

October 30th, 2009  
IFC Strategy Meeting  
GoToWebinar Teleconference

## IFC Strategy Meeting October 30th, 2009

- Welcome
- Introductions
- Overview of IFC Mission
- IFC Progress Report
- IFC Task Force Updates
- Action Items & News

## Why is the Inclusive Fitness Coalition Important?

It is estimated that 54 million people have some type of disability. This significant portion of the population faces some of the greatest health risks associated with sedentary lifestyles.

The Inclusive Fitness Coalition developed out of the need to address these health risks and create a unified effort to increase access to and participation in physical activity for youths, adults and seniors with physical, cognitive and sensory disabilities.

## Health Disparities in PWD

- Report extremely low levels of physical activity participation
- Significantly poorer health
- Higher rates of health care expenditures
- Higher rates of unemployment
- Numerous secondary conditions

## Summary

The lack of accessible physical activity programs and venues for youth, adults and seniors with disabilities limits opportunities for improvements in health and function and increases the risk for significant physical and psychological health complications.

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## IFC Mission

Eliminate health risks associated with sedentary lifestyles among youth, adults and seniors with disabilities by providing inclusive fitness programs and venues throughout the nation.



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## 2009 Achievements

## 2009 Milestones

- ACSM Inclusive Fitness Certification (CIFT) Webinar Series
- New HHS Physical Activity Guidelines include a chapter on people with disabilities
- Member of ACSM Activity and Health Policy Network

## Member Organizations

- IFC was launched in January 2007
  - In March 2007 IFC had **46** member organizations
- The IFC Strategy Meeting for 2008 was held on October 15<sup>th</sup>, 2008
  - Membership had almost doubled to **72** member organizations by this time

## Significant gains have been made since October 2008!

### Currently 125 member organizations

- National level
  - Mainstream fitness organizations
  - Equipment manufacturers
- Local level
  - YMCA's, YWCA's and JCC's from communities across the US
- **140 new content pages on the IFC Website**
- **430 addresses on the IFC listserv**
- **5000 website visitors/month**
  - Each visitor averages 2 pages before they leave the site

## Increased Membership calls for Increased Organization!

- The Executive Committee needs to be convened to coordinate the development of Coalition documents to help maintain order and organization
  - Development of a Coalition Charter
  - Development of Coalition Bylaws
    - ARTICLE I – Name and Corporate Offices
    - ARTICLE II – Purpose
    - ARTICLE III – Membership
    - ARTICLE IV – Officers
  - Creation of new member orientation materials
    - (also serves as a refresher for older members!)

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## 2009 Highlights

## IFC 2008 Call to Action

- Create and expand partnerships to ensure greater accessibility
- Work with providers and organizations to increase physical activity for people with disabilities
- Recognize those who support the cause

## In 2009 IFC information was distributed at...

- **SBA World Congress**
  - March 15-18, 2009
- **Abilities Expo**
  - Summer 2009
- **ACSM Annual Meeting**
- **ACSM Health & Fitness Summit & Exposition**
- **Amputee Coalition of America Annual Educational Conference**
  - June 18-21, 2009
- **National Veterans Wheelchair games**
  - July 13-18 2009
- **American Camp Association (ACA)**
  - Summer 2009
- **American Academy for Cerebral Palsy and Developmental Medicine (AACPDM)**
  - September 23-26, 2009
- **Congress On Spinal Cord Injury Medicine and Rehab**
  - September 23-26, 2009
- **Illinois Department of Veterans Affairs Veterans Adapted Activities Day**
  - October 9, 2009
- **American Public Health Association (APHA)**
  - November 7-11 2009
- **Medical Fitness (MFA)**
  - December 2-5 2009

## 2009 IFC Presentations

- **James Rimmer**
  - Spirit and Success in Motion: A Celebration of Sports and Life Achievement of People with Disabilities at American College of Sports Medicine Annual Meeting
- **Amy Rauworth**
  - Amazing Leaders Conference
  - Medical Fitness Association
- **Jessica Madrigal**
  - Club Industry Health and Fitness Conference

