



Town of East Greenwich

Parks & Recreation Department
1127 Frenchtown Road
East Greenwich, RI 02818

TO: Suzanne McGee Cienki, Town Council President
and the Honorary Town Council Members

FROM: Catherine E. Bradley, Director of Parks & Recreation

RE: RI DEM GRANT APPLICATIONS

DATE: November 2, 2017

The State of Rhode Island, Department of Environmental Management has announced the 2018 Recreation Grant round. Grant applications are due by December 1, 2017. The small grant development application is for grants up to \$100,000 with a required 20% local match, which can include in-kind services.

The project that I am proposing is to install outdoor fitness equipment in the Fry Brook Recreation Park adjacent to the nature/cross country trail. The location within the park would fit within the layout of the proposed future expansion of the park. See the attached map.

The equipment would consist of different stations that work your core and upper and lower body-sit up benches, pull up stations, dip stations, etc. The equipment would be installed over a poured-in-place rubberized surface and have walkways that connect to the nature/cross country trail. Residents will be able to get a cardio workout on the trail and then utilize the fitness equipment for a total body workout.

The project will help improve health, provide recreation and promote socialization. East Greenwich residents are very fit-minded and often seek out avenues to improve their fitness by running, walking, working out, etc. in both group and individual settings. The outdoor fitness stations will be a health solution for increasing physical activity and social engagement. Providing access to fitness equipment opens up fitness opportunities to populations with limited income and resources who can't afford private facilities. Studies have shown that people who exercise outdoors are more likely to repeat the behavior and engage in the activity longer. Outdoor fitness parks encourage the non-exercising population to engage.

The outdoor fitness stations are designed for 13 year olds and over and provide opportunities for those with varying degrees of physical abilities to participate. Teens, adults, seniors and those with physical challenges will have equipment and stations to work out on. Units designed for wheelchair residents will be part of the fitness park. Signs on the equipment will explain how to do the exercises. Attached is an example of what the equipment could look like.

Project Cost: \$97,000
Grant Amount: \$77,600
Town's 20% Match: \$19,400 (Can include in-kind services)

The Town's total matching funding requirement would be \$19,400. There is over \$500,000 available in the Recreation Development and Impact Fee Funds.

If the grants are approved the projects must be left for recreation in perpetuity and be in accordance with all the grant rules and regulations (accessibility, maintenance, fees, etc.)

With the Town Council's approval, I will submit this grant application to the State for the 2018 Recreation Grant program.

Cc: Gayle Corrigan
Joseph Duarte