

## Services & Activities Fee Annual Program Review

Program Name: University Recreation  
Program Manager: Matthew Boyer  
Fiscal Year: 2022

1. In what ways does your program support CWU students? Please be specific, yet concise.

University Recreation serves the Central Washington University student body through a variety of programs and services. We promote student development and involvement, foster a sense of community, and enhance a student's overall health and wellness by impacting multiple dimensions of wellness.

2. What are your specific program goals or learning/operational objectives? How are you assessing the effectiveness of your program in achieving those targets?

1. Student participants will increase their academic performance and persistence
  - o Review of GPA for Recreation Center users and non-users
2. Student employees will gain valuable work experience and transferable skills
  - o Exit interviews for student employees
3. Members will feel welcomed and valued in a diverse community
  - o Satisfaction Surveys and program assessments
4. A community of engaged Wildcats with a passion for life in motion
  - o Annual participation data

3. What is the overall purpose of your program and what service(s) does your program provide?
  - a. Are there overlaps or intersections with other university programs who have a similar purpose or service?

Recreation cultivates inclusive opportunities promoting a lifelong commitment to health and wellness. University Recreation consists of multiple programs and services that include facilities (Recreation Center, Recreation Sports Complex, Alder Recreation Complex, Lister Tennis Courts), programs (intramural sports, sport clubs, group exercise, personal training, outdoor trips, climbing wall, aquatic swim sessions, informal recreation) and services (student employment, gear rental and repair, equipment rental).

4. How does your program align with the purpose of S&A funding? *“Supporting cocurricular and extracurricular activities and programs participated in by students in the furtherance of their education.”*

S&A funds are used to provide programs to the students at CWU and in FY22 this includes expanding the Esports program to include PS/Xbox/Switch consoles, Intramural Sports (officiated and non-officiated sports, approximately 10 events each quarter), Sport Clubs (insurance coverage, equipment and uniform support, and competitive team travel), OPR (gear equipment rental, guided trips, educational programs), Climbing Wall (instructional programs, belay certifications), and supports student staff certifications in order to remove barriers to

their growth and advancement in a chosen field. CPR/FA Certifications are provided to all student employees and specialized certifications are provided in Group Exercise, Personal Training, OPR, and the Climbing Wall.

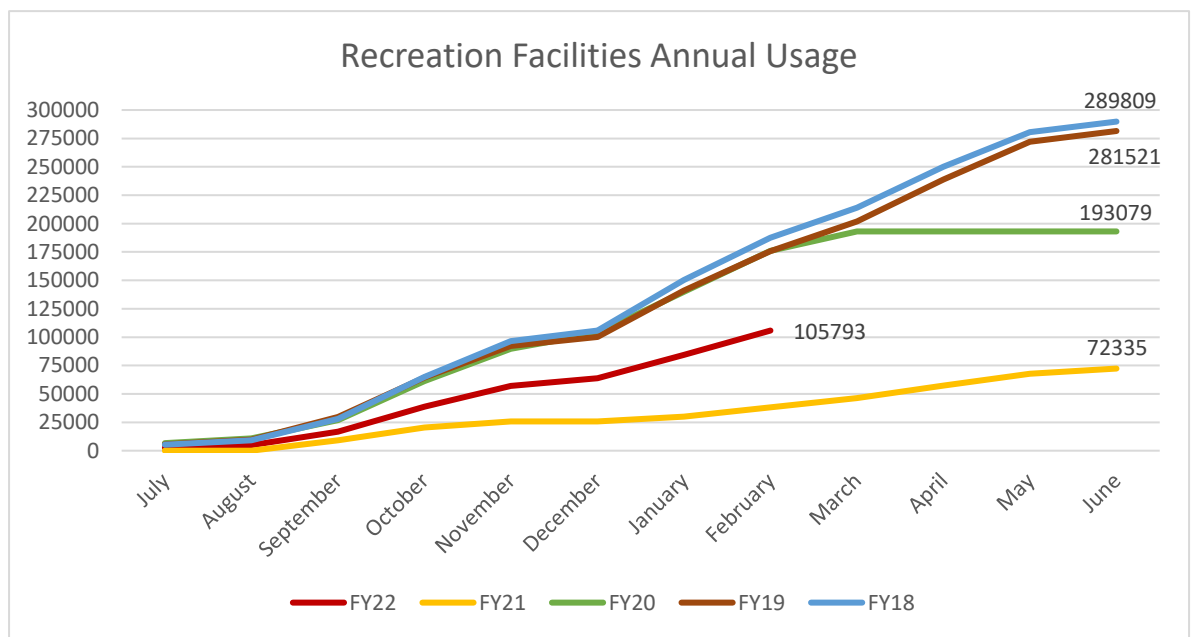
5. How does your program support CWU’s mission and goals? (<https://www.cwu.edu/mission/>)

The primary method in which University Recreation supports CWU’s mission and goals is through student wellness. We advocate for student wellness and promote the dimensions of wellness on our website and in our marketing materials in an effort to educate students about how to be well. Recreation is able to support all 9 dimensions through our programs and services, and we know that when a student is well, they succeed.

