

CITY OF FALCON HEIGHTS
Regular Meeting of the Parks & Recreation Commission
City Hall
2077 West Larpenteur Avenue

AGENDA

October 7, 2019 at 6:30 P.M.

- A. CALL TO ORDER:

- B. ROLL CALL:
 - ___ Walt Dunlap ___ Ron Eischen
 - ___ Ryan Carlson ___ Mike Bradbury

 - ___ Council Member Melanie Leehy
 - ___ Staff Nalisha Nandkumar, Staff Liaison

- C. PRESENTATION

- D. APPROVAL OF MINUTES:
 - Approval of August 5, 2019 Minutes

- E. AGENDA:
 - 1. Updates
 - a. Curtiss Field Signage
 - b. Curtiss Field Basketball Court
 - c. Compost Site
 - d. Fall programming
 - e. Rink attendants
 - 2. Policy/implementation
 - a. Parks programming cancellation policy
 - b. Resident/non-resident fee
 - 3. Community Park Building Audit

- F. INFORMATION/ANNOUNCEMENT

- G. ADJOURNMENT:

Summer ProCITY OF FALCON HEIGHTS
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C. PRESENTATION

D. APPROVAL OF MINUTES:

Approval of June 11, 2019 Minutes

Dunlap 1st Motion
Eischen 2nd Motion
Motion Passed

E. AGENDA:

1. Updates/Planning for next year

a. Garden-in-a-box

- Garden-in-a-box program has started and boxes have been placed at Curtiss Field, FH Elementary, City Hall and Falcon Townsquare. The boxes were provided by the Minnesota Horticulture Society. Supplies for the boxes included the box, soil, compost, organic fertilizer and various plants.
- The program should continue next year and should continue to be offered at the elementary school in which they use the gardens as part of their STEM program. Falcon Townsquare Senior apartments have also enjoyed the boxes. The boxes should also be offered to apartment complexes next year as a way to provide gardening to those who don't have access to a garden.

b. Summer Programming

- Based on survey results from parents that had children participate in the 2019 summer programming it would be optimal to extend programming. Summer programming is currently 6 weeks long and consists of 3 Rec on the Go events.

- Program should run through August and Rec on the Go should be offered more as well. Partnering with Three Rivers Parks for Rec on the Go will be ideal because they are able to offer many activities and the partnership in 2019 was a success.
 - Explore options that will appeal to other age groups. Such as Zumba/yoga for parents that coincide with youth programming.
 - Pickle ball has become popular. Reach out to neighboring communities to see how they are meeting pickle ball requests.
- c. Ice Cream Social
- Ice Cream Social 2019 had a turnout of about 272 people. Ramsey County Sheriff served 600 hotdogs; The Lions served 18 gallons of ice cream and went through 18 bottles of root beer.
- d. Curtiss Field Basketball Court
- Curtiss Field basketball hoops have been ordered. Once the basketball hoops have arrived Public Works will pour the concrete. Expected completion of this project is August 2019.
- e. Kid Create Studio
- Kid Create Studio offers art classes to the community. They provide their own curriculum, staff and supplies. One thing that has been a challenge for 2019 programming planning has been trying to find art curriculum that hasn't been used in the past. The City of Golden Valley uses Kid Create Studio and has received positive feedbacks from parents. If the City of Falcon Heights uses Kid Create Studio for art programming this will allow the Summer Program Coordinator in 2020 to focus on sports curriculum which needed some improvement according to 2019 surveys. Motion to pilot programming during Fall 2019 and see the success.
2. Good Neighbor Grant
- a. Story Time
- Funds from the Good Neighbor Grant will be used on an event called Story Time. Story Time will focus on intergenerational reading between seniors and youth. Students will be split into groups with seniors depending on the number of senior volunteers and students that participate. After the book is read at the event there will be time for discussion and a snack. The event will be 90 minutes long and details are still being finalized right now.
- b. Curtiss Field Shed
- A shed was purchased using funds from the Good Neighbor Grant. The shed will be located at Curtiss Field and will provide the opportunity for those living by the park to have access to sport equipment.

F. INFORMATION/ANNOUNCEMENT

- Maintenance of Curtiss Field and Northhome area. There is need to trim the trees and beautify this area. Discussion involved forming a group of volunteers to assist with the maintenance.

- Next parks commission meeting is scheduled for October 7th.

