

Request to Appear as a Delegation

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Name of Delegation: Expanding outdoor fitness and use of space in Port Moody
Name of Primary Contact Person: Dawn Slykhuis
Name(s) of Delegation Member(s) in Attendance: Dawn Slykhuis, Owner of RVN Wellness, Leanne Evans, Owner of F45, Shannon MacInnes, Owner of LIFT Fitness & Physiotherapy
Purpose of Delegation: To review the current city of Port Moody outdoor field/facility rental policy currently limiting private individuals/businesses from utilizing outdoor space other than Heritage Mountain.
Details of Request: Recommendations: <ul style="list-style-type: none">- We recommend private individuals/businesses be permitted to apply for permits to utilize expanded outdoor fields, facilities, and spaces in Port Moody including, but not limited to Rocky Point Park, Queens st. Plaza, Kyle Park, Old Orchard Park, Westhill Park, and any other open field space.- Private individuals/businesses be required to show proof of insurance naming the City of Port Moody on the policy- Private individuals/businesses be required to apply for a permit to utilize the space.- We recommend permit fees be applied for classes with a charge, and free fitness classes have permit fees waived.- Outdoor fitness events must comply with current up to date recommendations regarding COVID-19. Rationale: <ul style="list-style-type: none">- Some individuals/businesses are already utilizing and advertising usage of these spaces for outdoor fitness/activities without permits increasing liability on the city- Outdoor fitness creates accessibility for individuals with financial barriers as outdoor fitness can be offered for free or at a lower cost- The city of Port Moody currently offers limited outdoor fitness classes. Partnering with private businesses would allow an increase in class times and variety of classes with decreased City resources.- Permits for field/space rentals could be a revenue source for the City.- Outdoor fitness is safer during the pandemic, and has significant mental health and physical health benefits for community members- The majority of other cities in the Lower Mainland offer outdoor fitness in partnership with private businesses with significant success
Additional Information in Support of Request: Multiple studies demonstrate exercise outdoors has a more significant benefit to mental health over the same exercise indoors. Traditionally we have thought of exercise for physical fitness but exercise has been a leading recommendation by mental health clinicians for individuals struggling with mental health issues and the mental health benefits of fitness have been demonstrated repeatedly in different studies.