

**AGENDA**  
**CITY OF BROOKINGS**  
**PARKS AND RECREATION COMMISSION MEETING**  
**Council Chamber - 898 Elk Drive**  
**June 24, 2010 - 7:00 pm**

- I. CALL TO ORDER**
- II. PLEDGE OF ALLEGIANCE**
- III. ROLL CALL**
- IV. APPROVAL OF MINUTES**  
Minutes of May 27, 2010
- V. PUBLIC APPEARANCES**
  - A. Adult Exercise Park – Bob & Marilyn Hart
- VI. REGULAR AGENDA**
  - A. Chetco Point Trail Clearance – Gary Milliman
  - B. City Park Rules & Regulations – Gary Milliman
- VII. INFORMATION UPDATES/DISCUSSION ITEMS**
  - A. Lower Stout Park – Commissioner Parrish
  - B. Azalea Park Fields – Commissioner Baron
- VIII. COMMISSIONER REPORTS/COMMENTS**
- IX. STAFF REPORTS**
- X. ADJOURNMENT**
  - A. Next meeting July 22<sup>nd</sup>, 2010

MINUTES  
BROOKINGS PARKS AND RECREATION COMMISSION  
May 27, 2010

**CALL TO ORDER**

Chair Brown called the meeting to order at 7:00 pm followed by the Pledge of Allegiance.

**ROLL CALL**

*Present:* Commissioners Tony Baron, Don Vielle, Chair Patricia Brown. Commissioner Parrish arrived at 7:05 pm. *Also present:* City Manager Gary Milliman

**APPROVAL OF MINUTES**

- A. **Motion made by Commissioner Baron to approve the minutes of April 22, 2010 as written; motion seconded and Commission voted; the motion carried unanimously.**

**REGULAR AGENDA**

- A. *Chetco Point Trail Clearance* – Gary Milliman advised that Public Works Supervisor Bob Schaefer was recommending widening of Chetco Point Trail to 6 feet to allow trail maintenance by mechanical means and installation of a base rock surface that would suppress vegetation growth along the pathway helping to decrease the spread of poison oak. Currently poison oak on both sides of the trail needs to be hand brushed. Commission questioned current width of trail and location/distance of widening. A site visit to the trail with the Commission and Bob Schaefer was recommended.
- B. *Capella Review* – Gary Milliman presented a review of the Capella operations for the first year. No proposals have been received from contractors interested in cleaning the windows and dusting the high trusses. Advised that the Capella windows need to be hand washed as no window caulking causes leaking when water pressure is applied to windows. Suggested more marketing to encourage Capella rentals. Discussed the alcohol in park policy and the possibility that it might be limiting park rentals.
- C. *Access Improvements at Bud Cross Park* – Gary Milliman advised that the access improvements at Bud Cross Park that were discussed at last months' meeting need to be included as part of the Comprehensive Plan which would address compliance with ADA regulations. If stairs installed, ramp would also be required per ADA regulations. Currently there is no comprehensive plan for access at this park and no funds are budgeted.

**INFORMATION UPDATES/DISCUSSION ITEMS**

- A. *Lower Stout Park* – Commissioner Parrish advised committee still moving forward and they are planning to promote Stout Park brick purchasing at the next Art Walk to continue fundraising efforts.
- B. *Bankus Park Rehabilitation* – Chair Brown advised that the park has been completed. She thanked Commissioner Vilelle for all of his hard work and help in getting the azaleas planted and bark spread out. Commissioner Vilelle requested a water spicket be installed closer to the azaleas for ease in watering, Gary to investigate the matter further.

**COMMISSIONER REPORTS/COMMENTS**

Commissioner Baron – advised that the first annual girls softball fast pitch tournament was successful. The field conditioning work performed last fall on Azalea Park Field 2 was beneficial and enabled teams to play on the field in the rain, whereas the other field was unplayable. He further wondered if allowing dogs loose on park playing fields should be allowed.

Commissioner Parrish – Stout Mountain Railway continuing its season. New bench installed up at the railway greatly appreciated. Disappointed that the Veterans decided to change the location for the Veteran's Moving Memorial Wall from Azalea Park to the Kite Field at the Port. Questioned the Chamber of Commerce's organization of the Azalea Festival and functions it provides in attracting visitors.

Commissioner Vilelle – advised that he has had contact with Bob and Marilyn Hart who would like to make a presentation at the June Park and Recreation meeting for an adult exercise park.

