



# FAIRFAX COUNTY PARK AUTHORITY



## M E M O R A N D U M

**TO:** Chairman and Members  
Park Authority Board

**VIA:** Kirk W. Kincannon, Director

**FROM:** David Bowden, Director  
Planning and Development Division

**DATE:** January 7, 2016

### *Agenda*

**Planning and Development Committee  
Wednesday, January 13, 2016 – 5 p.m.**

**Boardroom – Herrity Building**

**Chairman: Ken Quincy**

**Vice Chair: Michael Thompson, Jr.**

**Members: Linwood Gorham; Frank S. Vajda; Harold L. Strickland**

1. Scope Approval – Burke Lake Clubhouse Replacement, Driving Range Expansion, Public Sanitary Sewer Line Extension Installation and Related Site Improvements – Action\*
2. Scope Approval - Lake Fairfax Park – Americans with Disabilities Act Replacement of Bathhouse “C” Serving Tent Camping Area and Restroom “B” Serving Picnic Area – Action\*
3. Reallocation of Bond Project Fund Balances for McNaughton Fields Park Renovation – Action\*
4. Authorization to Advertise Notice and Hold a Public Hearing Regarding the Exchange of Langley Oaks Park for Langley Fork Park – Action\*
5. Outdoor Fitness Study Recommendations – Information\*
6. Monthly Contract Activity Report – Information\*

\*Enclosures



If accommodations and/or alternative formats are needed, please call (703) 324-8563. TTY (703) 803-3354

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## **ACTION**

### Scope Approval – Burke Lake Golf Course Clubhouse Replacement, Driving Range Expansion, Public Sanitary Sewer Line Extension Installation and Related Site Improvements (Springfield District)

#### ISSUE:

Approval of the project scope to replace the Burke Lake Golf Course clubhouse, expand the driving range, install public sewer and related site improvements.

#### RECOMMENDATION:

The Park Authority Director recommends approval of the project scope to replace the Burke Lake Golf Course clubhouse, expand the driving range, install public sewer and related site improvements.

#### TIMING:

Board action is requested on January 27, 2016, to maintain the project schedule.

#### BACKGROUND:

The Burke Lake Park golf facility is part of the 888-acre Burke Lake Park located in the Springfield District. The existing golf complex includes an approximate 2,000 sf clubhouse, an 18-hole/par-3 golf course, a driving range with 40 at grade lighted/open air hitting stations, a practice bunker, an 8,000 sf practice putting green and related support facilities. The clubhouse constructed in 1969 has exceeded its useful life. Correction of major accessibility issues within the existing clubhouse are also included in the settlement agreement that Fairfax County entered into in January 28, 2011, with The United States Department of Justice (DOJ) under title II of the Americans with Disabilities Act of 1990 (ADA). Construction of a new fully accessible clubhouse and driving range facility will resolve the outstanding accessibility issues included in the settlement agreement.

A project for the design and construction of a new clubhouse, expanded driving range facility, sanitary sewer connection and related site improvements at Burke Lake Golf Course is included in the Planning and Development Division FY 2016 Work Plan as approved by the Park Authority Board on July 22, 2015. The expansion of the driving range project is also included in the Park Authority's Financial Sustainability Plan as approved by the Park Authority Board in December 2011. Funding for the replacement of the clubhouse and installation of the public sanitary sewer connection is included in

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the 2008 Park Bond and funding for the driving range expansion is included in the 2012 Park Bond.

A project team comprised of representatives from Golf Enterprises, Park Services, Park Operations, Resource Management and Planning and Development Divisions was assembled to determine the project scope. Staff selected the architecture firm of Hughes Group Architects Inc. (HGA) via an open-ended Architectural/Engineering contract to provide design services in order to scope the project. Based on a facility program and schematic designs prepared by HGA (Attachment 1), the project team has completed their evaluation of the project requirements and recommends the following scope of work:

- Demolition of the existing clubhouse, adjacent garage building and driving range.
- Construction of a new 4,000 sf clubhouse building.
- Construction of a new two-story, driving range structure containing 24 covered/ heated at-grade hitting stations and 24 elevated hitting stations with two areas designed to allow for group use.
- Construction of an additional 16 at-grade hitting stations.
- Installation of new driving range lighting.
- Construction of an 800 sf cart storage/ball-wash building.
- Expansion of the existing golf course parking lot to include an additional 30 parking spaces as well as enhancement of the vegetative buffer along Ox Road.
- Installation of 7,000 linear feet of 8-inch sanitary sewer line from an existing sanitary manhole at the South Run Section 6 development to the clubhouse site including lateral design for future connections to other facilities within the park (Attachment 2).
- Implement natural resource restoration plan to include tree and shrub planting, invasive plant management and deer control at for areas cleared for sanitary sewer.
- Construction of stormwater management facilities and related site improvements.
- Design of optional expanded practice putting and chipping areas.
- Implement natural resource restoration plan to include tree and shrub planting, invasive plant management and deer control.

The proposed scope of work allows for an adequately sized clubhouse that contains a snack bar kitchen and eating area for 40 persons, a proshop, golf pro office, administrative office suite, an exterior patio area for 40 persons and related support spaces. The lower level driving range structure includes 24 heated and sheltered hitting stations, including 2 accessible cart compliant hitting stations. The upper level driving range structure includes 24 open air hitting stations. The design of both the lower level and upper level hitting areas includes hitting areas that can accommodate group use. The upper level of the driving range will be designed and constructed to accommodate a future roof structure. The cart storage/ball wash building accommodates storage for

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the 8 golf carts and provides the area for the range ball wash operation. The replacement and expansion of the existing practice area will include converting the existing practice putting green to a new chipping practice area and adding a new 12,000 sf practice putting green. The installation of the new sewer line will occur in conjunction with construction of the new golf clubhouse and driving range.

The project scope cost estimate for design and construction of the golf facilities at Burke Lake Golf Course including the installation of sanitary sewer is \$7,212,740 (Attachment 3).

The proposed timeline for completing the project is as follows:

| <u>Phase</u>  | <u>Start</u>        | <u>Complete</u>     |
|---|---------------------|---------------------|
| Scope   | Second Quarter 2015 | Fourth Quarter 2015 |
| Design/Permitting   | First Quarter 2016  | Second Quarter 2016 |
| Sewer Line Construction   | Third Quarter 2016  | Third Quarter 2017  |
| Construction Phase I:<br>Driving Range, Parking,<br>SWM                 | Third Quarter 2016  | Second Quarter 2017 |
| Construction Phase II:<br>New Clubhouse, Sewer<br>Lateral               | Third Quarter 2016  | Fourth Quarter 2017 |
| Construction Phase III:<br>Existing Clubhouse<br>Demo and Practice Area | Fourth Quarter 2017 | Third Quarter 2018  |

The existing golf course clubhouse facility will remain in operation throughout the construction until the new clubhouse is completed to limit impacts to golf course operations. Historical revenue data indicates the current driving range revenues are at their lowest from October to April. Construction of the new driving range facilities has been phased to occur between October 1, 2016, and April 1, 2017, to limit impacts on driving range revenue. Staff estimates a gross revenue impact of approximately (\$100,000) in Fiscal Year (FY) 17 gross revenue due to the closure of the driving range during this period. Staff estimates an increase in gross revenue of approximately \$150,000 above projected FY16 gross revenues in FY18 which will be the first full year of operation for the new driving range facilities. Staff estimates gross revenues to increase by approximately \$450,000 over FY16 projected gross revenue by FY21 (Attachment 4).

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FISCAL IMPACT:

Based on the scope cost estimate, funding in the amount of \$7,212,740 is necessary to fund this project. Funding is currently available in the amount of \$2,709,910 in PR 000016-028, Burke Lake Golf Club House Replacement; \$200,090 in PR-000016-056, Burke Lake Sanitary Sewer, both in Park Development-2008 Bond; \$1,800,000 in PR-000005-041, Burke Lake Sanitary Sewer, Park and Building Renovation; \$2,450,000 in PR-000091-007, Burke Lake Driving Range Improvements, Existing Facility/Renovation-2012 Bond; \$26,514 in PR-000093-006, Burke Lake Sewer Cultural Phase Study, Land Acquisition and Stewardship; \$26,226 in PR-000012-002, Cultural Resource Protection, for a total of \$7,212,740 all in Fund 300-C30400, Park Authority Bond Construction.

ENCLOSED DOCUMENTS:

