



COME AS YOU ARE

UC DAVIS
UNIVERSITY OF CALIFORNIA

FACE/LEEAP Presentation



COME AS YOU ARE

ROOTED IN HUMANITY

Well-Being

Student Focused

Mental Health Prevention

Stress Reduction

Sense of Belonging

We provide a welcoming and inclusive environment to create safe spaces for students to embrace their authentic selves.

We work in the space of mental health promotion to support our students and address campus well-being concerns.

We include programming for all levels of experience, ability, and interest that focuses on movement, fun, stress reduction, and a sense of belonging.



Mental Health Prevention



Participating in Campus Recreation Programs
reduces my stress

88% Strongly Agree or Agree-20-21

90% Strongly Agree or Agree-19-20



Involvement with Campus Rec provides me a
sense of belonging

82% Strongly Agree or Agree-20-21

78% Strongly Agree or Agree-19-20

Member Services



Member Services At A Glance

121

Open hours per week

48,879

Campus Recreation Members

70

Student employees

6

Limited appointment staff

3

Full-time administrative staff

ARC Facility Usage Sep 2019 vs. Sep 2021

Academic Program	Facility Usage Sep 2019	Facility Usage Sep 2021
Graduate	3,602	1,882
GSM	139	45
Law	640	1,046
Medical	20	75
Nursing	5	25
SOE	37	20
Veterinary	587	793
Undergraduate	29,042	28,928
Total	34,072	32,814

COVID-19

During COVID-19 The ARC and Member Services:

Supported other units by supplying a space for certain virtual classes

Hosted vaccine and testing sites for Campus and community

Revamped the Equipment Rental location for improved efficiency and access to accessory equipment

Created a reservation system now used by the department

Launched our UC Davis Campus Rec app

Prepared for returning to operation where we opened on June 29th and executed all Campus, State, and Local government guidelines, prior to the state shutdown



UC DAVIS

CAMPUS RECREATION



MEMBER ID



HOURS



NOTIFICATIONS



FAVORITE CLASSES



PROGRAMS
& OFFERINGS



CRAFT
CENTER



EQUESTRIAN
CENTER



LIVEWELL
DANCE



LIVEWELL
GROUP
FITNESS



LIVEWELL
MARTIAL
ARTS



LIVEWELL
PERSONAL
TRAINING



LIVEWELL
SMALL GROUP
TRAINING



OUTDOOR
ADVENTURES



REC SPORTS
FUSIONIM



RESERVATIONS



CAMPUS REC
MEMBERSHIP



GET ACTIVE. STAY CONNECTED

FIND EVENTS, REGISTER FOR PROGRAMS AND MORE.

UC DAVIS RECREATION APP



Available on Apple and Android



Stay up-to-date on your favorite programs,
facility hours, and important updates



Check-in to facilities without your student
ID

COSAF Question 2020

Good to see the department is trying to get the Campus Recreation service back. However, in the future, I hope to see more equipment and facility renovations that are directly related to the students' needs, which currently I'm not aware of any surveys for the ARC users to determine which equipment they are using the most. For example, there is always a waiting line for the bench press and the squat rack, while the cycling machines always have extra. I suggest that Campus Recreation give the users online survey questionnaires that determine which equipment needs to be renovated or added.

The Member Services unit area plans on issuing a member satisfaction survey to all members regarding their satisfaction with current equipment, services, and overall experience at the ARC. This survey will also provide the chance for students to recommend or rank preferences for new or additional equipment. Additionally, when COVID protocols allow we plan to invite vendors to bring in new equipment for members to sample and provide feedback in real-time. This feedback is extremely beneficial to us as we look to purchase new equipment and make any facility changes. It is also helpful to vendors as they learn more about the needs and wants of student recreators.