G. ADJOURNMENT: 7:30PM

Eischen 1st Motion
Bradbury 2nd Motion
Motion Passed



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REQUEST FOR COMMISSION ACTION

Meeting Date	October 7, 2019
Agenda Item	Agenda E1
Attachment	Compost Site Map
Submitted By	Nalisha Nandkumar, Staff

Item	Updates
Description	<p>a. Curtiss Field Signage Curtiss Field is of great significance due to forefather Ray Miller, who was associated with flying from Curtiss Field to Washington D.C. While in Washington D.C., Miller earned the Air National Guard the title of being the first federally recognized aviation unit. The year 2021 will be the 100th anniversary in which the Air National Guard was recognized. SSgt Taylor Nielsen has approached the City with discussion of updating the sign at Curtiss Field or placing a statue with language about the military aviation history.</p> <p>b. Curtiss Field Basketball Court The anticipated structure of the basketball court is currently in the works. Completion of the basketball court will occur in 2020 due to the wet conditions in 2019.</p> <p>c. Compost Site Environment commission has discussed a proposed compost collection site on City property. Through an agreement with Ramsey County, the County would build and install the site. Two possible locations that were considered included the City Hall parking lot near Larpenteur Ave and at Community Park near the Community Garden.</p> <p>d. Fall programming Specializing in children’s art classes, camps and art themed birthday parties, Kidcreate Studio is an art studio just for kids. Kidcreate allows children to create fridge-worthy masterpieces, learn art concepts, and experiment with many different art materials. Kidcreate can offer art activities and crafts for children in our City during MEA or winter break.</p> <p>e. Rink Attendants 2018 rink attendants will not be returning this year. Staff will post the job description for hiring 2019 rink attendants online.</p>
Budget Impact	N/A
Attachment(s)	Compost Site Map
Action(s) Requested	Discussion and input on the updates.

FH Community Park
2050 Roselawn Ave

West driveway

organics
site



trail



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REQUEST FOR COMMISSION ACTION

Meeting Date	October 7, 2019
Agenda Item	Agenda E2
Attachment	Example of program policies
Submitted By	Nalisha Nandkumar, Staff

Item	Policy/implementation
Description	<p>a. Parks Program Cancellation Policy The City of Falcon Heights utilizes the weather hotline to alert families of program cancellations that occur during summer programming. While this is a useful tool, there is the need for a written policy for parents/guardians of the participants. 2019 programming had several cancellations in which programs were cancelled due to dangerous weather conditions such as excessive heat.</p> <p>b. Resident/non-resident fees Non-resident fees range between \$2-\$5 depending on the activity and City where programming is held. Based on communication with neighboring cities it would seem to be beneficial to bring back non-resident fees. Non-resident fees can add to summer programming revenue.</p>
Budget Impact	N/A
Attachment(s)	Example of cancellation policies
Action(s) Requested	Discussion and input policy and non-resident fees.

City of Minneapolis - Recreation Centers

The park system has 18 recreation centers with air conditioning. For the public's safety and per its policy, the Park Board closes and cancels programming at 29 recreation centers when the heat index reaches 105.

- Recreation Centers with Air Conditioning: East Phillips, Farview, Folwell, Kenwood, Longfellow, Lynnhurst, North Commons, Phillips, Powderhorn, Windom NE, Bottineau, Elliot, Matthews, Windom South, Lake Hiawatha, Loring, Northeast and Webber.
- Recreation Centers without Air Conditioning: Armatage, Audubon, Brackett, Bryant Square, Central, Corcoran, Creekview, Rev. Dr. Martin Luther King Jr., Fuller, Harrison, Hiawatha School, Keewaydin, Kenny, Linden Hills, Logan, Luxton, Lyndale Farmstead, McRae, Morris, Nokomis, Painter, Pearl, Peavey, Pershing, Sibley, Stewart, Waite, Whittier and Van Cleve. Staff will post a sign on the front door of these sites that they are closed July 4 due to excessive heat, and staff will list the name, address and hours of the nearest open, air conditioned rec center.

Youth Sports

When the heat index reached 105 degrees, the Park Board cancels youth sports games and notifies teams of cancellations.

Adult Sports

The Park Board does not cancel adult sports games, however, teams can choose to forfeit at their discretion. Adult sports teams and players are advised to take caution and follow heat safety guidelines when playing.

Rec Plus Childcare

The Park Board's childcare program at 14 recreation centers is expected to continue with site hours modified as needed and activities moved as needed to buildings or field trip locations that are air conditioned. All outdoor trips have been modified, cancelled or rescheduled. Rec Plus families are notified of changes.

Outdoor Music and Movies in the Parks

At this time, outdoor concerts and movies have not been canceled. Visit www.mplsmusicandmovies.com or the Music and Movies in the Park facebook page for updates.