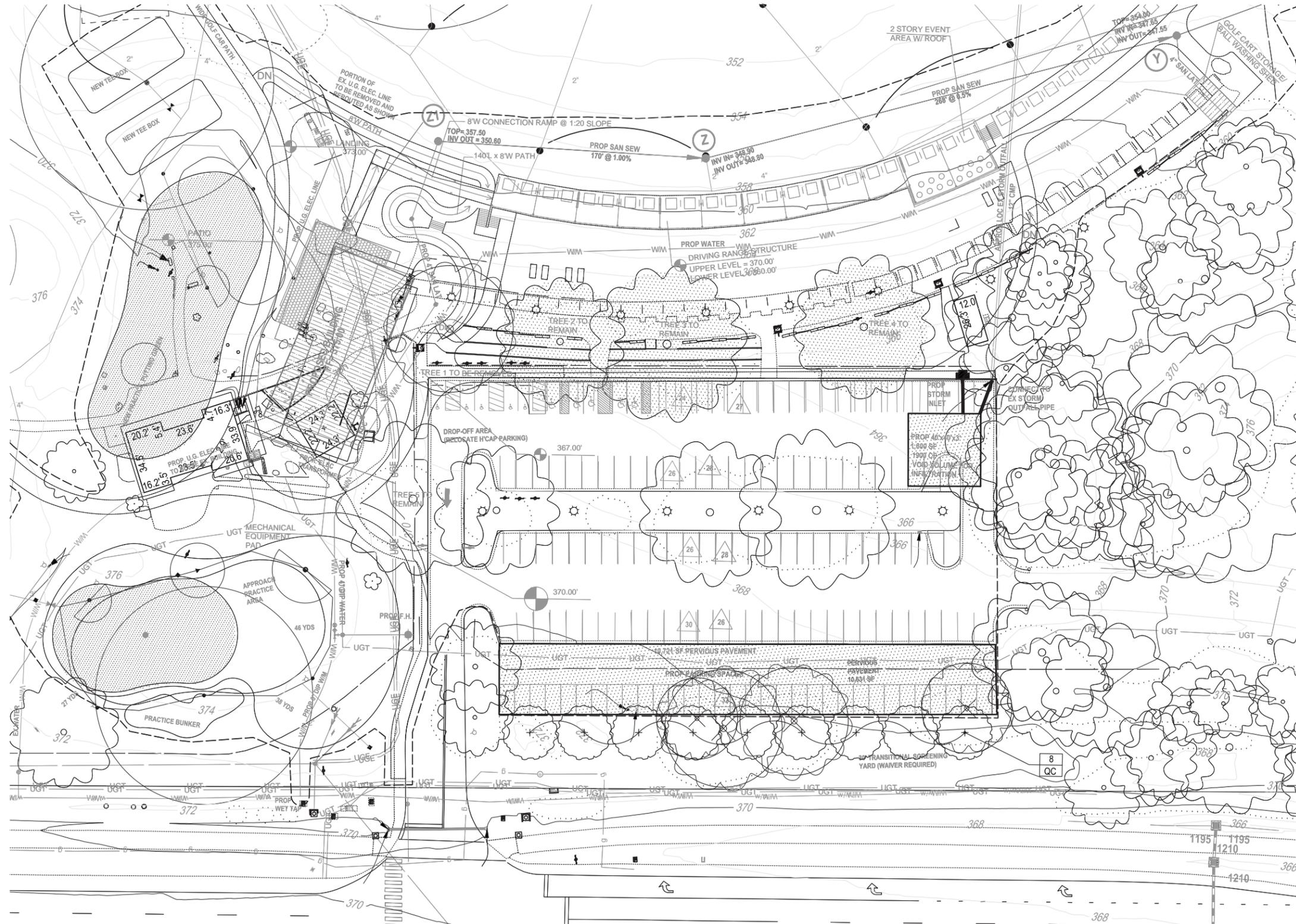
Attachment 1: Golf Course Schematic Design Drawings  
Attachment 2: Public Sanitary Sewer Connection Plan  
Attachment 3: Scope Cost Estimate  
Attachment 4: Burke Lake Golf Center Revenue Projections

STAFF:

Kirk W. Kincannon, Director  
Sara Baldwin, Deputy Director/CCO  
Aimee L. Vosper, Deputy Director/CBD  
David Bowden, Director, Planning & Development Division  
Cindy Walsh, Director, Resource Management Division  
Todd Johnson, Director, Park Operations Division  
Peter Furey, Director, Golf Enterprises  
Janet Burns, Senior Fiscal Administrator  
Michael Baird, Manager, Capital and Fiscal Services  
Gary Logue, ADA Coordinator  
John Lehman, Manager, Project Management Branch  
Monika Szczepaniec, Manager, Project Management Branch  
Eric Inman, Project Manager, Project Management Branch



# LANDSCAPE PLAN AND PLANTING SCHEDULE



**LEGEND**

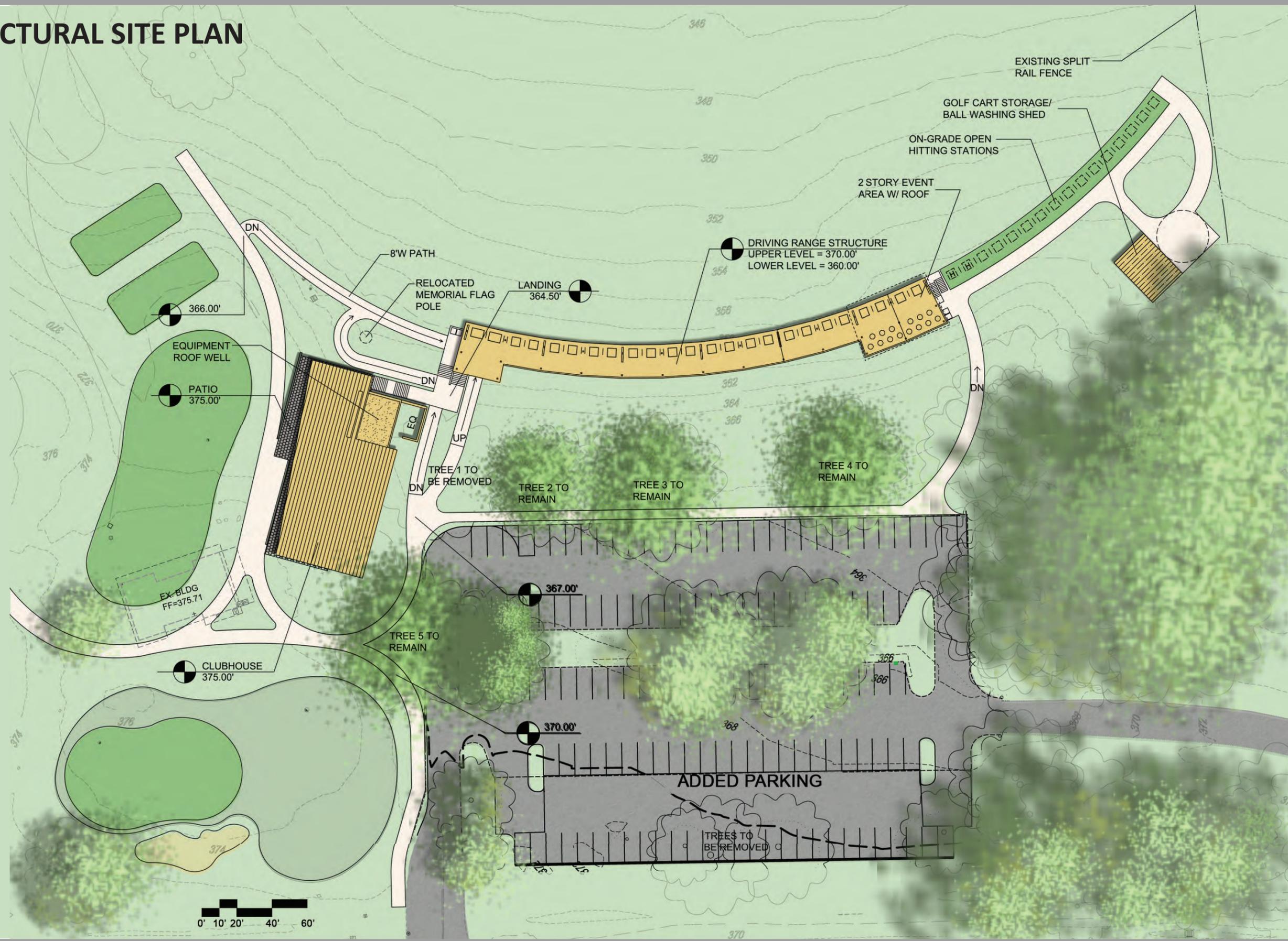
-  PROPOSED TREES
-  TREES TO BE REMOVED

**1** LANDSCAPE PLAN  
1" = 30'

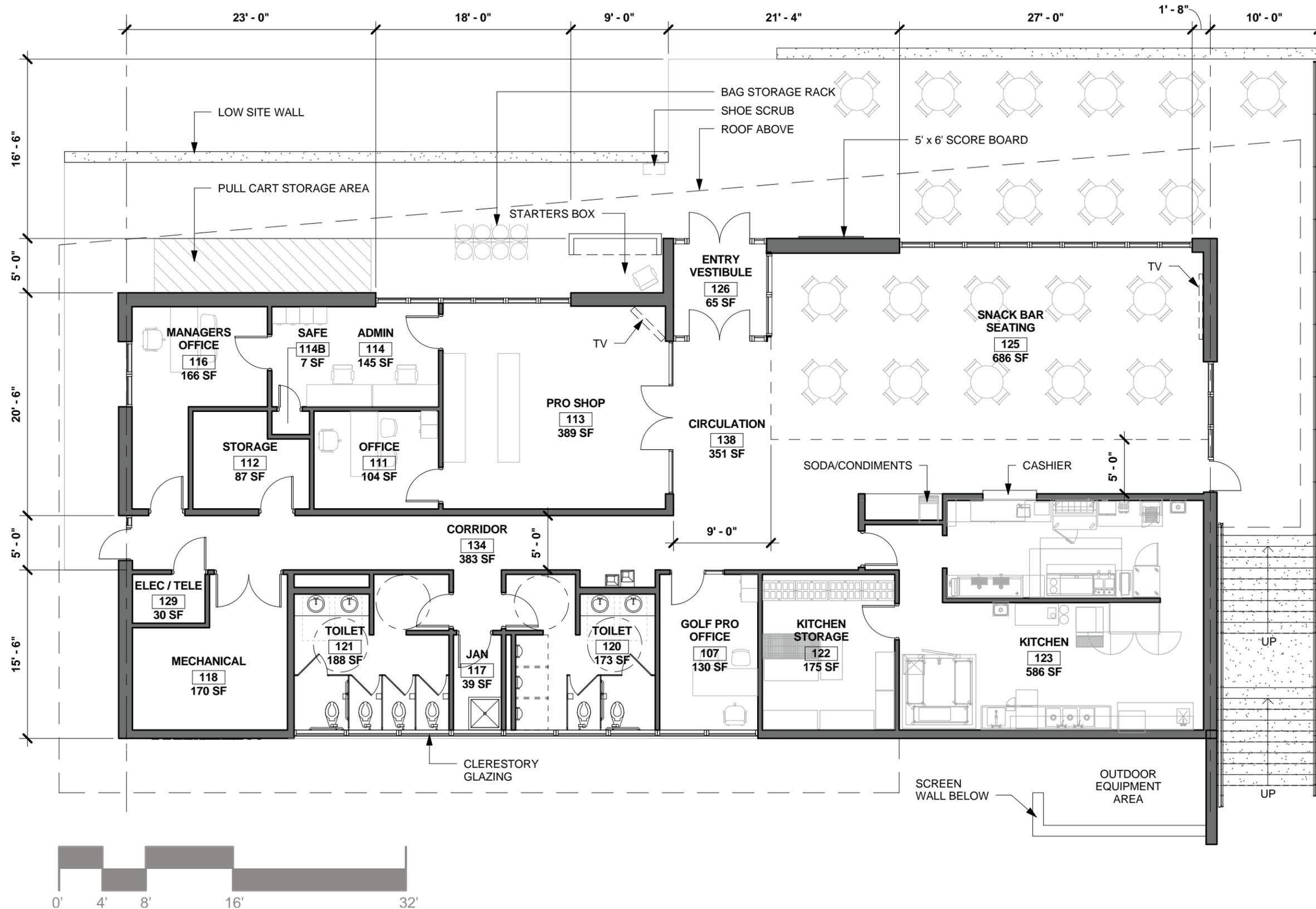


| KEY          | QTY | BOTANICAL NAME   | COMMON NAME | SIZE    | TYPE | SPACING  | SOURCE | REMARKS                                   |
|--------------|-----|------------------|-------------|---------|------|----------|--------|---|
| CANOPY TREES |     |                  |             |         |      |          |        |   |
| QC           | 8   | QUERCUS COCCINEA | SCARLET OAK | 3" CAL. | B&B  | AS SHOWN |        | MATCHED SPECIMENS, SINGLE STRAIGHT LEADER |

