



## ISLAND SAVINGS CENTRE COMMISSION

Thursday, July 12, 2012  
2:30 pm/ ISC Board Room

### AGENDA

	Pages
1. <b><u>APPROVAL OF AGENDA:</u></b>	1
2. <b><u>ADOPTION OF MINUTES:</u></b>	
M1      June 14, 2012 Minutes	2-6
3. <b><u>BUSINESS ARISING FROM THE MINUTES:</u></b>	
BA1      CV Arts and Sports Scholarship Letter of gratitude	7
BA2      MPH/ Arena Ceilings	
BA3      BC Games	8
4. <b><u>DEPARTMENT STAFF REPORTS:</u></b>	
SR1      Youth Outreach Programmer, D. Williams, Verbal Report	
SR2      Coordinator, Operations Division. B. Coleman, Verbal Report	
SR3      Manager, Arts & Culture Division, K. Schrader, Verbal Report	
SR4      Manager, Island Savings Centre Division, J. Elzinga, Verbal Report	
5. <b><u>UNFINISHED BUSINESS:</u></b>	
6. <b><u>NEW BUSINESS:</u></b>	
NB1      ISCC Agenda Production and Delivery / IPads?	
NB2      Youth Entertainment Activity Centre	9
NB3      Parking Lot Licence of Occupation	10-11
NB4      Proposal for On Site Injury Rehabilitation Clinic at ISC	12-21
NB5      Nanaimo Alcohol Policy	22-23
NB6      CV Arts Council Request	24-25
NB7      Email Marketing	
NB8      Community Infrastructure Improvement Fund	
7. <b><u>QUESTION PERIOD:</u></b>	
8. <b><u>CLOSED SESSION:</u></b>	
9. <b><u>ADJOURNMENT:</u></b>	
The next Regular Commission meeting will be held September 13, 2012	

Minutes of the regular meeting of the Island Savings Centre Commission held in the Centre Nitinat Room, 2687 James Street, Duncan, on Thursday, June 14, 2012 at 2:30 pm.

**PRESENT:** A. Siebring, P. Kent, B. Lines, J. Woike, T. Duncan  
Alternates L. Heinio, M. Lees

**ALSO PRESENT:** J. Elzinga, Island Savings Centre Manager  
K. Schrader, Arts & Culture Manager  
J. Wakeham, Facility, Fleet & Transit Manager  
B. Coleman, North/Central Cowichan Facility Coordinator  
D. Williams, Youth Outreach Programmer  
A. Plunet, Recording Secretary

**ABSENT:** L. Iannidinardo, L. Duncan

**APPROVAL OF  
AGENDA  
2012- 45**

It was moved and seconded that the agenda be approved as presented.

**MOTION CARRIED**

**ADOPTION OF  
MINUTES  
2012-46**

It was moved and seconded that the minutes of the May 10, 2012 regular meeting of the Island Savings Centre Commission be approved.

**MOTION CARRIED**

**ADOPTION OF  
MINUTES  
2012-47**

It was moved and seconded that the minutes of the May 31, 2012 Special Meeting of the Island Savings Centre Commission be approved.

**MOTION CARRIED**

**BUSINESS  
ARISING  
BA1**

The CVRD Board unanimously voted June 13/12 in support of submitting a bid to host either the 2016 or 2018 BC Summer Games. Should School District 79 support a bid submission, staff will proceed with the application.

**BA2**

A Staff Report June 14, 2012 by J. Elzinga recommended the approval of the use of the Heritage Hall kitchen and classroom by Vancouver Island University's (VIU) culinary arts program. With VIU's decision to run their program from the kitchen facility at Providence Farms, the Commission agreed to table the recommended action, and revisit it should VIU reopen this discussion with the Island Savings Centre.

2012-48

It was moved and seconded that the Commission approve reopening discussion with Vancouver Island University if requested, to revisit the option of a Culinary Arts Program at the Island Savings Centre.

**MOTION CARRIED**

J. Woike arrived at 2:40 pm.

BA3

As the recently approved agreement for a privately run arena concession will be up for renewal in 2013, staff requested the opportunity over the upcoming year to explore with local agencies a potential agreement that would showcase local agriculture at the Island Savings Centre.

It was moved and seconded that the Commission approve that staff explore a potential agreement with a local agency to showcase local agriculture at the Island Savings Centre beginning fall 2013.

Exploring an agreement with more than one local agency was discussed. Staff explained the intent to explore the options provided through the community, before recommending one local agency that would then showcase local agriculture with provision to the Island Savings Centre through the existing concession venue. There was also direction that the Island Savings Centre facilitate, not provide the service. The motion was amended to read:

2012-49

It was moved and seconded that the Commission approve that staff facilitate a potential agreement to showcase local agriculture at the Island Savings Centre beginning fall 2013.

