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# Athletics & Recreation Master Plan Sub-Committee Final Report

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To: Master Plan Committee

From: Charlie Titus, Vice Chancellor for Athletics, Recreation, Special Programs & Projects

RE: Athletics & Recreation Master Plan Sub-Committee Final Report

Date: October, 2009

Subcommittee Members:

Charlie Titus, Chair  
Terry Condon, Athletics  
Chris Fitzgerald, Athletics  
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Bob Burgess, Facilities  
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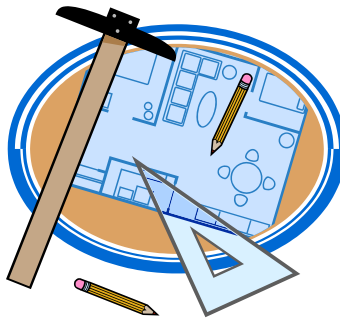
**University of Massachusetts Boston**  
**Athletics Master Plan Sub-committee**

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## University of Massachusetts Boston

### Athletics Master Plan Sub-Committee



#### Committee Charge

- Develop a vision for Athletics on the UMass Boston campus.
- Assess the existing facility requirements of UMass Boston's athletic and recreational programs.
- Evaluate of the general physical condition and functional appropriateness of all indoor and outdoor facilities.
- Recommend capital initiatives for meeting future goals and objectives of the University's athletic and recreational programs.
- Recommended capital improvements should be formulated within the context of the Campus Master Plan and rooted in the University's strategic, academic, operational and student life goals
- Consider potential impacts to institutional neighbors and the surrounding urban community in the development of new athletic facilities.
- Lastly, in the course of this work, the Subcommittee will benchmark other peer institutions to gauge where UMass Boston has shortcomings in its athletic/recreational facilities.

The goal of Athletics at UMass Boston is to have the best intercollegiate program in Division III and to provide outstanding recreational facilities that meet the needs and interests of the students, faculty and staff of UMass Boston. The goal of the committee is to address this larger goal through its recommendations to the Master Plan. Work groups were formed to address three main areas: Peer /Aspirant Institution Research, a Core Facility Status/Needs Assessment and a Community Survey. Reporting has been coordinated by the committee chair and staff to the committee.

## **University of Massachusetts Boston**

### **Athletics Master Plan Sub-committee**

#### **Executive Summary/Master Plan Assumptions**

In 2000 the Athletics & Recreation Department at UMass Boston Implemented a five year strategic plan that would more realistically align sports sponsorship with available financial and facility resources. We reduced the number of sports sponsored from 20 to 14 maintaining 7 sports for women and 7 sports for men. The only sports maintained without a facility were Men's baseball and Cross Country Track. We eliminated football, swimming and indoor & outdoor track and field for men and women.\*

Since 2005 The Athletics & Recreation Department has been focused on University wide transition and planning efforts. In that period we have experienced three changes in the Chancellors office, two changes in Athletics Director Position and our operation has moved from a university department to a university division. We have engaged in university-wide strategic planning and master planning while redefining the role of athletics within the campus community.

This four year process of transition & planning has been at the same time taxing and invigorating while allowing the Division of Athletics & Recreation, Special Programs & Projects to emerge as a university service entity supportive of the primary mission of the university. The division has engaged in areas of the university heretofore out of its purview. It has established internal and external partnerships that are transformative and beneficial to the entire community.

This report focuses on facilities that will allow for the established partnerships to flourish, that will uphold the new standards for high quality facilities that have been implemented over the last four years on our campus and most importantly this report addresses in a comprehensive way a vision for athletics & recreation at UMass Boston that will put us in the fore front of those institutions that offer athletics & recreation for the purpose of the health and both physical and mental wellness of students, faculty and staff. It does begin with a pride of place.

Coordination with overall campus master planning is a first imperative for this subcommittee. For example the track & field and the pool must be replaced before the current facilities can be demolished or at the very least alternative practice/ competition sites must be identified and secured in order to assure quality and continuity of the programs. UMass Boston's campus of the future will be dramatically different from what exists today. It is critically important that we take full advantage of the opportunities at hand. We must assure that within the master plan we develop quality outdoor facilities-passive such as bocce ball courts, horse shoe pits, Frisbee tossing areas, waterfront options and active such as basketball courts, tennis courts, and tag football areas-that will allow for our campus community, especially when we have residents, to experience healthy life styles within our physical boundaries.

*\*Indoor and Outdoor Track & Field was reinstated in 2005*

Thanks to the efforts of Shaun Curry this report gives the reader a great understanding of the current condition of all athletic facilities on the campus. The reality is that UMass Boston indoor athletic facilities infrastructures are in the neighborhood of thirty years old. As you will read most indoor areas are at or rapidly approaching life expectancy. You will read about a HVAC system in the pool that is so poor that we cannot put a meet timing system in there for fear of corrosion.

In this report you will also read of some great examples of partnerships that will transform the entire peninsula as well as bring great benefits to our immediate community. The UMass Boston BC High baseball complex that will be available to community youth for much of the baseball season is one example. Another is the shared vision for a comprehensive waterfront complex that involves athletics, Marine Operations, EEOs and others. I encourage you to pay special attention to the section on a Wellness Center that will bring together athletics , health services, the school of nursing and others all employing best practices providing innovative and cutting edge services to our community utilizing state of the art facilities.

This was an exciting journey for our committee as we made every effort to engage all university stake holders along the way. We used surveys, interviews and presentations. We engaged in informal conversations and formal site visits. We debated with each other and consulted with colleagues and experts in athletics, recreation & athletic facilities. Above all we were constantly guided by the UMass Boston Strategic plan and master planning process. We are sure that the reader will find this report extremely informative and most useful in the ongoing development of the new University of Massachusetts Boston Campus.

## **University of Massachusetts Boston**

### **Athletics Master Plan Sub-committee**

#### **Peer/Aspirant Institution Research**

The goal was to examine peer and aspirant institutions with respect to the Athletics & Recreation facilities that they provide to their student, faculty, staff and community members. The members of the committee with this charge were Terry Condon and Chris Sweeney. For this analysis, the number of schools examined (including UMass Boston) was 22. This included UMass Amherst, Dartmouth and Lowell as well as our peers in the Little East Conference, the Eastern College Athletic Conference and the Massachusetts State College Athletic Conference. We also included institutions deemed “competitors” from an Enrollment Management perspective.

Some visits to peer/aspirant institutions in the area like UMass Amherst and Lowell, and others were made: Northeastern, Boston University, and Suffolk University.

Interviews with athletic directors and others produced some conventional wisdom and lessons from the field such as:

- Avoid expensive fads such as climbing walls and stay with the classic and inexpensive additions such as squash, racquetball
- Place your emphasis on quality fitness centers
- Outdoor recreation is extremely important
- Get a field house

A comprehensive proposal for a new Wellness Center is presented in a separate section of this report as is a planned Baseball Complex. Both facilities are collaborative efforts and bring much needed capacity to our strained and in some cases non-existent facilities.

#### **Recommendations**

1. Complete the proposed baseball complex/tennis courts with all deliberate speed-start construction June 2010 (It should be noted that out of the four schools besides us that do not have baseball fields two, Missouri Kansas City and Boston University do not sponsor the sport of baseball)
2. Build a new comprehensive wellness center attached to or adjacent to the Clark Athletic Center.
3. Return the fitness facility in McCormick hall to a recreation facility for intramural & recreation use.



