



Town of Green Mountain Falls

Parks, Recreation, and Trails Committee/Wayfinding Signage Task

Force Meeting Agenda

P.O. Box 524; 10615 Green Mountain Falls Road

Green Mountain Falls, CO 80819

Wednesday, 6/9/2021 at 3:00 p.m.

Online Meeting ONLY**

Join the Zoom Meeting by clicking on the following link:

<https://us02web.zoom.us/j/85390257937?pwd=Vzl0Wmg2RWpYTndJeGxCeFB5NnBLQT09>

Meeting ID: 853 9025 7937 Passcode: 573680

To make a **public comment** please **pre-register** by 12pm on the day of the meeting via email: clerk@gmfco.us

REGULAR MEETING:

TIME*		ITEM	DESIRED OUTCOME
3:30	1.	CALL TO ORDER / ROLL CALL	
3:30	2.	ADDITIONS, DELETIONS, OR CORRECTION TO THE AGENDA	
3:30	3.	PERSONS PRESENT NOT ON THE AGENDA: 3 MINUTES PER SPEAKER	
3:35	4.	CONSENT AGENDA a. Meeting Minutes from PRT Committee Meeting held on 5/12/2021	PRT Committee Action Required
3:40	5.	Old Business: a. Trail maps b. Virtual trail head c. Trail Ambassadors update	PRT Committee Action Required
4:10	6.	New Business: a. Management Agreement for Trail Maintenance b. Fitness Court Proposal for Pool Park	PRT Committee Action Required
4:40	7.	Correspondence	Information Only
4:40	8.	Reports	
4:50	9.	ADJOURN	

*Please note: Times are approximate.

**The Town shall provide reasonable accommodation for those with disabilities on a case by case basis. Please send accommodation requests to clerk@gmfco.us by 4pm on the date of the meeting.



**Town of Green Mountain Falls
Parks, Recreation, and Trails/Wayfinding Signage Task Force
Meeting Minutes
10615 Green Mountain Falls Road
Wednesday, May 12, 2021 at 3:00 p.m.**

REGULAR MEETING MINUTES

Board Members Present

Chair Jesse Stroope
Vice Chair Jay Kita
Member Rebecca Ochkie
Member Don Walker
Member Clay Gafford

Town Staff Present

Matt Gordon
Zach Trainor

Board Members Absent

Secretary

Matt Gordon

Trustees Present

Dyani Loo

Wayfinding Signage Task Force:

1. Call to Order/Roll Call/Pledge of Allegiance

Wayfinding Signage Task Force meeting called to order at 3:04 pm. Wayfinding members in attendance included Judith Piazza, Liz Ives, Nancy Dixon, and Ann Esch.

2. Additions, Deletions, or Corrections to the Agenda

3. Persons Present Not on the Agenda: 3 Minutes per Speaker

4. New Business

Town Clerk Gordon provided explanation for why the Wayfinding Signage Task Force must post meeting notices publicly.

Jesse Stroope provided a presentation on various wayfinding signage options for the community to deliberate on. Community members provided input on the types of animals used for the signage regions, color of signage and color palette input, a legend for all signs, # of signage towers and placement of signage towers, and the goal of minimizing the amount of signage in Town.

Discussion transitioned to existing trails signage in GMF. Residents Nancy and Todd Dixon prepared a report on existing trails signage in GMF including the condition of the signage and placement. Community members then discussed each sign and provided input on what to do with each sign in terms of repairing, refurbishing, and/or replacing.

5. Correspondence

6. Reports

7. Adjourn

Meeting adjourned at 4:18pm.

Parks, Recreation, and Trails Committee:

1. Call to Order/Roll Call/Pledge of Allegiance

Parks, Recreation, and Trails meeting called to order at 4:22pm.

2. Additions, Deletions, or Corrections to the Agenda

3. Persons Present Not on the Agenda: 3 Minutes per Speaker

4. Consent Agenda

Member Walker moved to approve consent agenda. Seconded by Member Ochkie. Motion passed unanimously.

5. Old Business

Vice Chair Kita provided an update regarding the planned trails map that included updates to the map from Michael Lohman highlighting four designated parking areas. Vice Chair Kita reported that he is still working on the backside of the map that would include the hiker rules, trails information, no fires, town website, and where to make emergency calls.

Vice Chair Kita planned to finish up the map and send it off to Town Clerk Gordon for the next BOT meeting.

Chair Stroope moved to forward the trails map to the BOT with a list of changes to expect on Sunday for BOT approval. Seconded by Member Ochkie. Motion passed unanimously.