The UC Davis Rec Pool



6660

Student swimmers

28% Grad students - 1922

41

Open Hours per week

50

Student Staff

1

Full-time staff

The Right Response (COVID-19)

Thank you to the staff for all they do to let us swim safely!		Thank you very very much for your attention and your wonderful service, the pool has literally been a lifesaver for me during these times, so thank you!!!	
Rec pool staff are so sweet and helpful.	I have now experienced access to pools at three locations and the UCD pool is setting the high bar for cleanliness, clear procedures, tracking, staff responsiveness, lifeguard professionalism (and keeping people compliant with regulations). As a virologist, I have the most comfort swimming at the rec pool (and I am high risk for not only age, but recent completion of chemotherapy and other health issues). You guys are doing a great job and managing the many converging confounders (pandemic, horrible AQI, PITA swimmers) with grace and humor. Keep up the good work!	You're doing an impressive job keeping us sane and safe.	
Thanks for working hard to keep the facility open.		I really appreciate the safety measures implemented for COVID.	
I want to make sure and commend the lifeguards and staff for their devotion and hard work. I have never been to a more professionally-run facility!		Keep up the good work. I am grateful to have the chance to swim.	

Expanded Programs

Wellbeing Initiatives

- Destigmatizing Weight Stigma
- Inclusive Personal Training Intake & Presentation
- Safety Courses (Self-Defense)
- Wellness Education (Resistance Training, Self-Care & Mental Health)
- Learn to Swim

Great thinking and initiative to adapt to Covid 19 and provide student resources online. Will they still continue in 2021 and do they bring in revenue? I am still skeptical as to the rec swim center and the aquatic knowledge the full time staff have. The limited lap swim times call for a reduction of fees for students, yet we haven't seen that.

After closing in March 2020 for COVID Safety Regulations, the UC Davis Rec Pool Re-Opened on June 22nd 2020.

Since March 2020, Aquatics has welcomed 4736 different students, 3463 of which were undergraduates. The Facility also welcomed 2593 Faculty, Staff and Community Members.

For the first 8 months, protocol required patrons to reserve and swim in their own lane. With this constraint, Aquatics increased daily operation to 14 hours (6:30am-9pm) to ensure patrons were able to swim.

Aquatics created the Learn to Swim Program in Spring Quarter 2021, offering group lessons to 18 Students. In Fall Quarter 2021, Aquatics increased lessons from 6 across two days, to 15 across 3, and the lessons sold out within 48 hours.

Aquatics received over 55 applications for a FREE Lifeguard Class for Students only, over 35 applications for the Lifeguard and Swim Instructor positions and the student staff now sit at 55.

Growing our student staff gives Aquatics the ability to offer more programs for students on campus and more opportunities for student staff to develop their own skills

Aquatics safely ran Swim Lessons for Children and Students in Summer 2021 and made \$23,000 - \$8,000 more than goal

Total – So far in the COVID era, Aquatics brought in \$40,000.

Fall Quarter 21 Learn to swim program now includes private lessons and currently has 60 student participants in the program, 15 student swim instructors, 2 swim instructor leads and 1 swim lesson student manager.

2021 NIRSA Wasson Award Winner &
Aquatics Student Manager, Ryan Coffee

“Starting as a lifeguard and then working my way up to headguard, and eventually student manager, has taught me many essential life skills that I can use for my future career as a veterinarian.

Working as a student manager emphasized the importance of communication, responsibility and time management, within and outside Aquatics. Strong communication can make such a substantial difference when dealing with patrons, student staff, and is extremely important when working at a high-risk facility.

You always have the right to feel supported and welcome in any environment you work in, so advocate for yourself and find the team that will support you, just like how I found Campus Recreation and Aquatics”.