<b>Institutions</b>	<b>Gym Courts/ Field Hse/ Arena</b>	<b>Fitness Area</b>	<b>Aerobic Studios</b>	<b>Climbing Wall</b>	<b>Indoor Track</b>	<b>Locker Rooms</b>	<b>R/ball + Squash Courts</b>	<b>Pool</b>	<b>Outdoor BB Courts</b>	<b>Outdoor Fields</b>	<b>Sand VB Court</b>	<b>Tennis Courts</b>	<b>Sailing Water Sports</b>	<b>New Area Under Construction</b>
<b>UMASS Dartmouth LEC</b>	3 gyms	Y	Y/1	No	No	Y M&W	No	2	Y	Football/outdoor track/baseball/softball/4 other fields	Y	10	No	No
<b>Salem State ECAC MCAC</b>	2 gyms/1 arena/1 field house	Y	Y/1	Y	No	Y M&W	Y	1	No	Baseball/Lacrosse/Soccer	No	6	No	No
<b>Bridgewater State ECAC MCAC</b>	2 gyms/1 field house-football arena	2/wt.rm and fitness ctr.	No	No	Y	Y M&W	No	1	Y	Football/Soccer/Field Hockey/Lacrosse/Baseball/Softball	Y	3	No	New track and plans for locker rooms and press box
<b>RIC LEC</b>	2 gyms/1 field house	Rec. Ctr.	Y/1	No	Y	Y M&W	Y	1	No	Baseball/Softball/Soccer/Track and Field	No	8	Sailing	They have plans to renovate their existing athletic fac./outdated
<b>ECONN LEC</b>	1/13 courts	Y	Y/1	No	No	Y M&W	Y	1	No	Baseball/Outdoor Track & Field/Lacrosse/Soccer/Field Hockey	No	4	No	No
<b>WCONN ECAC</b>	1/2 Courts/1 arena	Y	No	No	No	Y M&W	No	1	Y	Football/Baseball/Softball/Soccer/Lacrosse/Field Hockey	Y	2	No	No
<b>UMass Lowell</b>	2 gyms hockey arena	Y	Y/1	No	Y	Y M&W	Y	1	Y	Baseball/Track & Field/Softball/Soccer/Field Hockey	Y	4	No	No
<b>UMass Amherst</b>	1 gym 1 arena	Y	Y/1	No	Y	Y M&W	Y	1	Y	Football/Soccer/Softball/Baseball	Y	6	Crew	No
<b>Keene State LEC</b>	2 gyms	Y	Y/1	No	Y	Y M&W	Y	1	Y	Soccer Fields/Field Hockey/Lacrosse/Softball/Baseball	Y	3	No	Next spring new ice arena
<b>Plymouth State LEC ECAC (W)</b>	1 gym/ 1 field house	Weight Rm.	No	Y	Y	Y M&W	Y	1	Y	Football/Baseball/Softball/Soccer/Lacrosse/Field Hockey	No	6	No	No
<b>Univ. of Southern Maine ECAC</b>	1 gym/1 field house	Weight Rm.	Y/1	No	Y	Y M&W	No	No	No	Soccer Fields/Field Hockey/Lacrosse/Softball/Baseball	No	2	Sailing for Intramurals	No

(Continued on next page)

Institutions	Gym Courts/ Field Hse/ Arena	Fitness Area	Aerobic Studios	Climbing Wall	Indoor Track	Locker Rooms	R/ball + Squash Courts	Pool	Outdoor BB Courts	Outdoor Fields	Sand VB Court	Tennis Courts	Sailing Water Sports	New Area Under Construction
<b>Cleveland State Univ.</b>	3 gyms/sports arena	Y/Weight Rm.	No	Y	Y	Y M&W	Y	2	No	Soccer/Lacrosse/Softball/Baseball	No	6	No	Renovating the men's locker room
<b>Univ. of Illinois at Chicago</b>	1 gym	Y	Y/1	No	Y	Y M&W	Y	2	Y	Soccer/Baseball/Softball	Y	4	No	No
<b>Univ. of Louisville</b>	3 gyms	Y/5 weight rooms	No	No	No	Y M&W	No	1	No	Football/Soccer/Lacrosse/Field Hockey/Baseball/Softball	Y	14	Rowing	No
<b>Univ. of Maryland, Baltimore Cty.</b>	1 gym/1 arena	Y/ 2 athletes & students	Y/1	No	Y	Y M&W	Y	2	No	Baseball/Softball/Soccer/Track and Field/Lacrosse	Y	4	Sailing	No
<b>Univ. of Memphis</b>	2 gyms	Y	Y/1	No	No	Y	Y - 10 RB	2	2	Soccer/Intramurals/Baseball	Y	12	No	They have intentions to do some renovations but no funding
<b>Univ. of Missouri-Kansas City</b>	1 gym	Y	Y/1	Y	Y	Y M&W	Y 3	1	no	Soccer/Softball/Track and Field (no baseball program)	Y	No	No	they're in the process of building a soccer stadium
<b>Univ. of Nevada, Reno</b>	2 gyms/1 arena	Y/ Weight Room	No	Y	No	Y M&W	Y	1	No	Football/Lacrosse/Soccer/Baseball/Softball/Track	No	4	No	No
<b>Northeastern University</b>	2 gyms/1 arena	Y/ Weight Room	Y/1	No	Y	Y M&W	No	2	No	Football/Soccer/Baseball/Track/Field Hockey	No	8	Swimming Diving	No
<b>Boston University</b>	2 Gyms/1 Arena	Y/ Weight Room	No	No	Y	Y M&W	No	3	No	Soccer/lacrosse/softball field/(no baseball program)	No	8	Multiple sports	No
<b>Suffolk University</b>	1 Gym	Y/ Weight Room	No	No	No	Y M&W	No	0	No	None on Campus	No	No	Swimming	No
<b>UMass Boston LEC ECAC</b>	1 gym, 1 hockey rink	Y/Weight room	Y/1	No	No	Y	y	1	No	Soccer/Lacrosse/softball field	No	No	Sailing (club)	No

**LEC =** Little East Conference. Other institutions in the Little East Conference are: Eastern Connecticut, Keene State, UMass Dartmouth, Plymouth state, Rhode Island College.

**ECAC =** Eastern College Athletic Conference. Other institutions in the conference are: Babson (M), Castleton, Holy Cross (W), Manhattanville (W), New England College, Nichols(W) ,Norwich, Plymouth State (W), St. Anselm's, St. Michael's, Salem State (M), Salve Regina (W), Skidmore (M),Southern Maine.

**MCAC=** Massachusetts State College Athletic Conference

# University of Massachusetts Boston

## Athletics Master Plan Sub-committee

### Athletic Facilities Assessment

The Athletics and Recreation Subcommittee was instructed to assess the existing facility requirements of UMass Boston's athletic and recreational programs including evaluation of the general physical condition and functional appropriateness of all indoor and outdoor facilities. This assessment was carried out primarily by Shawn Curry, Deputy Director of Information & Planning, UMass Boston Facilities Administration.

University of Massachusetts Boston athletic facilities include the Catherine Forbes Clark Athletic Center, the Beacon Fitness Center located in McCormack Hall and various outdoor playing fields used for practice and games by the 2 soccer teams, lacrosse team, softball team and a number of community groups. The Catherine Forbes Clark Athletic Center (Clark Athletic Center) includes a gymnasium, ice rink, pool facility with a separate diving area, lobby area, locker rooms, training rooms, athletics equipment storage room, dance classroom, laundry room, concession stand, student athlete learning center, Athletic Department offices and various mechanical/electrical rooms. In addition, the UMass Boston currently utilizes Boston College High School athletic facilities for baseball and tennis.

#### Clark Athletic Center

##### Summary

The Catherine Forbes Clark Athletic Center opened in January of 1981. It covers 126,427 gross square feet of space and was the first addition to the original campus. The following NCAA sporting events and/or team practices take place in this facility:

- Men's Basketball
- Women's Basketball
- Men's Hockey
- Women's Hockey
- Volleyball
- Baseball
- Softball
- Lacrosse

Spectator seating is available in the gymnasium (2,985), ice rink (975) and pool facility (364, although currently reduced due to shoring of utility piping). The facility is also used for major university-wide events such as Commencement, Convocation and concerts. In addition the gymnasium, ice rink and pool facilities are widely used by community groups including the Boys & Girls of Dorchester at Harbor Point, AAU basketball, South Boston Neighborhood House, a large number of youth hockey teams, BC High's swim and hockey teams and more. Community usage of these facilities totaled 135, 571 hours

last year. Camp Shriver, TAG, Urban Scholars and other similar programs make wide use of the facilities in the summer months.

### Condition Assessment

Information assessing the condition of the Clark Athletic Center is found in two primary studies:

- a capital plan review/assessment provided to the University by the Gilbane Building Company in October 2005; and
- A study of existing facilities conditions on campus completed by Chan Krieger Sieniewicz as part of the Master Plan which was submitted in April 2008. Sub-consultants to Chan Krieger Sieniewicz on this study included Hargreaves and Associates, Rickes, Associates, RDK Engineers and VAV International.

Like buildings original to the construction of the campus, the Gilbane study points out several key factors that influence the condition of the Clark Athletic Center: difficult environmental conditions and building systems that have reached, or are approaching the end of their useful life cycle.

Further, this document also includes upgrades and improvements considered to be necessary to operate these facilities at a level of performance necessary to reflect the university's commitment to intercollegiate athletics and recreation/wellness activities for students, faculty, staff and community members.