Chair Stroope moved to relocate the trail head from Lake St to Pool Park and would include recommendations to include diagonal parking near tennis courts, relocate a bear proof trash can to Pool Park, brand this new trailhead as the Welcome Center for the Town, and to make available the public restrooms in the pool house for the Welcome Center. Seconded by Member Ochkie. Motion passed unanimously.

Trail Ambassador Volunteer Coordinator Dixon provided update on the trails ambassadors. Over ten individuals have expressed interest. Dixon went on and shared her plan to have all trails ambassadors complete volunteer forms for the Town and to disseminate pertinent info for the ambassadors to use in their duties.

Member Walker provided an update on the costs of bandanas, patches, hats, buttons, and t-shirts for the Trails Ambassadors. Trail Ambassador Volunteer Coordinator Dixon suggested using bandanas and buttons for this year. Town Clerk Gordon recommended buttons from a cost perspective.

Chair Stroope moved to recommend to the BOT that the BOT provide a minimum of 30 buttons to a maximum of 30 bandanas and buttons. Seconded by Member Gafford. Motion passed unanimously.

Member Walker moved to table the Secretary discussion. Seconded by Member Gafford. Motion passed unanimously.

6. New Business

Chair Stroope shared a trails update regarding Vice Chair Kita's meeting with Town Manager Sprang, Colorado State Forest Service, and Colorado Springs Utilities regarding property disputes on trails in GMF. No action was taken.

7. Correspondence

8. Reports

9. Adjourn

Meeting adjourned at 5:24pm

Head Chair

Secretary



The Town of Green Mountain Falls

P.O. Box 524, 10615 Green Mountain Falls Road
Green Mountain Falls, CO 80819
(719) 684-9414 www.gmfco.us

Project Volunteer Application

Volunteer Name: _____

Street Address/PO Box: _____

City, State: _____ Zip Code: _____

Phone: _____ Email: _____

Birth Date: _____

Emergency Contact Information:

Contact Name: _____

Relation to Volunteer: _____

Contact's Phone Number: _____

By signing below, you acknowledge that the Town of Green Mountain Falls IS NOT liable for any harm and/or injury sustained while volunteering at any Town facilities or activities.

By signing below, you agree that all information you have provided in this application is true to the best of your knowledge.