Other Park Facilities

Trails, golf courses, playgrounds, picnic areas, gardens, etc. remain open during days with high heat. Park patrons visiting these facilities are advised to take caution and follow heat safety guidelines.

Heat Safety Tips

The Park Board encourages park users to continue to use parks and trails safely in the excessive heat. To stay safe during exceptionally hot days, follow these safety tips:

- **Stay Hydrated** – drink more water than usual and don't wait until you are thirsty to drink more. Avoid alcohol, caffeinated beverages, or liquids containing high amounts of sugar.
- **Stay Informed** – Check local news for extreme heat alerts and forecasts. Learn the symptoms of heat sickness. Sign up to receive Park Board [email updates](#) about activities, events and facilities that may be impacted by the weather.
- **Signs of Heat Sickness** – Seek medical care immediately if you or someone you know experiences symptoms of heat sickness. Heat exhaustion symptoms include: heavy sweating, weakness, weak pulse, fainting, vomiting, and cool, pale, clammy skin. Heat stroke symptoms include: body temperature 103 F or higher, rapid and strong pulse, possible unconsciousness, and hot, dry skin.

POLICY TITLE: Roseville's Cancellation of Activities Due to Weather – Summer

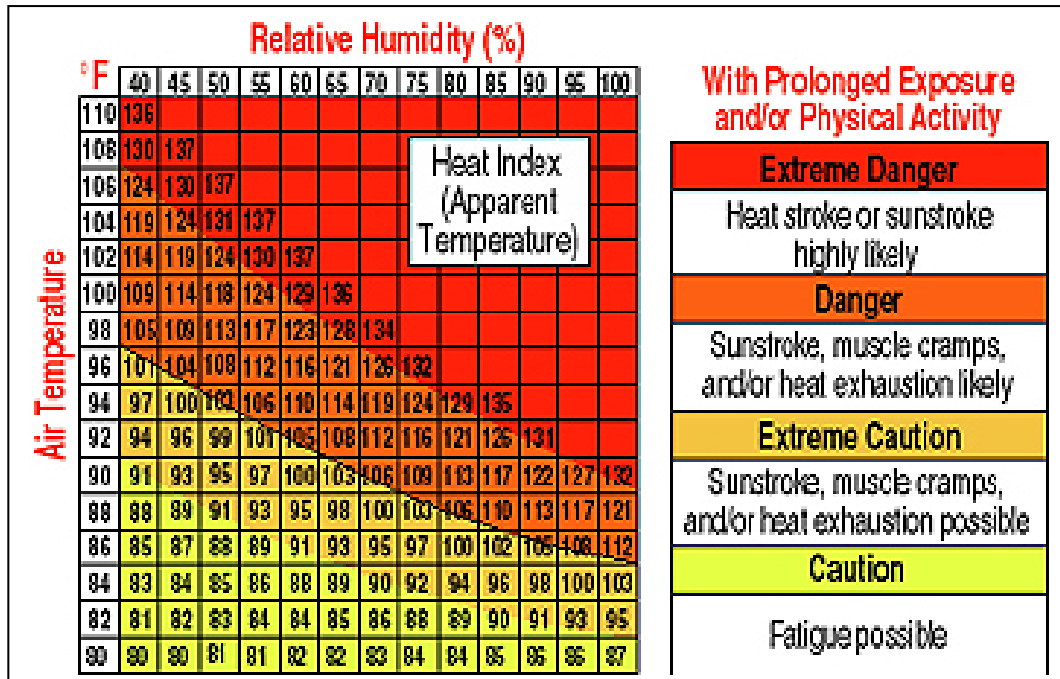
PURPOSE:

In order to protect the health and safety of participants and staff, it may be necessary to cancel activities or closed facilities because of inclement weather.

DESCRIPTION:

The process for cancellation of summer activities or closing of facilities will be as follows:

- 1) Cancellation any time there is a **heat index** warning of **124**. (see below). Warnings will be issued at Heat Index 100.
- 2) Participants at a facility or under the supervision of the Parks and Recreation staff are to immediately go to emergency shelter in the case of tornado or severe thunderstorm warning.
- 3) At the first sign of lightning, all participants must be taken indoors until signs of lightning are gone.
- 4) Staff is to periodically review the emergency procedures outlined of October, 1993.
- 5) At no time will children under the supervision of Parks and Recreation be allowed to be unattended during a storm warning.



