

**Item No. 11.1.1**  
**Halifax Regional Council**  
**December 10, 2013**

**TO:** Mayor Savage and Members of Halifax Regional Council

**SUBMITTED BY:**

Original signed by

Richard Butts, Chief Administrative Officer

Original Signed by

Mike Labrecque, Deputy Chief Administrative Officer

**DATE:** November 20, 2013

**SUBJECT:** Award – Outstanding Canada Games Centre Deficiencies

**ORIGIN**

- Interim Agreement, Canada Games Centre; and
- 2004/05 Capital Budget: Mainland Commons Recreation Centre.

**LEGISLATIVE AUTHORITY**

- HRM Charter, Section 79: Halifax Regional Council may expend money for municipal purposes.
- Administrative Order #35, the Procurement Policy, requires Council to approve the award of contracts for sole sources exceeding \$50,000 or \$500,000 for tenders and RFPs.

The following report conforms to the above policy and Charter.

**RECOMMENDATION**

It is recommended that Halifax Regional Council:

1. Award Quotation No. Q13C521, Canada Games Centre Pylon Sign, to the lowest bidder meeting specifications, Eye Catch Signs Limited, for a Total Tender Price of \$73,419.95 (HST fully rebated), with funding from Project No. CB000002 – Multi District Facilities - Upgrades, as outlined in the Financial Implications section of this report;

**(RECOMMENDATION CON'T ON NEXT PAGE)**

2. Award Tender No. 12-182, Canada Games Chlorine Conversion, to the bidder meeting specifications, Altantica Mechanical, for a Total Tender Price of \$116,100.00 (HST fully rebated) with funding from Project No. CB000002 - Multi District Facilities - Upgrades, as outlined in the Financial Implications section of this report; and
3. Award Tender No. 13-186, Canada Games Centre Air Conditioning, to the lowest bidder meeting specifications, VEP Mechanical, for a Total Tender Price of \$352,387.70 (HST fully rebated), with funding from Project No. CB000002 – Multi District Facilities-Upgrades, as outlined in the Financial Implications section of this report.

## **BACKGROUND**

On August 12, 2008, Regional Council approved the construction of a \$40,573,682 Canada Games Centre. Following Regional Council approval, the final construction costs captured in Project No. CB100091, following a number of council approved scope increases, was \$45,537,861. This Project Account was closed out after 2011 and \$175,000 of the remaining funds was transferred to Project No. CB000002 (Multi District Facility Upgrades).

The 2012/13 Supplemental Report for Project No. CB000002 included funds for Field House Curtains. Additionally, the Canada Games Centre GM was assigned as Project Manager for \$151,084 of the requested capital works in 2013/14 (as overviewed in the Discussion Section of this report). The 2013/14 Supplemental Report for Project No. CB000002 included funds for the air conditioning of the field house. Expenditures following project closeout are detailed in the Discussion section of this report.

On February 19, 2013, Regional Council approved an interim agreement, which included requirements for HRM to complete all deficiencies including the air cooling, signage, landscaping.

## **DISCUSSION**

Each of these awards is within the discretion of the CAO. However, they are being provided to Council given that the Canada Games Centre is a new facility, and staff feel it is important for Council to be informed on the ongoing improvements to the Centre.

Future capital expenditures will be considered as part of the annual business planning and budget process.

### ***Why was original Project Budget Closed?***

The Project Manager completed the project in 2011, as the construction was substantially completed and completion of reporting for federal and provincial funding encouraged the close out of the project.

***What purchases have been made following Project Close Out?***

Purchase Order 2070607622, Field House Curtains, Rodney Enterprises	\$122,760.00
Purchase Order 2070609555, Carpentry, Domar	\$ 192.50
Purchase Order 2070610216, Commissioning, AMEC Americas	\$ 23,000.00
Purchase Order 2070629537, Tile repair design, DSRA	\$ 4,225.12
Purchase Order 2070636048, Pool repair, Royale Floor	\$ 5,516.00
Purchase Order 2070620637, Air Conditioning Design, F.C. O'NEILL	<u>\$ 20,250.00</u>
<b>Total</b>	<b>\$175,943.62</b>

***What outstanding commitments does HRM have?***

Interim Agreement, May 2013: Landscaping	\$ 10,000.00
Interim Agreement, May 2013: Exterior Sign	\$ 76,566.00
Interim Agreement, May 2013, Air Cooling System	\$352,387.00
Interim Agreement, May 2013, Ensure all systems in good working order	\$0
Safety Issue: Chlorine System	<u>\$116,100.00</u>
<b>Total</b>	<b>\$555,053.00</b>

***What current purchases are awaiting award?***

Requisition 205051672, Chlorine Conversion, Tender No. 12-182	\$116,100.00
Requisition 2050549952, Field House Air Cooling, Tender No. 13-186	\$352,387.00
Requisition 2050554284, Exterior Sign, Tender No. 13C521	<u>\$ 76,566.00</u>
<b>Total</b>	<b>\$545,053.00</b>