**MOTION CARRIED**

**DEPARTMENTAL  
STAFF REPORTS:  
SR1**

D. Williams, Youth Outreach Programmer, reported:

- The Youth Outreach Program is currently involved in several projects, including the Cairnsmore Community newsletter, planning of a community barbeque August 9/12 at St. Andrews church, programming of events in the main lobby, interagency meetings, connecting with the community throughout Aboriginal Month, and partnering with Youth Outreach programmers from Kerry Park and North Cowichan.
- The Leaders in Training program offered in conjunction with North Cowichan helps teens get job ready.
- Youth at risk are being connected with services.
- Programs such as Kidsport, Jumpstart and the I love to Swim

program continue to be successful.

Denise was recognized for her work using her training as a certified Crisis Intervention Leader.

**SR2**

B. Coleman, North/Central Cowichan Facility Coordinator, reported:

- Staff are preparing the facility for upcoming events, including outdoor preparations.
- The budgeted Lead Hand position has been posted with an expectation of implementation within the month.
- A faulty pump still under warranty has been pulled and repaired.
- J. Wakeham reported that the rusting conditions of the Arena ceiling are worse than previously considered, and may take more time to repair than anticipated. There is also some concern that the budget for the arena and MPH ceiling repairs may not be enough to do the work. Once the tenders have been opened, staff will recommend an option for the Commission.

As the project start date will commence mid July and in consideration of summer scheduling, Commission members requested an email discussion on the recommended option.

**SR3**

K. Schrader, Arts & Culture Division Manager, reported:

- Negotiations with the IATSE Union have been finalized and will be presented to the CVRD Board. The proposed increase will bring wages in line with the CUPE agreement.
- The previous fulltime Assistant Technical Director position has been reinstated. The employee who had previously held the position has returned to his original designation.
- Still in the beginning stage, the cultural mapping project has been named Cowichan Culture Counts, and will be launched along with a survey on June 20. A survey report will be provided to CVRD Regional Services Committee in the fall. A front end website is being developed as a multi-purpose tool for this project.
- Cowichan Tribes has agreed to partner with cultural mapping of the Arts & Culture Division.
- A costly investment in bringing in performer Steve Earle, paid off with a sold out house and a profit to the Theatre.
- The Arts & Culture Division will take over management of the Theatre concession on July 1/12.

**SR4**

J. Elzinga, Island Savings Centre Manager, reported:

- He will be discussing a new lease agreement with the C.V. Capitals next week. This will include changes to food and beverage services. The Capitals will be able to supplement the provision of food from the Arena concession, by having additional food and beverage outlets in the Arena. Any use of the Heritage Hall kitchen will be a separate contract for their use throughout the season.
- J. Wakeham and staff were recognized for their work on the

Parking Lot Grant application.

- Aquannis Centre discussions are on hold, with the anticipation of an interim management agreement.
- An extended Lease has been confirmed with Carlson's School of Dance.

**UNFINISHED  
BUSINESS**

No Unfinished Business

**NEW BUSINESS**

**NB1**

A Staff Report, June 5, 2012 by J. Wakeham stated that, subject to approval by each Recreation Commission in June, 2012, CVRD staff plans to apply to the Community Charging Infrastructure (CCI) Fund for the provision of 75% of the funding and up to \$4,000 for the installation of public electric charging stations. Staff recommended that the Island Savings Centre Commission approve, subject to CCI grant funding, installation of two public Electric Vehicle Charging Stations.

2012-50

**It was moved and seconded that the Commission approve subject to CCI grant funding:**

1. The installation of two level 2 public electric vehicle charging stations at priority parking stalls located adjacent to the Island Savings Centre facility;
2. The expenditure of 25% of the total purchase and installation cost of the charging stations, approximately \$2,000 total; and
3. The annual expenditure to cover the cost of electricity provided to the public for the charging stations, approximately \$2000.

**MOTION CARRIED**

**NB2**

A Staff Report, June 7, 2012 by J. Elzinga, recommended the consideration of a designated parking area at the Island Savings Centre for an interactive 6 hour Jobfest 2012 event. The event, sponsored by the Ministry of Jobs, Tourism and Innovation, has requested that indoor space be reserved in case of inclement weather. Reserving space that might not be required could result in loss of revenue, and staff requested that the request for free indoor space be declined.

2012-51

**It was moved and seconded by the Commission that the use of approximately 8500 sq. feet of parking area at the Island Savings Centre for a 6 hour Ministry of Jobs, Tourism and Innovation event called JobFest be approved; and that staff decline reserving an indoor location for inclement weather.**

**MOTION CARRIED**

**NB3** A Staff Report, June 4, 2012 by J. Elzinga, requested the approval of a Skate Harness Policy, based on a policy approved by Fuller Lake Arena and the Kerry Park Recreation Commission, and requested its implementation for the start of the 2012/13 skating season.

**2012-52** It was moved and seconded that the Commission approve an Island Savings Centre Skate Harness Policy based on the policy approved by the Kerry Park Recreation Commission, and approve its implementation for the start of the 2012/13 skating season.