EQUESTRIAN CENTER



4,443

Center uses

91

Open hours per week

16

Student employees

1.5

Full-time administrative staff

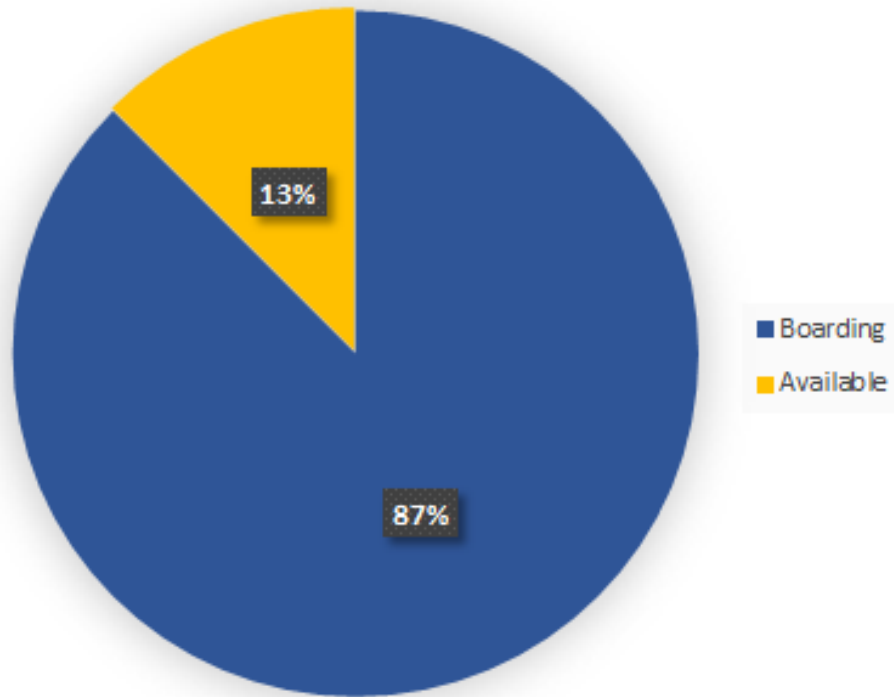
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Full-time animal technicians

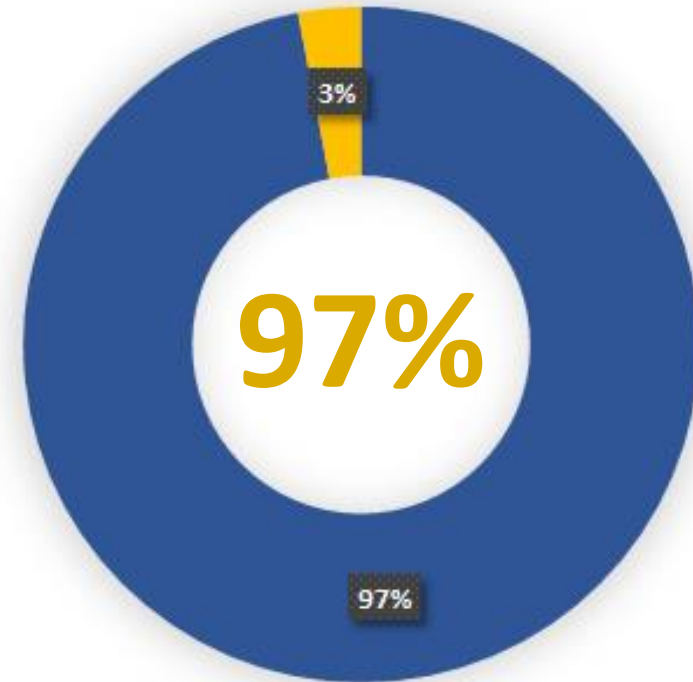
UC DAVIS

We are fortunate to be able to offer students an opportunity to continue to participate in on-campus activities

Boarding Capacity 2020-2021



Lessons



Programs have been modified to meet new COVID-19 safety requirements



**New
Manzanita
Pasture has
been
completed! –**

Our lesson horses
are enjoying their
new home!

UCDAVIS



COVID-19 Response

Remained at 100% staffing

Kept same open hours

Limited access to student boarders, staff, and horse health professionals

Continued to provide exemplary care for equine residents

No penalty for students leaving without notice

Absorbed full Sport Club costs for Spring Quarter

Implemented new COVID-19 safety protocols

Modified lessons to meet new COVID-19 safety standards



“A Peaceful Outdoor Experience”

Student Feedback

“I’m always go, go, go but it was nice to finally slow down and take care of a loveable animal”

“School is so stressful, so I like coming here to relieve my stress”

“This program gave me something safe and fun to do outside during the pandemic and gave me time to create bonds”

“I look forward to it every week!”