***What other projects are in the budgeted 2013/14 workplan?***

Motor Bearing Detection Kit	\$ 6,084.00
JCI Graphics	\$ 13,000.00
Spare Pool Motors	\$ 12,000.00
Pool Vacuum (existing does not reach all areas)	\$ 10,000.00
Activity Room Toilets	\$ 10,000.00
Aquatic Centre Equipment	\$ 50,000.00
Width Lanes, Aquatic Centre	<u>\$ 50,000.00</u>
<b>Total</b>	<b>\$151,084.00</b>

***Additional works:***

1. Energy & Environment staff are working on an approximately \$75,000 piping conversion on the solar hot water system to utilize excess hot water for domestic purposes (showering) for pool heating. The conversion has an estimated 5-year payback. The funding is from D948 Sustainable Community Projects as an approved Green Municipal Fund project;
2. Landscaping: Finish of landscaping is required, as a minimum, including some top soil and grass seed. This work will be captured in the 2014/15 workplan. The budget implications are anticipated to be less than \$10,000; and
3. Public Art Policy, approved in September 2008, was not in place when the Canada Games Centre project was initiated and was not included in the construction scope of work. However, since the completion of the facility, a public art installation has been commissioned.

**Quotation No. Q13C521, Canada Games Centre Pylon Sign:** Design details were finalized in the summer of 2013. Currently, there is no signage on this building to identify the name of the facility.

Quotation No. Q13C521, Canada Games Centre Pylon Sign, was advertised on the Province of Nova Scotia Tenders Website and closed on September 16, 2013. A mandatory site meeting was held on September 10, 2013. Six qualified submissions were received for a full color reader board. The number of bidders indicates a competitive marketplace for this type of work at this time.

<b>Name of Company</b>	<b>Price (HST Fully Rebated)</b>
Eye Catch Signs Limited *	\$73,419.95
New Century Signs	\$74,442.00
Steel Art Signs	\$83,529.00
United Signs	\$89,768.00
Mattatall Signs	\$94,762.49
Maritime Fence	\$137,380.00

**\*Recommended bidder**

***Scope of Work and Schedule:***

The scope of work for this tender consists of construction and installation of the pylon sign and the concrete base and training of CGC staff. It is anticipated that work will commence within three weeks of the tender award and take approximately three months to complete, but is dependent on the weather.

**Tender No. 12-182 – Canada Games Chlorine Conversion:** A solid chlorine delivery system was originally installed in the facility. The solid system was specified as it was considered a less-risky system to staff and facility users. Due to continuous reliability issues, Canada Games Centre management removed the solid chlorine system and installed a liquid chlorine system at a cost of \$5,000. Although the liquid system has proven more reliable, the liquid chlorine is carried by staff in large plastic containers down an exterior flight of stairs to the basement. The stairs can be slippery in inclement weather. Staff has recommended changing the existing system to a liquid chlorine delivery system, to reduce risks to staff by reducing the handling of chlorine, while producing yearly operational savings of approximately \$1,400.00.

Tender No. 12-182 was publicly advertised on the Province of Nova Scotia Tenders website on November 21, 2012, and closed on December 20, 2012. A mandatory briefing session was held on November 29, 2012, with three companies in attendance. The award of Tender No. 12-182 was originally approved on March 26, 2013. This date was outside of the period that the proponents are legally obligated to maintain their bid price. The lowest bid proponent, GJ Cahill

Ltd, chose to withdraw their bid price outside of the mandatory period. The tender award is recommended to be awarded to the next lowest priced, qualified bidder, Altantica Mechanical Inc.

GJ Cahill had identified that they had missed costing part of the required project scope and took advantage of the standard bid requirement timeline expiring to withdraw their bid. Alternatives for proceeding include:

1. Awarding to the 2<sup>nd</sup> lowest bidder; or
2. Re-tendering with a substantially altered scope of work.

Due to the safety concerns associated with staff carrying the liquid chlorine, the option to cancel the tender and not do the work is not a safe and acceptable alternative.

Qualified bids were received from:

<b>Proponent</b>	<b>Total Price (HST Fully Rebated)</b>
GJ Cahill Ltd	\$73,200.00 (bid withdrawn)
Atlantica Mechanical Inc.*	\$116,100.00

**\*Recommended bidder**

**Tender No. 13-186, Canada Games Centre Air Conditioning:** Air conditioning for the field house was not included during the original building design because the capital and operating costs were considered too high and the design was expected to provide sufficient ventilation. However, the design of the building also included a significant amount of glass in order to maximize natural light. While the amount of natural light in the centre provides for a positive user experience, the number and placement of windows has created challenges with heat and humidity. Window coverings have been added in an attempt to mitigate the issues and reduce the amount of heat in the field house; however, this has had only limited success. As a result, user experiences and overall individual safety have been affected. In addition, the negative impacts have resulted in cancelled memberships and facility rentals. Through the manager of the Canada Games Centre, the board of the facility has requested the addition of air conditioning in the field house. It is expected that this may increase membership and rentals during days of high outside temperature and humidity. Estimated operating costs can be accommodated in the Canada Games Centre operating budget and offset with increased user and rental fees. The business case is included as Attachment 1.

