

2016 Parks Build Community Project Information

Detailed Project Information

Complete this form once for each of the 4-6 physical park projects you would like us to consider for Year Two of Parks Build Community. Please remember to follow the Project Planning Guidelines sent to you. Projects must be submitted no later than Friday, January 22, 2016.

1. Agency name ***This question is required.**

City of Orlando

2. Your name ***This question is required.**

Denise Riccio

3. Your email address ***This question is required.**

denise.riccio@

4. Project title ***This question is required.**

Fitness Pod at

5. Park name ***This question is required.**

Al Coith Park

6. Address of park project (street address, city, state, zip code) ***This question is required.**

901 Delaney Avenue

Orlando, FL 32806

7. Brief project overview (100 words or fewer) ***This question is required.**

As more people become aware of the health benefits of working out, fitness equipment is in high demand. Additionally, many people can't afford the high cost of gym memberships or don't enjoy the gym atmosphere, so outdoor equipment that is free for the public to use is increasing in demand.

8. Detailed project description (350 words or fewer) ***This question is required.**

Al Coith Park had one of the oldest exercise equipment installations in the City. Located just to the south of downtown Orlando, the park sits in the midst of an established residential neighborhood, well within walking distance of hundreds of potential users. The park is located across the street from the City's Beardall Senior Center and adjacent to Delaney Park, home to ball fields, a playground and picnic facilities and heavily used by children and families. Both Delaney and Al Coith Parks offer open space

and oak-shaded areas. The old equipment is aged beyond repair and never had paths or surfacing to provide inclusive access.

Surveys completed over the past few years have shown a huge increase in the demand for outdoor fitness areas. Studies have shown that having "pods" with multiple fitness stations in one area increases their usage. Outdoor fitness equipment has improved greatly over the past few years with innovative and highly efficient pieces providing very effective workouts. This project would involve the site work to build a fitness pod, the fitness equipment and the ADA compliant safety surfacing for the pod to make it safe and accessible for use. Fitness equipment will be selected to provide aerobic as well as core muscle strengthening.

9. Focus area(s) ***This question is required.**

Check all that apply, and refer to the Project Planning Guidelines for more details.

- Connecting kids and nature
- Healthy living
- Access to sports

10. Describe specifically how this project will address the focus area(s) above, as defined in the Project Planning Guidelines. (150 words or fewer) ***This question is required.**

This project actively connects kids and their families to healthy living out in nature. Families will be able to ride their bikes or walk to the park from the surrounding neighborhoods, then work out together while enjoying the great outdoors. The ball fields draw citizens from an even larger area and participating families will enjoy using the exercise pod as well.

11. Does this project focus on an underserved community? Specifically does this program reach a low-income community or community of color? ***This question is required.**

- Yes
- No

12. If you answered "yes" to #11, briefly explain how. (350 words or fewer)

13. Does this project provide access to/reach people with disabilities? ***This question is required.**

- Yes

- No

14. If you answered "yes" to #13, briefly explain how. (350 words or fewer)

This project includes the ADA compliant safety surfacing for the pod to make it safe and accessible for use.

15. Project audience ***This question is required.**

Check all that apply.

- Children (0-12 years)
- Teens (13-18 years)
- Adults (18-65 years)
- Seniors (65+)
- School groups
- Other Please enter an 'other' value for this selection.

16. Please describe specifically who will benefit from this project and how (100 words or fewer) ***This question is required.**

Any and all of the over 9,000 people who use the park annually would benefit from the project. In fact, the outdoor fitness pod will attract more people to the park to use the equipment.

17. Number of people to be served by this project ***This question is required.**

9,250

18. Project metrics ***This question is required.**

Describe how you will measure the outcomes of this project. For example, a gardening project may use metrics such as the number of raised beds installed, the number of plants planted, and the number of volunteers engaged in the garden.

The outcomes of this project will be measured by the completion of the fitness pod.

19. Community events ***This question is required.**

Describe opportunities for community events associated with this project. The events may take place on the project launch day, during volunteer work days to implement the project, or to celebrate project completion. Each project is required to host one community event.

A ribbon-cutting ceremony could be held with a volunteer project scheduled for that day. The volunteer project could entail planting trees and shrubs and other activities.

20. Employee volunteerism ***This question is required.**

Describe opportunities for Disney, ABC, and ESPN employees to volunteer and participate in this project. Each project is required to host one employee volunteerism opportunity.

There are numerous volunteer opportunities for this project including helping to plant trees and shrubs in the park as well as the surrounding neighborhood.

21. Itemized project budget

List each expense (in column 1) and the cost (in column 2). Provide your total budget in the final row. The budget should total \$20,000. Include expenses associated with project marketing and community and employee engagement events. Funds should be used directly by the agency to support a park improvement project. Funds may not be “passed through” to another organization. Any salary costs included in the budget must relate directly to the project. Giveaways, if included, must not exceed 10% of the total budget.

21. Itemized project budget Cost

Outdoor Fitness	13000
ADA compliance	5000
Site work	2000
Total project cost	\$20,000

22. Project timeline ***This question is required.**

Provide a detailed timeline of when project activities will take place. Indicate when project will start and end, as well as major milestones and events. Include information about when community and employee engagement activities will take place. Projects should begin in May or June 2016 and be completed by August 2016.

May 2016

June 2016

July 2016

August 2016

23. You may upload photos (no more than 4) of the