“This program is very beneficial to my mental health as it gives me a time to relax”

“I learned a lot about taking care of horses which has helped me learn that my own actions and behaviors can impact others”

LIVEWELL



2,300+

140 Unique grad students

Unique Student Participants

60+

Student employees

5

Contract instructors

3.5

Full-time staff



Supporting Students During Challenging Times (In-Person)

Group Exercise

- 750 student unique users
- 2231 hours of participation

Personal Training

- 26 new student clients
- 246 hours of participation

Series (Dance & Martial Arts)

- 30 student unique users
- 60 hours offered

Small Group Classes

- 84 student unique users
- 170 hours offered



*****Class capacities were modified to meet physical distancing requirements**

*****Several different options were made available to students (Outdoor, Indoor & Online) during the 20-'21 academic year**

MENTAL HEALTH PREVENTION

BODY POSITIVITY

Weight Stigma Survey

- 30% of students reported they felt too small and 16% too large
- 46% of UC Davis students have weight stigma

Health At Every Size Initiative (Dr. Lindo Bacon)

- 21-day campaign beginning Winter Quarter
- Galvanize a body positivity movement which celebrates the influence of our multiple intersecting identities
- Celebrate and care for your own body
- Nurture a culture of belonging

Continued To Support Students Virtually

LivingWell continued to support students, faculty & staff remotely through September 21'

- 58 engagements per class (average)
- 5 classes offered per week (average)



"Such a great class, thank you Tamara!"

The fitness classes and approachability about the instructors"

"Thank you, Nicole. You really finished the quarter strong. I was so sweaty. Looking forward to new classes next quarter."

"Free group exercise classes"

Student Satisfaction Survey, Comments

Please let us know what you like best about Campus Recreation

"The instructors are very engaging and enthusiastic, which motivates me to go to more classes"

"The sense of community created through group fitness classes"

"Helpful staff, providing in-person while socially distant yoga and dance classes"



Long-Range LiveWell

Expanded Recreational Programming

- Safety Courses (Self-Defense)
- Wellness Education (Resistance Training, Self-Care & Mental Health)

Wellbeing Initiatives

- Destigmatizing Weight Stigma
- Inclusive Personal Training Intake & Presentation

REC SPORTS



15,978

Participations

2488

Unique Users

334 unique grad students

125

Student employees

3

Full-time staff



COVID-19 Response 2020-2021

Implemented 5 virtual activities to support students during 2020-2021

- E-Sports & Gaming, Fun Run/Walk, Social Media Challenge, Trivia, and Scavenger Hunt

Created a one-day Virtual Carnival event with 97 teams and 138 participants

Spring 2021 saw the return of 5 in-person Rec Sports activities: Beach Volleyball, Cornhole, Grass Volleyball, Tennis and Tube Polo

Fall 2020: 81 teams and 169 participants

Winter 2021: 232 teams and 430 participants

Spring 2021: 155 teams and 546 participants (62 teams and 401 participants were in-person)

Participants and winners earned champ shirts, race medals, socks, and gift cards

Rec Sports Expanded Programs

Future Growth of Rec Sports

- New sports and activities (ex: Bingo, Spelling Bee, Aquatic Sports at Rec Pool)
- New leagues (ex: RSO and Greek)
- Adaptive Sports (ex: wheelchair basketball and tennis, sitting volleyball, goal ball)
- Unified Sports (ex: basketball, soccer, volleyball)
- Dairy Field Renovation
- Hutchinson Field footing repaired
- Add lights to Russell Field