Tender No. 13-186 was posted on the Province of Nova Scotia's Procurement Website on July 15, 2013, and closed August 13, 2013. Qualified bids received:

<b>Company</b>	<b>Total Price (HST fully rebated)</b>
VEP Mechanical *	\$ 352,387.70
Western Plumbing	\$ 378,450.00
Altantica Mechanical	\$ 400,840.00

Direct Energy	\$ 430,345.00
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**\*Recommended bidder**

***Scope of work and Schedule:***

This work will provide air conditioning and humidity control in the field house bringing temperature and humidity to safe and comfortable levels, thereby improving the experience of the user. It is anticipated that the work will commence within six weeks of the tender award and take five weeks to complete. The facility will remain open for the duration of this work, with lane closures of the walking track to ensure the safety of the facility users. Air conditioning will require increased electrical usage that will be an ongoing operational expense for the facility.

**Public Art:** The Canada Games Centre was approved prior to the adoption of HRM's Public Art Policy, which requires the inclusion of public art in new HRM buildings. However, as a high profile multi-use facility within one of HRM's most diverse demographic communities, it is a desirable location for the inclusion of public art. The design of the Centre did include the provision of a signature water feature adjacent to the main entry to the facility. This feature was built, in part, but the infrastructure (water and electrical) supplied to operate the fountain was not sufficient to support function as contemplated. Therefore, options for replacing the water feature were explored and using the area for a public art piece was a cost effective choice that was also consistent with HRM's Public Art Policy. As a result, in June 2012, HRM awarded a contract for the creation and installation of public art to the design firm Breakhouse, with funding from the Cultural Reserve. The fabrication of the art work is currently being completed and installation of the new piece is scheduled for January 2014.

**FINANCIAL IMPLICATIONS**

Quotation No. Q13C521, Canada Games Centre Pylon Sign: Based on the lowest tendered price of \$73,419.95, (HST fully rebated), Tender No. 12-182 – Canada Games Chlorine Conversion: Based on the tender price of \$116,100.00 (HST fully rebated) and Tender No. 13-186 - based on the lowest tendered price of \$352,387.70 (HST fully rebated), funding is available in the Approved 2013/14 Project Budget from Project No. CB000002 – Multi District Facilities - Upgrades. The budget availability has been confirmed by Finance.

**Budget Summary: Project No. CB000002, Multi District Facilities - Upgrades**

Cumulative Unspent Budget	\$6,043,503.31
Less: Quotation No. Q13C521 HST Fully Rebated	\$ 73,419.95*
Less: Tender No. 12-182 HST Fully Rebated	\$ 116,100.00**
Less: Tender No. 13-186 HST Fully Rebated	\$ 352,387.70***
Balance	\$5,501,595.66

\* This project was estimated in the Approved 2013/14 Project Budget at \$60,000.

\*\* This project was estimated in the Approved 2012/13 Project Budget at \$75,000.00.

\*\*\* This project was estimated in the Approved 2013/14 Project Budget at \$400,000. Variation from estimate is an acceptable margin of error expected from market conditions.

The balance of funds (Project No. CB000002) will be used for electrical installation of field house blinds for the Canada Games Centre and other HRM multi-district facility upgrade projects as outlined in the Project Budget.

## ENVIRONMENTAL IMPLICATIONS

The implications of the outstanding purchases include: increase electricity consumption to achieve air cooling objectives; and reduced chlorine usage.

## ALTERNATIVES

Regional Council may choose to not award any or all of the recommended awards. This is not recommended as it would result in the deficiencies not being completed.

## ATTACHMENTS

## Business Case for Air Cooling

A copy of this report can be obtained online at <http://www.halifax.ca/council/agendasc/cagenda.html> then choose the appropriate meeting date, or by contacting the Office of the Municipal Clerk at 490-4210, or Fax 490-4208.

Report Prepared by: Richard MacLellan, Acting Manager, Facility Development, 490-6056

Procurement Review: Anne Feist, Manager, Procurement (490-4200)

Report Approved by: Jane Fraser, Director, Planning & Infrastructure, 490-7166

# *Business Case*

*Canada Games Centre  
Air Conditioning  
HRM Tender No 13-186*



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## **1 EXECUTIVE SUMMARY**

The Canada Games Centre Society (Halifax) is a not-for-profit organization who operates the Canada Games Centre through an Interim Agreement with HRM. The Canada Games Centre (CGC) is working in cooperation with Halifax Regional Municipality (HRM) to deliver quality services to the region. We provide services to the community in areas of fitness, aquatics, community programming and recreation.