### Structural Systems/Components

Like other brick-clad campus facilities, the existing building exterior veneer of the Clark Athletic Center is in need of repair. In addition, the metal and glazed siding along the eastern side of the lobby and gymnasium is in especially poor condition and its repair and replacement was considered a high priority project in the assessment prepared by the Gilbane Building Company. Exterior doorways are also in poor condition due to their age and exposure to extreme environmental conditions and need replacement.

The Clark Athletic Center has three distinct roof areas: the pool facility roof replaced in 2007, the roof area over the lobby and ice rink replaced in 2003 and the roof area over the gymnasium replaced in 2000. The gymnasium roof has several identified active leaks which have required repair and ongoing inspection. The 2008 UMass Boston Existing Conditions Report prepared by Chan Krieger Sieniewicz indicated that the gymnasium roof is nearing the end of its expected ten year lifespan and will be off of warranty as of June 2010.

Interior structural issues include need to study the cause of water intrusion that causes flooring tiles in the lobby area to periodically become unsecured and replace various interior doors and doorframes throughout the facility, most noticeably in the pool facility. In addition, the Athletics Department has identified the need to renovate and repair the bleacher area in the ice rink and to replace the

retractable bleacher seating system in the gymnasium. The retractable bleacher seating system in the gymnasium should optimally be a motorized.

In addition the condition of the gymnasium wood flooring should be studied to determine whether repairs or replacement are necessary.

### Mechanical Systems/Components

The 2008 UMass Boston Existing Conditions Report prepared by Chan Krieger Sieniewicz identified the need to replace/upgrade multiple HVAC systems in Clark Athletic Center as a high priority need.

In particular, the HVAC system in the pool facility was rated in very poor condition and with the exception of some piping mains and pumps is in need of total replacement. HVAC system deficiencies in the pool facility create excessive moisture in the pool area which has led to the presence of corrosion on metal surfaces throughout the facility, including duct work, door frames and doors. Other specific HVAC system needs for the Clark Athletic Center identified in the 2008 UMass Boston Existing Conditions report include the need to replace the chiller and compressor units supporting the ice rink, the need to replace the heating/dehumidification unit in the ice rink and the need for a new cooling unit for the locker rooms.

In addition, the Athletics Department has identified the need for expanded locker room and restroom facilities throughout the Clark Athletic Center that would require the installation of new plumbing systems. In addition, creating a dump pit for the ice scrapings from the Zamboni is also a priority and could be explored in conjunction with other mechanical system/HVAC system upgrades as some facilities ice rink facility utilize these ice shavings as a way to cool mechanical equipment. Deficiencies in the rink have hampered critical negotiations and potential partnerships with such organizations as the Boston Bruins who are exploring making the UMass Boston hockey rink their home practice rink.

The Clark Athletic Center has a single passenger elevator that should be considered for renovation and upgrade during future rounds of campus-wide elevator replacements. In addition, fire protection in the Clark Athletic Center is limited to stairwell standpipe and the installation of a fire sprinkler system should be evaluated.

### Electrical Systems/Components

Electrical service to the Clark Athletic Center was originally provided via two (2) 1500kVA, 13.8kV-480/277V oil-filled transformers. Power was then distributed to the facility via two (2) 4000 amp switchboards. Due to the failure of components in one of the transformers, the building is currently operating via a single transformer and switchboard. Emergency power is provided to the facility via a

200kW diesel-fired generator and is located in the lower level of the building. This equipment is original to the construction of the facility and given its age should be slated for replacement.

In addition, the Athletic Department has identified a need to upgrade lighting in the gymnasium, ice rink and lobby area and to upgrade the sound system in the ice rink.

### **Beacon Fitness Center**

Located on the first floor of McCormack Hall, the Beacon Fitness Center was opened in March 1995 after previously housing the McCormack Hall Gym which was used primarily for intramurals and general recreation. The Beacon Fitness Center occupies 11,970 square feet of space in McCormack Hall, of which approximately 8,000 square feet is for general exercise equipment and 1,300 square feet is for group exercise classes. The facility also includes men's and women's locker rooms with showers. The high use of this facility along with the ever increasing number of students demanding additional programming and equipment magnifies the point that the campus has out grown the current fitness facility

### **Outdoor Fields/Facilities**

Outdoor Athletic Department facilities include the softball field, the soccer/lacrosse field, an eight lane quarter-mile track and the front practice field. Both the soccer/lacrosse field and the front practice field are also used as Commencement sites.

The softball field received extensive upgrades between 2001 and 2004, including the addition of dugouts, bullpens, foul pole extensions, an electronic scoreboard and the complete enclosure of the field. Turf conditions on the soccer/lacrosse field are poor at best. In addition, this field is not irrigated and thus requires watering via water cannon. The front practice field is also not irrigated and receives very heavy usage.

The current track facility is not useable as an intercollegiate track facility due to the condition of the surface.

A major deficit of all the outdoor fields is the lack of permanent spectator seating. In addition, for future fields, the use of artificial surfaces should be strongly considered, given the heavy usage of these playing fields and the difficult environmental conditions encountered on campus.

### **Recommendations**

1. Build a new track& artificial surface field right away to allow for continuing with the building of new classroom and other infrastructure changes without having two fields taking up space.
2. Embrace the fitness/wellness center by making it in integral part of the master plan.
3. The infrastructure condition of the core of Clark must be addressed while it is still possible.

## **University of Massachusetts Boston**

### **Athletics Master Plan Sub-Committee**

#### **University Community Survey**

It was decided it would be important for the sub-committee to survey faculty, staff and students for information on their perceptions, requirements, and preferences with respect to Athletics & Recreation facilities. The University Community Survey group, Chris Fitzgerald, Pavel Braude and Ryan Norton, met with Sue Wolfson and Professor Jack Looney to discuss the survey instrument. Development of a survey tool was completed and thanks to some troubleshooting from Laurie Milliken we were exempted from IRB compliance which would have delayed distribution of the survey to our students. We settled on the use of Survey Monkey as a tool for completing the assessment of student and faculty/staff task.

Phase 1 was a broadcast e-mail to faculty and staff in December of 2008 and Phase 2 was distributed to students via e-mail in March of 2009. Seven-hundred and eighty five members of the UMASS Boston community responded. Of the 785 respondents, 484 were students, 79 were faculty, and 204 were staff. The remainder did not identify as either. The results from all of the surveys were broken down by various characteristics and organized into multiple tables according to gender, age, and role (student, faculty, or staff). The student response is really quite impressive. For example, 370 students voted in the most recent student government elections but 440 took the time to participate in this survey – both available through the same electronic means. We believe that speaks to the importance of Athletics facilities and the value of athletics and intramural programming to students on our campus.

Some of the broader categorizations from the survey are:

- 56.7% or 440 of respondents were female
- 26.5% or 206 were between the ages of 17 and 22
- 26.5% or 206 were between the ages of 23 and 30
- 62.9% or 484 were students
- 71.4% of respondents wanted to see a focus on the addition of indoor athletic facilities
- 73% would like to see outdoor lighted athletic facilities

Two reports have been produced using the data from this survey. It is important to note that the survey was exempt from IRB approval and therefore its findings may be used for internal assessment purposes only and not for publication. One report is a straight statistical printout pulled off of the Survey Monkey instrument and the other is actually a senior class project completed by recent UMB Earth, Environmental and Ocean Science graduate Ryan Norton, a UMass Boston senior, Men's Cross-Country and Track athlete, and William Puerto Award recipient for Excellence from the Athletics Department at their UMBY awards this year. Ryan did a comprehensive review not only of the statistical data but of the actual comments provided by each of the respondents and his subsequent report and analysis have not only helped to inform our recommendations for this report and future planning but have had an immediate impact on our current marketing and programming. Both are attached as appendices to this document.

### **Recommendations**

1. Undertake a comprehensive analysis of survey responses in order to make some general determinations to which we can or should respond immediately as well as those that can shape our future direction. For example there were multiple comments directed at the present atmosphere of the Clark Gym and the swimming pool being interrupted by loud or disruptive behavior from visitors to our campus. We have instituted new controls with regard to accessing these areas that has assisted in remedying this complaint. This is an immediate action based on survey responses. A long term action would be, for example, responding to the need stated by 54% of the respondents for expanded indoor recreation facilities.
2. The survey should be followed up by focus groups probing some of the prevalent themes and common ideas captured in the survey responses, particularly exploring differences by gender, status on campus (student, faculty, and staff).
3. The survey should be used to identify descriptions of present users and determine which campus groups do not appear to be utilizing the athletic and recreational opportunities on campus.