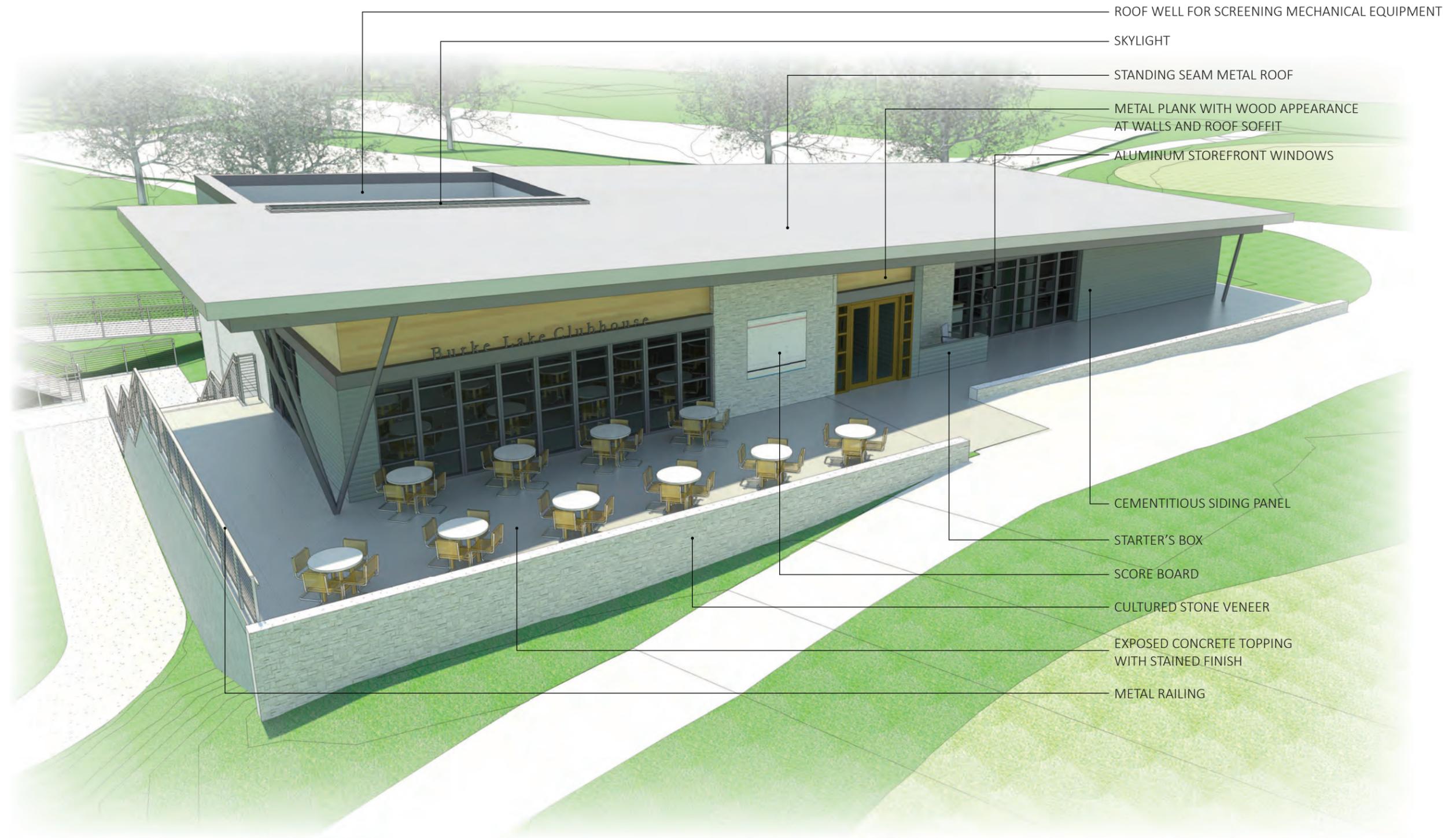
# ARCHITECTURAL SITE PLAN



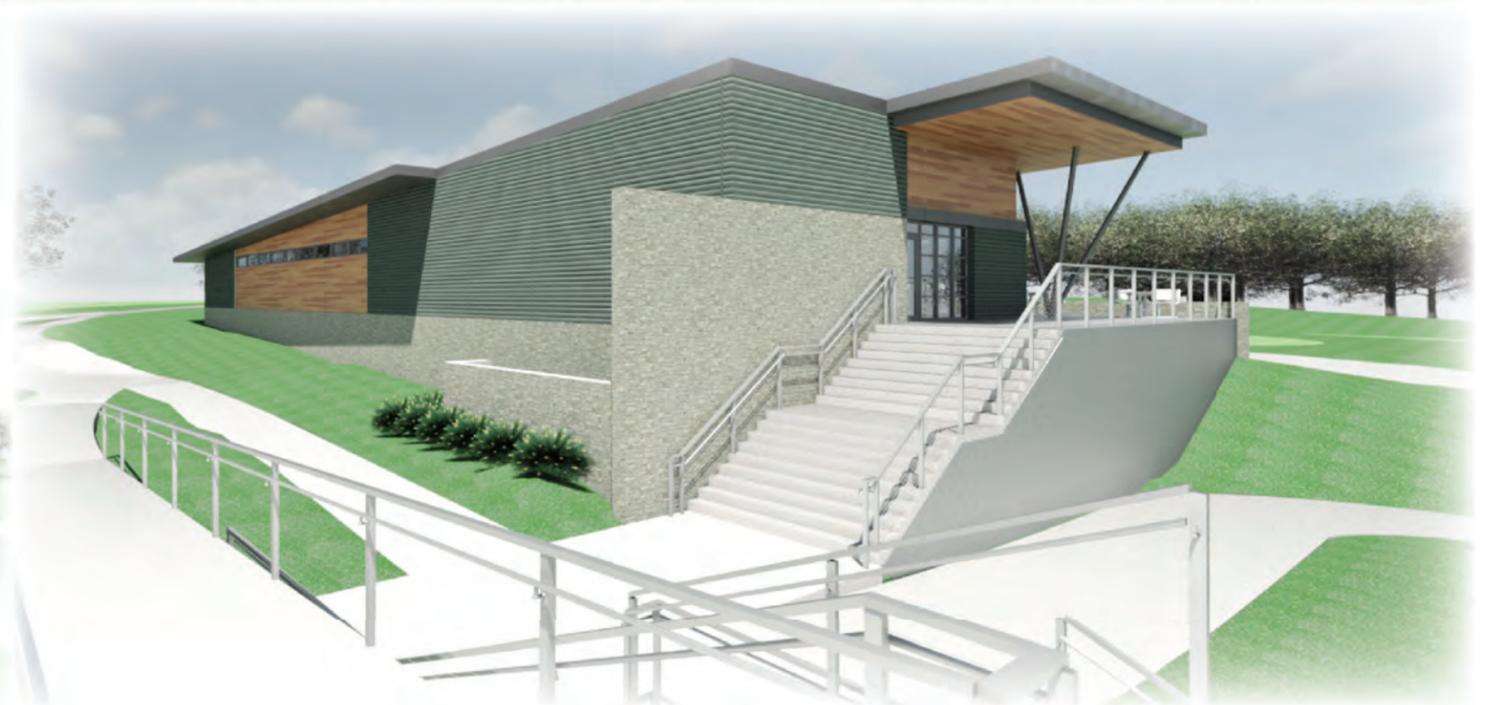
# CLUBHOUSE FACILITY PLAN



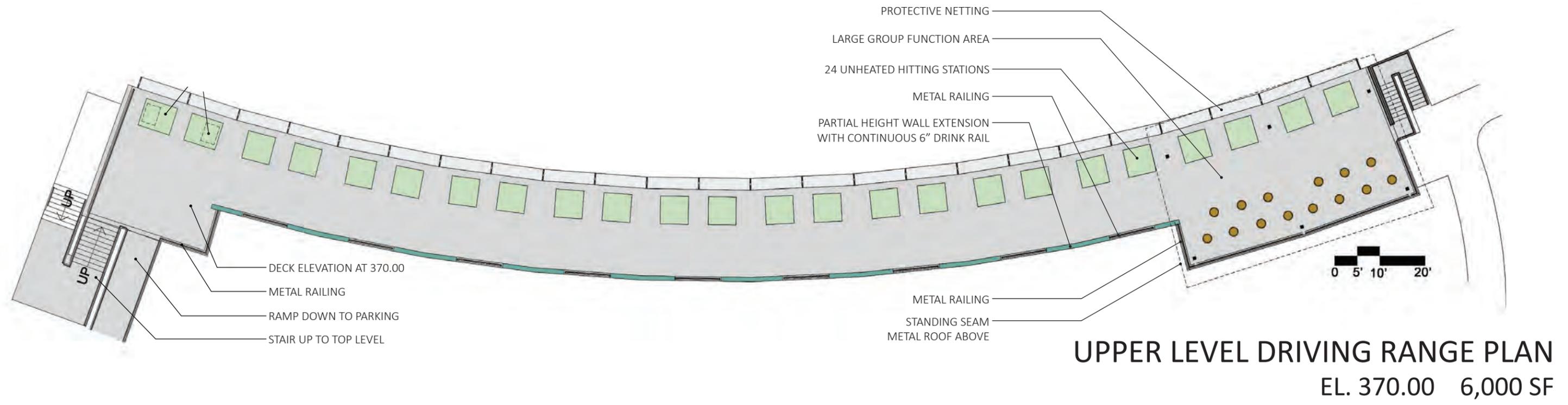
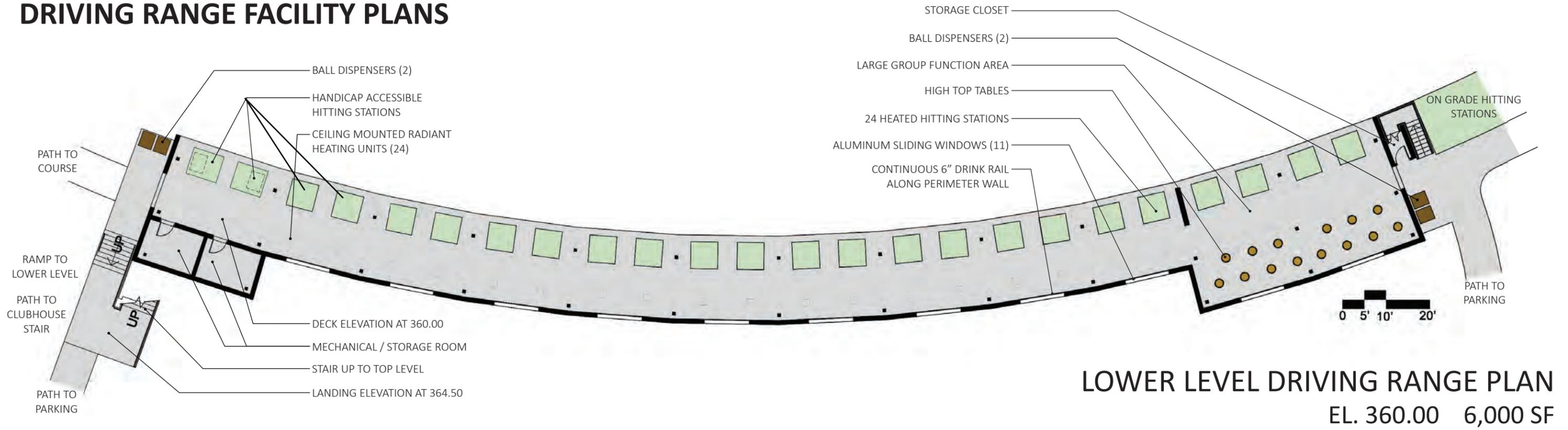
# CLUBHOUSE FACILITY - EXTERIOR MATERIALS AND FEATURES