**MOTION CARRIED**

**QUESTION PERIOD** No questions were received.

**CLOSED SESSION**

**ADJOURNMENT** It was moved and seconded that the meeting be adjourned.

**2012-53**

3:43 p.m.

**MOTION CARRIED**

Certified Correct:

\_\_\_\_\_  
Chairperson

\_\_\_\_\_  
Secretary

\_\_\_\_\_  
Dated:

July 3, 2012

Island Savings Centre

Cowichan and Chemainus Valley's Arts and Sports Scholarship Awards

2687 James Street

Duncan, B.C., V9L 2X5

Dear Island Savings Centre Commission,

I am writing to express my sincere gratitude to you for making the Cowichan and Chemainus Valley's Arts and Sports Scholarship Awards. I was thrilled to learn of my selection for this honor and I am deeply appreciative of your support.

I am currently enrolled in the Bachelor of Physical Education program with hopes of becoming a teacher. The financial assistance you provided will be of great help to me in paying my educational expenses, and it will allow me to concentrate more of my time for studying.

By awarding me the Cowichan and Chemainus Valley's Arts and Sports Scholarship Awards, you have lightened my financial burden which allows me to focus more on the most important aspect of school, learning. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goals just as you have helped me.

Sincerely,



Colin Knight

1062 Nagle Street

Duncan, B.C., V9L 2E5



**Alana Plunet**

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**From:** John Elzinga  
**Sent:** Monday, July 09, 2012 10:55 AM  
**To:** Alana Plunet  
**Subject:** FW: BC Summer Games 2016 or 2018 Bid Committee

BC Games info for Commission agenda.

-----Original Message-----

**From:** Warren Jones  
**Sent:** Wednesday, July 04, 2012 10:45 AM  
**To:** Board  
**Cc:** Ron Austen; John Elzinga  
**Subject:** BC Summer Games 2016 or 2018 Bid Committee

Hello Directors,

As you will recall the Board recently approved submitting a bid to host the 2016 or 2018 BC Summer Games. The application deadline is September 10th so a great deal of work over the summer months will be required. John Elzinga and Ernie Mansueti will be co-chairing the Bid Committee. I am pleased to let you know that the following individuals have agreed to sit on the Bid Committee and complete the application on this very tight schedule.

1. Ron Austen, General Manager, Parks, Recreation and Culture (also Past Chair and Co-Chair of the BC Games Society)
2. Don Bodger - Local sports reporter for 30 years. Radio and Print. Black Press is a Games Sponsor and the parent company to Cowichan Newsleader
3. Rick Brant - Aboriginal Sport, Recreation and Physical Activity Partners Council and 2008 NAIG CEO Cowichan
4. Cowichan Tribes Representative - Maureen Tommy will provide name.
5. Garrett Elliott - NAIG 2008 Sports Manager.
6. Monroe Grobe - SD #79 Facilities Manager. Worked on previous games in 1991 and 2008.
7. Kim Liddle - Manager, South Cowichan Recreation
8. Sue Glenn - Town of Ladysmith

Please give me a call if you have any questions. Thanks.  
Warren



## CITY OF DUNCAN



June 18, 2012

Island Savings Centre Commission  
2687 James Street  
Duncan, B.C., V9L 2X5

Dear Board:

**RE: Youth Entertainment Activity Centre**

As you may be aware, each year City Council hosts a Junior Council meeting comprised of students from Cowichan Secondary School as part of Local Government Awareness Month.

In connection with the above, the following resolution was adopted by the Junior Council of the City of Duncan at the May 17, 2012 Junior Council meeting;

***"That City Council consider the possibility of establishing a youth entertainment activity centre."***

Your consideration of this request with a written response to the City of Duncan would be greatly appreciated.

Thank you.

Sincerely,

Lynn Ketch  
Director of Corporate Services

cc: Cowichan Secondary School, Attention: Junior Council, 2652 James St., Duncan, BC, V9L 2X2

# Licence of Occupation

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## Definitions

1. In this agreement,
  - (a) **The Owners** means the Corporation of the District of North Cowichan, and the City of Duncan,
  - (b) **The CVRD** means the Cowichan Valley Regional District, of 175 Ingram Street, Duncan, B.C. V9L 1N8,
  - (c) **lands** means
    - (i) Lot 3, Section 18, Range 6, Quamichan District, Plan 31554, Except Plans VIP77154, VIP82333, VIP84666 and EPP1231; and
    - (ii) Lot 1, Section 18, Range 6, Quamichan District, Plan VIP82333,
  - (d) **licensed area** means the part of the lands cross-hatched in Schedule "A", containing about 1.528 hectares,
  - (e) **permit** means an approval, authorization, consent, licence, or permit, issued under the federal *Canadian Environmental Protection Act* or provincial *Environmental Management Act*, or other legislation pertaining to the environment, and
  - (f) **hazardous substance** means a contaminant, dangerous good, hazardous substance, pollutant, special waste, or toxic substance, or waste, as defined under the federal *Canadian Environmental Protection Act* or provincial *Environmental Management Act*, or other legislation pertaining to the environment.