## Create and expand partnerships to ensure greater accessibility

- Reached out to the non-profit YMCA's, YWCA's and JCC's through OnSite Fitness Magazine
  - Emailed IFC Information to non-profits and suppliers
- Worked with Club Industry (Penton Media) to feature inclusive fitness at mainstream fitness and health conferences
  - Club Industry Chicago 2009 Special Populations Track
  - Inclusive Fitness Pavilion

## OnSite Fitness Editorial

**COLUMNS & FEATURES**

**Non-Profit**  
The Realities of "Inclusive Fitness" for NP Facilities  
By Michael Gore Sandler

**NPO Leadership Series**  
Inclusive Fitness Coalition  
Helping Facilities Reach Everyone In Need  
By Contact Info

**Inclusive Fitness and Special Populations Survey**  
QSF Reader Results

**Adapted Fitness Testing**  
Making Fitness Testing Work in an Adaptive Environment  
By Amy Jumbly, MS

**Inclusive Fitness At The 13, April 2009**  
Bergen County YMCA On Day Of June  
Hickamole Area YMCA Foundation  
Preston's M.O.P.E. Fully Accessible Playground

**Who Drives Fitness?**  
Reaching the PT Community  
By Gene Jay Rowe

**Strength Index**  
Fitness Adaptations Associated With Different Training Frequencies  
By Alana Rhoads, PhD, CSCS

## OnSite Fitness Editorial

**12 October Fitness | NPO LEADERSHIP SERIES**

### NPO LEADERSHIP SERIES INCLUSIVE FITNESS COALITION HELPING FACILITIES REACH EVERYONE IN NEED

The inclusion of all is an important component of non-profit facilities. We plan a tremendous amount for youth, adult and senior programming but how much emphasis do you give those who need modifications to participate in these programs? Those with mobility, vision, hearing and cognitive challenges may not be able to participate in your programs as they are now or not even know that they are welcome.

A few improvements to the wording of your program guides, a few additions to your staff trainings and a few adjustments to the purchase and placement of your equipment can make a world of difference to someone who sees challenges everyday. OnSite Fitness spoke with Dr. James Stinson and Jessica Madigan of the Inclusive Fitness Coalition about what non-profits need to know to reach out to everyone who wants to be a part of their lives.

**QSF:** When approached by a fitness or recreation facility for the first time, what typically is their most immediate need?

## 2009 Club Industry Conference

In addition to three presentations in the **Specialty Populations, Personal Training, and Wellness, Weight Loss & Medical Integration Club Industry Conference Tracks** the National Center on Physical Activity and Disability (NCPAD) and the Inclusive Fitness Coalition (IFC) staff also coordinated the Inclusive Fitness Pavilion at this year's show in Chicago.

Featured advice and guidance about:

- Inclusive equipment
- Facility accessibility
- Staff training
- Inclusive marketing
- Disability law

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## Inclusive Fitness Pavilion

Companies displaying inclusive and adaptive equipment include:

- Concept2, Inc
- Cybex
- HUR Health and Fitness Equipment
- Marpo Kinetics
- Matrix
- RehaMed International

Informational resources include:

- ACSM Exercise Is Medicine Handouts
- ASTM Sports Equipment and Facilities Committee (F08) Handouts
- Resources on Autism and Exercise
- Resources on up-to-date information, referrals, resources, and training on the Americans with Disabilities Act (ADA)

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## Future Partnerships

Organizations working in the fields of:

- Autism and exercise
- Fitness for aging populations
- Disability advocacy

## Invitations made EASY

IFC information kit is now premade!

- Provides background, mission and membership information
- Highlights task forces of interest & links to more information

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## Work with providers and organizations to increase physical activity for PWD

### Physical Activity is for **Everybody!**

- Generating a list of providers who may post information regarding this campaign

- Fitness Centers
- YMCA's, YWCA's, JCC's
- Rehabilitation Facilities
- OT/PT/DR.'s offices
- and more!