We are requesting HRM fund the project to install air conditioning at the Canada Games Centre.

We are challenged from May to September due to the high heat in the fieldhouse. This portion of the building does not have air conditioning and temperatures in this area reach 25-30 degrees Celsius plus humidity during the warmer months. This is an extremely high temperature and exercise in this extreme heat is not safe for the user especially for our senior population. The recommended standard for exercise temperatures in an indoor environment are 16-20 degrees Celsius

Many of our users have terminated memberships due to the high heat in the warmer months and this is a loss of revenue to the organization and creates a negative attitude and reputational loss towards the facility.

Based upon membership cancellations in the summer of 2012 and summer of 2013 through to 2016 we are projecting a loss of \$1,166,054 over a 5 year period. This does not take into consideration the possibility of adding new members which would only increase revenues and our financial sustainability.

Air Conditioning for the fieldhouse was not included during the original design. We have tried to reduce the heat in the fieldhouse and track area over our first three summer operations through the installation of De-stratification fans and curtains over the windows but this has not proven to work. The installation of air conditioning in the fieldhouse will ensure it is safe for our users and will assist in stabilizing our revenues.

### **Statement of Need**

- The addition of air conditioning will lead to increased member retention and new memberships, thus improving revenues for the Centre for the longer term.
- Air conditioning will provide a more positive and comfortable experience when visiting the Centre.
- Ensures facility remains a state of the art first class facility for the citizens of HRM.
- Enables the Centre to attract summer users to the fieldhouse and track that are currently not using the Centre. (ie. Basketball Canada National Team Programs,

Volleyball Canada Elite Programs, Basketball Nova Scotia training camps, Volleyball Nova Scotia, etc) This will add to our rental revenues in months when rentals are generally slower.

- The CGC will be the only court and track facility within HRM with air conditioning thus making it the place to be for court sport and track users all year long.
- There is an increased risk due to high temperatures in the fieldhouse and track for the users. Fieldhouse and track temperatures range from 25-30 degrees in the warmer months plus humidity (May – October), this combined with exercise poses significant health risk to the user. Additionally, many of our users are the senior population which elevates the health risks for exercise in extreme heat.

**Project Costs:**

The project was tendered through HRM procurement office with 4 bidders as provided by HRM.

VEP Mechanical	\$352,387.70
Western Mechanical	\$378,450.00
Altantica Mechanical	\$400,840.00
Direct Energy	\$430,345.00

**Project Timeline**

It is hoped the project will occur through the winter months of 2014 with the system operational by May 2014 before the warmer summer season begins. Within this project there are a few long delivery items that could delay the project causing us to miss the summer season again this year.

## **2 THE OPPORTUNITY**

With the addition of air conditioning in the fieldhouse and track area there will be a more satisfied membership base thus leading to retained earnings for the operation moving forward. Not only will it allow for a stable revenue base through the summer months but it also assists with reputational loss which is considerably harder to overcome. It will also help us to recruit new members during the summer period.

### **2.1 Current Situation**

- Attendance in summer fitness classes is an average of 13-16 people compared to fall, winter and spring classes which have an average attendance of 25-30.
- Heat in the fieldhouse during summer months ranges between 25-30 degrees plus relative humidity. This is unsafe for exercise with the recommended temperature for exercise is 17 – 20 degrees. The Centre has had to close the track on numerous occasions due to the excess heat.
- Significant drop in day pass use during the summer months during the evening time slots.
- We provide member tours in the summer months and bring clients to the space and this does not help us sell memberships as the first experience within that space is one of discomfort.

Over the past two years we have observed that warmer months already tend to have an increased number of cancellations. We can decrease the likelihood of cancellations if we can provide a climate controlled option for our users.

#### **Membership Cancellations for 2012**

Cancellations during the summer months (May- Sept) accounted for 76% of our yearly cancellations, with the remaining 7 months accounting for 24% of our yearly cancellations.

#### **Membership Cancellations for 2013**

Cancellations during the summer months (May- Sept) accounted for 60% of our yearly cancellations with the remaining 7 months accounting for 40% of our yearly cancellations.

### **2.2 Impact & Risk**

- Improved user experience leading to increased retention of existing members.