## Grant of Licence

2. The Owners grant the CVRD a 5 year licence (called the **licence**) to occupy the licensed area, on the terms below, from July 1, 2012 to June 30, 2017.

## Licence Fee

3. In consideration for granting the licence, the CVRD agrees to pay the Owners (a) \$1.00 (called the **licence fee**) per year, the receipt and sufficiency of which is hereby acknowledged.

## Use of Licensed Area

4. The CVRD will use the licensed area for the primary purpose of ingress, egress and parking.
5. The CVRD acknowledges that the licensed area is suitable for this use.

## Nature of Licence

6. The CVRD acknowledges that this agreement grants a licence only. It does not give, and must not be deemed to give, any other interest in the licensed area. The CVRD further acknowledges that this agreement is for non-exclusive use of the licensed area, and that the Owners and the CVRD, together with Vancouver Island University and possibly the Cowichan School District, may enter into a reciprocal parking agreement covering the licensed area and adjacent areas.

## Dealings with Licence

7. The CVRD may not assign the licence, or sub-licence all or part of the licensed area, without the Owner's prior written consent. The Owners may withhold consent without reason.
8. Assigning the licence does not release the CVRD from its obligations under the licence.

9. The CVRD may not encumber its interest in the licence.
10. The CVRD may not allow another person except its (a) agents, employees, or guests, and (b) assignees and sub-licensees whom the Owners permit, to occupy all or part of the licensed area.
11. The CVRD must ensure that its assignees and sub-licensees comply with the terms of the licence.
12. The CVRD and its agents, employees, assignees, and sub-licensees are not, and must not be deemed to be, agents or employees of the Owners.
13. The CVRD may make arrangements with the owner of 5855A Clements Street (Lot 1...Plan 21676) each year for egress from the licensed area to Clements Street.

#### **Reentry into Licensed Area**

14. The CVRD must allow the Owners and persons whom the Owners authorize to enter the licensed area at any time on reasonable notice and for any reason.

#### **Maintenance of Licensed Area**

15. The CVRD accepts responsibility for the licensed area's welfare and agrees to keep the licensed area safe, publicly accessible, clean, tidy, in good repair, and to maintain the parking lot lights. The CVRD also accepts responsibility to maintain the adjacent round-about landscaping north of the licensed area.

#### **Repairs to Licensed Area**

16. The CVRD must repair, at its expense, damage to the licensed area that results from the use of the licensed area by CVRD or a person whom the CVRD allows to enter it, including for certainty, resurfacing the parking lot as and when necessary.

#### **Enactments and Permits**

17. The CVRD must, during the licence, comply with applicable enactments and permits. Without limitation, the CVRD must comply, during the licence, with applicable enactments and permits relating to (a) building, (b) fire protection and control, and (c) the environment (called environmental laws).
18. The CVRD must show the Owners on demand that the CVRD's permits are valid.

#### **Liens**

19. The CVRD must promptly remove liens against all or part of the licensed area that arise from work done for, materials supplied to, and obligations incurred by the CVRD.

#### **Utilities**

20. The CVRD must pay, on time, charges that the CVRD incurs during the licence for utilities supplied to the licensed area, including hydro.

#### **Changes and Improvements to Licensed Area**

21. If a provincial or federal enactment or a change to a provincial or federal enactment requires changing the licensed area or part of the licensed area, then the CVRD must (a) notify the Owners, and (b) change the licensed area or part of the licensed area (as the case may be) at the CVRD's expense. Otherwise, the CVRD may not change or improve the licensed area, or part of the licensed area, without the Owner's prior written consent.

**Proposal for  
On Site Injury Rehabilitation Clinic at  
Island Savings Centre  
Duncan, BC**

**Provided by:**

**Irene Borecky CAT(C), B.PhEd, B.Ed, Dip SIM, Masters of RHSc. Candidate**

**Certified Athletic Therapist of Canada and Consultant**

**July 9, 2012**

## **Introduction**

There is a need in the Cowichan Valley for more injury rehabilitation services as currently residents are experiencing long wait lists for the existing clinics and often feeling frustrated with the short time for each treatment and type of care received.

Health care has changed a lot within the last ten years with significant cutbacks to extended health care benefits which have educated individuals as to the type of services they are entitled to and the amount of service that is financially covered. This has brought awareness as to the value per dollar individuals receive and the professionals they seek out.

Within the clinical model there are usually three types of clientele: Worker's Compensation Board (WCB) clients with work related injuries; ICBC claims; and individuals using their extended health care (EHC) benefits. Clinics which specialize in WCB or ICBC claims follow a pre-set program of care. Programs for individuals using EHC may vary, but dependent on the type of clinic, the treatment may vary with most offering only 15 minutes of one on one treatment with the therapist.