**University of Massachusetts Boston**  
**Athletics Master Plan Sub-Committee**  
**Baseball Complex**

**Baseball Complex Committee:**

- 1) UMass Boston – Brendan Eygabroat (chair), Cheryl Aaron, Dave Roberts, Terry Condon, Brian McNeil, Shaun Curry
- 2) BC High – Jon Bartlett, Brian Maher, Norm Walsh

The UMass Boston baseball team has never had a home field on the University campus. This has resulted in the team having to travel to “home” games and of course all the expenses, time, and lack of the true home-field advantage has been an additional challenge for the team. The team does practice at Boston College High and this arrangement gave impetus to the idea of a partnership between the two institutions that would give rise to the concept of a Baseball Complex that both schools could benefit from. Shortly after some initial exploratory conversation, the charge was given on 12/3/08 by Vice Chancellor Titus for the above-named committee to work together to finalize the details of a joint baseball complex between the University of Massachusetts Boston and Boston College High School. The complex should include two NCAA quality baseball fields with one field having more amenities and would be the primary game field for UMass Boston and BC High’s varsity program. The goal of the committee is to develop a complex that will be considered an outstanding venue for the next 25-30 years. Both parties agreed that with the kind of investment that we need to make to be sure the field is “done right the first time”. The committee’s findings as of June 2009 are as follows:

**UMASS BOSTON/BC HIGH BASEBALL FIELD OUTLINE**

**1) FACILITY USE**

- a) Practice times – In the spring each team will need 2.5 hours of practice time. UMass Boston starts practice 2/1 and ends in mid May. The team will practice outdoors any day that is at least 40 degrees. BC High will always have the slot right after school from 3-5:30PM. UMass Boston will have the option of the 12:30-3PM slot or 5:30-8PM slot.
- b) Fall Ball – UMass Boston has a full fall season of 16 practices. The season starts the first week of September and lasts through the second week of October. The team practices four days a week in the fall. The field design should keep in mind that the non-stadium field fencing will be semi-permanent to allow for soccer in the fall. UMass Boston would be allowed to practice in the fall on the stadium field from 2:30-5:30pm or under the lights from 5:30-8pm. UMass Boston could also utilize Saturday and Sunday for practice if needed.

- c) Games – Each school should work together during the scheduling process. UMass Boston has reciprocal schedule and will normally have the next season schedule by early June. UMass Boston will provide BC with their home schedule to avoid conflicts. If a conflict date is found a day night double header could be utilized (lights would be necessary). UMass Boston will normally have 4-5 LEC dates per season, and 5-7 non-conference dates. Most LEC games are on Saturdays, and the non-conference games are normally on Tuesdays/Thursdays. On game days the field would be needed for batting practice an hour and thirty minutes prior to start time unless the batting cages were going to be used.
- d) Rain Out/Re-scheduling Protocol – In the event of rain/re-scheduling the coaches and AD's of both teams would need to be notified by both email and phone. Each school would need to communicate in a timely fashion so the other school can finalize the makeup. The LEC conference rain dates are on Sundays, which will not conflict with BC High.
- e) LEC Tournament – The #1 seed in the LEC hosts the conference tournament. If UMass Boston was to host the tournament it is typically the second week of May from Thursday-Saturday. It is typically a six team double elimination tournament that consists of 3 games a day.
- f) NCAA Tournament – The field could be selected to host the NCAA New England Regional and that is third week in May from Thursday-Sunday. The fields are selected a year in advance by the NCAA.
- g) BC High's graduation is normally the week before Memorial Day. No events should be scheduled on that date.
- h) If an outside community group or team would like to use the facility it must be approved by both schools. The AD's and coaches of each school should have a joint calendar so everyone knows the usage schedule. BC High and UMass Boston will have priority over any outside team or group in the event of a rescheduled game or conflict date. The revenue from outside groups should be put back into the cost of maintaining the field. The goal would be to have the field be a self sustain facility with the revenue it generates.
- i) Proof of insurance for liability and risk management issues of outside groups must be obtained before any use can occur. A facility request would have to be generated through UMass Boston's R25 scheduling, or through BC High's online scheduling to stream line the process for all parties.

## **2) MAINTENANCE & EQUIPMENT**

- a) A field turf facility makes the most sense for our New England location. This would be ideal for the amount of use the facility would obtain. The second field should have a semi-permanent fence that could be taken down in the fall so soccer could be a played on that location. The pitching mound and home plate area would be the only non-artificial areas on both fields. These areas would be clay for an optimal

playing surface. Hilltopper mound clay is a great clay to use for those areas. A tarp for home plate and the pitcher's mound would be needed to protect those areas from rain during the season.

- b) Lights would be mandatory for the main field. This would allow for a longer playing and practice window each day. This would also allow for hosting bigger tournaments, camps, and summer leagues that would generate revenue. The lights will be on BC High's meter, but each school will pay for their usage. Outside groups will pay for light usage when applicable.
- c) The fields should be fully enclosed by fencing. The NCAA recommended distances for the outfield fences are 330 feet down each line, 375 to both left and right center field, and 400 to straightaway center field. Those are the distances that the main field should have. All of the fencing should have windscreen over it. Twenty feet should be left behind the outfield fence for the installation of the light towers and scoreboard.
- d) The outfield fence height should be 8 feet high. Top of the fence you should have the yellow protective covering. There should be a 20' high foul pole on each line.
- e) All college facilities must have a regulation bullpen for both teams. Double bullpens along the right field and left field line outside the field of play would be the best location. The bullpens would be completely turf besides the double mound area. Behind the right field bullpen there should be a gated space for the batting "bubble" that is used during batting practice. This should have a gate that opens to the field to move the bubble in and out. The size should be 30' long by 30' wide.
- f) A warning track along the outfield fence should be 15 feet. The warning track could be rubber (turf field) or stone dust to let the players know when the warning track begins.
- g) The distance from home plate to the backstop should be 60 feet.
- h) On deck circles should be 37 feet from home plate and should be near the vicinity of the dugout.
- i) A "batters eye" should be constructed above the centerfield wall so the batter does not lose sight of the ball. With the color of the Peninsula this should be put in on the main field. The "batters eye" could be a wall behind the fence, or just a taller fence in center field. The color should be green so the ball is easy to pick up.
- j) Two full sized dugouts should be made. The dugouts should be 50x10(40x10 without the closet) feet. The dugouts should each have a 10x10 storage closet on each end. BC high & UMass Boston would each have their own storage closet on their dugout. Each school could logo the exterior dugout with their schools logo. Each dugout should have a full scale bat and helmet rack in it. The benches should be wood and two tiered. There should be coat hooks above the benches, and two feet of space under the bench for storing team bags. The dugouts should be above ground for safety of the players, and a better view of the game. The dugouts should be concrete or wood to keep the players protected from the elements.

- k) A scoreboard should be put in left field. The scoreboard should show balls, strikes, outs, and a line score. The scoreboard should be electronically run from the dugout or the press box. A sponsor should be utilized for paying for the scoreboard with naming rights.
- l) Press box will be needed for the main field. The press box should be located behind the bleachers located behind home plate. The press box should be at least 20 feet long, 10 feet wide and eight feet high with a platform either on the side or top to enable videotaping of the game. It should have at least three electrical outlets, and three internet jacks and a phone line. A sound system would be needed for audio with all weather speakers on the outside and counter space for the SID's laptops, press, and official scorers. The window should be able to open and shut (sliders from left to right are preferred). A game day program holder should be attached to the corner of the press box. The press box could be an ADA issue and keeping it closer to the ground would be better to avoid the installation of a lift.
- m) Bathrooms should be located underneath the press box. They should be dual gender bathrooms and at least one should be handicap accessible to meet code.
- n) Under the press box should be a concession stand. The stand should have a small grill area, refrigerator, and storage for snacks. The stand could also sell UMass Boston and BC High baseball hats and shirts. It would be a good source of revenue for the field. BC High's would run the food service and the revenue would go into the field maintenance fund.
- o) A double batting cage will be needed in between both fields. This will be used on wet days, practice days, and when we have back to back games so the later teams can take pregame batting practice while waiting for the early game to finish.
- p) A water source would be needed at the field for the mound and home plate areas.
- q) A drainage system would be necessary for good water management.
- r) A large set of bleachers with seating for 1500 fans out next to the press box behind home plate. There should be over flow seating along each foul line for another 500 fans. The Bentley College set up or the Rhode Island College set up should be considered.
- s) Flag pole should be placed in left center field.
- t) A locker room should be built at the main field for the teams to change in, and a space for the umpires to get dressed. Each school should have their own changing area behind their dugout area. This would also keep the players from having to cross the street to get changed. This would also make the facility more attractive to tournaments, camps, and potential recruits.
- u) A permanent utility shed should be located at the main field for facility storage needs of all tools needed for the fields.
- v) Each school has their own facilities department who would be responsible for the field prep for their schools games and the associated cleanup after the games.