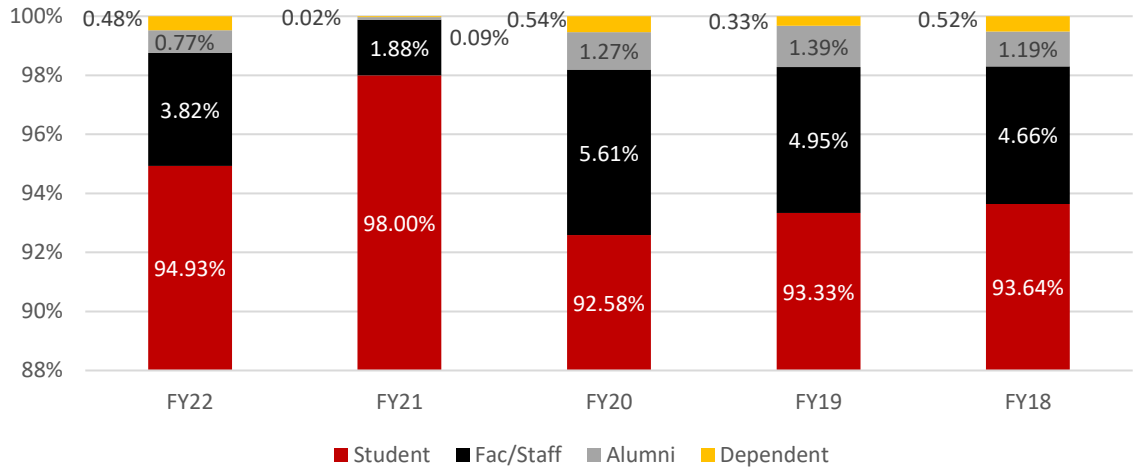
Physical and Social wellness are the most obvious for our area, yet we support financial and occupational wellness primarily through student employment; the remaining dimensions are equally important and can be seen in OPR (environmental, spiritual), competitive sports (intellectual), and yoga (emotional). Through policies and practices, we create an environment that welcomes everyone, and we will continue to build cultural competency with our staff and participants.

6. Please provide detailed information regarding who utilizes your program? (*Students, faculty, staff, community? Specific demographic information? Class standing, gender, ethnicity, transfer, campus location, etc.*)

Through February 28, 2022, we recorded 105,793 swipes in Recreational Facilities. Of these, 95% are students, 4% are Faculty/Staff, and about 1% are Alumni and Dependents. This is consistent with past years facility swipe data.