- New member recruitment more tangible during summer months.
- Organization enabled to convert day pass users to long term members due to positive experience.
- Improved financial position of the organization with less cancelled memberships, increased day pass use, increased fitness class attendance and summer rentals
- Increased positive image of Centre in the community
- Reduces health risks associated with exercising in heat and humidity.
- Below is an excerpt from a position stand paper from the American College of Sports Medicine, some key points with regards to exercise in the heat from this paper are:
  - i. The body may experience heat related exertional illness when exercising in the heat, these may include:
    - a. Exertional heat stroke (EHS) – most serious
    - b. Heat exhaustion and exercise related cramping
    - c. Heat syncope (light headedness)
  - ii. Exercising in the heat increase the chance of dehydration, electrolyte imbalances and fatigue
  - iii. Being overweight, deconditioned or dehydrated increase the risk of heat related exertional illness
  - iv. As the ambient temperature rises above 20 deg C the time to exhaustion decreases,
  - v. As the temperature (WBGT) rises above 28 deg C the risk of experiencing heat related exertional illness is greatest
    - a. There are individual variations in susceptibility as EHS can occur in some individuals in moderate environments (18-28 degC) as well.
- Appendix B shows the details of exercising and exertional heat illness from American College of Sports Medicine

## 2.3 Financial Impact

In order to support the case for the addition of air conditioning at the Canada Games Centre the focus is on cancelled memberships. This is the major revenue item for the organization and has the greatest impact on our bottom line revenues. If members are satisfied with their experience it leads to longer term members thus increasing the financial stability of the organization.

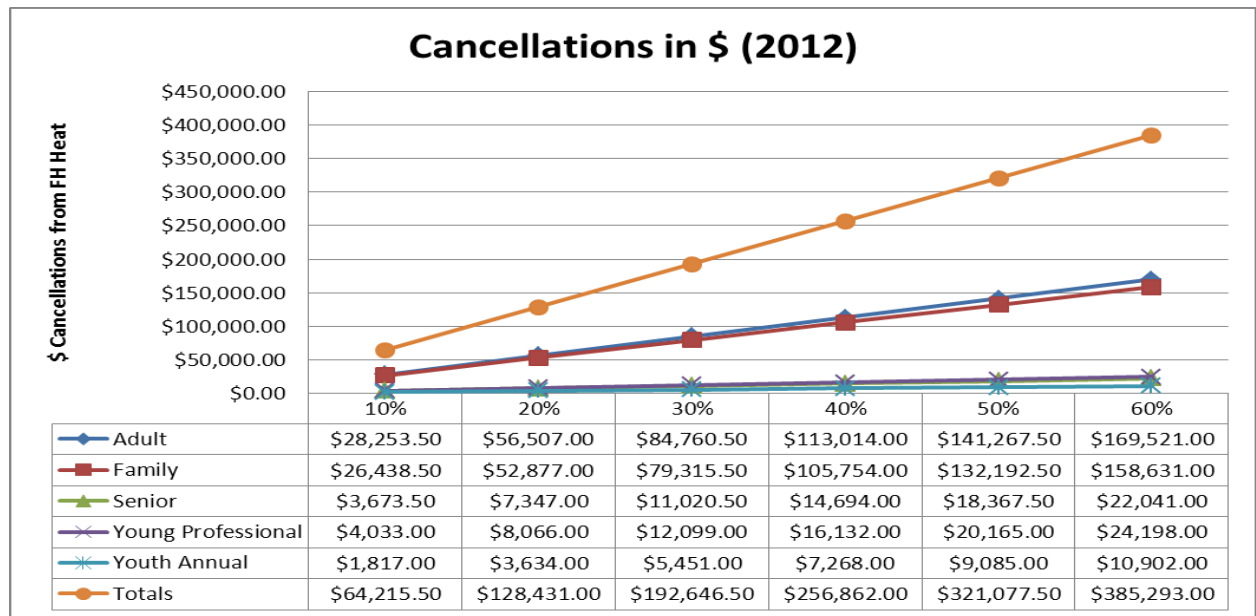
The CGC has been in operation for three summer seasons and we have conducted an analysis on the cancellations during the summer months (May 1 – Sept 30) as compared to the cancellations during the other eight months of operation. There is a significant increase in cancellations during these 5 months as compared to the other 7 months of the year.

In the industry there is usually a downturn in memberships in the summer months. Not all the cancellations at the CGC are due to the heat in the fieldhouse and track area as users have a variety of reasons for not renewing memberships. Some reasons are: moving away, not using enough, bad experience, vacation, joined another facility, etc. Understanding these factors we have assumed that thirty percent (30%) of the cancellations at the CGC during the summer period are related to the heat in the fieldhouse and track.

Based upon the above assumption of 30% cancellations and the current cost of memberships we have been able to assign a dollar value to the cancellation of memberships at the CGC. Even if a lower percentage rate for cancellations is assumed there is still a huge loss over time as a result of heat in the fieldhouse and track area.