Chair Brown – City looking very nice for Azalea Festival.

#### **STAFF REPORTS**

Gary Milliman advised that the park rules the commission recommended will be on the City Council agenda June 14<sup>th</sup>. Formation of the Park and Recreation District and Master Plan still in the process. Additional staffing on the way as the City has been approved for a RARE employee, 11 month long internship, partially paid by the Federal government and the City. They will assist with the master plan in the concept of a Parks and Recreation District and park planning and functions. Interviews in July, start date scheduled in September. Recent incident at KidTown when an 8 year child climbed into a toddlers swing, child had to be removed by jaws-of-life. Two budget committee meetings have included the possible replacement of the Chetco Point Trail bridge, will advise if it is included in final budget.

#### **ADJOURNMENT**

With no further business before the Commission, the meeting adjourned at 7:51 pm. Next meeting scheduled for June 24, 2010.

Respectfully submitted,

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Patricia Brown, Chair  
(approved at June 24, 2010 meeting)

### London opens first exercise playground for elderly

LONDON — London has opened its first exercise playground for older people, with specially designed fitness equipment to help the capital's aging baby boomers stay fit.

Organizers say people lined up at central London's Hyde Park beginning early Wednesday to use the equipment, which includes a sit-up bench, a cross-trainer and a stationary bicycle.

The playground is aimed at people over 60, although the gentle exercise also helps patients recovering from operations.

Madeline Elsdon, whose local residents' association won funding for the playground, said the idea was to provide a friendly outside gym where older people can socialize while exercising.

The playground is free and modeled on similar play areas for the elderly in other European countries.

## Sharon's Senior Living Blog

By **Sharon O'Brien**, About.com Guide to Senior Living

### Senior Playgrounds: Exercise Areas Built Especially for Older Adults

Friday February 12, 2010

London's Hyde Park will soon see its first senior playground, an exercise area designed specifically for adults over age 60, according to a story from the [Associated Press](#) (AP).

Exercise equipment in the senior playground will include a stationary bike, cross-trainer, a sit-up bench, and other equipment designed to help older adults improve balance, flexibility and muscle tone.

The AP says that these specially-designed senior playgrounds are already popular in Asia and other parts of Europe, and there's one other older adult playground in the British town of Manchester.

This is such a great idea; I hope it catches on in the U.S.

Many seniors can't afford to join a gym, and while there are [exercises you can easily do at home](#), senior playgrounds offer free, accessible locations for older adults to improve their fitness, get some fresh air, and even meet some new people.

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May 19, 3:10 PM EDT

## London opens first exercise playground for elderly

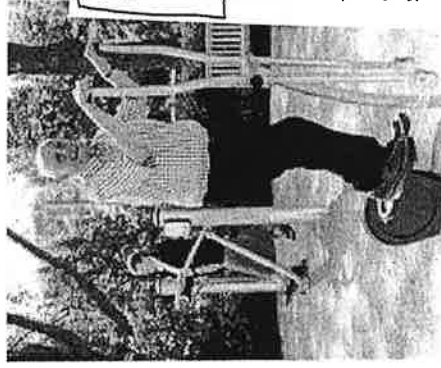
LONDON (AP) -- London's first "senior's playground" opened Wednesday in Hyde Park, after residents campaigned for more facilities to help older people get fit.

Organizers said people began lining up early in the morning to try the six low-impact fitness machines, which include a cross-trainer, a stationary bicycle and a sit-up bench.

"It was great seeing a large group of older people there, trying to outdo each other, even," said Mark Camley, the chief executive of the body managing the park. "As we get an increasingly older population, it's important to find ways to keep them active."

The playground is aimed at people over 60, although the gentle exercise also helps patients recovering from operations and injury. It's the first of its kind in London, and is modeled on similar play areas for the elderly in other European countries.

Frances Blois, a retired local government



AP Photo/Kirsty Wigglesworth

official, said the idea was to provide a friendly, free outside gym that won't intimidate older people and can allow them to socialize while toning their muscles.

"We need to have somewhere not intimidating," she said.

The facility allows people to join friends and get fresh air in relaxed and attractive surroundings, she said.

Westminster City Council, which gave 40,000 pounds (\$60,000) to fund the project, said a sign would identify the area as the "Hyde Park Senior Playground" but people of any age would be welcome to use it.

