S.1819-125R

SPONSORED BY: Senator McCracken

SUBJECT: Resolution for Squat Rack Mirrors at Colonial and Indian Quad Fitness Centers

SENATE VOTE:

DATE INTRODUCED: 3/6/19

COMMITTEE: N/A

COMMITTEE VOTE: N/A

LEGISLATIVE RESULT:

Be it hereby proposed that the following be enacted:

I. WHEREAS, The University at Albany fitness centers provide a safe and effective environment for students to exercise and workout; and

II. WHEREAS, The SEFCU gym tends to be overcrowded when compared to the Colonial Quad gym and the Indian Quad gym; and

III. WHEREAS, Active gym going students have reported that a reason they prefer SEFCU gym over the Colonial Quad gym and the Indian Quad gym is because of the mirrors in front of the squat racks; and

IV. WHEREAS, The SEFCU gym has mirrors placed in front of the squat racks to provide visibility for the students working out to watch for correct form when squatting or doing other workouts on the squat rack; and

V. WHEREAS, Colonial and Indian gyms don’t have mirrors installed in front of the squat racks; and

VI. WHEREAS, Correct and proper form is important for working out at the University at Albany fitness centers so students can stay healthy and avoid injury; and

VII. WHEREAS, Exercising and working out can turn from a very positive activity to a very negative activity if exercises is not done correctly and with safety in mind; and

VIII. THEREFORE IT BE RESOLVED, That to ensure the health and safety of all the students of the University at Albany, the Colonial Quad fitness center and the Indian Quad center should be up to the same standard as the SEFCU fitness center with mirrors installed in front of the squat racks; and

IX. THEREFORE IT BE FURTHER RESOLVED, That the Office of Campus Recreation will expedite in a timely manner, the installation of unobstructed mirrors in front of all squat racks in the Colonial Quad fitness center and the Indian Quad fitness center in order to meet the needs of the students and elevate the standard of safety in all recreational facilities; and

X. THEREFORE IT BE FINALLY RESOLVED, That a copy of this resolution be sent to Dr. Havidan Rodriguez, President of the University at Albany, Dr. Michael Christakis, Vice
President of Student Affairs, Mr. Sam Axley, Director of Campus Recreation, Jessica Blasioli, Assistant Director of Fitness and Wellness, Mr. John Giarrusso, Associate Vice President of Facilities Management, and Pamela Alexander, Director for Student Activities

Längie Cadesca, President