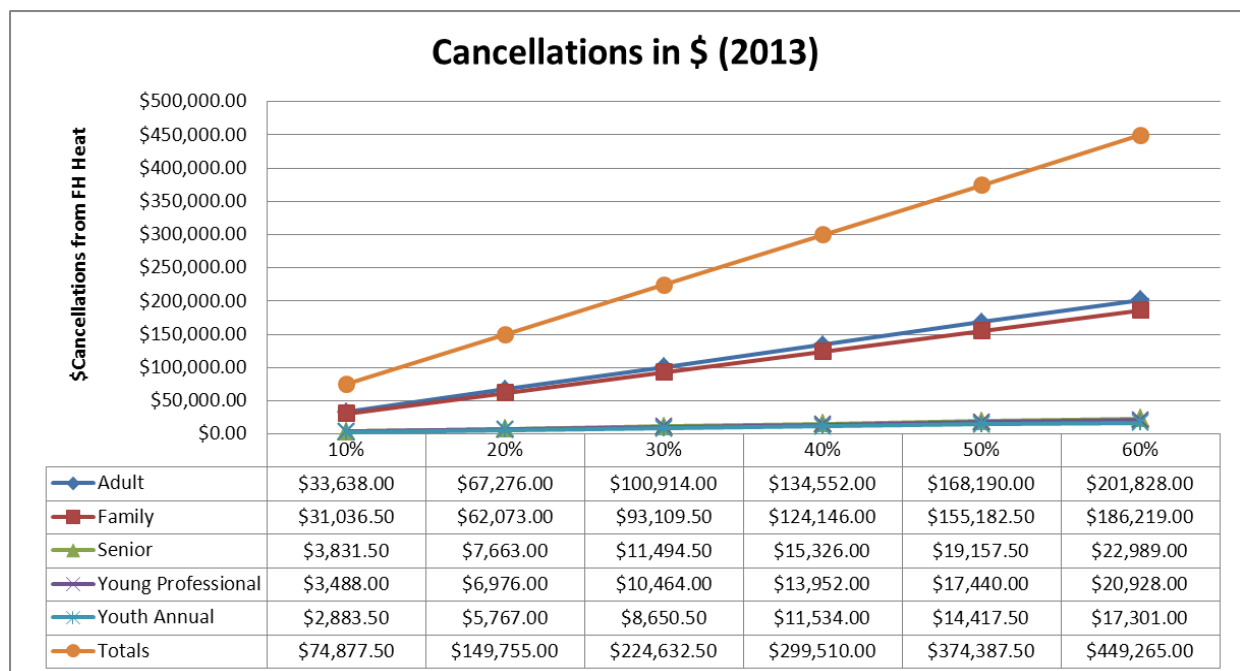
In Table 1 below; summer 2012 shows an estimated financial loss of \$192,646.50 using 30% assumption for cancellations related to heat in the fieldhouse and track area.

Table 1 - Cancellations Dollars in 2012



In Table 2 below; summer 2013 shows an estimated financial loss of \$224,632.50 using 30% assumption for cancellations related to heat in the fieldhouse and track area.

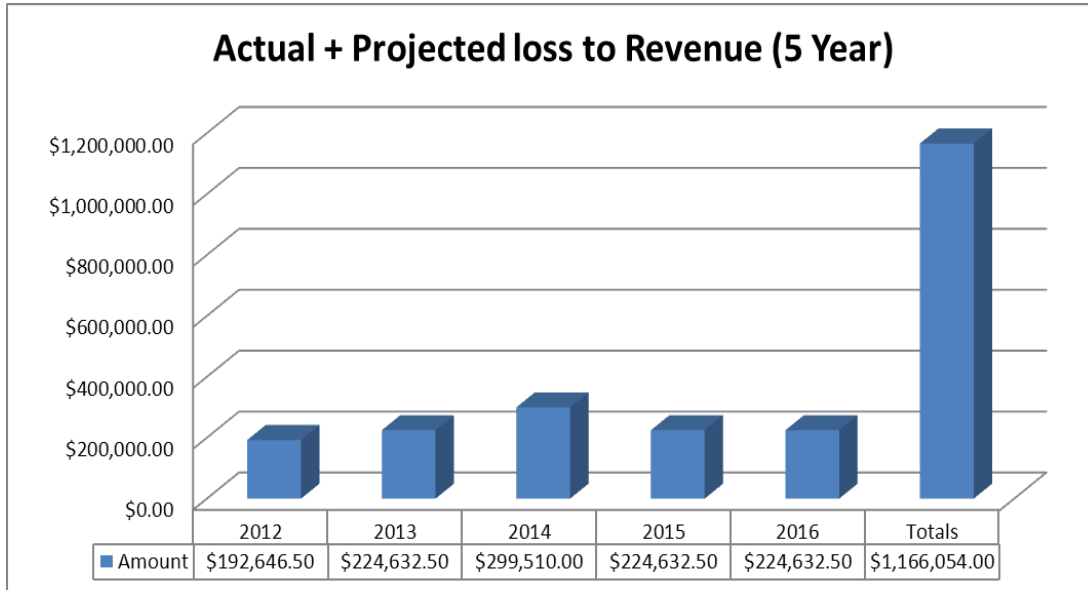
Table 2 – Cancellations Dollars in 2013





In Table 3 below using the actual data for 2012 and 2013 cancellations and projections for 2014-2016 cancellations with an assumption rate of 30% cancellation rate for heat in the fieldhouse. The projected financial loss to the organization is \$1,166,054.