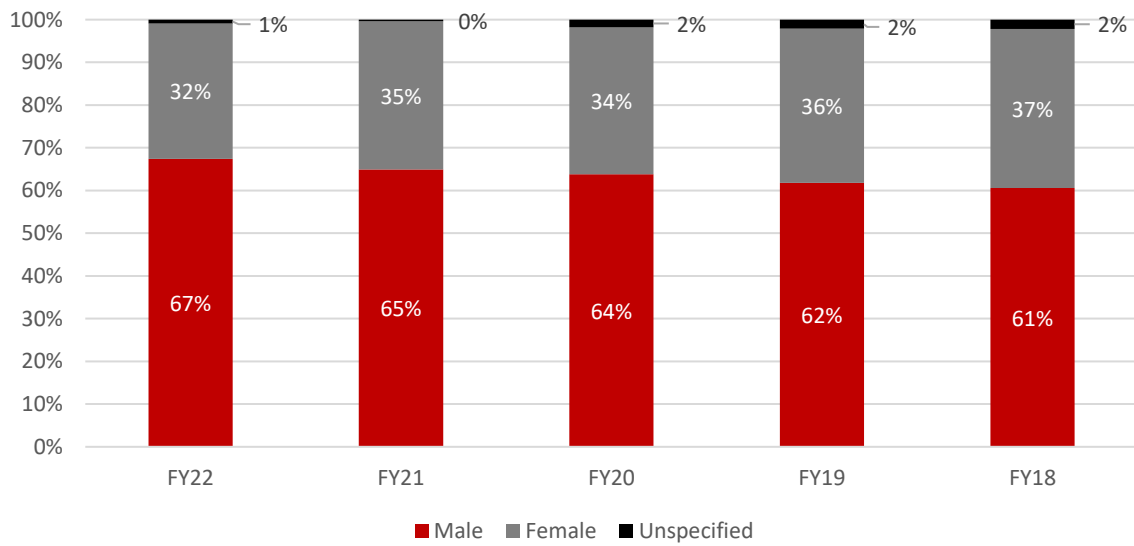


### Recreation Facilities Usage by Membership



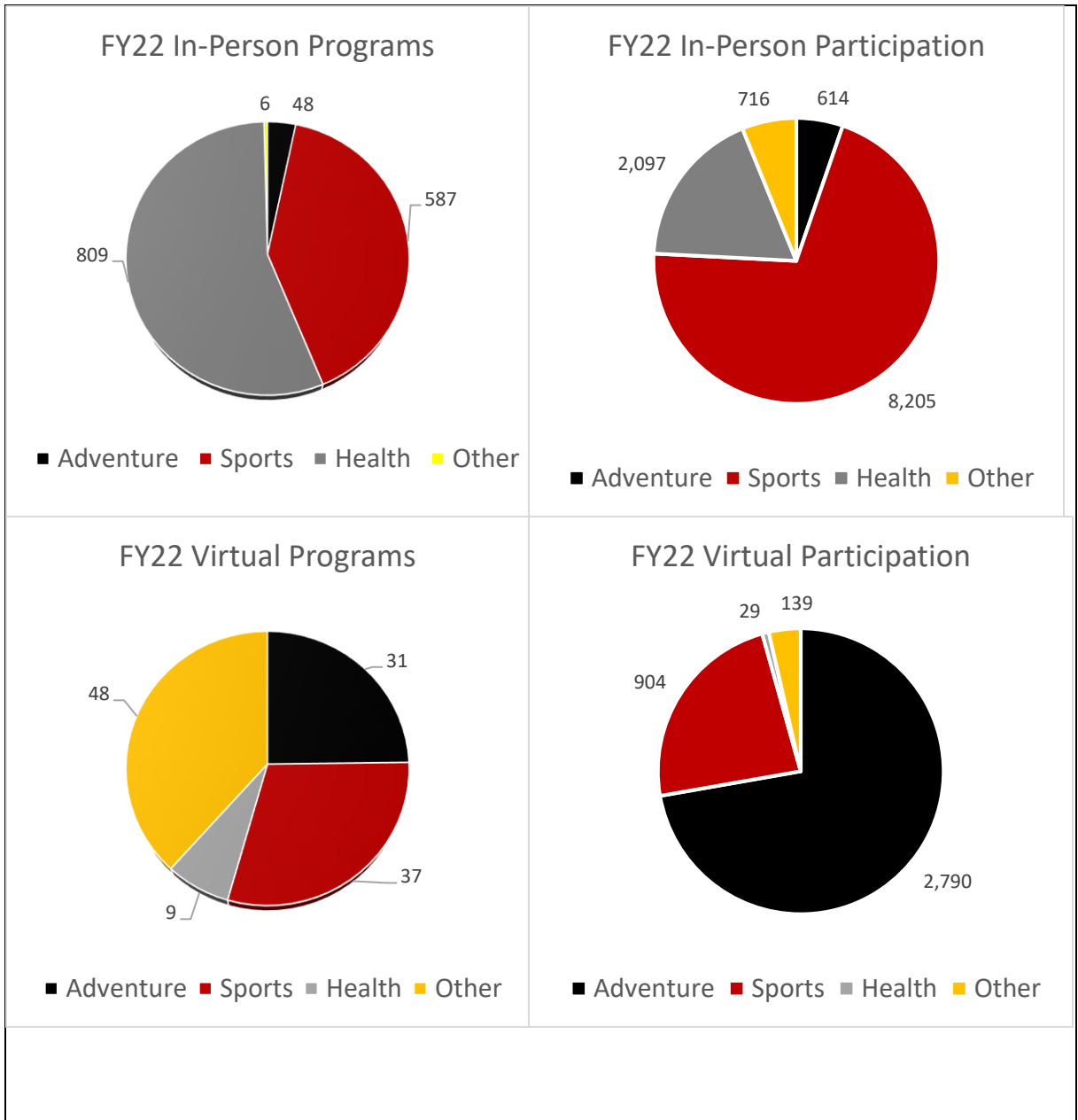
Our system does not record specific demographic information on our users other than gender:

### Recreation Facilities Usage by Gender



In addition, programming data is not always reflected in access counts due to many programs occurring outside of controlled entry points; the data reflected below is cumulative and anecdotally consists of students at the same rate as above (96%).