# CLUBHOUSE FACILITY - EXTERIOR DESIGN



# DRIVING RANGE FACILITY PLANS



# DRIVING RANGE FACILITY EXTERIOR DESIGN

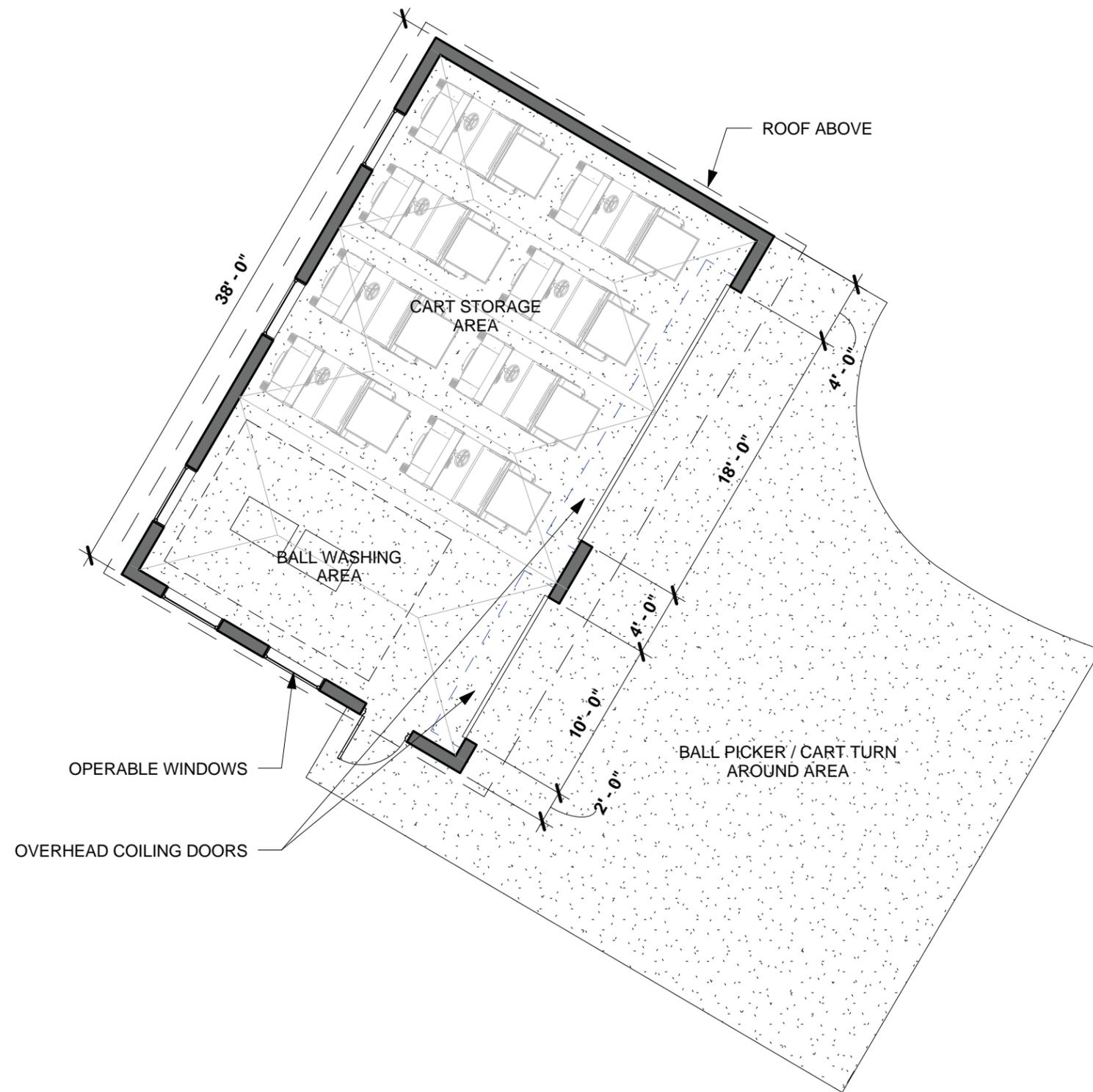


48 TOTAL HITTING STATIONS IN A TWO LEVEL STRUCTURE

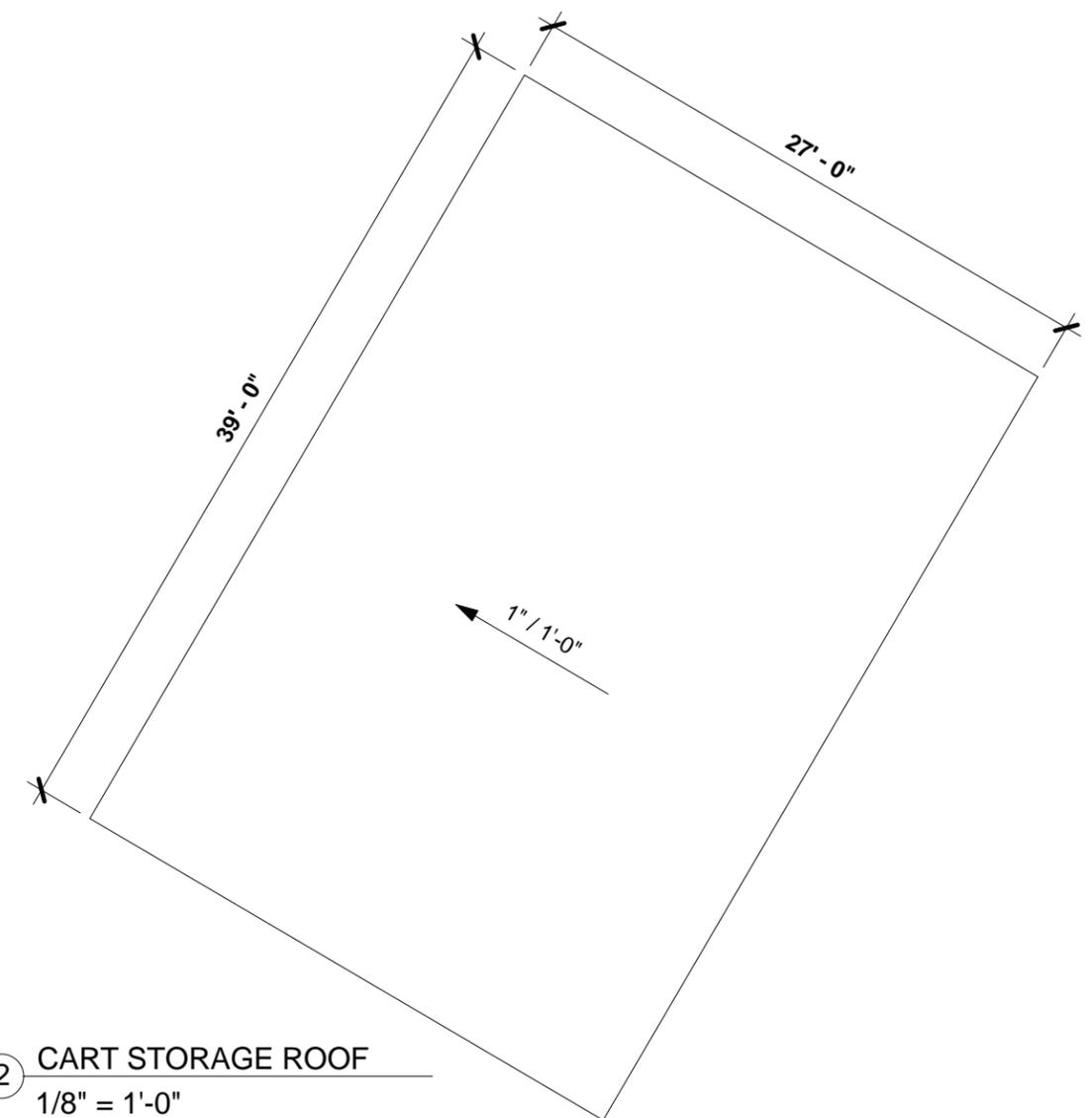


24 UNHEATED HITTING STATIONS ON TOP LEVEL, 24 HEATED STATIONS ON BOTTOM LEVEL

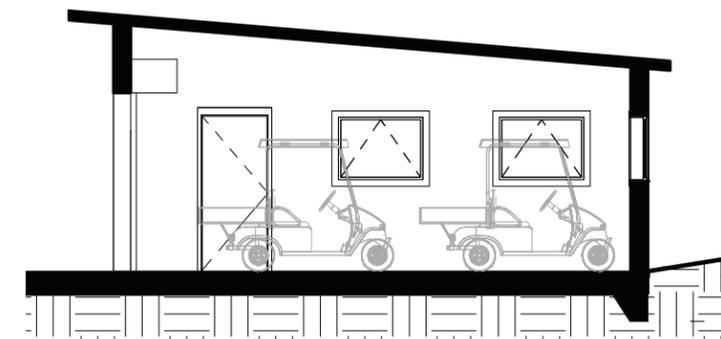
# GOLF CART STORAGE / BALL WASHING SHED



① CART STORAGE PLAN  
1/8" = 1'-0"



② CART STORAGE ROOF  
1/8" = 1'-0"



③ CART STORAGE SECTION  
1/8" = 1'-0"

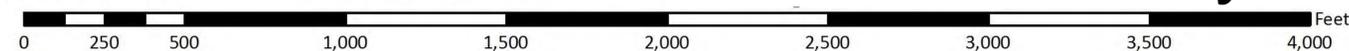


# Sanitary Sewer Connection Plan



- Proposed sewer line
- Burke Lake Trail
- Trail to South Run
- Construction Entrance

## Burke Lake Park - Public Sanitary Sewer



Attachment 2

**SCOPE COST ESTIMATE****Burke Lake Golf Course Clubhouse Replacement, Driving Range Expansion,  
Public Sanitary Sewer Line Extension Installation and Related Site  
Improvements****DESIGN**

|                  |                 |
|------------------|-----------------|
| Design           | \$753,000       |
| Permits and fees | <u>\$88,000</u> |
| Subtotal         | \$841,000       |

**CONSTRUCTION**

|                                   |                    |
|-----------------------------------|--------------------|
| Demolition                        | \$130,000          |
| Building Expansion and Renovation | \$2,635,032        |
| Sitework                          | <u>\$1,000,000</u> |
| Subtotal                          | \$3,765,032        |

|   |             |
|---|-------------|
| Utility Construction/Fees                           | \$1,640,000 |
| Construction Administration, Testing and Inspection | \$257,354   |
| Contingency   | \$317,354   |
| Project Administration                              | \$392,000   |
| Fixtures Furniture Equipment Allowance              | <u>\$0</u>  |
| Subtotal  | \$2,606,708 |

**Total Project Estimate****\$7,212,740**

Burke Lake Golf Center  
Revenue Projections

|                    | FY13        | FY14        | FY15      | 7/7/15-6/30/16<br>FY16<br>PROJECTED | 7/1/16-6/30/17<br>FY17<br>PROJECTED | 7/1/17-6/30/18<br>FY18<br>PROJECTED | New Facility<br>FY19<br>PROJECTED | FY20<br>PROJECTED | FY21<br>PROJECTED |
|--------------------|-------------|-------------|-----------|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|-------------------|-------------------|
| 1 Greens Fees      | \$522,285   | \$511,955   | \$485,197 | \$490,000                           | \$495,000                           | \$500,000                           | \$510,000                         | \$550,000         | \$550,000         |
| 2 Driving Range    | \$377,452   | \$374,798   | \$339,519 | \$340,000                           | \$232,208                           | \$450,000                           | \$500,000                         | \$525,000         | \$600,000         |
| 3 Programs         | \$10,862    | \$9,334     | \$9,958   | \$9,900                             | \$8,000                             | \$20,000                            | \$50,000                          | \$60,000          | \$70,000          |
| 4 Equipment Rental | \$31,027    | \$30,083    | \$26,718  | \$26,000                            | \$26,000                            | \$27,000                            | \$38,000                          | \$38,000          | \$39,000          |
| 5 Food Services    | \$44,703    | \$40,846    | \$39,035  | \$40,000                            | \$38,000                            | \$50,000                            | \$68,000                          | \$75,000          | \$80,000          |
| 6 Pro Shop         | \$29,681    | \$30,801    | \$28,289  | \$28,000                            | \$28,000                            | \$40,000                            | \$56,000                          | \$60,000          | \$62,000          |
| 7 Other            | \$2,113     | \$8,302     | \$9,976   | \$9,000                             | \$8,000                             | \$8,000                             | \$9,000.00                        | \$9,000           | \$9,000           |
| 8 Total            | \$1,018,123 | \$1,006,119 | \$938,692 | \$942,900                           | \$835,208                           | \$1,095,000                         | \$1,231,000.00                    | \$1,317,000.00    | \$1,410,000.00    |