**Table 3 – Actual (2012 & 2013) + Projected to 2016 loss to Revenue over 5 years**



### **3 PROPOSED SOLUTION**

#### **3.1 Options**

1. Installed de-stratification fans, this did not reduce heat in the space.
2. Installed fieldhouse curtains to cover glass to reduce direct sunlight. This install did not reduce the temperature.
3. The HVAC system during the nights brings in fresh air from the outside but during the day if we bring in fresh air it is the same temperature as the outside air thus creating a warmer more humid environment in the space.
4. Install Air conditioning as per tender No 13-186 with HRM funding.
5. Maintain current situation in the space.

#### **3.2 Recommendation**

1. We are recommending proceeding with option #4 and adding air conditioning to the CGC fieldhouse and track area as per tender No 13-186. Based upon the information the CGC has been communicated from HRM funding exists with HRMs budget for the project. Cost of the project would be based upon the procurement approval of HRM.

#### **4 IMPLEMENTATION PLAN**

- Project scope – This work will provide air conditioning in the fieldhouse and track space of the CGC.
- Project governance: HRM Infrastructure and Asset Management
- Composition of the project team: HRM, CGC Manager of Operations, Successful Contractor
- External resources required – Contractor supply and install
- Roles and responsibilities – HRM and CGC to provide oversight over third party contractor who will perform install.
- Project schedule - 15 weeks from kick off to close out based upon information supplied via tender.
- Risk management plan – No shut down required during the installation.

## ***Appendices***

### **A        Version History**

<b>Version</b>	<b>Date</b>	<b>Purpose of Revision</b>
1.0	<i>(November 12, 2013</i>	First Draft _ Gary Furlong, General Manger, Canada Games Centre
2.0	November 25, 2013	Final Draft _ Gary Furlong, General Manger, CGC

## A User Comments Received

Below are comments received and tracked on the temperatures in the fieldhouse and track area of the Canada Games Centre. There two things to consider:

1. How many people avoid the Centre in the summer;
2. The ones who have to modify their regular workout routine - therefore not getting full value from their membership because of the heat.

### Direct User Comments:

- The instructors had to take the intensity of their workouts down so as not to cause injury to the participants, thereby decreasing the benefits of the class.
- Has been unbearably hot since opening and we had to join a gym with air conditioning.
- This is a LEED certified building. It makes us happy to know that there is a substantial heat pump system and that we're not adding to the waste. Yes, the temp fluctuates in the field house a little but this is to be expected for an energy efficient building. We come to the CGC many times a week, every month of the year and it is always manageable. Let's be honest, it's a gym after all. If it's a little warm, people will burn more calories. The air conditioning of such a large area would be a massive disappointment to those who respect and honor the environment and the fact that the building has been LEED certified.
- Field house is way too hot in the summer. I cannot get a good workout the air is too hot to breathe and too hot to move. Outdoor classes were great until we had to stop.
- But only if the impact to environment and expenses is considered
- only if the membership fees will not increase
- No cooling makes it difficult to complete workouts and activities in the gym.
- Only if it is ECO friendly, please.
- You could also do something about the T.V. units, and the bike sound systems. Most do not function properly. Other fitness centers have functional T.V.'s and sound systems. Very distracting when running or biking when you have to play with the systems, and then finally shift to another machine part way through your workout. Also, distraction can lead to potential injury.
- I feel that as a paying member, there needs to be a balance between economy and comfort. Right now the balance is too far for economy. I as a user need comfort.
- During the summer months this is a necessity & I was most surprised to be exposed to the heat on the track this summer. I initially thought there was a fan malfunction till I was informed by staff of the non-cooling situation. I was so surprised that the Canada Games Centre was built without one in the area. We have a 1 year membership & would have to consider moving to another facility if the situation is not improved by summer 2014.
- Not safe or healthy
-

User Comments (cont'd):