Current Challenge of Rec Sports

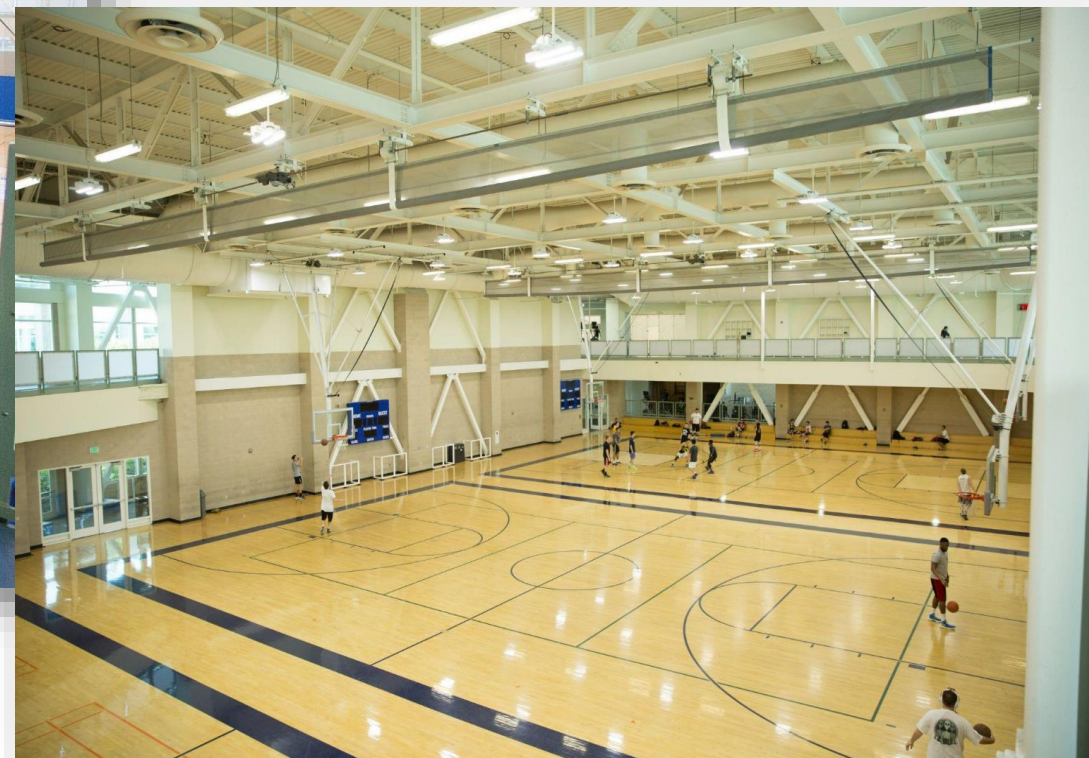
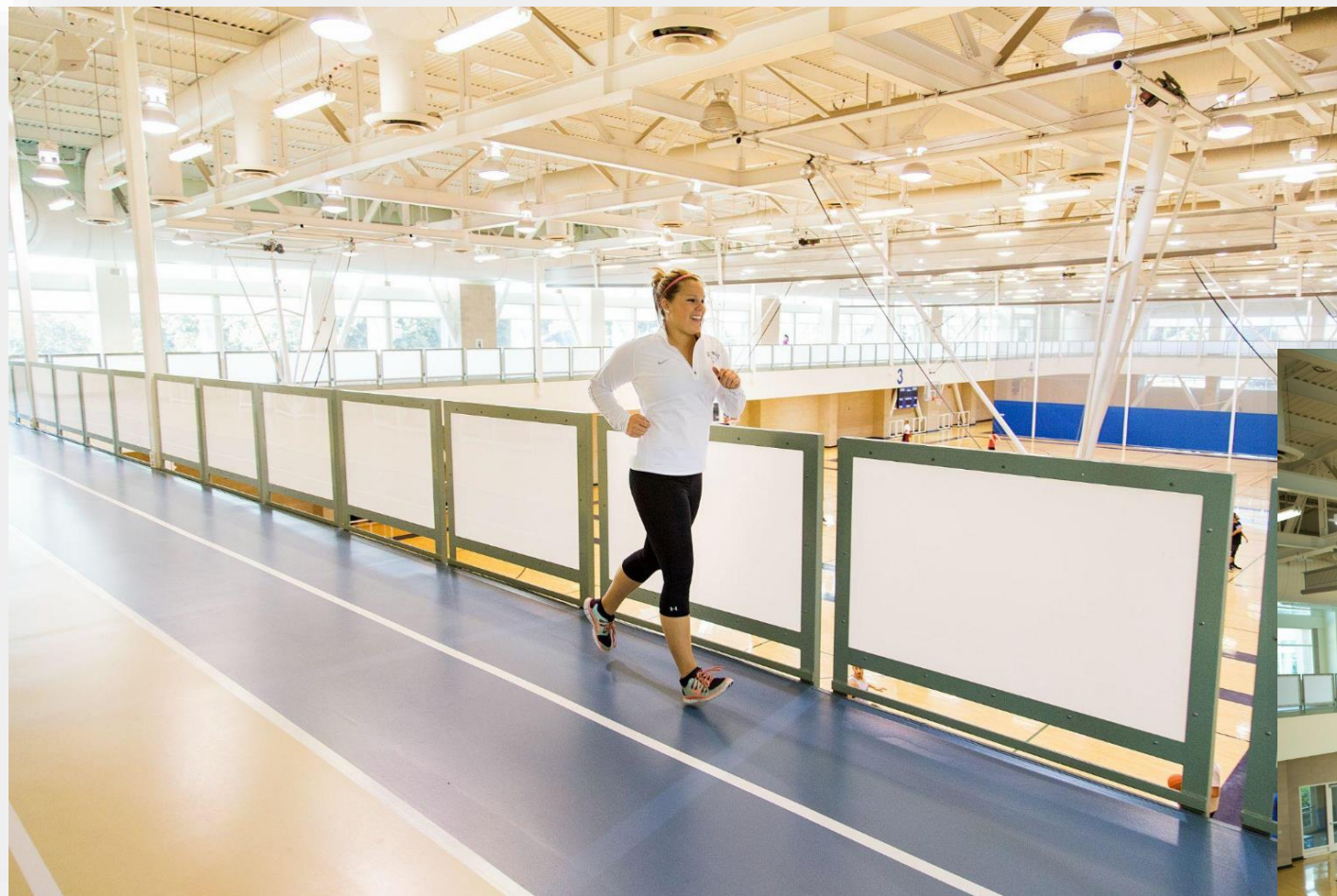
- Lack of indoor space to program our sports
 - Our Basketball program is limited without the use of the ARC Main Gym for Fall 2021
 - Our Volleyball and Indoor Soccer program will be limited without the use of ARC Main Gym during Winter 2022