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*Physical Activity is for **Everybody!***

## Do you get enough?

**Help your organization get more active today!**

The National Center on Physical Activity and Disability (NCPAD) presents...

**Physical Activity is for **Everybody!**** awareness campaign & toolkit

The purpose of this campaign is to help organizations promote healthy lifestyles and community participation in sports, recreation, and fitness programs among people with disabilities.

**This free toolkit includes:**

- One Physical Activity is for Everybody! Poster (perfect to display in your lobby or main entrance area)
- Handouts with the 2008 US Dept of Health and Human Services' Physical Activity Guidelines for Persons with Disabilities and a customized listing of accessible fitness, leisure, recreation and sport programs available in the community you serve.
- A NCPAD exercise DVD demonstrating an exercise program adapted for individuals with disabilities to add to your loaning library or to play in multimedia areas, if applicable.

For more information, please contact NCPAD at (800) 900-8086 or email [nncocal1@uiuc.edu](mailto:nncocal1@uiuc.edu).

## Poster Display & Handout

**Do you get enough?**

**Physical Activity is for **Everybody!****

**Physical Activity Guidelines for Children and Adolescents**

From the U.S. Department of Health and Human Services

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- **Balance/coordination:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include balance/coordination physical activity on at least 3 days of the week.

Children and adolescents with disabilities are more likely to be inactive than those without disabilities. Youth with disabilities should work with their healthcare provider to understand the type and amount of physical activity appropriate for them. Where possible, children and adolescents with disabilities should meet the Guidelines. When young people are not able to participate in appropriate physical activities to meet the Guidelines, they should be as active as possible and avoid being inactive.

**General Exercise Guidelines**

**Before You Begin:** If you are currently inactive, you should start slowly and gradually increase your activity level. If you have a chronic health condition, you should consult your healthcare provider before starting an exercise program. If you are unsure of your current level of physical activity, you should consult your healthcare provider for personalized exercise prescription based on your health.

**Exercise Benefits:** Regular exercise of light activity, such as slow walking, can provide many health benefits. Regular, moderate-intensity aerobic activity, such as brisk walking, can provide even more health benefits. Regular, vigorous-intensity aerobic activity, such as jogging, can provide the most health benefits.

**Common Exercise Terms:** **Cardiovascular:** Cardiovascular exercise strengthens the heart and lungs. **Strength:** Strength exercise strengthens muscles, bones, and joints. **Balance/Coordination:** Balance/coordination exercise improves balance and coordination. **Flexibility:** Flexibility exercise improves flexibility. **Endurance:** Endurance exercise improves endurance. **Interval:** Interval exercise involves alternating periods of high and low intensity activity.

**Additional Information:** This is a sample poster and handout. For more information, please contact NCPAD at (800) 900-8086 or visit our website at [www.nncocal1.org](http://www.nncocal1.org).

**NCPAD** National Center on Physical Activity and Disability

## IFC Trailblazer Award

❖ The **Trailblazer Award** is currently under development and set to be launched in 2010 to honor a devoted professional and organization in the United States who is dedicated to making a united effort to increase access to and participation in physical activity for people with disabilities.



## IFC Task Force Updates



### Health and Fitness Clubs

– Cary Wing, Chair

### Inclusive Play

– Amy Jaffe Barzach, Chair

### Policy

– Jim Whitehead, Chair



## Health and Fitness Clubs



Cary Wing, Chair



## Summary of 2009 Conference Call

### Short Term Goals:

- Disperse information at fitness conventions
- Create marketing strategy/informational campaign targeting managers and owners
  - Avoid resistance from managers and owners:
    - Focus on low-cost options
    - Have contact with facilities and assist in changes
    - Offer free accessibility consults
    - Educate fitness centers on need of long-term rehab/post-rehab programs