- It is recommended that exercising in a lower temperature is better for your health. Any therapeutic clinic is set at a lower temperature in the exercise room. I hope this is better controlled next summer
- I clicked to respond to this survey IMMEDIATELY because this is my one complaint with the CGC (way too hot in the fieldhouse). Otherwise, I'm a huge fan of the CGC; I drive from the South End because I like it so much.
- Because I felt light headed and like I may pass out during classes due to the heat. I plan on continuing to renew my punch pass regularly, but if the Field House continues to be like this summer, I will not be renewing it for those months.
- Was not a member in the summer months
- Did not deter me from visiting the Centre but did not use the track because much too hot
- Unbelievably hot to exercise in the field house and I wouldn't even consider running the track
- Preferred to walk outside - track much too hot and sticky
- I did not enjoy using the track or the field house, when it was so hot. My kids enjoy badminton and running on the track and it was not comfortable.
- I have not used the Centre during the summer months but I hope to next summer. But, I am older and high temperatures can be VERY oppressive to an older person because our systems are not as efficient as when we were younger. So, above 25C, I will have to stay away.
- even though I hated it, I went anyway
- I have sometimes found the temperature so warm that I overheat and cannot continue the class.
- I was getting nauseous from the heat during classes
- I still went, but sometimes cut my workout short due to the temperature
- I cancelled my membership partly because of this
- On hot days I did not attend exercise classes.
- I was not a member in the summer. But if it gets to hot then I would not go.
- Made me feel sick, nauseated. The track was my only interest for indoor walking so I could get out of the outdoor heat, summer, and cold, winter. I believe I only had a 10 punch pass on a trial basis/ the heat was so bad in there I did not renew.
- I attended exercises classes at the start of the summer and found it very hot. I did not come for the rest of the summer. The temperature probably affects the memberships during the summer.
- We cancelled our membership last year because of it!
- haven't used the facility during the summer
- As a deconditioned participant, it is hard enough to keep one's program going in the summer at the facility. It is just one more excuse, something I don't want to fight, when I am trying to make a lifestyle change, to arrive and find the temperature and humidity levels unbearable.
- I stopped going to the gym altogether as soon as the temperature gets too hot. The air quality is quite poor during that time of the year.

- We came & endured the heat, taking extra care with fluids & maybe not spending as long on the track. We came early in the morning when it was cooler - later in the day would make it an unusable area for us.
- Fitness class - you are so sweaty that you can't enjoy or do some exercises properly (fall off the mats with sweat)
- It discouraged my wife and me a bit, but we came anyway. I had a Dalplex membership and it is even hotter there, so I never went there in the summer
- The heat is unbearable at times and so bad that I seldom use the facility in the summer months, June-end of Sept.
- I feel unsafe for my health and there are other facilities
- My wife and I cancelled our membership last June because it was too hot on the track. We have renewed our membership this month but will cancel it in the spring if the problem is not corrected by then.
- It's way too hot on the track, I have worked out at goodlife since June for this reason
- brought my daughter once this summer and she was sick after using the track because of the heat, very frustrating, didn't use the gym all summer because it was too warm.

## B Exertional heat illness from American College of Sports Medicine

TABLE 2. WBGT levels for modification or cancellation of workouts or athletic competition for healthy adults.<sup>a,f</sup>

WBGT <sup>b</sup>		Continuous Activity and Competition	Training and Noncontinuous Activity	
°F	°C		Nonacclimatized, Unfit, High-Risk Individuals <sup>c</sup>	Acclimatized, Fit, Low-Risk Individuals <sup>c,d</sup>
≤50.0	≤10.0	Generally safe; EHS can occur associated with individual factors	Normal activity	Normal activity
50.1–65.0	10.1–18.3	Generally safe; EHS can occur	Normal activity	Normal activity
65.1–72.0	18.4–22.2	Risk of EHS and other heat illness begins to rise; high-risk individuals should be monitored or not compete	Increase the rest:work ratio. Monitor fluid intake.	Normal activity
72.1–78.0	22.3–25.6	Risk for all competitors is increased	Increase the rest:work ratio and decrease total duration of activity.	Normal activity. Monitor fluid intake.
78.1–82.0	25.7–27.8	Risk for unfit, nonacclimatized individuals is high	Increase the rest:work ratio; decrease intensity and total duration of activity.	Normal activity. Monitor fluid intake.
82.1–86.0	27.9–30.0	Cancel level for EHS risk	Increase the rest:work ratio to 1:1, decrease intensity and total duration of activity. Limit intense exercise. Watch at-risk individuals carefully	Plan intense or prolonged exercise with discretion <sup>f</sup> ; watch at-risk individuals carefully
86.1–90.0	30.1–32.2		Cancel or stop practice and competition.	Limit intense exercise <sup>f</sup> and total daily exposure to heat and humidity; watch for early signs and symptoms
≥90.1	>32.3		Cancel exercise.	Cancel exercise uncompensable heat stress <sup>e</sup> exists for all athletes <sup>f</sup>

<sup>a</sup> revised from reference (38).<sup>b</sup> wet bulb globe temperature.<sup>c</sup> while wearing shorts, T-shirt, socks and sneakers.<sup>d</sup> acclimatized to training in the heat at least 3 wk.<sup>e</sup> internal heat production exceeds heat loss and core body temperature rises continuously, without a plateau.<sup>f</sup> Differences of local climate and individual heat acclimatization status may allow activity at higher levels than outlined in the table, but athletes and coaches should consult with sports medicine staff and should be cautious when exceeding these limits.

END OF APPENDIX

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