Volunteer Signature: _____ Date: _____

Are you 18 years or older? YES ___ NO ___

If NO, Guardian Signature: _____



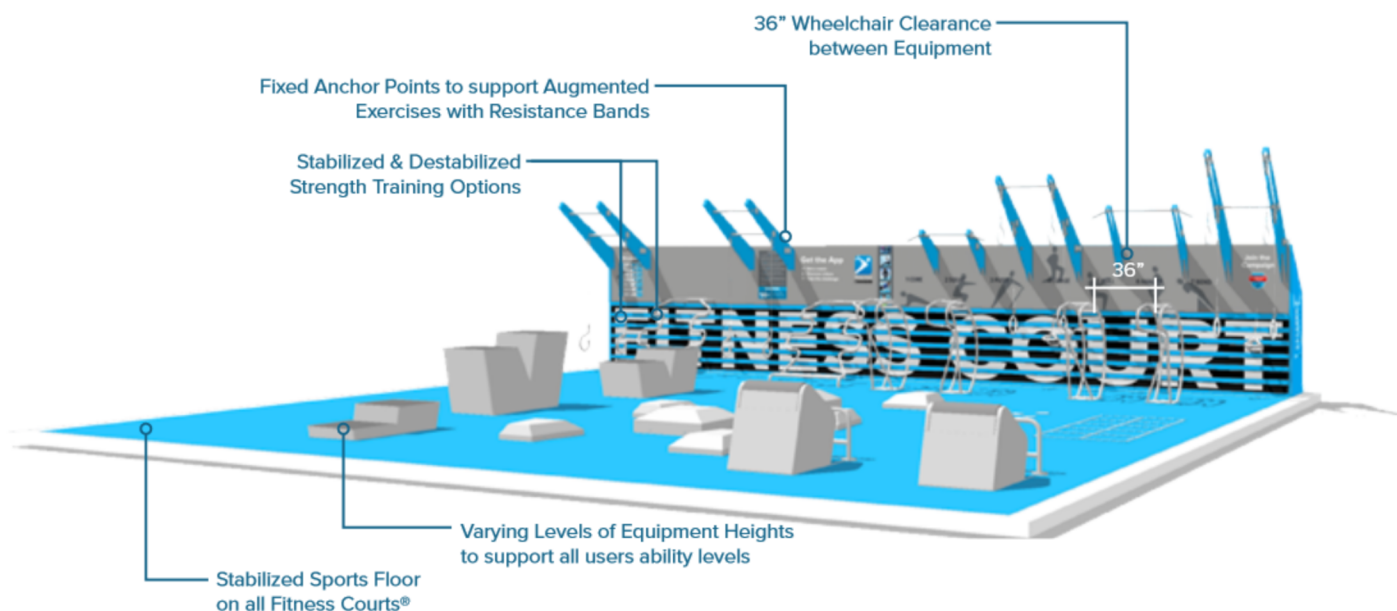
Fitness Court® Accessibility Overview

A Community Platform For All



Design DNA

The Fitness Court® is a comprehensive functional fitness circuit training facility. It includes an endless variety of training methods for adults of all ages and skill levels. The 7 Minute 7 Movement circuit training is designed specifically for the Fitness Court to provide a full body workout for all levels and leverages your body weight so you can improve over time. The Fitness Court® is 38'x38' in size and is roughly half the size of a standard tennis court. The design is the exact same in every location to ensure quality and usability for all.



Sports Floor

Every single Fitness Court® is required to have a continuous fully accessible sports floor that is easy to navigate and allows ease of wheelchairs, walkers, strollers and other assistance devices.

36" Clearance

The Fitness Court® was designed to allow a 30" path throughout the whole system & elements allowing proper wheel chair accessibility throughout.

Multi-Station

Each zone on the Fitness Court® is multi-station to allow users to utilize the same equipment & workouts with friends or spotters at the same time. It is important to NFC that the entire community is able to access the Fitness Court® and participate side-by-side.



Fitness Court® Accessibility Overview

A Community Platform For All

Adults of All Ages & Ability Levels

The Fitness Court® is designed for adults of all ages and accommodates a variety of skill levels and abilities at each station, from beginner to expert. Each station allows users to leverage their bodyweight at different angles and levels of resistance as a tool to improve over time. The Fitness Court® is a powerful way to encourage physical activity and promote community wellness.



Progressive Foot Hold Strips Allow User to Leverage Body Weight and Progress Over Time



Fixed Anchor Points Support Augmented Exercises with Resistance Bands



Fit for Adults of All Ages and Ability Levels

Endless Variations & Activation

The Fitness Court supports progressive functional fitness for senior adults. Each of the seven basic movements supports activities of daily living, and each station provides users hundreds of different ways to leverage their own bodyweight for sustained health. This unique outdoor gym is a safe and effective tool for seniors to increase balance, encourage mobility, and reduce risk of injury. When integrated into a regular wellness practice, the Fitness Court supports core health, hip and joint flexibility, upper body strength and lower back stability.



Wheelchair Access at Destabilized Pull Rings



Wheelchair Access at Stabilized Pull Ladder



Wheelchair Access at Destabilized Pull Rings



Fitness Court® Accessibility Overview

A Community Platform For All

Engagement on the Fitness Court

NFC provides various opportunities to increase engagement on the Fitness Court®. Through the Ambassador program cities have the ability to run targeted classes and training for all ages and abilities. Classes ranging from Mobility and Balance series to 60+/Silver Sneakers programs have been held on the Fitness Court®. NFC supplies your community with training and annual routines and allows the local community to hold classes that are geared towards your specific user groups.



Balance Series

Tone the mind and body in a beautiful outdoor setting

Mobility Series

Maintain and restore joint health and range of motion



Challenge Series

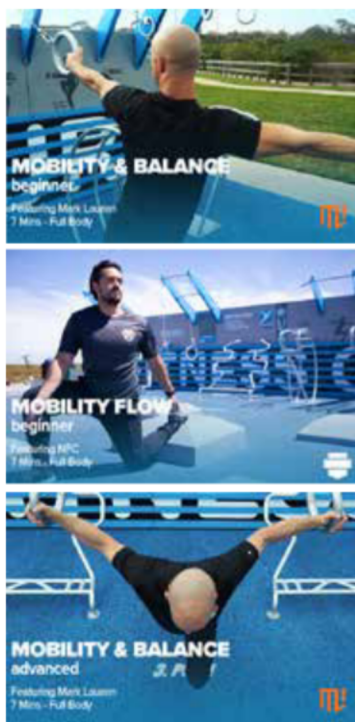
Friendly competition for active adults in 3, 5 or 7 minute intervals

“I’m encouraged, and glad to see the outdoor Fitness Court includes equipment to improve balance, which is key to preventing falls. It’s free and open to the public, so no one would have any reason not to take advantage of it.”