Dairy Courts – Resurfaced 2021

Rec Sports Testimonials

I like the availability of the ARC as well as being able to sign up for REC sports		I love the diversity of offerings for sports and activities, and i *really* appreciate the lengths the program went to fostering community during COVID. Thanks for all that you do!	
I love playing Rec Sports and club sports. Those were great opportunity for me to meet new people and get my mind off school.	it's been a struggle at home with the pandemic and the Tournaments hosted by Campus Recreation have helped a lot in getting over that. I used to also participate in the sports offered during my freshman year and made loads of friends.	Rec Sports and open field for us to play on	
I like intramural when it was available and i like using the pool and gym for exercise. IT helps me stay active and decrease my stress levels		Good place to meet new people and solidify bonds with current friends through sports and physical activity	
		I also really like the variety of Intramural sports you can join	



SPORT CLUBS





2,000

Student athletes

88 unique grad students

35

Student employees

41

Clubs

1

Full-time staff

“I felt like a little fish in a big pond. When I joined the club softball team, I found a close-knit community and lifelong friends. With my team, I began playing rec sports and realized the benefits and positive experiences this program provides for the UC Davis community.



I am so thankful that I got involved in Campus Rec my first year at Davis and encourage all students to do the same!” - Hannah Sarlatte, Sport Club Athlete

Sport Club Response to COVID-19

Phase 2 plan approved by Safety Services prior to Winter 2021, allowing for in-person practices for the first time since the shutdown allowed for team practices with contact, larger group sizes, and indoor practices

Winter
2021

Spring
2021

Phase 3 plan approved prior to Spring 2021, which allowed for full squad outdoor practices up to 75 individuals, competition with other universities and in-state travel
3 teams travelled for competitions in May 2021

Sport Club Testimonials

As a club athlete, being able to play competitively with a community of like-minded women is incredible		Campus Recreation has allowed me to connect with other students through sport clubs, which has given me a great sense of community at UC Davis	
I love the diversity of services and clubs offered for students	Despite the pandemic, campus rec has taken steps to ensure involvement through online activities and given a chance sport clubs to open safely	The ability to play club sports with other people and get out of doing homework and class all day	
I like participating in Sport clubs and getting to compete for UC Davis		I really enjoyed participating in sport clubs!	