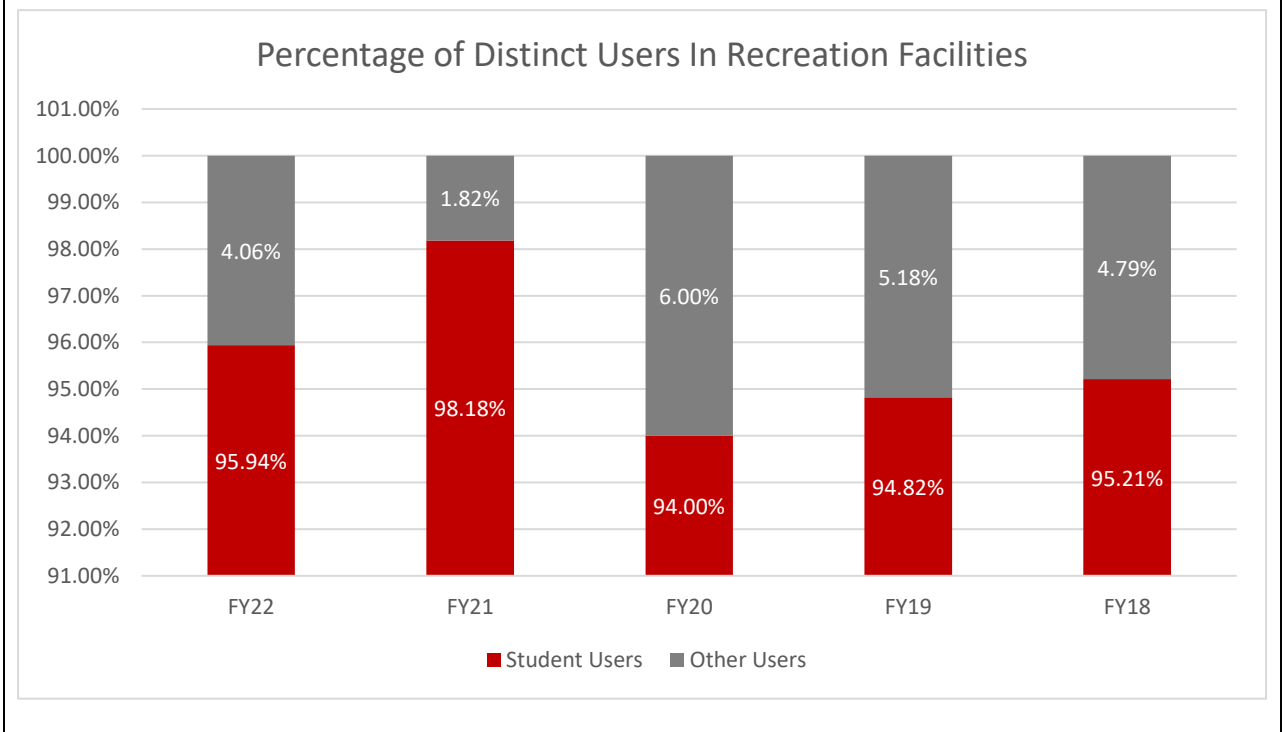
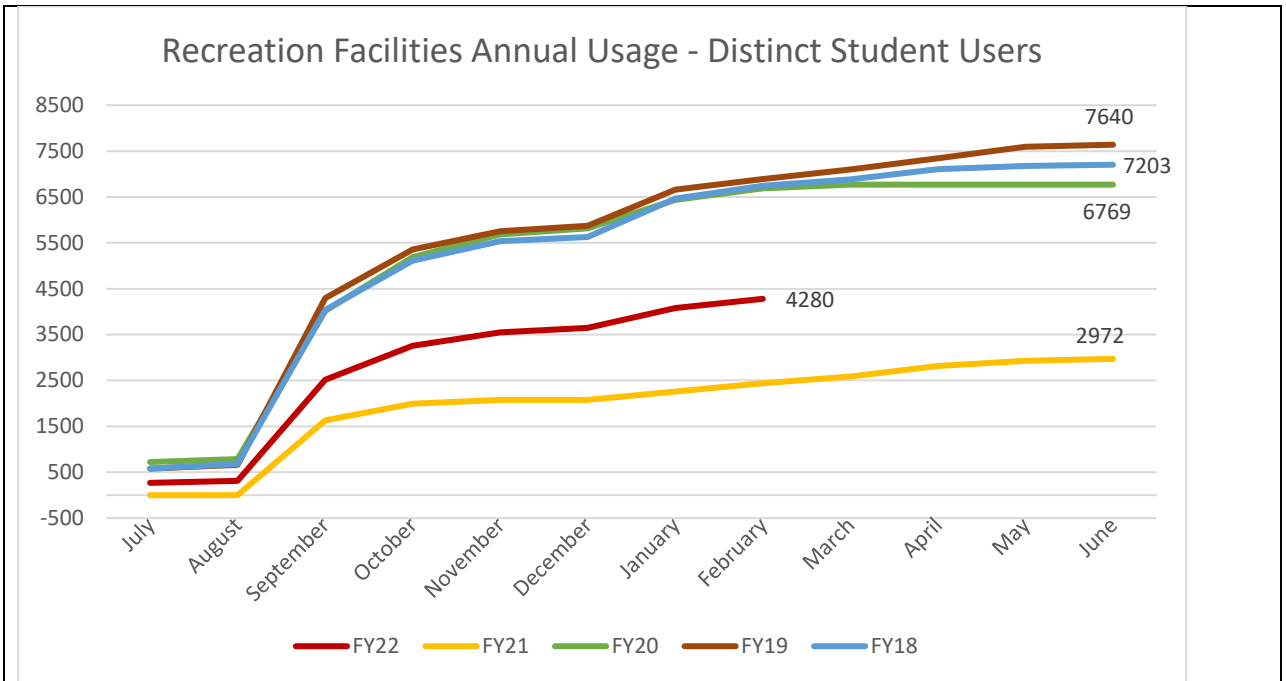
- Adventure=OPR & Climbing
- Sports=Intramurals and Sport Clubs
- Health=Group Fitness and Personal Training
- Other=Special Events and Staff Programs