The Island Savings Centre is the ideal place to set up a clinic and provide another rehabilitation facility that suits the needs of the community using a professional that focuses on the individual needs of each client.

## **Profession of Athletic Therapy**

Irene Borecky has been a Certified Athletic Therapist of Canada since 2002. She moved to Vancouver Island almost five years ago and has been working for Catalyst Paper in Crofton at their pulp and paper mill, running an onsite injury clinic. She has worked with a lot of different populations including post-surgical knees and hips, post-disease, elderly clients, children, WCB, motor vehicle accidents, and of course athletes. Irene has worked a lot with rugby teams in Ontario, England, and some of the teams on the island. She has delivered on field services to many other sports teams including hockey, soccer, football, wrestling, basketball, volleyball, and individual athletes in gymnastics and running.

Athletic Therapy is a health care profession that specializes in care of musculoskeletal disorders (muscles, bones, joints), especially as they relate to active individuals pursuing an active lifestyle. This includes assessment, treatment, rehabilitation, and education of the injured person.

An Athletic Therapist is a certified member of the Canadian Athletic Therapists Association (CATA). The letters CAT(C) after the therapist's name designates a Certified Athletic Therapist (Canada).

The CATA has been at the forefront of the Canadian sport medicine community for over 40 years. The CATA has established its credibility and professional status to become widely recognized throughout the general health care community, within the country, and throughout the world. Athletic Therapists are employed in rehabilitation clinics, professional sports, and attend the Olympic Games and amateur athletic events as part of the medical health care team.

## Need for More Services in the Community

### A) Demographics

- Duncan is a growing community which saw an increase in population between 2006-2011 of 4.5 % (Statistics Canada) with most of the working population (63.8%) falling between the ages of 15-65– which is likely the most active age range as well. Duncan may continue to see an increase in population being in commuting distance of Victoria and Nanaimo, but is more affordable living than either of these cities. With an increase in population will come an increase demand for services and facilities.

### B) Current Activity Levels

- The Cowichan Valley does have very active communities with over 20 different sporting organizations to become involved with.
- For an active community, the involvement with the Island Savings Centre is low. In a recent recreation survey for the Island Savings Centre some respondents indicated they participated in recreational programs as part of a Rehab Therapy program (3.06%). Some also listed increase of fitness level (15.38%) and competitive reasons (1.53%) as reasons for participation.
- Although this survey was mainly completed by female participants age 45- 74 which may affect the interpretation of how the community uses the Island Savings Centre, there could be greater promotion of some of the facilities.
- With the swimming pool and fitness facilities relocated, an onsite clinic could show the growth of new developments within the building to help service the community.

### C) Current Injury Rehabilitation Facilities:

Currently in Duncan there are three main clinics that people use: CBI, Start Line Physiotherapy, and South Cowichan Physiotherapy & Sports Rehabilitation. Among the first two clinics there is currently a 4-6 week waiting list to see a physiotherapist. There has also been a loss of a clinic in town that used to cater to athletes, particularly with the soccer organizations.

- **CBI Health Centre**
  - based on a corporate model where the physiotherapists must create a lot of volume to support the big overhead costs but transfers into 10-15 min of one on one care
  - multidisciplinary care
  - specializes in WCB claims
  - currently under staffed and experiencing long wait lists
  - the fee schedule is not posted online
- **Start Line Physiotherapy**
  - currently employs four physiotherapists, one massage therapist
  - specializes in InterMuscular Stimulation (IMS) acupuncture and orthotics

- the highest billing fees among all the clinics and experiencing lost wait lists
- \$100 for the initial assessment (45 min.), \$65 for a 30 min. follow up, \$100 for a 60 min. follow up
- offers two late evenings a week (up until 6pm)
- **South Cowichan Physiotherapy & Sports Rehabilitation**
  - out of town near Cobble Hill
  - clients have reported very little one on one time with the therapist
  - \$65 for initial assessment and treatment session, \$55 for each follow up
  - offers two late evening a week (up until 6pm)
- **Go West Physiotherapy Clinic**
  - an in-home clinic, one therapist
- **Ingram Physiotherapy Ltd.**
  - one therapist, not much is known through advertising about this clinic
- Other physiotherapy clinics in the area: 2 in Mill Bay, 3 in Ladysmith
- Several massage therapy clinics, chiropractic offices

### Proposed On Site Rehabilitation Clinic Features

#### A) Assessment --\$65/hour

Each client must have an initial assessment which includes obtaining a complete health history, history of the injury or condition, a biomechanical or postural screen, and a functional assessment. This session would also include some treatment.