GVGS Heat related policies

The following is the policy for Golden Valley Girls Softball as it relates to playing or practicing in hot weather:

The typical GVGS weather notification policy will be in effect. The respective league VP will make the call as of 4:45 on game day. Any weather related cancellations will be noted on the website's (www.gvgs.org) weather page as well as on the Golden Valley Park and Rec weather line (763-512-2350). After 4:45, the continuation of play will be up to the Umpire in consultation with the team's coaches.

The league VP will refer to the current heat index as reported on [KARE 11.com](http://KARE11.com) to determine the potential heat index at game time. A heat index of 104 degrees or greater will be cause for cancellation. If the first game of the evening is cancelled, the second game will be cancelled as well. This is the current weather related cancellation policy.

Austin Parks, Recreation & Forestry Dept. does not change anything during their open swim hours which are M-F: 1 to 5:30; Sat 1 to 6:45; and Sun 1 to 8:30 PM. When the heat index is high during the week they open the pool from 7:15 to 8:30 PM for \$.50 or they can use their season tag.

Falcon Heights Parks and Recreation cancels all sports activities when the temperature or heat index is 95 degrees or higher.

Inver Grove Heights Parks and Recreation cancels all outdoor activities or moves them indoors, if possible, when the heat index is at or above 110 degrees. If the heat index is below 110 degrees, judgment will be made based on various program factors including activity level, type of activity, age of participant, availability of water, shade, etc.

St. Louis Park's policy for its playground programs is when the heat index or temp is at 95 degrees or exceeds that.

Youth Athletics Heat Cancellation Policy

-Committee on Sports Medicine and Fitness of the American Academy of Pediatrics

If the air temperature is above 95 degrees we will cancel.

If the Heat Index ("feels like" temperature), which is the combination of temperature and relative humidity, is above 100 degrees we will cancel.

Rev 6/25/02

Preventing Heat Stress in Children and Adolescents

Kids love summer. When adults are wilting through the sweltering days, kids seem to breeze through July and August with barely a dent in their energy levels. But children are in fact much more susceptible to heat stress than adults.

Heat stress, or heat exhaustion, is characterized by dizziness, weakness, nausea, headache, and cramps. The skin feels cold and damp, and blood pressure may be low. (Heatstroke is a much more acute and dangerous reaction to prolonged or excessive exposure to heat, when the body temperature is above 105 degrees, the individual stops sweating, any may be paralyzed or lose consciousness - all symptoms signaling a failure of the body's heat regulating system).

Parents, coaches, camp counselors and kids themselves need to be aware that when the temperature is above 95 degrees children and adolescents have markedly lower exercise tolerance than adults. And the hotter the air temperature and higher the humidity, the more susceptible children and adolescents are to heat stress.

High humidity can be a factor even without extremely high air temperatures; 70% of heat stress is due to humidity, 20% due to solar radiation, and only 10% to air temperature.

Children's bodies have greater surface area to body mass ratio, so they absorb more heat on a hot day (and lose heat more rapidly on a cold day). Also, children have considerably lower sweating capacity than adults, and so they are less able to dissipate body heat by evaporative sweating and cooling.

Children are less likely to feel thirsty during prolonged play and exercise, and sometimes they just don't want to be interrupted. They need to be reminded to drink water or another beverage. Salt tablets are not recommended.

To prevent heat-induced illness in children and adolescents, the Committee on Sports Medicine and Fitness of the American Academy of Pediatrics (in Pediatrics, Volume 106, July 2000 pages 158-159), emphasizes that:

Children need time to become acclimated to a warmer climate by gradually increasing their level of exposure and of exercise.

The duration of exercise and rest periods should be adjusted according to the humidity, air temperature, and degree of sun exposure experienced by the players.

Children should be well hydrated before starting prolonged physical activity.

They should drink liquids periodically during activities even if they do not feel thirsty:

5 ounces of cold water or a flavored salted beverage like a sports drink each 20 minutes for a child weighing 40 lbs.; 9 ounces every 20 minutes for an adolescent weighing 132 lbs.



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REQUEST FOR COMMISSION ACTION

Meeting Date	October 7, 2019
Agenda Item	Agenda E3
Attachment	N/A
Submitted By	Nalisha Nandkumar, Staff

Item	Community Park building audit
Description	Community Park building is reserved every weekend for various events throughout the year. Reservation fees totaled about \$6,000 for 2019. Due to various safety hazards Community Park Building needs to be rebuilt or requires temporary fixes.
Budget Impact	N/A
Attachment(s)	N/A
Action(s) Requested	Audit Community Park building and make a list of the safety hazards that are on premise.