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Robert Shaw



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### Research Reports & Findings

## Playgrounds for Older Adults: Fun or Funny? (excerpt)

In the Netherlands, outdoor exercise facilities provide an innovative way to get more people moving  
By Marijke Hopman-Rock, PhD

*"We don't stop playing because we grow old; we grow old because we stop playing." -- George Bernard Shaw*

Playgrounds for older people -- are you crazy or what? This was the reaction of many Dutch people a few years ago upon hearing the news that a playground designed especially for older people had been placed in a neighborhood in Rotterdam.

Personally, I was not so surprised as I knew that in countries such as China and Turkey, playgrounds for older people are a normal part of the street view. Most of the time, these apparatuses are rather small and include a bike or walking machine. In France and other countries with warm climates, people regularly play ball games on the streets, and in Turkey and Spain, people use playground apparatuses to relax and talk with peers while doing exercises.



Until 2006 in Holland, these adult playgrounds were unknown and very strange. That year, the municipality of Rotterdam was approached by Lappset, a manufacturer of such playgrounds, and wondered about the possibilities of building and using a playground to improve the physical activity levels of older adults in the city. Improvement of physical activity levels of older citizens is a popular policy goal in Holland because exercise is recognized now to improve quality of life and health and can lower the fear of falling.

One of Rotterdam's civil servants thought "out of the box" (most organized exercise happens in small groups inside buildings) and convinced the municipality to pay for a playground in one neighborhood as well as for the hours of a social worker, who was necessary to guide such a project. In 2006, Yalp, the Dutch partner of Lappset, built the first playground for Dutch seniors in the Feyenoord area of Rotterdam. (See an example of playground design below.) At first, nobody dared to play on it! So it was necessary to lower the barriers for participation. The social worker at a local community center recruited a group of 13 participants, including seniors, that was willing to exercise at the playground under the supervision of a physiotherapist.



Relax  
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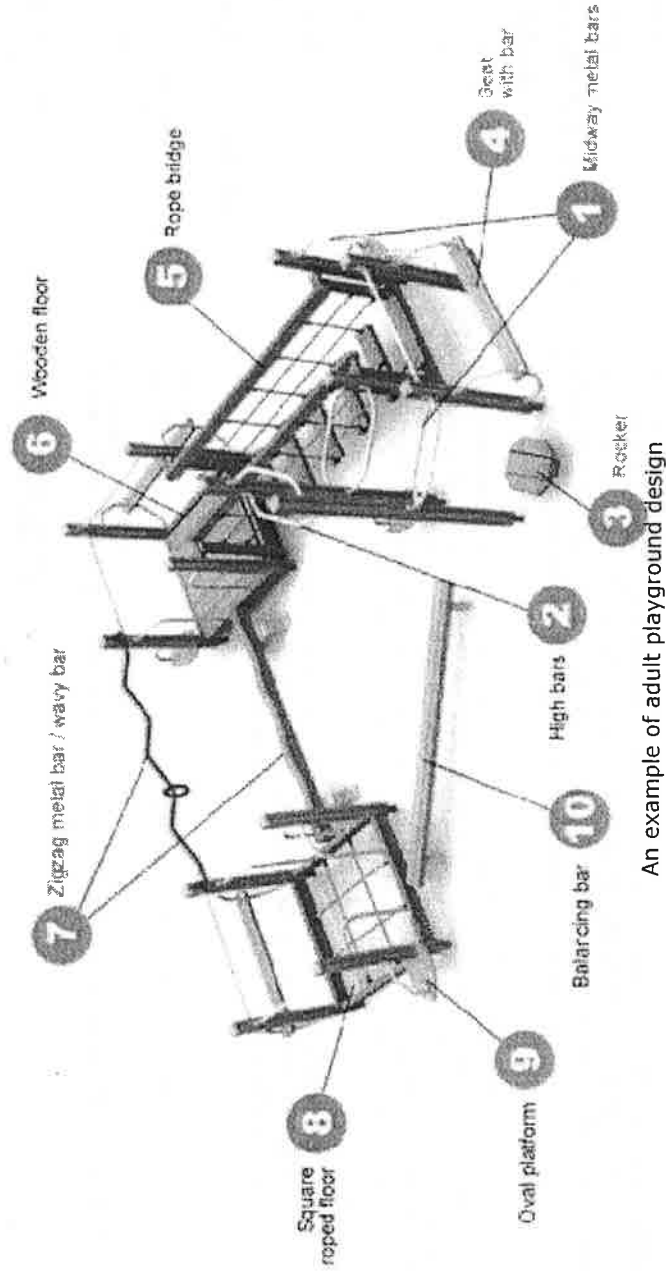
The playground includes equipment that allows for more than 200 possible exercises that can improve strength, flexibility, and balance. People who are wheelchair bound can also use it for strengthening of arm muscles and hand coordination. Participants can also be challenged by thinking out new creative training possibilities.