Athletic Therapist specialize in the following conditions:

- Ligament sprains
- Muscle strains
- Bursitis, Tendonitis, and Tendonosis
- Contusions (bruises)
- Disc herniations & Sciatica
- Patello-Femoral pain Syndrome (PFPS)
- Piriformis Syndrome
- Carpal Tunnel Syndrome
- Thoracic Outlet Syndrome
- Ilio-Tibial Band (ITB) Friction Syndrome
- Post-Op Rehabilitation
- Myo-Fascial Trigger Points
- Muscle Spasm
- Chronic back pain

## B) Rehabilitation Programs-- \$55 for half hour follow up treatments

Treatment programs use a combination of exercise, manual therapy techniques, or modality use.

Treatments include:

- Soft tissue release and joint mobilization
- Visceral mobility
- Muscle energy techniques
- Corrective exercises that progress from fundamental movements to functional movement to activity specific movement.
- Modalities: ultrasound, TENS, Interferential Current, muscle stimulation, heat, ice,

## C) Preseason Performance Evaluations - 1 hour, price negotiable

- Assessment of joints, biomechanics, misalignments, muscles imbalances, posture, balance, flexibility, core strength, speed and endurance. A report of assessment and recommendations will be provided.

## D) Injury Prevention and Recovery Seminars—time varies, price negotiable

- Available for groups and with many available topics, including special requests when possible.

## E) Athletic Taping—for acute and chronic conditions

### **Billing**

The following insurance companies accept billing for Athletic Therapy. Coverage will vary between plans so patients are encouraged to contact their provider or Human Resources Department to see if Athletic Therapy coverage is included in their benefits package.

Allsport Insurance Marketing  
Canadian Hockey Association  
Canada Life Assurance Company  
Citadel Assurance  
Clarica  
The Co-Operators  
Desjardins Financial Security  
The Economical Insurance Group  
Equitable Life of Canada  
Great West Life Assurance Company

Greenshield  
Industrial- Alliance Pacific  
Liberty Health  
Manulife Financial  
Premier Life Insurance Company  
Reliable Life Insurance Company  
Standard Life  
Sun Life Financial  
Wawanesa Life

\*\*Other insurance companies like Pacific Blue Cross or WCB have used Athletic Therapists, dependent on the case manager.

## Costs

### A) Marketing

Ideally this service would be known as a clinic called Cowichan Sports Therapy. This company would be owned by Irene Borecky and contracted out to the Island Savings Centre.

- Website
  - cost is can be around \$300 for an individual website if the clinic is run independently
  - mention on the Island Savings Centre website would be cost-free
- Business cards
  - dependent on the company used, can range \$10 and up
  - would need to negotiate if these will be tied in with the current Island Savings Centre cards or independent
- Doctors
  - no cost, only time to schedule meetings with various doctors explaining the service
- Sports teams
  - time spent putting on a seminar would come at no cost
  - field coverage (medical coverage) would be a completely separate service but would bring exposure to the clinic
  - work through sporting events and individual teams
- Mail outs
  - mentioned along with any newsletters, paper or online
- Community ties
  - with the connection through the Crofton mill, Irene already has a referral base established

### B)Equipment/Materials

- Clinic table
  - owned by Irene Borecky
- Therapy bands
  - owned by Irene Borecky
- Weights and Exercise Balls
  - some may be owned by Irene Borecky
  - negotiate whether the Island Savings Centre can provide any from past equipment
- Balance board
  - owned by Irene Borecky
- Ultrasound/IFC combo unit (\$2800)

- owned by Irene Borecky
- Cardio Equipment
  - negotiate whether the Island Savings Centre can provide any from past equipment
  - may need to be purchased
- Access to a Freezer for Ice
  - dependent on the Island Savings Centre

### C) Administrative Costs

- Online scheduling-- \$20/month
- Online medical file storage—need a quote based on needs
- Online exercise library access-- \$10/month
- Paper files including file folder, cost of photocopied/printed intake forms
- File cabinet
- Phone access
  - negotiable whether a phone will be provided through the Island Savings Centre or if this will be independently managed by Irene Borecky
- Computer access
  - negotiable whether a phone will be provided through the Island Savings Centre or if this will be independently managed by Irene Borecky

### D) Miscellaneous Costs

- Towels
- Cleaning supplies

## **Proposed Clinic at the Island Savings Centre**

### A) Clinic Space

- Clinic space would need to be negotiated depending on room availability
- This service could potentially work out of a very small space (8x8 ft. room)
- Ideally there would be some room to expand into a small cardio and exercise area

### B) Exercise Area

- This additional area is something to consider if the clinical space expands
- The exercise area would expand to accommodate a cardio area, and strength and conditioning for higher level athletes or active individuals

- If the Island Savings Centre wished, it would be stated in the clinical forms that the Island Savings Centre is not responsible for any injury incurred during the client's visit to the rehabilitation centre and the exercise area, and is the sole responsibility of the supervising therapist. This would need to be signed by the client.