- w) A small first aid area should be made near the changing area where players could receive treatment prior to games. Trainers could store extra supplies there that relate to baseball player needs.
- x) Along the BRA “walking/biking path” there should be lights along the path that really class up the complex. At the main gate leading from each institution there should be a welcome sign with the field name and a gate that would be locked after hours to limit entry.
- y) A “break ground” date of 6/1/10 is the goal to have the field ready for spring 2011.

### **Recommendations**

1. The Vice Chancellor should initiate regular meetings with BC High to continue till project is completed and an operations group takes over
2. Contract for a formal and detailed design of the facility
3. Settle the land transfer issues
4. Negotiate the financing of the project
5. Start construction in June of 2010

# University of Massachusetts Boston

Athletics Master Plan Sub-Committee

## Waterfront Assessment

Although this assessment was conducted independently of the Athletic Master Plan Sub-committee, the high level of interest and potential for development of the waterfront for recreational activity make it a logical topic for inclusion in this report. Additionally, a group of EEOS students prepared and presented a PowerPoint presentation to several groups including this committee showing their vision of an integrated waterfront that engages the ocean environment in our backyard.

Our commercial and recreational marine facility consists of 2 main (strong back) floats with 4 – 50ft steel finger floats off of these. One of these fingers is a Quarterbarge or boat house capable of meeting the storage needs of 4 separate entities. Presently these divided spaces are utilized by: 2 – Sailing; 1 – Marine Operations; 1 – EEOS Dept. The type of floats that make up this system are a compilation of steel barge with wood framing top, some dating 30 years old, with the newest floats at 20 years old.

The original smaller facility was chain moored and located 200yds to the west of its present location. The present system was licensed and enhanced with steel pilings in 2002.

In 2007 the cove and fairway leading to the dock was dredged to a navigable depth of +/- 8ft at mean low water. This dredging has enhanced water circulation and flushing to Savin Hill Cove as well as permitted transit of fixed keel boats in/out of the facility at any tide range.

### UMass Boston Waterfront at a glance:

#### Facilities

##### Fox Point Dock

Fox Point docking facility is a year-round, multi-purpose facility located in Savin Hill Cove (between Wheatley and McCormack towards the water). The basin is weather protected and offers an 80ft. main float with two 60ft finger floats for smaller vessels. Docking here is available for vessels up to 5ft draft. This facility has recently been fortified with steel pilings, shore power, security gate and safety lighting.

##### Fox Point Pavilion

Over the years, the Fox Point Landing has been a rest area, an outdoor classroom and a general meeting place for students, staff and faculty of the University. Marine Operations is proud to announce that a permanent structure is being erected (below) and it will provide the same comforting and educational atmosphere that it has been known for. This structure caters to the needs of students, staff, faculty, Marine Operations customers and people taking a walk along the Harbor walk.

## John T. Fallon State Pier

The John T. Fallon State Pier, located at the John F. Kennedy Library on Columbia Point. This is a full service facility including: Shore power, fresh water, 3-1/2 ton crane service, security and lighting, two 100ft floats with gangways, 171ft large vessel dock face, and dredged access channel (-13ft MLW).

### **Vessels - Power**

The *M/V Columbia Point* is an all weather 110 passenger, 64ft U.S. Coast Guard certified vessel used to provide support in the areas of academic research, K-12 educational programs and marine transportation charters

The *R/V Looney* is a 46 ft stern loading buoy tender. She is ideal for coastal research projects, mooring work and recovery. This vessel is a steel construction; with a beam of 16'2" draft of 5'1" and a cruising range of 440 nautical miles.

The *Landing Craft* is available for charter seasonally for groups up to 6 persons. Ideal for drop-off/pick-up in Boston Inner Harbor or Harbor Islands. Includes operator, fuel and all safety equipment.

The *Head of the Harbor* is a 31ft twin engine pump-out vessel with a 900gal waste tank, this vessel is owned by the City of Boston Environment Dept. and maintained by DMO.

The *R/V Naritic* is a 25ft Parker, managed and maintained by the EEOS Dept to support field research; she is equipped with a small winch capable of deploying CDT and side scan sonar's.

### **Vessels – Sailing**

- 6 – 16ft Cape Cod Mercury's
- 3 – 30ft Soling keel vessels
- 3 – 19ft Rhodes keel vessels
- 4 – 14ft rowing dories
- 3 – 14ft 420 performance vessels
- 5 – Laser sailing hulls

## **Services**

### **Vessel Reservations**

Marine Operations maintains a fleet of vessel available for charter by (but not restricted to) the University Community. Among these vessels are, the USCG passenger vessel *M/V Hurricane*, the 46ft stern buoy tender *R/V Looney*, the 22ft Boston Whaler and the 24ft *Landing Craft*.

## **Vessel Support**

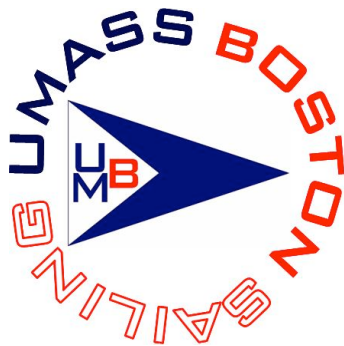
Vessel support services include: Power supply (120/240V), fresh water, small boat hauling, power washing, mooring service, diving inspection and boat tendering.

## **Moorings**

Marine Operations maintains 30 inspected moorings for the University community.

## **Academic Support**

Provide field support and marine transport to various departments on campus. On-going programs include 'Savin Hill Cove Monitoring Project', working with Prof Gontz, EEOS dept on a 3 year survey/study of Saving Hill Cove; 'Green Boston Harbor Project', working with Prof. Frankic, EEOS dept on a 5 year partnership with City of Boston Environment Dept in support of the newly designated No Discharge Area; Prof Rich, EEOS and grad students are working on In situ detection of zooplankton grazing project called Coastal Plankton Dynamic Monitoring (CoPDyM). Presently there are 4 additional long term research projects taking place at the Fox Point Dock facility at this time.



The University of Massachusetts Boston Harbor Campus Sailing Program provides one of the most unique services of its kind to its students and the community at large fulfilling the schools mission for providing access to quality activities and life experiences that will enhance both the university experience for students but also engage them with their environment and the community at large.

The program has been a fixture on the campus since its opening, providing instruction and equipment use to its students, faculty, staff and the community. Our primary work force is comprised of work-study students trained in the early spring as sailing instructors and that stay on through the late fall. We provide them with comprehensive training needed to provide a safe and fun experience for the programs patrons. They learn a variety of skills ranging from basic teaching techniques to more advanced and technical sailing instruction, search and rescue, power boat operation, marine maintenance and customer service.



The Sailing Program has worked very closely with the Student Sailing Club over the past two years to build a successful Intercollegiate Club Team. In 2005 they raced in four intercollegiate events throughout the New England region finishing at the back of the fleet or dead last as well as the first annual Boston Harbor Islands Regatta coming close but unfortunately not finishing for the day. In 2006 they participated in 15 intercollegiate events throughout the New England region and nationally as well as the second annual BHIR which they won beating 109 other competitors in two Olympic keel boats generously donated to the program. Recently they have competed in more intercollegiate regattas than in any other time in UMass Boston history. Completing 33 events racing all over the New England region and nationally against division one teams like Harvard, B.C., Navy and Coast Guard Academy. They have raised their ranking students from 31 out of 38 teams to 24.

In 2008 they raced in 42 events and their goal is to break the top twenty. They are a small Club team going up against much larger and highly funded Varsity teams but are committed to a rigorous schedule to advance their ranking amongst the bigger schools. Ninety percent of the club members learned how to sail and race through the teaching recreational program. The instruction and racing clinics are done in the schools 35 year old recreational fleet as well as some newly donated boats. They learn the basics of sail theory in our small dinghy boats and have the opportunity to advance their skill move up through the high performance vessels and then to the larger keel boat classes. Sailing unlike most main stream sports is open to all. There are no age restrictions or gender restrictions and only requires time and dedication.