Although individuals may use it on their own and at their own risk, the city encourages that people join a group under the supervision of a physiotherapist or sport leader educated in using the playground in a safe and healthy way. (Note: Playground placement is crucial to the facility's success. For example, a covered area with sitting places should be available. This makes it possible for people to socialize before and after the training, and it provides shelter during rain or snow.)

## Pilot Evaluation

In 2006, TNO (the Dutch national organisation for applied research) conducted a small research study, led by Dr. Paul de Vreede, and the results were very promising. At first, people were a little reluctant to start exercising, but this attitude changed toward a very positive experience within a few weeks. Mean age of the participants was 72 years. Participants trained two times per week for one hour for 10 weeks. The participants were very compliant, participating in 92% of the training sessions on average. Indications were found that balance improved and that fear of falling decreased. Both are known as important determinants of health in old age.

To read the entire article, go to [Active Aging Today](#). If you're not a subscriber, [subscribe now](#).



An example of adult playground design



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**IN AND FOR THE CITY OF BROOKINGS  
STATE OF OREGON**

**ORDINANCE 10-O-667**

**AN ORDINANCE ADDING SECTION 12.25.012, RULES AND REGULATIONS SPECIFIC TO CITY -OWNED PARKS, TO BROOKINGS MUNICIPAL CODE CHAPTER 12.25, PUBLIC PARKS AND RECREATIONAL AREAS, TITLE 12, STREETS, SIDEWALKS AND PUBLIC PLACES.**

Sections:

- Section 1. Ordinance identified.
- Section 2. Adds Section 12.25.012

The City of Brookings Ordains as follows:

Section 1. Ordinance identified. This ordinance adds Section 12.25.012, Rules and Regulations Specific To City Owned Parks, to Brookings Municipal Code Chapter 12.25, Public Parks and Recreational Areas, Title 12, Streets, Sidewalks and Public Places.

Section 2. Adds Section 12.25.016. Section 12.25.012 is added as follows:

**12.25.012 Rules and regulations specific to city-owned parks.**

- A. The following activities and uses are prohibited in all City parks, except by City park employees, volunteers or contractors in the performance of authorized maintenance or construction:
1. Camping.
  2. Parking or use of motorized vehicles; other than wheelchairs, on walkways, landscaped areas, natural vegetation areas, playgrounds and sports fields, except for authorized maintenance or the purpose of set-up or tear-down of an event.
  3. Firearms, fireworks or explosives, except as expressly permitted under BMC Section 9.10.055.
  4. Throwing of rice or seeds, including bird seed.
  5. Damage to or removal of any vegetation.
  6. Modification or painting of any structure, equipment or furniture.
  7. Bicycles, skateboards, skates or roller blades, except in designated areas.
  8. Unleashed dogs.
  9. Failure to remove animal excrement by the animal owner.
  10. Attaching signs to any City sign post, trees or other vegetation.
  11. Use of any park for an organized public performance, public gathering or event without having first obtained an approved Park Use Permit.
  12. Amplified sound and/or music at a level that is not contained within the immediate area of the activity, subject to BMC Section 8.15.080.
  13. Placement of any sign without first having obtained approval by the City Manager or his designee.
  14. Failure to remove signs within two hours of the conclusion of an event.
  15. Fires, except fires in camp stoves, portable barbeques or fireplaces provided for such purposes.
  16. The use of camp stoves, portable barbeques except in designated picnic areas.
  17. Unattended fires, camp stoves or portable barbeques.

18. Leaving the location of a fire until the fire is completely extinguished with no hot coals remaining.
19. The use of amplified sound at Bankus Park.
20. The use of Bankus Park for more than single-day events, except as approved by the Parks and Recreation Commission.