### C) Daily Hours

- In the recreation survey distributed for the Island Savings Centre, most respondents were more likely to use the centre between noon and 9pm, with the majority between 5-9pm (38%)
- There is a need in the community to provide access to rehabilitation services after work
- One of the top reasons why some of the respondents of the recreation survey would likely not participate in the Island Savings Centre Recreational programs or services is if the scheduling was inconvenient--the hours proposed keep this in mind
- Some hours could be provided until 7pm or 8pm, dependent on the demand
- Saturday appointments may be offered by appointment only

### D) Fee Schedule

- \$65 for an hour assessment and first treatment, \$55 for follow up treatments
- The fees are structured to be reasonable in comparison to some of the other clinics
- The top reason why some of the respondents of the recreational survey would likely not participate in the Island Savings Centre Recreational programs or services is if the costs were too high—the fee schedule proposed keeps this in mind
- Clients would experience more value for dollar as the treatment times are completely one on one care

### E) Business Fee

- The business fee for the operation of this injury rehabilitation clinic would need to be negotiated
- This may be dependent on whether the company "Cowichan Sports Therapy" would be used in contract to fulfill a service now offered by the Island Savings Centre
- Typically clinics or the owners of space either take a percentage of the income generated from each appointment which goes towards clinic costs, or charge "rent" to their therapists for the use of space
- The "rent" option can sometimes discourage new businesses as it can take up to two years to establish a client base
- If therapists work from a percentage fee, often they can work as an independent company or service within a facility. It usually is easier to become established this way.
- Outlined are three options which can be considered:

<b>Option A</b>	30%: ISC* 70%: Therapist	<b>ISC provides:</b> <ul style="list-style-type: none"> <li>-phone</li> <li>-room</li> <li>-computer access (internet provision)</li> <li>-business cards</li> <li>-online advertising and mentions on the ISC website</li> <li>-mail outs</li> </ul> <b>Irene provides:</b> <ul style="list-style-type: none"> <li>-service</li> <li>-treatment table and some mobile exercise equipment</li> <li>-cost for online scheduling</li> <li>-cost for online medical file storage</li> <li>-online exercise library</li> <li>-combo modality unit</li> <li>-independent website for Cowichan Sports Therapy</li> </ul>
<b>Option B</b>	25%: ISC 75% Therapist	<b>ISC provides:</b> <ul style="list-style-type: none"> <li>-phone</li> <li>-room</li> <li>-online and mail out mentions</li> </ul> <b>Irene provides:</b> <ul style="list-style-type: none"> <li>-service</li> <li>-treatment table and some mobile exercise equipment</li> <li>-online scheduling, medical storage, exercise library</li> <li>-combo modality unit</li> <li>-independent website for Cowichan Sports Therapy</li> <li>-business cards</li> <li>-mobile computer services</li> </ul>
<b>Option C</b>	Rental Fee to be negotiated	<b>ISC provides:</b> <ul style="list-style-type: none"> <li>-phone</li> <li>-room</li> <li>-use of fitness facility</li> <li>-negotiable items: phone, internet use, business cards, online advertising</li> </ul>

ISC= Island Savings Centre

### Contract

The contract drawn up would detail what each party is responsible for providing to operate this service. Termination of the contract would require 30 days notice by either party.

**Summary of Benefits for the Duncan Community**

- Increased income for the Island Savings Centre
- Provision of a service that is of need in the community
- Would be a good direction to develop more use of some current empty spaces

**Summary of Benefits for Irene Borecky**

- Income
- Would be able to establish a practice that is reasonably priced where clients receive quality care
- The Island Savings Centre would provide easy parking, a clean and reputable facility where people feel safe going to

## Post-game drinking in dressing rooms faces outright ban

Zero-tolerance stance would mean no alcohol in locker rooms

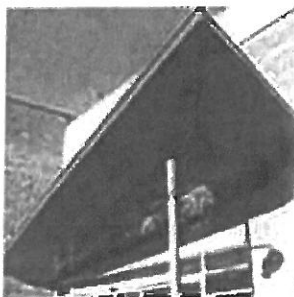
Tamara Cunningham, Daily News

Published:Â Tuesday, June 26, 2012

Nanaimo city officials will consider a zero-tolerance stance on allowing alcohol in arena locker rooms after being slapped with an event suspension by the B.C. Liquor Control and Licensing Branch earlier this month.

Nanaimo city staff members are pushing for a new policy with the "teeth" needed to clamp down on recreational athletes drinking alcohol in arena dressing rooms.

According to athletes, cracking open a cold one after the game has been a sporting tradition for decades and no one at the city has ever enforced liquor licence regulations. They don't want to see the "fun" taken out of recreational games under the proposed policy.



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**Nanaimo Ice Centre liquor licence was suspended after an infraction last week.**

Daily News file

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But Gary Paterson, the city's recreational co-ordinator for arenas, said drinking off-sales beer should not be happening and the city is now willing to be more conscious of what is acceptable in their facilities. The city has considered a zero-tolerance policy for years as other communities make similar changes, but the suspension last week pushed it home, he said.

A liquor inspector appeared at the Nanaimo Ice Centre during a recreational hockey tournament last March and found four violations, including a cooler of beer in a dressing room that wasn't purchased from the bar licensed to sell. The city was slapped with a four-event suspension that prohibits alcohol from being sold, and a \$1000 fine.

"It's hard to push when there are 15-or 20-year traditions established in the community," Paterson said. "Now we have to deal with it because we have been told we have to deal with it."

According to Paterson, the zero-tolerance policy will help staff better manage liquor licence rules. Telling people they can't drink off-sales beer because liquor legislation says so can sound hollow when provincial regulators aren't usually around to do anything about it, he said.

If the policy is approved, the city will have the ability to dole out its own consequences. City staff members will be required to report any sightings of alcohol or empty cans in dressing rooms and areas where booze is not allowed.

Teams will get a warning the first time they violate the rules and will have their next arena booking forfeited without a refund if they continue.

Paterson acknowledges that drinking booze in locker rooms after the game has been practised for years, but emphasizes that doesn't mean that it was allowed or OK at any time under provincial legislation. And like smoking and seat belt legislation, it's time for a harder stance on drinking in city facilities.

"We know we've hit this place where this is perhaps not good practice and we should not be allowing it. Clearly the liquor board says we shouldn't (allow it)," he said. "This policy will (also) help push forward this. . . larger message of social responsibility."

Hadi Abassi, owner of the Western Lacrosse Association Nanaimo Timbermen, says his team won't be affected if the city approves the new policy because their focus is on winning, not "playing and drinking."

But he says it could be a huge change for the recreational sport culture. Beer is a part of sport, he said.

- 1
- 2
- next page

## COMMENTS ON THIS STORY

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 (250) 746-1633

Ms. Judy Brayden  
 President 2012/13

July 5, 2012

The Chairperson of the Island Savings Centre Commission  
 2687 James Street,  
 Duncan, B.C. V9L 2X5

Dear Commissioner Siebring:

Thank you for bringing the following letter to the commission table at the earliest possible convenience.

As always the Cowichan Valley Arts Council (CVAC) is anxious to show its appreciation to the commissioners for their unbridled support for *PORTALS – The CVAC Centre of Arts, Culture and Heritage*. CVAC has been embraced with a genuine feeling of community spirit since our arrival in February 2011. As promised we have kept *PORTALS* open to the public, displaying twenty-one community shows and welcoming 10,000 visitors to our space within our first calendar year. Also as promised we have infused the lobby area and the entrance to the ISC facility with creative energy.

We may have an additional opportunity to support a winning solution: one that would benefit all of the community users of the ISC, but particularly those who claim arts as their source of community pride. *The issue is simply that CVAC is looking for a new venue for its 2013, 43<sup>rd</sup> annual Fine Arts Show, tentatively scheduled for April 24<sup>th</sup> to 27<sup>th</sup> inclusive. We generally book the following year's venue before August 1<sup>st</sup> of the previous year; such a solution could exist "under our noses" in the ISC Cowichan Suite, located adjacent to the PORTALS space.*

CVAC's rental of the Cowichan Suite would bring our 1000+ paying, show visitors and 190 local artists and artisans into the building, further energizing the space for five days in the spring of 2013! If the entire suite (Mesachie and Koksilah rooms and the Arbutus Gallery) were newly painted and additional, non-fluorescent lighting was installed in the Arbutus Gallery, we would not hesitate to rent the space. But like many public spaces in our community and through no particular fault of anyone, the choice of colour in this venue

does not optimize the tremendous architectural interest that exists, nor is it conducive to the display of art.

Also as our population ages we all seek more light; the energy-efficient solution is definitely fluorescent or LED. However even the latest and most "friendly" florescent lighting is not designed to enhance artwork. Its inclusion has certainly been a tremendous improvement to the ambient lighting in the entire building, but the addition of separately-switched, halogen or LED track heads, strategically placed around the perimeter of the Arbutus Gallery, would increase the rent-appeal of the space tremendously!

Should additional funds exist in this year's budget, realistically prioritizing the paint change to both walls and woodwork in the entire suite, and the installation of 24 – 30, 4 foot tracks (3 track heads each) in the Arbutus Gallery to a total expense of \$10,000, *would represent a relatively inexpensive investment yet a powerful improvement to the space.*

To this end, and to the benefit of all the future users of the Cowichan Suite, CVAC is offering the Commission and building staff free, professional advice on the selection of an "art-friendly" colour scheme for the existing walls and woodwork. The success of our colour work in PORTALS continues to be a source of positive comments from building users.

We are also fully prepared to donate our expertise and to assist the ISC staff in designing a lighting scheme for the Arbutus Gallery that stays within budget.

Please do not hesitate to call and ask for further clarification on our request. As always, *CVAC is a friend of the ISC and appreciates the time and thought that the commissioners dedicate to arts and culture.*

Sincerely,

Judy Brayden

On behalf of the CVAC Board of Directors 2012/13