7. How many unique CWU students utilize your program or services?
  - a. How do you gather these metrics?
  - b. If you do not, what is preventing you from getting that data and how are you determining usage by CWU students?

FY22 has seen 4,461 unique individuals entering Recreation Facilities through February 28 and in past fiscal years we have seen 7,201 (FY20), 8,057 (FY19), and 7,565 (FY18). FY21 and FY20 were impacted by COVID limitations/closures and did not have a full year of operation in the facility.

Of this number, 4,280 are unique students.



8. Are there any current vacant positions in your program?

University Recreation recently restructured our department to share the responsibilities of four vacated positions among the remaining staff. There are no current plans to fill these 4 positions.

9. Given the budget reductions taking place and continuing for the remainder of the funding cycle, please tell us what specific impacts those reductions have had on your program compared to what was originally planned and including in your initial base funding request.

Reduced funding this year, in combination with staff reductions, resulted in the closure of the challenge course for the foreseeable future. Another major impact on our budget revolves around sport club travel, where we are spending twice the amount of money on hotel rooms due to reduced room occupancy and increases in travel expenses (bus, air, car rental). We constantly monitor usage of our facilities and plan to reduce hours during non-peak times to save funds on staff wages. Additionally, we are reducing staffing models during non-peak times to be more efficient while still providing a safe environment and service to our users in the facility.

Fitness equipment replacement has been indefinitely postponed until funding can be secured. We are evaluating operating hours and programs to determine if reduction in facility hours is necessary and if the number of programs should be reduced in FY22; reductions are likely to be minor this year. In FY23, all programs will reduce the number of programs offered and facility hours will also reduce.

10. Are there any circumstances or challenges that are currently impacting your ability to use your base funding allocation this year?

The approval process for purchases may add day or two to our timeline, yet it has been expedited for the Winter quarter and now has minimal impact. We are still determining student demand for programs as we exit COVID and are hesitant to invest into new ventures such as our large scale equipment replacement plan. This is especially true as we see many students leaving our facility and joining clubs in town where COVID safety precautions (masks, cleaning) are not as strict.

We will fully utilize the S&A allocation this year while providing programs to students.

11. What growth or increases would you like to see in your program in the future?

Our Esports program, while non-traditional with the use of consoles, has been extremely well received and is an area we are investing more resources into. Investments include new consoles that can be shared with Campus Activities during Geek Out/Game Out nights, new student employee positions as casters, and renting the SURC theater for a unique environment. Our Discord channel grew from 180 to 462 members and our Twitch stream has recorded 487 unique viewers.

The group fitness program is expanding our ability to offer on-demand fitness classes to students utilizing our Fitness on Demand Software. This will enable a group of students to enter the fitness studio, select their workout routine, and then utilize equipment in the studio. This will enable groups that may have cultural limitations with working out in front of others or with anxiety of public workouts to have a safe space for activity. In addition, this program will provide an alternative to class cancelations due to instructor absence.