### Long Term Goals:

- Develop mechanism to educate the public
- Address the motivational issue
- Reach out to fitness professionals
  - Encourage professionals to reach out to PWD
- Reach out to the "health seekers"
  - Untapped market

## Resource Toolkit Information



## Next Steps

- Enhancing Health and Fitness Clubs Toolkit by increasing resources provided.
- Disseminating IFC materials at conferences and events members participate in.
- Recruiting more members from the health and fitness industry

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## Inclusive Play

Amy Jaffe Barzach, Chair



## 2008 Call Summary

- A call for members, advisors and/or advocates of inclusive play was announced in August 2008.
- The call for participants was circulated through various networks, including parent groups, disability advocacy organizations, industry professionals and parks and recreation staff.
- To date, we have had 4 conference calls with 39 active participants interested in various topics such as physical education and playgrounds.



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## Supporting Inclusivity

- Workgroup has taken the initiative to find and collect resources that can be used to create playgrounds that go above and beyond U.S. Access Board Guidelines for Play Areas.
- NCPAD and IFC are developing a web enabled database of inclusive and/or accessible playgrounds and playgrounds with these kinds of elements in the United States. The [NCPAD Playground Inclusion/Accessibility Survey](#) database will be launched later this year.

## Playground Registry



- NCPAD and IFC are recruiting parents; teachers; physical and occupational therapists; parks and recreation, medical and playground industry professionals and other interested community members to provide information about playground spaces by completing the [NCPAD Playground Inclusion/Accessibility Survey](#).
- The purpose of this survey is to build a public database of inclusive and/or accessible play areas and play areas with these kinds of elements for children with disabilities as well as parents and grandparents with disabilities. The database will be maintained by NCPAD at the University of Illinois at Chicago.

The screenshot shows the website interface for 'Playgrounds by Location'. It features a navigation menu with 'Home', 'About IFC', 'Contact', and 'Staff'. The main content area is titled 'Playgrounds by Location' and is divided into two columns: 'Playgrounds by State' and 'Playgrounds outside of USA'. The 'Playgrounds by State' column lists 50 states and the District of Columbia, each with a number in parentheses indicating the count of playgrounds. For example, '1. Alabama (7)', '2. Alaska (3)', '3. Arizona (18)', '4. Arkansas (12)', '5. California (1)', '6. Colorado (10)', '7. Connecticut (1)', '8. Delaware (0)', '9. District of Columbia (1)', '10. Florida (24)', '11. Georgia (17)', '12. Idaho (0)', '13. Illinois (1)', '14. Indiana (48)', '15. Iowa (0)', '16. Kentucky (0)', '17. Louisiana (0)', '18. Maine (0)', '19. Maryland (22)', '20. Massachusetts (0)', '21. Michigan (20)', '22. Minnesota (0)', '23. Missouri (0)', '24. Montana (16)', '25. Nebraska (10)', '26. Nevada (0)', '27. New Hampshire (2)', '28. New Mexico (14)', '29. New York (2)', '30. North Carolina (17)', '31. North Dakota (0)', '32. Ohio (0)', '33. Oklahoma (0)'. The 'Playgrounds outside of USA' column lists '1. Canada (1)'. On the right side, there is a 'Browse Playgrounds by:' section with links for 'State and Country', 'Name', 'General Accessibility Features', and 'Information and Interpretation Features'. Below this is a 'Search for Playgrounds' section with an 'Enter Search' input field and a 'Search Parks' button. At the bottom right, there is a link: 'Request items to be added as items of public records'.

## Resource Page Up and Running!

[Resources on Playgrounds and Play Areas - http://inconfit.org/node/238](http://inconfit.org/node/238)

Title: [Accessible and Safe Playgrounds into Every Town, U.S.A.](#)

Author: Kienitz, E. Malle; Kent, Robert L., Jr.

Publication Date: 1996

This paper examines the difficulties in meeting the guidelines for safe, accessible play landscapes that have been developed by landscape architects, playground manufacturers and the federal government.