FY17 AND FY18 Range Revenue impacted by construction of new facility.

FY17 range revenue loss Qts 2 & 3 FY18 new clubhouse Qts 2,3,4

1 FY19 Projection based on estimated 10% increase in greens fee and increased rounds sold.

2 Estimate based on 10% increase over OM range revenue. A comparable facility that is open year round with heated tee line.

3 Increased range operating hours should increase lesson/program revenues. Increase also due to no revenue share as is the case with current golf school contract. Estimate is comparable to OM program revenues.

4 Estimate based on increase in rounds.

5 FY19 estimate based on 75 % of Twin Lakes FY15 F&B revenues

6 FY19 estimate based on 65% of Twin Lakes FY15 PS revenue

7 n/a

8 A 30% increase in revenue from FY15.

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## **ACTION**

Scope Approval – Lake Fairfax Park – Americans with Disabilities Act Replacement of Bathhouse “C” Serving Temp Camp Area and Restroom “B” Serving Picnic Area (Hunter Mill District)

### ISSUE:

Approval of the project scope to replace Bathhouse “C” serving the tent camping area and Restroom “B” serving the picnic area and perform related site work to bring the facility into Americans with Disabilities Act (ADA) compliance at Lake Fairfax Park.

### RECOMMENDATION:

The Park Authority Director recommends approval of the project scope to replace Bathhouse “C” serving the tent camping area and Restroom “B” serving the picnic area and perform related site work to bring the facility into ADA compliance at Lake Fairfax Park.

### TIMING:

Board action is requested on January 27, 2016, to maintain the project schedule.

### BACKGROUND:

On January 28, 2011, the United States Department of Justice entered into a settlement agreement with Fairfax County, VA., under title II of the Americans with Disabilities Act of 1990 (ADA) – DJ 204-79-258. The text of the agreement, in part, includes the requirement that the county make physical modifications to facilities surveyed by the department so that parking, routes into the buildings, entrances, service areas and counters, restrooms, public telephones, and drinking foundations are accessible to people with disabilities. The Fairfax County Park Authority has developed and implemented a detailed capital improvements list to improve physical accessibility for FY05 – FY20 to comply with the mandate for full compliance within 7½ years from January 28, 2011. Replacement of Bathhouse “C” at the tent camping area and Restroom “B” serving the picnic area at Lake Fairfax Park with fully accessible facilities is in accordance with the settlement agreement.

The Park Authority Board approved the Planning and Development Division Work Plan for FY16 includes a project for replacement of Bathhouse “C” at the tent camping area and Restroom “B” serving the picnic area at Lake Fairfax Park with fully accessible facilities (Attachment 3). A project team comprised of representatives from Park Services, Park Operations, and Planning and Development Divisions was assembled to

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determine the project scope. Staff selected the Civil Engineering Firm Paciulli, Simmons & Associates, Ltd. and the architecture firm of Studio 3 Architects via an open-ended Engineering contract to assist the project team in scoping and advancing the design of the facilities to meet ADA regulations. Designs for the replacement facilities were completed in FY12 with the expectation that additional funding to complete the project would be made available through the county budget process. Funding for construction is included in the FY17 ADA Compliance Project budget request.

The following is the scope of work for the replacement of Bathhouse "C" and Restroom "B":

- Demolish existing Bathhouse "C" and Restroom "B"
- Construct new 32' x 58' accessible bathhouse and 30' x 32' restroom (Attachments 1 and 2)
- Site work including new ADA walkways, trails, retaining walls, utilities and parking

The scope cost estimate for the replacement of Bathhouse "C" serving the tent camping area and Restroom "B" serving the picnic area is \$1,800,000 (Attachment 4).