### **Waterfront -- Present Needs:**

In the winter of 2005 we suffered severe damage to the Fox Point Dock facility, most notable was the permanent damage sustained to the 2 strong back floats (see CLE report below).

Immediate issues that need to be addressed:

- Replace deteriorated steel float system which will enhance student and visitor safety.
- Bring facility into Americans with Disabilities (ADA) compliance and Massachusetts Architectural Access Board (MAAB) requirements, this would include a rampart system similar to other Boston Harbor Island landings that corrects tidal highs and lows to a 1:12 inch angle.
- Reduce escalating cost of maintenance and repair due to continued deterioration of existing facility. Build maintenance free systems into new facility.
- Address current full utilization of facility and accommodate potential increased visitor use of for the future.

## **UMass Floats Conditions Report prepared by CLE Engineering**

**The following assessment gets us whole and accomplishes the four immediate issues defined above. It does not address the vision outlined in Future Development.**

### **1. Introduction: Fox Point Landing**

#### 1.1. Engineer/Firm Assigned

Pursuant to an agreement dated January 13, 2009, the University of Massachusetts at Boston contracted CLE Engineering, Inc. (CLE) to perform a preliminary (visual) inspection of existing float system at Fox Point Landing on the UMass Boston Campus, Dorchester, MA. CLE performed the inspection services referenced in this report.

This report has been prepared for UMass Boston with the intent that it will be utilized to determine existing condition of the existing float system. Any other use, publication or the like of any data contained herein, by other parties without express consent of CLE Engineering is prohibited.

### **2. Site Characterization**

#### 2.1. Site Characterization

The existing float system was constructed by the University of Massachusetts to support recreational waterfront access and to dock research vessels. Recent proposed float improvements are shown on the following plans and permits:

- DEP License No. 7413
- ACOE Permit No. 199302188 dated January 1994
- Boston Conservation Commission Order of Conditions dated August 21, 1997
- ACOE PGP Authorization No. 199701812 dated December 3, 1997
- ACOE PGP Authorization No. 200202977 dated February 10, 2003
- Boston Conservation Commission Order of Conditions dated July 23, 2003
- DEP License No. 9664 dated July 1, 2003
- Dredge Study Plans prepared by Childs Engineering dated August 2005.
- Post-Dredge Plans prepared by Bourne Consulting Engineering dated December 12, 2007.

#### 2.2. Float System

The float system is located in a FEMA A4 (EL. 12') zone, while the upland areas are in Zone C. Wetland resource areas include land under water, land containing shellfish, along with Land-Subject to Coastal Storm Flowage. The existing pontoon and steel pile-supported floats were constructed in their present configuration in 1997 and the basin was reportedly dredged by Boston Towing in 2007 to a depth of -12.0' MLW.

## Site Inspection

### 2.3. General Discussion

This inspection report presents the results of a surveying and engineering assessments of the existing conditions of the float system at Fox Point Landing. The services were provided in conformance to the following:

- Surveys: All surveying and plan development shall be in accordance to the Master Services Agreement for Topographic and Hydrographic Services and the DCR-Guidelines for Consultants (GFC) December 2002 *Specifications for Surveys*.
- Civil Engineering: All civil engineering services shall be performed in accordance with prevailing federal, state, and local laws, regulations and codes.

### 2.4. Inspections

On February 5, 2009, CLE visited the site and performed a topographic survey and visual inspection of the ramp, floats and piles.

On March 3, 2009, CLE visited the site and performed a visual inspection of the steel floats.

### 2.5. Existing Condition

CLE commenced work on this project on February 2, 2009 and scheduled all field and office work necessary to complete all the tasks outlined for this report. The condition of float structures was visually evaluated according to the following criteria:

Condition	Classification
<b>A</b>	Excellent Condition and/or New Structure
<b>B</b>	Good Condition with Continued Maintenance
<b>C</b>	Poor Condition Requires Moderate Rehabilitation
<b>D</b>	Deteriorated Condition Requires Significant Rehabilitation
<b>F</b>	Failed Condition, Replace or Abandon Structure

The location of the float system and existing conditions are shown on the attached plans and the timber pier and float system features. The existing structures located within the project locus, their condition (as per visual inspection) and *required action* are as follows:

<u>Structure</u>	<u>Condition</u>
<b>Fox Point Basin</b>	<b>C</b>

The Fox Point Basin had a reported depth of -12' MLW as stated in the Bourne plans dated July 1, 2003. Bathymetry from the Childs plan dated August 2005 shows depths ranging from 4.0' to 8.0' relative to Mean Low Water (MLW) in the basin area. Proposed dredge volume calculations by Childs estimated a sediment volume of 25,336 cubic yards (CY) to a depth of 12.0' MLW.

*CLE did not discover any permits or licenses for the maintenance dredging of the basin, no further action is planned at this time.*



In general the four (4) steel floats are in poor condition with signs of corrosion and pitting. UMass personnel maintain the zinc protection system. The concrete ballast limited the extent of the interior inspection of floats #1, #2 & #4. The interior of the inspected floats shows signs of minor to moderate corrosion with no observed perforations. Float #4 (see below) had the pile collar connection repaired with a steel plate and the walls are reportedly too thin to support any future repairs/welds. Float #5 is reportedly supported by attached 55 gallon drums and its buoyant capacity and stability have been compromised thereby limiting safe public use.

*Assuming continued university (non-public) use floats # 4 & #5 need to be replaced. The remaining floats should be hauled, inspected and rehabilitated with zincs prior to extended service.*

### 3. Preliminary Costs Estimates for the Rehabilitation/Repair of the Float System

#### 3.1. Rehabilitation Phase

The preliminary costs estimates for the rehabilitation/repair of the float system noted below and as follows:

Item	Unit	Number	Unit Cost	Cost
Replace Float #4 (Alum)	SF	500	\$60.00	\$30,000.00
Replace Float # 5 (Alum)	SF	688	\$60.00	\$41,280.00
Procure New Piles (Steel)	Each	4	\$6,250.00	\$25,000.00
Remove & Install Piles	Each	4	\$6,250.00	\$25,000.00
Repair Pile Collars	Each	6	\$2,000.00	\$12,000.00
Misc Repairs	Each	5	\$1,000.00	<u>\$5,000.00</u>
Sub-Totals				\$138,280.00
Project Sub-Total				\$138,280.00
Eng, Permits & CM		15%		\$20,742.00
Contingency		20%		\$27,656.00
Totals				\$186,678.00

#### 3.2. Requirements for Surveying, Engineering Studies & Evaluations

For a new MAAB & ADA accessible facility the following additional services will be required:

<u>Task</u>	<u>Duration</u>
Update Basin Bathymetry	2 Weeks
Perform SPT and/or Probes	4 Weeks
Evaluate Geotechnical Conditions	3 Weeks
Prepare a Preliminary Plan	4 Weeks

### 3.3. Requirements for Permits /Licenses Needed & Time Frames

The permits Required to Obtain Regulatory Approval and licenses required for the nearly one (1) year regulatory approval process are as follows assuming the project is permitted as one (1) project:

<u>Permit/License</u>	<u>Permit Submittal</u>	<u>Regulatory Approval</u>
Pre-Application Mtg. w/ Regulators	7/1/09	8/1/09
Con Com NOI/OOC	8/1/09	10/1/09
NHESP-MESA	8/1/09	11/1/09
DEP Chapter 91	9/1/09	4/1/10
DEP WQC	9/1/09	3/1/10
ACOE IP	9/1/09	2/1/10
CZM Consistency	9/1/09	3/1/10
EOEA-ENF	9/1/09	3/1/10

### 3.4. Requirements for Final Designs, Specifications, Cost Estimates & CM Services

For a new MAAB & ADA accessible facility the following additional services will be required:

<u>Task</u>	<u>Duration</u>
Final Designs & Plans	4 Weeks
Specifications	2 Weeks
Cost Estimate	1 Week
Construction Management	16 Weeks

## **Future Development**

When rebuilding this facility we looked at peer institutions such as MIT which, incorporate a boathouse structure on the water that allows for year-round storage, repairs and maintenance to take place on all types of watercraft. Having a similar land base alongside the floating portion makes a lot of sense.