First Reading: \_\_\_\_\_  
Second Reading: \_\_\_\_\_  
Passage: \_\_\_\_\_  
Effective Date: \_\_\_\_\_

Signed by me in authentication of its passage this \_\_\_\_\_, day of \_\_\_\_\_, 2010

ATTEST:

\_\_\_\_\_  
Mayor Larry Anderson

\_\_\_\_\_  
City Recorder Joyce Heffington

**CITY OF BROOKINGS**  
**PARKS & RECREATION COMMISSION**  
**AGENDA REPORT**

Meeting Date: June 24, 2010  
April 22, 2010

Originating Dept: City Manager

  
\_\_\_\_\_  
Signature (submitted by)  
\_\_\_\_\_  
City Manager Approval

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Subject: Park Regulations

Background/Discussion:

The City Council has requested that the Commission develop draft regulations for all parks for adoption as an Ordinance.

The City has existing ordinances regulating activities at the skatepark, establishing park hours, prohibiting alcoholic beverages and, most recently, regulating dogs at Easy Manor Park and Kidtown.

The City's Park Use Application contains a list of "Rules and Regulations," many of which are unenforceable as a matter of law. Current enforcement would be by denial of future permits.

Regulations that the Commission may wish to consider having codified into law by ordinance, making violations a misdemeanor, might include the following item numbers from the attached list: 1, 5, 6, 8, 9, 10, 11, 12, 13, 14, 15 + item 17: the amplified music provision at Bankus Park. The ordinance should also require an approved Park Use Permit for conducting organized activities in the parks.

Staff notes that some cities have recently adopted regulations prohibiting smoking in public parks. This is currently not regulated in Brookings.

## **Chapter 12.25 PUBLIC PARKS AND RECREATIONAL AREAS**

**Sections:**

- 12.25.010 City-owned public parks and city-owned public recreational areas hours.
- 12.25.015 Dogs prohibited in Easy Manor Park.
- 12.25.016 Dogs prohibited in Kidtown playground at Azalea Park.
- 12.25.020 Exceptions.
- 12.25.030 Penalties.

**12.25.010 City-owned public parks and city-owned public recreational areas hours.**

Except as provided in BMC 12.25.020, all city-owned public parks and city-owned public recreational areas located within the city of Brookings shall be open for use by the public from one-half hour prior to sunrise to one-half hour past sunset. [Ord. 94-O-505 § 1.]

**12.25.015 Dogs prohibited in Easy Manor Park.**

Dogs are prohibited in Easy Manor Park, except for dog guides as defined in ORS 346.610. [Ord. 10-O-662 § 2.]

**12.25.016 Dogs prohibited in Kidtown playground at Azalea Park.**

Dogs are prohibited in Kidtown playground at Azalea Park, except for dog guides as defined in ORS 346.610. [Ord. 10-O-664 § 2.]

**12.25.020 Exceptions.**

The city manager may, upon prior application, permit use of a city-owned public park or city-owned public recreational area at times other than the times that the premises are open for use by the public. [Ord. 94-O-505 § 2.]

**12.25.030 Penalties.**

Unless otherwise provided in this chapter, any violation of the provisions of this chapter shall, upon conviction thereof, be punished pursuant to Chapter 1.05 BMC, General Penalty. [Ord. 10-O-662 § 2; Ord. 94-O-505 § 3.]

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**Chapter 12.40**  
**ALCOHOL PROHIBITED ON PUBLIC PREMISES**

Sections:

- 12.40.010 Alcohol prohibited on public premises.
- 12.40.020 Alcohol defined.
- 12.40.030 Public premises defined.
- 12.40.040 Penalties and fines.

**12.40.010 Alcohol prohibited on public premises.**

It shall be unlawful for any person to drink, consume, transport, carry, or possess any alcoholic beverage, except in the original package with the seal unbroken, on any public premises. [Ord. 08-O-618 § 2.]

**12.40.020 Alcohol defined.**

The term "alcoholic beverage," as used in this chapter, shall be construed to mean and include any liquid intended for human consumption containing more than one-half of one percent by volume of alcohol. [Ord. 08-O-618 § 3.]

**12.40.030 Public premises defined.**

For the purpose of this chapter, "public premises" shall include city parks, city buildings, city parking lots, and other premises under the control of the city, but shall not include public highways. [Ord. 08-O-618 § 4.]

**12.40.040 Penalties and fines.**

Any person violating any of the provisions of this chapter shall, upon conviction thereof, be punished by a fine not exceeding \$500.00. [Ord. 08-O-618 § 5.]

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**This page of the Brookings Municipal Code is current through Ordinance 10-O-665, passed April 12, 2010.**

Disclaimer: The City Recorder's Office has the official version of the Brookings Municipal Code. Users should contact the City Recorder's Office for ordinances passed subsequent to the ordinance cited above.

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