The proposed timeline for completing the project is as follows:

| <u>Phase</u> | <u>Planned Completion</u>    |
|--------------|------------------------------|
| Permitting   | 1 <sup>st</sup> Quarter 2016 |
| Construction | 2 <sup>nd</sup> Quarter 2017 |

Staff has scheduled the construction to mitigate to the extent possible disruption to park patrons by closing the existing facilities in late summer of 2016 and reopening by the end of spring 2017. Staff will be adding temporary ADA restroom facilities (Porta-Johns) at pertinent locations to accommodate patrons during the construction phase of Bathhouse "C" and Restroom "B". Patrons in the tent camping area will have also have use of Bathhouse "A" at the RV/camping area which includes accessible parking.

Staff estimates negligible financial impact to the existing picnic rental operation revenue as the patrons will have access to temporary facilities and the existing restroom facilities near the Administration Building. Staff estimates negligible financial impact to the existing camping operations revenue as the patrons will have access to Bathhouse "A" in the RV area of the campground.

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FISCAL IMPACT:

Based on the scope cost estimate, funding in the amount of \$1,800,000 is necessary to fund the construction phase for the replacement of Bathhouse "C" and Restroom "B". It is anticipated that the funding for the construction phase will be appropriated by the Fairfax County Department of Management and Budget as part of the FY 2017 Adopted Budget, in July 2016 for Fund 300-C30010, General County Construction Fund, Project PR-000083-005, ADA Compliance – Parks.

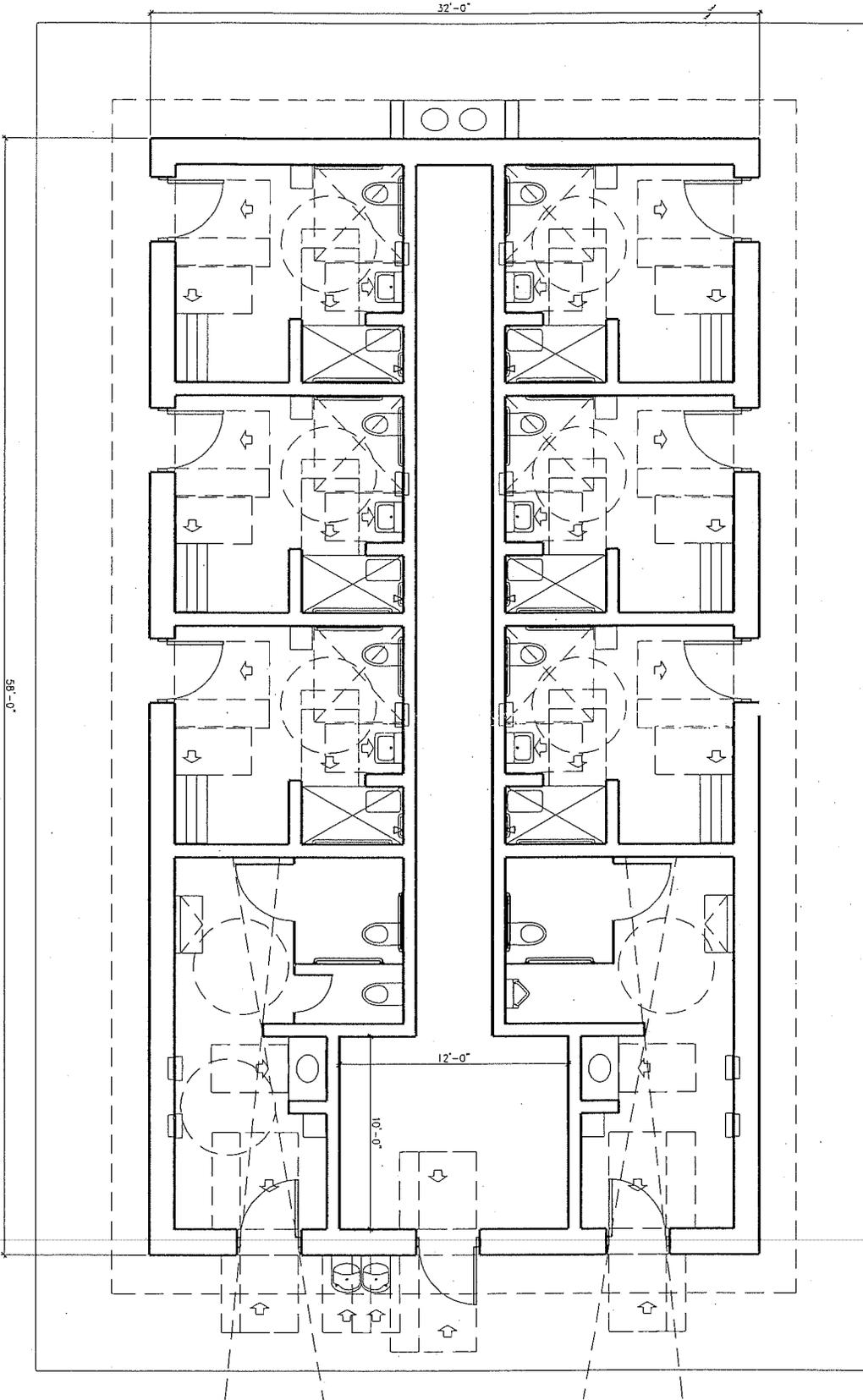
ENCLOSED DOCUMENTS:

Attachment 1: Conceptual Floor Plan – Bathhouse "C"  
Attachment 2: Conceptual Floor Plan – Restroom "B"  
Attachment 3: Aerial View Lake Fairfax Park  
Attachment 4: Scope Cost Estimate

STAFF:

Kirk W. Kincannon, Director  
Sara Baldwin, Deputy Director/COO  
Aimee L. Vosper, Deputy Director/CBD  
David Bowden, Director, Planning and Development Division  
Barbara Nugent, Director, Park Services Division  
Brian Laws, Operations Manager Park Services Division  
John Lehman, Manager, Project Management Branch  
Monika Szczepaniec, Manager, Project Management Branch  
Deb Garris, Project Manager, Project Management Branch  
Colleen Regotti, Project Manager, Project Management Branch  
Gary Logue, ADA Coordinator  
Janet Burns, Senior Fiscal Administrator  
Michael Baird, Manager, Capital and Fiscal Services

1856 SF (gross)  
301.3 SF (mech)



3.1

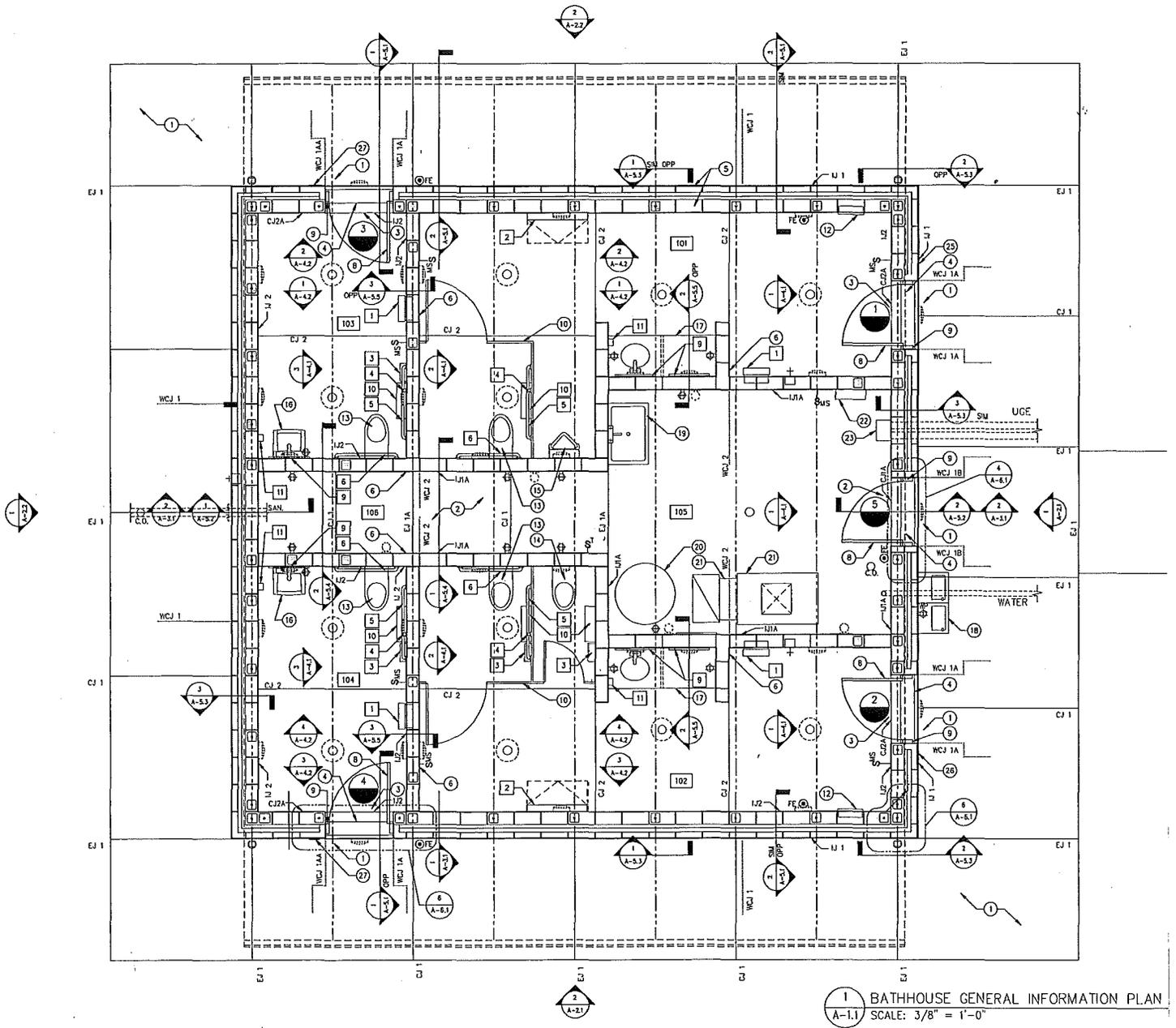
Schematic Design: Campsites A and C  
Lake Fairfax Park: ADA Restrooms  
Fairfax County Park Authority