Sport Clubs Expanded Program

Future growth of Sport Clubs

- Added E-Sports and Swimming club for 2021-2022
- Adding more clubs in 2023-2024
- Addition of lights on Russell Field, to allow more evening time practices and competitions

Current challenges for Sport Club program

- Due to rapid growth of many of our clubs, practice space and time is getting harder to come by
- Clubs are needing more and larger field spaces to accommodate their club growth
- Many clubs are only able to practice 2 days a week due to limited outdoor space in the evening
- Clubs are needing more and larger indoor spaces to accommodate club growth
- Many clubs can only practice a few days a week for a few hours, and many current indoor spaces are not large enough to accommodate over 100 members attending practice

Points of Pride

Complete pivot to virtual recreation in one week

Positive impact of Aggies at Home

Student and staff development

Focus on Emotional, Physical & Mental Wellness

Positions on National Boards and Industry Leaders

Student Wages

697

Student employees

\$1.46M

Invested in student payroll

\$891,218

Invested from FACE/LEAP

Athletic Training

2020-2021 SPORT CLUB ATHLETIC TRAINING TREATMENTS

PROVIDING TO STUDENTS DURING A PANDEMIC

FEMALE

84

NON BINARY

11

MALE

101

Injury Break Down

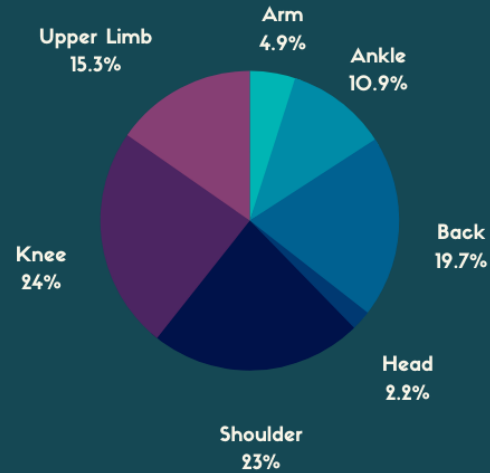
UPPER BODY



LOWER BODY

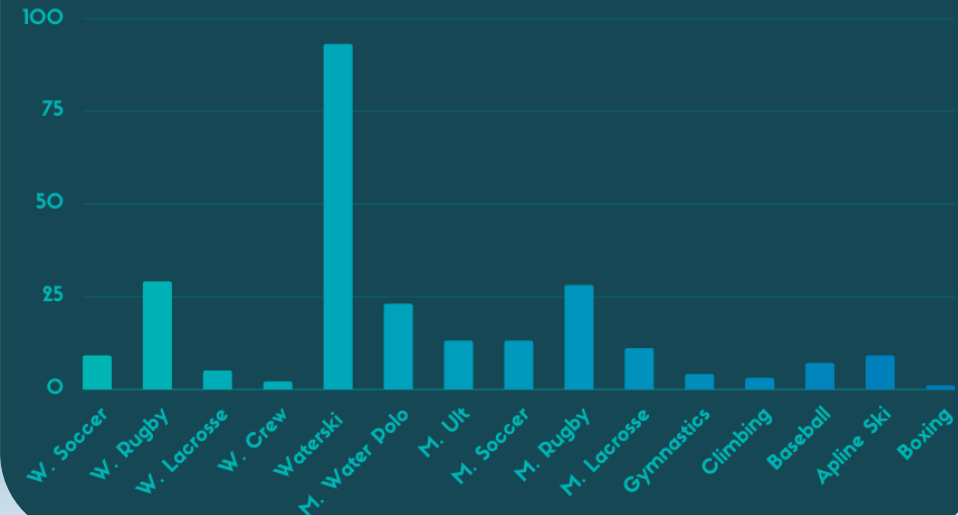


AXILLARY



TREATED BODY PARTS

SPORTS FREQUENCY SEEKING CARE



CAMPUS RECREATION IS MY HAPPY PLACE

Questions?