Title: [Guide to ADA Accessibility Guidelines for Play Areas](#)

Author: U.S. Architectural and Transportation Barriers Compliance Board

Publication Date: May 2001

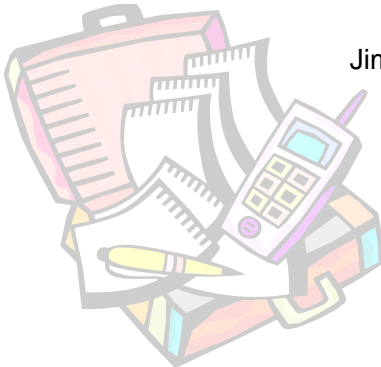
Title: [Accessibility and Your Playground: A profile of facilities taking action](#)

Author: Spencer, Anne-Marie

Publication Date: April 2003

## Policy

Jim Whitehead, Chair



## Overview

### Overall Strategy: A Three-Prong Approach

1. Encourage relevant advocacy organizations to build an IFC agenda into their efforts.
2. Target key areas that can be influenced by persuading professional and trade associations to encourage their individual members to take action.
3. Adopt existing Calls to Action that are “unfinished business.”

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## Overview

### Overall Strategy: A Three-Prong Approach

1. Encourage relevant advocacy organizations to build an IFC agenda into their efforts.

#### Advocating to the Advocates

Work with advocacy organizations at the national, state, and community levels for which physical activity and health is relevant, and encourage them to include a priority on people with disabilities.

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## Overview

### Overall Strategy: A Three-Prong Approach

2. Target key areas that can be influenced by persuading professional and trade associations to encourage their individual members to take action.

#### Moving Healthcare

Advocate for healthcare associations and their member professionals to accelerate significantly progress in improving quality of care for people with disabilities by addressing the needs of the whole person, including needs and opportunities for physical activity and healthy lifestyles.

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## Overview

### Overall Strategy: A Three-Prong Approach

3. Adopt existing calls to action that are “unfinished business.”

#### Taking Action with Calls to Action

Re-energize national Calls to Action where additional progress is needed, especially with the Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities.

## Information to Join

### WHAT YOU WOULD BE JOINING

1. Important but reasonably scoped work for already busy people.
2. Most work done through periodic teleconferences (every other month, not to exceed 60 minutes), and collaborative documents.

### TO JOIN OR FOR ADDITIONAL INFORMATION

Jim Whitehead  
Executive Vice President, American College of Sports Medicine  
[jwhitehead@acsm.org](mailto:jwhitehead@acsm.org)  
Office: 317.637.9200, extension 100  
Mobile: 317.281.7608

## Coalition Action Items & News

## Coalition Action Item

Supporting PSA's sponsored by the American College of Sports Medicine



Please make sure physical activity has a big part in health system reform.

Avoid all the proposals, claims and emotions, we propose that changes to America's health system be based on strong scientific and medical evidence:

- Physical activity can lower the risk of early death, heart disease, stroke, type 2 diabetes, blood pressure, bone disease, depression and more.
- Physical activity, along with sound nutrition, is essential to losing weight and maintaining a healthy weight.



The bottom line is attractive, too.

Prevention through healthy lifestyles has been clearly shown to be more cost-effective than treating disease—healthy savings for a healthier America.

**Active. Healthy. Better.**



## Coalition Action Item

**CREATE YOUR OWN HEALTH CARE REFORM**

No matter what Congress may do, we can each make changes to improve our health and reduce health care costs. While policy makers debate options for health care and health insurance, here's what we know for sure, based on strong scientific and medical evidence:

- Physical activity can lower the risk of early death, heart disease, stroke, type 2 diabetes, blood pressure, bone disease, depression and more.
- Physical activity, along with sound nutrition, is essential to losing weight and maintaining a healthy weight.