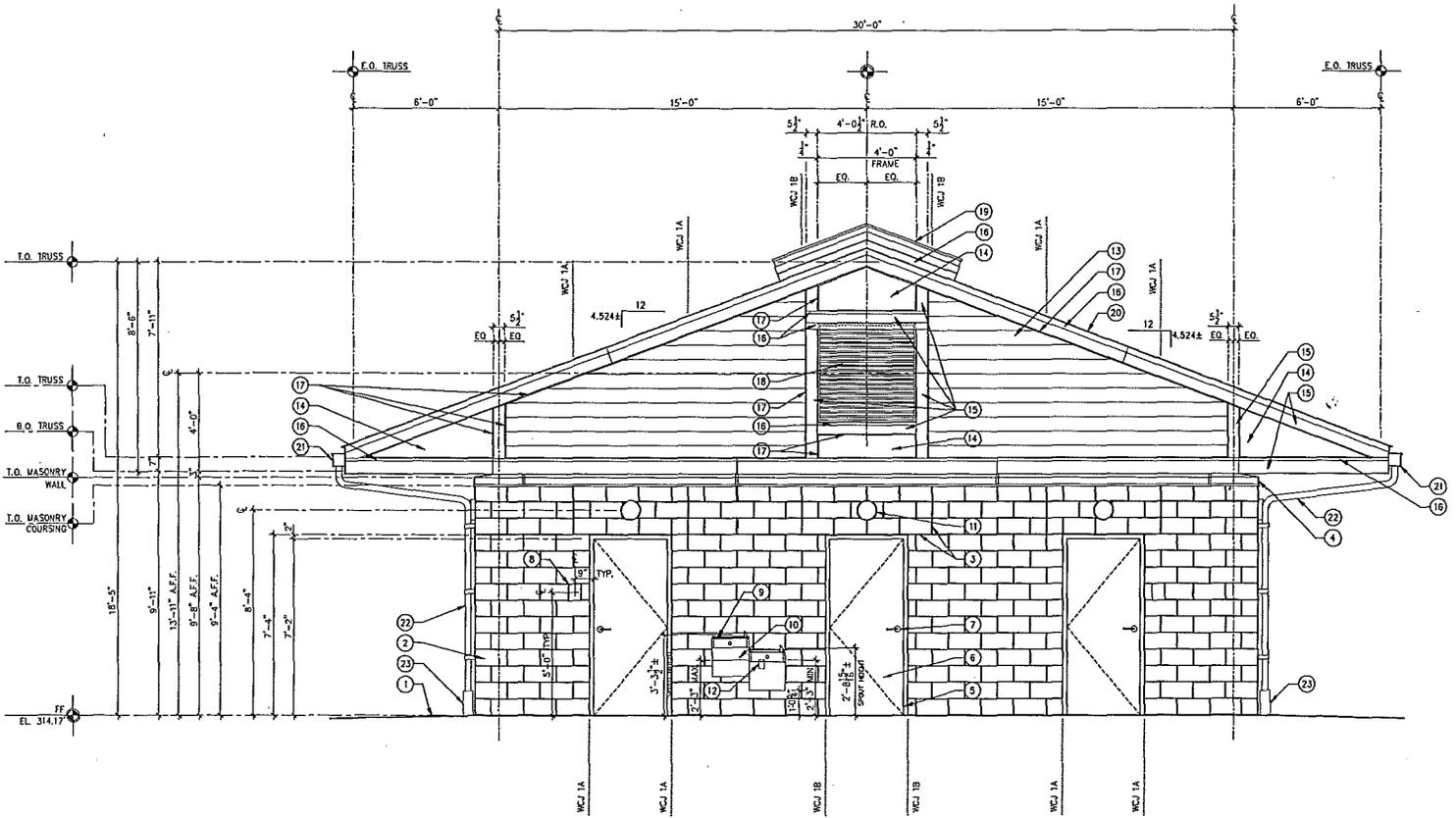
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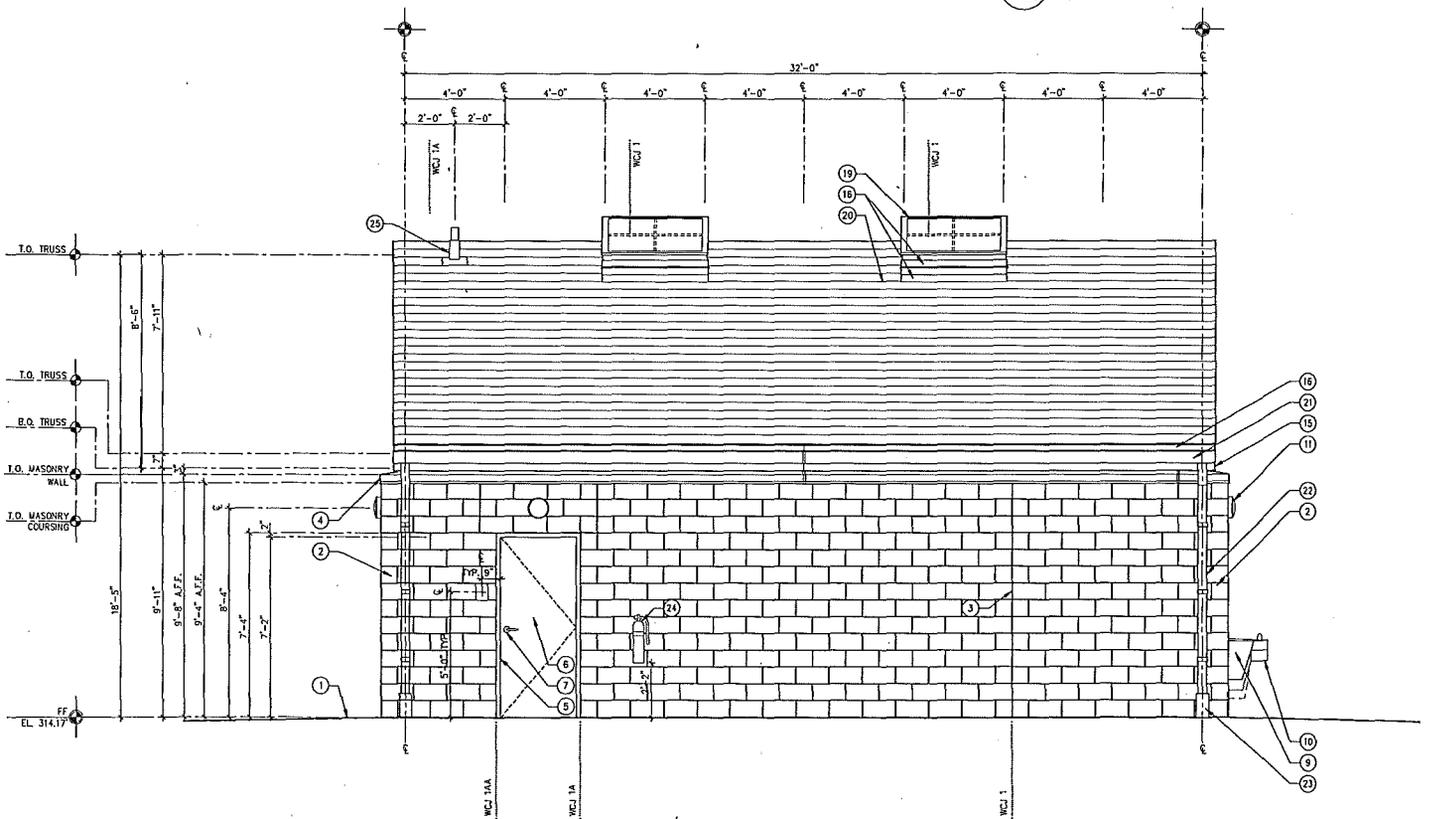
STUDIO03