We need to diversify our offerings to students by exploring experimental programs such as Sea Kayaking and Kite Surfing to gauge interest in the newer water sports. A partnership could be formed with a private non-profit vendor to supply equipment and training. In exchange, DMO would offer dock usage and water access for the program as well as a healthy supply of participants. This can be a mobile program with some equipment being stored on campus.

Making this vision a reality will cost within a range of \$5 to \$10 million depending on whether it is a stand-alone project or integrated into a Master Plan project where it would benefit from economies of scale, permitting, contracting etc.

Additionally, a group of students in the EEOS program under the guidance of Professor Anamarija Frankic have developed a vision for restoration and development of the waterfront that includes recreational, instructional, research, environmental and marine access capabilities. We have included their presentation in this report. It also features recommendations for the use of green building materials and design features.

## **Recommendations**

Phase I: The first step is to fix what we have; we would have our engineering company, presently under contract, produce some design drawings. These drawings will be the basis for construction drawings that we will use to put out a contract for services. The scope of services will be to procure, deliver and construct a new docking system for Fox Point that will stabilize what we have and be the basis for a phased waterfront development approach that will get us to Future Development (see above).

Phase II: Using the new steel structure from Phase I as a base to build off of, we would engage a design company to come up with some conceptual drawings of a waterfront linked building, research spaces, docking facilities and a water sport pavilion. Next we would layout a multi-year plan for waterfront development that is connected to the Master Plan.

**University of Massachusetts Boston**  
**Athletics Master Plan Sub-Committee**  
**Proposal for a New Wellness Center**

This proposal requests a submission into the UMass Boston Master Plan of creating a new facility to house a comprehensive wellness center, including a new and larger Beacon Fitness Center, new and modern medical, counseling and other facilities to expand the servicing potential of UHS Department of Health Services, and larger shared space to enhance practical learning opportunities for students primarily within the College of Nursing and Health Sciences. Additionally, create a multi-purpose gymnasium where the Beacon Fitness Center currently exists to increase the amount of programmable space for intramural, recreation and related academic and wellness programming.

The purpose for this expansion:

1. The popularity of the Beacon Fitness Center to the Fall 2008 UMass Boston population of 14,100 students and 2,445 faculty and staff – 16,545 people total – has proven necessary to acquire extra space in order to add equipment and programs.
2. Increased demand for Intramural and Recreation activities has indicated a need to allocate gymnasium space separate from varsity sport practice and competition space.
3. UHS Department of Health Services is currently located in the Quinn Administration building, Second Floor. Current student demands for its services and programs and collaboration opportunities with community organizations combined with limited space for medical, counseling, health education and other programs and services has indicated a need for additional space for UHS Health Services as well.
4. Heavy collaboration exists between UHS Department of Health Services and Intramurals and Recreation to offer programs such as Wellness Buddies, Yoga and Health Fair. Locating both areas within closer proximity to each other will help promote combined programs and give students a “one stop” area for health and wellness related activities and services.
5. Collaboration and cooperative programming with the College of Nursing and Health Sciences places additional demands on UHS Department of Health Services and Beacon Fitness Center facilities, and can be further enhanced with new, more modern areas for the work and learn component.
6. The UMass Boston Strategic Plan completed in FY07 identified goals of increasing the student population to 15,000 people by 2010 and create living learning campus residences for 2,000 students.

A recent surge in applications indicates that the student population will reach the 15,000 goal by Fall 2009. For purposes of this document, we will consider a student population of 16,000 by 2010.

Estimates also include an increase in faculty and staff to at least 2,615 people. Total projected population will be  $16,000 + 2,615 = 18,615$ .



- This is 2,800 more people than the Academic Year 2008 (AY08) population, creating additional strain on the current availability.
  - Living learning residences will create a new dimension to the UMass Boston campus, increasing demand of recreational, educational and health and wellness services.
7. New, more modern wellness facility will aid in enhancing the quality of student life, increase student retention, and serve as a good recruiting tool for new students.

**Space proposal to serve the Health and Wellness related needs of the current and growing student population**

I. **Assessment of need**

Intramurals, Recreation and Fitness

Research exists showing that the quality of intramural and recreation opportunities are important factors in student enrollment, retention, social development, enhanced sense of leadership, improved time management, and self control (Hignite, Karla, "Sweat Equity", Business officer magazine, July-August 2006, pp. 28-33) (Dean, Laura A. (ed), *CAS Professional Standards for Higher Education*, 6<sup>th</sup> edition, 2006, p. 283) (Haynes, Danell and Tyler Fortman, "The College Recreation Learning Environment", National Intramural Recreation and Sports Association Recreation and Sports Journal, April, 2008 pp. 52 – 61).

The National Intramural Recreation and Sports Association (NIRSA) recommends that facilities be sufficient to support participation for the majority of the student body, and that as an integral part of any campus, recreation should be included in all strategic and master plans, play a substantial role as health promotions and wellness centers, provide co-curricular learning and technology advancements, facilitate partnerships with other campus units, serve as a unifying unit of campus life, and be developed to enhance educational outcomes such as retention and graduation (Turman, James C., Tom Morrison and Sid Gonsoulin, "Planning Principles for College and University Recreation Facilities", NIRSA, Corvallis, OR, 2004).

The campus population at UMass Boston is made up of:

Students – According to numbers obtained through the Office of University Admissions; the student population for the Fall 2008 Semester was 14,100. This includes graduate and undergraduate students, part-time and full-time.

Faculty & Staff – According to the Department of Human Resources, 2,445 full-time employees worked at UMass Boston in January 2009. All employees have access to the Beacon Fitness Center and other recreation facilities for a fee of \$190.00 per year.

The total population served by the UMass Boston Recreation and Intramural unit is:

<u>Students</u>	+	<u>Faculty &amp; Staff</u>	=	<u>Total</u>
14,100	+	2,445	=	16,545

Space limitations for Fitness, Intramurals, Recreation:

#### *Fitness Facility*

The Beacon Fitness Center is the lone facility available to the general UMass Boston population for fitness related activities. The current Beacon Fitness Center contains 13,528 sq. ft. of space used as follows:

- 7,900 sq. ft. for general exercise equipment, which includes:
  - 26 pieces of cardiovascular equipment.
  - 44 pieces of strength training equipment.
- 1,300 sq. ft. group exercise room accommodating up to 20 people per class.
- 560 sq. ft. stretching and core exercise area.
- 1,500 sq. ft. for men's and women's locker rooms.
- 1,600 sq. ft. for two racquetball courts – one court can be converted to Squash.
- 160 sq. ft. exercise testing lab and conference room.
- 352 sq. ft. for two offices.
- 80 sq. ft. for storage.
- 120 sq. ft. for walkway to locker rooms.

The Beacon Fitness Center is not of adequate size to accommodate the current demand among the UMass Boston community. This facility accommodates:

- 3,500 memberships per year.
- 40,000 workout sessions per year.

Utilization records have shown:

- 9 treadmills and 5 elliptical trainers average 10 hours of use per day.
- During peak time, 50+ people per hour will enter the facility, creating long wait times for equipment and crowding in certain parts of the exercise floor and locker rooms.
- Main floor has limited space for addition of new equipment while allowing walkways for people to get to and from pieces of exercise equipment.
- Excessive use on limited equipment has caused excessive breakdowns and disrepair.

Extra space is needed to add more exercise equipment while allowing for safe movement about the facility during busy times and remaining ADA compliant.

*UHS Department of Health Services*

A new wellness facility will allow Health Services to enhance programs and services by:

- Providing adequate space and updated facilities, which are currently lacking, in order to meet the health and wellness needs of our students. The current facilities do not meet industry standards for professional practice, privacy and are insufficient to respond to the increasing demands nor do they allow for any growth potential for serving our students.
  - Insufficient space has had a direct impact upon the level and scope of services of UHS General Medicine through its contribution to the academic mission and to community partnerships. The lack of space has placed limitations on the number of student nurses and nurse practitioners that the department can accommodate, has forced UHS to decline the offers from local medical schools to place residents in General Medicine, and has limited the expansion of traditional and nontraditional health services that could be offered through community partnerships which could bring outside service providers into UHS and increase the scope of services available on site to our the entire campus community.
  - Surveys are showing an increase in students with more serious psychological problems over the past five years .The UHS Counseling Center has experienced an increase in demand for services of 33% within the last year.
  - In addition to providing direct services to students in need, the Counseling Center also contributes to the educational mission of the University by acting as a training site for the Doctoral program in clinical psychology. In turn clinical trainees, as well as Postdoctoral fellows, provide clinical services to students under the supervision of UHS Counseling staff. The present space limitations have had a direct impact upon the number of interns and post-docs that the Counseling Center can accept, and in recent years they have had to turn away qualified interns. This has a direct result on both the participation of the Counseling Center in the academic mission of the university, as well as the resources those interns would be able to offer the student population.
- UHS Department of Health Services is an active participant in the academic mission of UMass Boston. Lack of adequate and appropriate space has placed significant limitations on the capacity of UHS to expand that role. Each of the UHS departments, (General Medicine, The Counseling Center and Health Education and Wellness) has the potential to provide meaningful learning experiences to students that contribute to their educational experience and provide a foundation for their professional practice. These learning opportunities involve partnerships with academic programs, and we envision a space that allows for greater collaboration through proximity and shared spaces.

By creating a Health and Wellness ‘hub’ within the university This collaboration will contribute to an increase in the capacity of both UHS and our academic partners to collaborate on programming and educational programming. This collaboration will maximize our existing resources and enhance and increase the health and wellness programming that is available to our students.

Additional space for special programming and training, such as Nutrition and other Health/Wellness related seminars and programs, Massage Therapy, Yoga, and staff training and meetings.

Space layout and programming policies dedicated in part to support and enhance the teaching and research interests of the College of Nursing and Health Sciences and the Department of Exercise and Health Sciences.

### *Intramurals and Recreation*

Currently, the majority of intramural and recreational programming is scheduled in the Clark Athletic Center. Scheduling is a challenge because of the demands placed on the Clark Athletic Center by the varsity athletic teams and an active community component. Intramural programming has suffered because of lack of availability of the Clark Athletic Center during peak demand times. Creating more availability for Intramurals will inhibit the availability of the Clark Athletic Center for varsity team practices. Part of this proposal is to use convert the space currently occupied by the Beacon Fitness Center into a gymnasium for primarily recreational and intramural programming purposes to include:

- Full-sized basketball court with ability to convert to 2-courts side by side (half courts).
- Durable flooring material that can withstand multiple activities such as indoor soccer, floor hockey and badminton.
- Conversion of aerobics and lounge areas for additional racquetball courts with adjustable walls for squash.
- Equipment storage area.
- Maintain current changing and showering facilities.

### *Academics*

Previously, certain academic classes within Human Performance and Fitness (now Exercise and Health Studies) coordinated efforts using the facilities and patrons of the Beacon Fitness Center. A re-organization of the degree tracts within that department reduced the amount of involvement from the Beacon Fitness Center. Recently, new internship and other work-and-learn opportunities have been created to re-connect with the academic programming. Research opportunities have been arranged and can be integrated fully into a new Wellness Center. Shared working and learning spaces, and modern exercise testing lab will enhance the current academic opportunities.

### *New opportunities for combined programming with Athletics, UHS Department of Health Services and Academics*

The Athletic Training component of the UMass Boston Athletic Department is currently located in the Clark Athletic Center and also has spacial needs due to the increased number of sports and increase in team sizes.

Currently, Health Services is exploring expanding opportunities to offer Physical Therapy as part of its services. This would go hand in hand with Athletic Training for student athletes, share facilities and equipment, and make services available on campus for the general student population.

Clearly, allowing the general student body to take advantage of physical therapy opportunities in a shared space with Athletic Training will create greater demand on another area that has already outgrown space. It is estimated that 2,560 square feet of new space would be needed to offer both services in conjunction with each other.

**II. Specific Facility Needs**

Based on information gathered through industry standards and consultation with colleagues at local universities with relatively new facilities, the amount of space needed for the comprehensive wellness center is listed below:

**New Beacon Fitness, Intramural and Recreation space**

<b>Area</b>	<b>Size (SF)</b>	<b>Per</b>	<b>Number</b>	<b>Total</b>
Fitness Center to include strength training circuit, free weights, cardiovascular machines, stretching, and a Women's Only workout area	12,000	area	1	12,000
Basketball / Multi-Purpose courts	7,000	court	3	21,000
Group exercise rooms can be used for martial Arts, Yoga, instructional dance, etc.	1,500	room	2	3,000
Racquetball / Squash court	800	court	6	4,800
Table Tennis/other recreation room	1,800	room	1	1,800
Indoor running track	8,500	area	1	8,500
Fitness Testing Lab	200	room	1	200
Student locker rooms	750	room	2	1,500
Faculty/Staff locker rooms	1,000	room	2	2,000
Pro Shop	1,000	area	1	1,000
Offices	180	office	5	900
Equipment storage and maintenance, (1-to include washer and dryer for towel service)	2,000	area	2	4,000
Meeting space for academic and other activities	500	room	1	500
Reception, lounge, hallways, other areas				5,000
<b>Total net square feet of useable space</b>				<b>66,200</b>

**New space for UHS Health Services – to re-locate operations to the Wellness Center**

<b>Space</b>	<b>Size (SF)</b>	<b>Per</b>	<b>Number</b>	<b>Total</b>
Exam room	120	room	10	1,200
Procedure room	225	room	2	450
Treatment room	150	room	4	600
Nursing station	90	nurse	3	270
Provider office	120	provider	10	1,200
Waiting space	40	person	30	1,200
Counseling therapy and Administrative Suite	150	office	8	1,200
Administrative Suite	200	office	1	200
Case review area	200	room	2	400
Medical records	300	area	1	300
Health Education Outreach workers	120	office	4	480
<b>Total square feet – Health and Wellness</b>				<b>7,500</b>

**Shared space for Athletic Training / Physical Therapy**

<b>Space</b>	<b>Size (SF)</b>	<b>Per</b>	<b>Number</b>	<b>Total</b>
Exam room	120	room	1	120
Treatment/Exercise room	1000	room	1	1000
Modality room – whirlpool, ice machine, etc.	700	room	1	700
Head Athletic Trainer office	180	room	1	180
Assistant Athletic Trainer office	120	room	1	120
Physical therapist office	120	room	1	120
Storage	200	room	1	240
Athletic training intern space	120	room	1	120
<b>Total shared space for Athletic Training / Physical Therapy</b>				<b>2,600</b>

**Shared space for academic enhancement**

<b>Space</b>	<b>Size (SF)</b>	<b>Per</b>	<b>Number</b>	<b>Total</b>
Student Teaching and Evaluation	100	room	1	100
Internship office	75	office	1	75
Shared space – student meeting room/general meeting room	225	room	1	225
<b>Total Square Feet – Academic Enhancement</b>				<b>400</b>

Additionally, all areas will be used for academic purposes as appropriate.

**Total space needed**

<b>Total preliminary space, UMass Boston Wellness Center</b>	<b>Size (SF)</b>
Beacon Fitness, Intramural, Recreation	66,200
UHS Health Services	7,500
Combined Athletic Training / Physical Therapy space	2,600
Academic	400
<b>Total</b>	<b>76,700</b>

The space needed to adequately accommodate the recreation, wellness and related academic needs of current and future student populations is 91,500 square feet. This does not include areas such as a lobby, privacy entrance to counseling, halls, walkways, etc.

Additionally, should this project receive approval and funding secured, budgetary considerations must be made to supply modern exercise, medical, recreational, educational and other support equipment.



### **Recommendations**

1. Submit this report to the correct architectural consultant of the master plan to develop a more sophisticated plan to include costs, drawings, etc. and assess its placement within the master plan, preferably to coincide with or just prior to the opening of the first campus residences.
2. **Suggested locations for a new Wellness Facility** Possible locations for a new recreation and fitness center include, in order of desirability:
  - a. Stand alone building with close proximity to both the Clark Athletic Center and expected campus Living Learning residential areas.
  - b. An addition to the Clark Athletic Center, covering part or all of Lot 120. Provides close proximity to already existing athletic facilities for use when necessary. Allows Athletic Training to remain in close proximity of varsity sports and Physical Therapy to be in close proximity to UHS Department of Health Services. Provides close proximity to living and learning residences that are part of the University Master Plan
  - c. Convert existing space in buildings that will be evacuated as the Master Plan progresses. Example: Quinn Administration Building can be converted if the organizations using this building move to other buildings
  - d. Stand alone building in a space made available through garage demolition
3. **Other considerations when planning a wellness center:** Should this proposal be included with the Master Plan, clearly building and/or retrofitting space will not be enough to sustain a good



wellness center. Monies should be budgeted to include furnishing new and improved fitness, medical, counseling, and other equipment necessary.

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### **Colleagues at peer universities with input:**

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