**The bottom line is attractive, too.**

Prevention through healthy lifestyles has been shown repeatedly to be more cost-effective than treating disease. Start by simply taking a 30-minute walk each day. There's if as exercising a better health option.

**Active. Healthy. Better.**

Supporting PSA's sponsored by the American College of Sports Medicine

## Coalition Action Items

Support Physical Activity Guidelines - Important to Pass S 1810 and HR 3851

As you may remember, the U.S. government issued the first-ever [federal physical activity guidelines](#) one year ago, in October 2008. This month, a bill was introduced in Congress calling for regular updates to these federal Physical Activity Guidelines for Americans.

Regular updates to the federal physical activity guidelines would encourage Americans to get up and active – and would ensure they have the most accurate, scientifically up-to-date information on physical activity. Helping Americans of all ages and health status increase their physical activity level can do much to cut health care costs, improve individual quality of life and boost productivity.

**Please support this bill by encouraging your members and constituents to contact their local elected officials.**

<http://capwiz.com/acsm/issues/alert/?alertid=14205676>

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## Coalition Action Items

Healthy People 2020 draft objectives are now posted for public comment

**Objectives Retained As Is From Healthy People 2010**

- DSC HP2020-1: Include in the core of all relevant Healthy People 2020 surveillance instruments a standardized set of questions that identify "people with disabilities."
- DSC HP2020-2: Reduce the proportion of children and adolescents with disabilities who are reported to be sad, unhappy, or depressed.
- DSC HP2020-3: Increase the proportion of adults with disabilities reporting sufficient emotional support.
- DSC HP2020-4: Eliminate disparities in employment rates between working-aged adults with and without disabilities.
- DSC HP2020-5: Increase the proportion of children and youth with disabilities who spend at least 80 percent of their time in regular education programs.
- DSC HP2020-6: (Developmental) Increase the proportion of people with disabilities who report having access to health and wellness programs.
- DSC HP2020-7: Reduce the proportion of adults with disabilities who report serious mental health symptoms.

**Objectives Retained But Modified From Healthy People 2010**

- DSC HP2020-8: Reduce the proportion of adults with disabilities who report serious mental health symptoms.
- DSC HP2020-9: (Developmental) Increase the proportion of adults with disabilities who participate in social, recreational, community, and civic activities to the degree that they wish.
- DSC HP2020-10: Reduce the number of people with disabilities in congregate care facilities with 16 beds or more.
- DSC HP2020-11: (Developmental) Reduce the proportion of people with disabilities who report unmet need for assistive devices, service animals, technology services, and accessible technologies they need.
- DSC HP2020-12: Increase the number of Tribes, States, and the District of Columbia that have public health surveillance and health promotion programs for people with disabilities and caregivers.

**Objectives New to Healthy People 2020**

- DSC HP2020-13: Increase the number of U.S. master of public health programs that offer graduate-level courses in disability and health.
- DSC HP2020-14: Reduce the proportion of people with disabilities reporting delays in receiving primary and periodic preventive care due to specific barriers.
- DSC HP2020-15: Increase the proportion of parents or other caregivers of youth with disabilities aged 12 to 17 years who report engaging in transition planning from pediatric to adult health care.
- DSC HP2020-16: Reduce the proportion of older adults with disabilities who use inappropriate medications.
- DSC HP2020-17: Reduce the proportion of people with disabilities who report an fatal unintentional injuries that

## Coalition Action Items

Healthy People 2020 draft objectives are now posted for public comment

- Help us make a healthier Nation. Organizers want to hear from you.
  - Your comments and suggestions are an important part of the Healthy People process.
  - Send your feedback on the proposed objectives for Healthy People 2020.
  - Comments will be accepted through **December 31, 2009**.
- <http://www.healthypeople.gov/hp2020/Comments/>

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## Coalition Action Items

Working with ASTM F08.30 Fitness Products

ASTM task group was initiated to further develop standards for fitness equipment design.