# Attachment 2

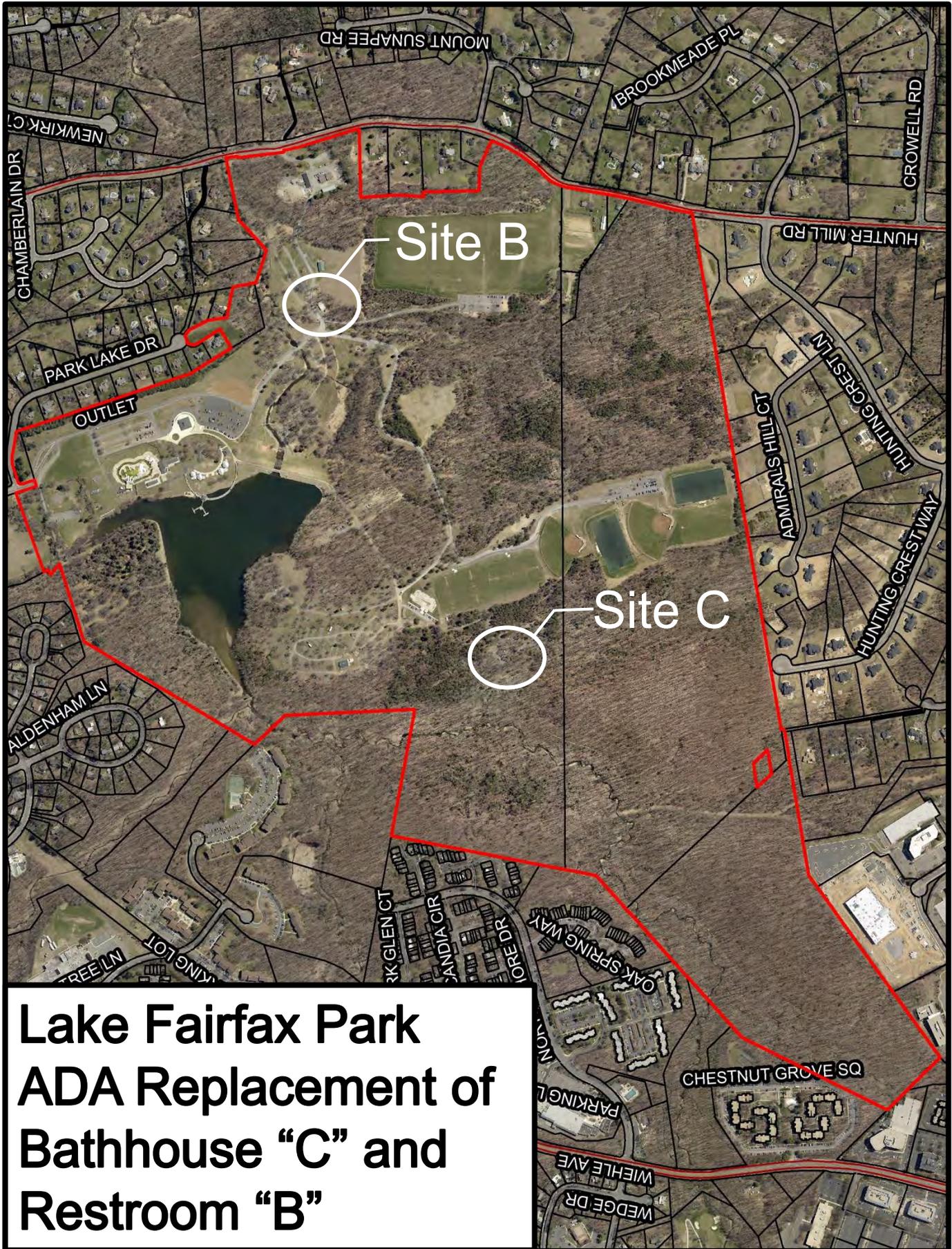




1 EXTERIOR ELEVATION  
A-2.1 3/8" = 1'-0"



2 EXTERIOR ELEVATION  
A-2.1 3/8" = 1'-0"



**Lake Fairfax Park  
ADA Replacement of  
Bathhouse "C" and  
Restroom "B"**

## SCOPE COST ESTIMATE

ADA Replacement of Bathhouse "C" and Restroom "B" at  
Lake Fairfax Park

|   |                     |
|---|---------------------|
| <u>Construction</u>                                       |                     |
| Demolition  | \$ 100,000          |
| Bathhouse Building Construction                           | \$ 690,000          |
| Heating/Cooling/Plumbing                                  | \$ 180,000          |
| Lighting & Electrical Work                                | \$ 80,000           |
| Site work including ADA Improvements                      | \$ 350,000          |
| <b>Subtotal</b>   | <b>\$ 1,400,000</b> |
| Utilities   | \$ 30,000           |
| Construction Administration/Special Inspections & Testing | \$ 160,000          |
| Contingency (7%)  | \$ 105,000          |
| Project Administration (7%)                               | <u>\$ 105,000</u>   |
| <b>Total Project Estimate</b>                             | <b>\$ 1,800,000</b> |

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## **ACTION**

### Reallocation of Bond Project Fund Balance for McNaughton Fields Park Renovation (Mount Vernon District)

#### ISSUE:

Approval of the staff recommendation for reallocation of project fund balance from a completed Park Bond project to increase construction funding for the McNaughton Fields Park Renovation project.

#### RECOMMENDATION:

The Park Authority Director recommends approval of the reallocation of project fund balance from a completed Park Bond project to increase construction funding for the McNaughton Fields Park Renovation project.

#### TIMING:

Board action is requested on January 27, 2016, in order to meet desired construction schedules.

#### BACKGROUND:

The Park Authority five-year Capital Improvement Program includes a project for the renovation of McNaughton Fields Park. The project scope was approved by the Park Authority Board on June 24, 2015. The approved scope includes improvements as described below and shown on the attached site plan (Attachment 1).

- Demolish four existing fields and related facilities
- Construct one 90' diamond, two 60/70' diamonds (grass infields), and one small 60' diamond (skinned infield) to include lights and irrigation
- Construct dugouts, field fencing, bullpens, and batting cages
- Construct low impact stormwater management facilities
- Construct a new 173-space parking lot and sidewalks
- Install public water and electric service independent of Ft. Belvoir

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- Provide utility connections for future restroom/concession stand to allow for partnership with Woodlawn Little League for construction of the facility.

The approved scope cost estimate of \$3,887,500 included to complete the renovation work, utility work, and to fund the related contingency and administrative costs.

The bid advertisement was issued on October 23, 2015, and included a base bid to demolish all existing site features and construct four (4) new diamond fields with related amenities and supporting infrastructure to include: stormwater management facilities, parking lot, walkways, utilities, irrigation, lighting at three fields with the fourth field roughed-in, fencing, and related site work. An add-alternate was also included in the bid for the installation of the light poles and wiring at the fourth field. Four (4) sealed bids were received and opened on December 1, 2015, as summarized on the Bid Results Form (Attachment 2). The lowest responsive and responsible bidder was J. A. Scheibel, Inc. t/a Scheibel Construction (Scheibel) of Huntingtown, MD. Their base bid of \$3,353,000 is \$253,000, or 8.2% above the engineer's estimate of \$3,100,000, and \$256,795 below the next lowest bidder. Staff review of the bid results indicates that the difference between the low bid and the engineer's estimate can be attributed to general contractor overhead and mark-ups applied to trade subcontractors specializing in athletic field construction based on the complexity of the project.

The approved project scope budget for the project included a construction budget of \$3,280,000. The low bid of \$3,353,000 is \$73,000 or 2.2% above the budgeted construction amount. The project scope budget also included \$265,000 for required water, electric and sewer utility installation and connections by the utility companies in addition to the budgeted construction cost. Originally staff anticipated that electrical service for the park facilities would be provided via an existing electric service from the adjoining Fort Belvoir property. However, the existing underground main electrical line that runs across the Fort Belvoir property and through the park property is located at a shallow depth and does not have adequate slack on the Fort Belvoir end of the line to lower the electric service in order to accommodate the new grading at the park. As a result the existing underground electric line would need to be replaced including the section of the line on Fort Belvoir property. Dominion Virginia Power (DVP) the electric utility provider for both the public electric utility and Fort Belvoir has recommended that we terminate the park electric connection to Fort Belvoir in favor of a new electrical service connecting to the public electric service along Pole Road. Staff estimates that installation of the new electric service will increase the cost of the utility installations by approximately \$150,000. Terminating the electric service connection with Fort Belvoir will eliminate the possibility of future conflicts with the Army.

The project scope budget included a 5% construction contingency in the amount of

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\$160,000 that could be used to fund the increased construction cost, however is insufficient to address both the increase in the construction cost and the additional utility cost. Staff recommends increasing the project funding in the amount of \$223,000 to cover the additional project costs and allow the construction contingency to remain funded at \$160,000 per the approved scope budget (Attachment 3). Staff recommends reallocating funding in the amount of \$223,000 from the unspent project balance for the recently completed synthetic turf fields project at South County Middle School also in the Mount Vernon Supervisory District. Funding is available for reallocation in the amount of \$223,000 from 2008 Park Bond Projects, WBS/IO PR-000005-038, Park & Building Renovation, South County Middle School Turf in Fund 300-C30400 to fund this project.

FISCAL IMPACT:

Funding in the amount of \$223,000 is required to be reallocated to fund the McNaughton Fields Park Renovation as outlined above.

ENCLOSED DOCUMENTS:

Attachment 1: McNaughton Fields Park Renovation – Site Plan  
Attachment 2: Bid Results  
Attachment 3: Revised Project Cost Estimate

STAFF:

Kirk W. Kincannon, Director  
Sara Baldwin, Deputy Director/COO  
Aimee L. Vosper, Deputy Director/CBD  
David Bowden, Director, Planning and Development Division  
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Melissa Emory, Project Manager, Project Management Branch  
Dan Sutherland, Manager, Grounds Management Branch  
Janet Burns, Senior Fiscal Administrator, Financial Management Branch  
Michael Baird, Manager, Capital and Fiscal Services





## BID RESULTS

Project Manager: Melissa Emory

Date of Bid: December 1, 2015

## McNaughton Fields Park Renovation

CONTRACT NO. CP1651232

PROJECT NO. PR-000091-013

Demolition of existing site features and the construction of four (4) new diamond fields with related amenities and supporting infrastructure to include; stormwater management facilities, parking lot, walkways, utilities, irrigation, lighting, fencing and related site work. This is a lump sum contract.

## ALTERNATES

| Contractor Name<br>(Bidder)   | Base Bid Price | Days to Complete Project | Add #1 –<br>Field 4<br>Lights |  | Total          |
|---|----------------|--------------------------|-------------------------------|--|----------------|
| Planning and Development<br>Division  | \$3,100,000.00 | 303                      | \$90,000.00                   |  | \$3,190,000.00 |
| J.A. Scheibel, Inc.*<br>t/a Scheibel Construction<br>115 Prospect Drive<br>Huntington, MD 20639                 | \$3,353,000.00 |                          | \$88,000.00                   |  | \$3,441,000.00 |
| Avon Corporation**<br>5621 Vine Street<br>Alexandria, VA 22310  | \$3,609,795.92 |                          | \$88,926.20                   |  | \$3,698,722.12 |
| Rainbow Construction***<br>Corporation of Waldorf<br>65 Industrial Park Drive<br>Suite 100<br>Waldorf, MD 20602 | \$3,995,000.00 |                          | \$64,000.00                   |  | \$4,059,000.00 |
| W.M. Schlosser Company, Inc.<br>2400 51 <sup>st</sup> Place<br>Hyattsville, MD 20781                            | \$4,266,000.00 |                          | \$86,000.00                   |  | \$4,352,000.00 |

\* Apparent lowest bidder

\*\* Second apparent lowest bidder

\*\*\* Third apparent lowest bidder

## REVISED PROJECT COST ESTIMATE 01/13/2016

## McNAUGHTON FIELDS PARK RENOVATION

|   | Original Scope Estimate | Revised Estimate   | Change           |
|---|-------------------------|--------------------|------------------|
| <b>Scope and Design</b>                           |                         |                    |                  |
| • Professional Services                           | \$135,000               | \$135,000          |                  |
| • Permits   | \$63,000                | \$63,000           |                  |
| