.

Budget estimates received to date:

A. Pre-project	
a. Potential asbestos remediation	\$5-11K
B. Project	
a. Ceiling tiles	\$2500 (est)
b. Moving, other miscellaneous	\$1000
c. Lighting upgrades	\$5500
d. Wall painting	\$1000
e. Wall graphics	\$0
f. Rubber flooring	\$13000
g. <u>Window repair</u>	<u>\$0</u>
TOTAL (not including asbestos)	\$23000

Funding Sources

Fundraising is ongoing, but targeted amounts include:

Boosters	\$15000
Friends groups	\$2000
Individual donors (60 x \$100 each)	\$6000

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Work Schedule

June 29-July 3:	Move out equipment, blinds & mats
July 6-17:	Electrical work (Rumley)
July 10-12:	Painting weekend (Vetrano)
July 13-17:	Flooring install (Messina)
July 20-24:	Graphics install (Baldi)
July 27-31:	Equipment moves back

Committee Members

Larry Christofori
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