- <http://www.astm.org/COMMIT/COMMITTEE/F08.htm>
- The focus of this task group is to facilitate access to mainstream fitness equipment to a wider range of the population across all abilities.
- The group works on standardization of specifications, test methods and practices for sports equipment, surfaces, and facilities to reduce inherent risk of injuries and promote knowledge as it relates to these standards. The committee coordinates this work with other ASTM technical committees and other organizations in this area.

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## Coalition Action Items

Developing New Standards: ASTM WK19803

### New Inclusive Fitness Equipment Design Scope

- This guide provides recommendations for designers of fitness equipment to consider when they are designing fitness products to be utilized by individuals with disabilities.
- When applied in conjunction with applicable ASTM fitness equipment standards, the resultant fitness product will accommodate a wider range of users of all abilities while preserving the intent of the original standard.
- Fitness is not just for non-disabled individuals. Fitness products that are designed for use by all individuals need to be designed with specific parameters considered.

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## ASTM meeting information: Get Involved with ASTM!

To become a member of the ASTM F08.30 Fitness Products task group (students are free), go to: <http://www.astm.org/COMMIT/MEMBERAPP/index.html>.

For more information about ASTM, go to: <http://www.astm.org>.

### Meeting Details:

- **Title:** Sports Equipment and Facilities
- **Dates:** Tuesday, November 10, 2009-Friday November 13, 2009
- **Location:** Hyatt Regency Atlanta; Atlanta, GA

### F08.3000 Sessions:

- Fitness Products Task Groups
  - Wednesday, November 11, 2009: 08:00AM - 04:00PM
  - Thursday, November 12, 2009: 08:00AM - 04:00PM

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## Coalition Action Items

Health Fitness Facility Certification

- A Public Comment Period has been announced for the proposed general certification of fitness facilities throughout the country.
- This certification IS NOT related to the Medical Fitness Association (MFA) Facility Certification launched in July 2008 for medically integrated health and fitness centers.
- Your comments relative to the following are recommended and will ensure that all segments of the health and fitness industry are represented when the NSF Health/Fitness Facilities Joint Committee makes a final recommendation to establish this general certification.

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## Coalition Action Items

### Health Fitness Facility Certification

- The proposed NSF Draft Standard 341 - Health fitness facilities can be viewed [online](#).
- The ANSI public comment period will close on November 23, 2009 at 11:59 pm EST. All comments submitted on or before this date will be provided to the NSF Health/Fitness Facilities Joint Committee for review and disposition. Comments received after this date will not be considered during this public comment period.
- Questions should be directed to:
  - Lorna Badman
  - Telephone: 800-NSF-MARK, ext. 6806 or 734-827-6806
  - Email: [badman@nsf.org](mailto:badman@nsf.org)

## Coalition Action Items

### Alliance in Support of Athletics Equity for Students with Disabilities

- Working on a multi-prong policy agenda that will ensure that students with disabilities are provided opportunities to participate in and receive benefits from sports and physical activity
- For groups with representation in the Washington, DC area, the Women's Sports Foundation will be hosting an initial meeting for of Alliance in Support of Athletics Equity for Students with Disabilities at 10am November 10, 2009 at 1111 Sixteenth St. NW, 7th Floor, Washington, DC 20036.
- For those who cannot attend the meeting in person, a conference line will be available. We will also hold a conference call at 2pm on November 12, 2009 as an alternative.
- Contact: Terri Lakowski - [tlakowski@womenssportsfoundation.org](mailto:tlakowski@womenssportsfoundation.org) or 301.657.5829

## Coalition Action Items

Continue to Advocate for Physical Activity Inclusion and Sustain the Coalition

### Publicizing the vision –

- Generate national list of media contacts
- Disseminate information about Coalition

### Recruit more members –

- Refer people to IFC website and information
- Spread the word about different task forces and achievements!

### Regularly update your information –

- Contact information
- Information regarding programs, events, etc.

<http://www.incf.it.org>

Thank you!