-Carol Claybaker, Senior Resident of Janesville, WI

The Fitness Court® App

The Fitness Court® App is your digital gateway to the ecosystem and your personal coach in your pocket. Learn the moves at varying levels and understand the 7 Minute-7 Movement rotation. Moves can be adjusted as needed for ability levels. New workouts from world renowned trainers constantly updated to the app showcasing specialized routines like the Mobility & Balance and Mobility Flow.





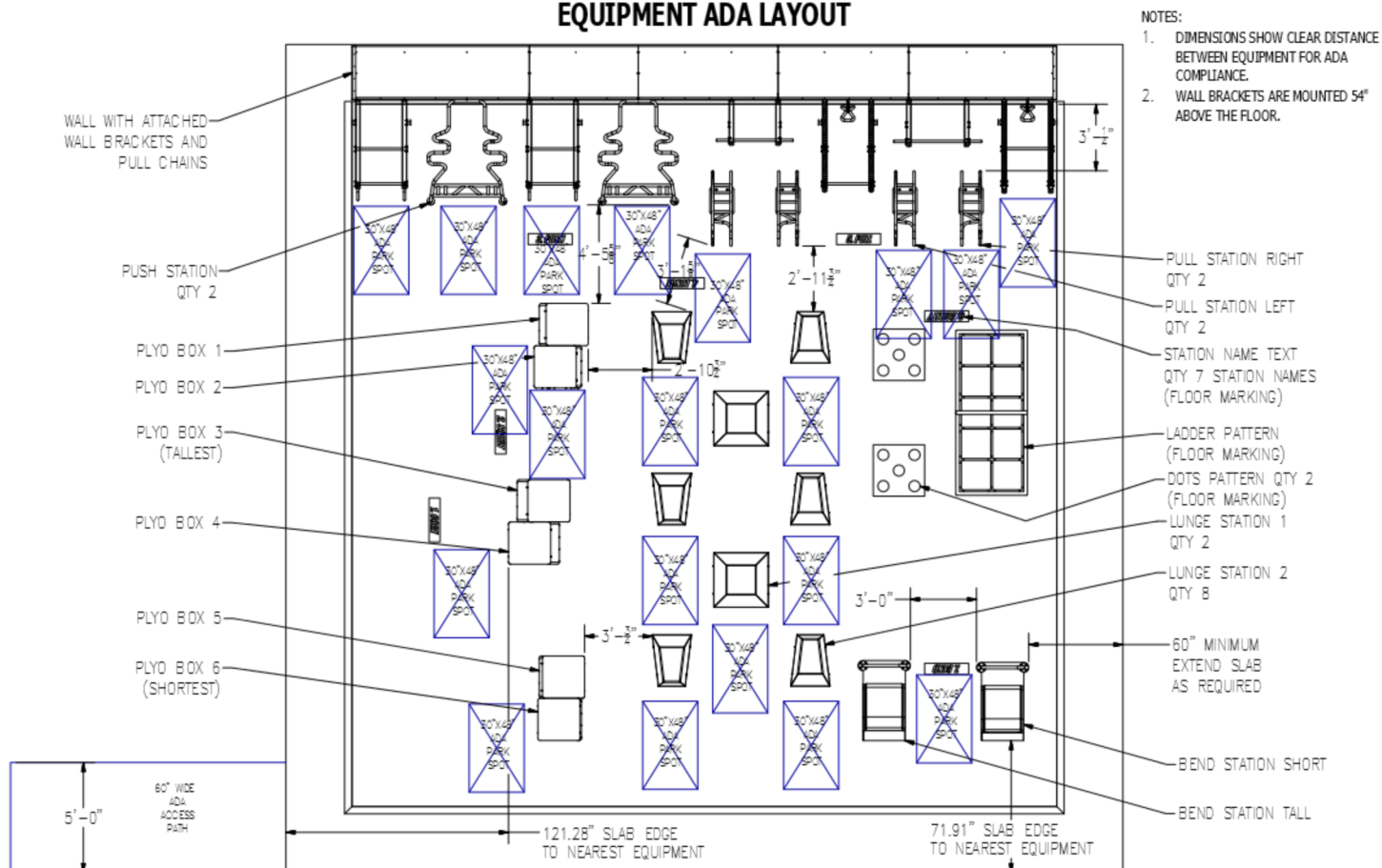
Fitness Court® Accessibility Overview

A Community Platform For All

Fitness Court® Equipment Layout

ADA Fitness Court® equipment layout allowing wheelchair accessibility and clearance for other stability assistance equipment.

EQUIPMENT ADA LAYOUT



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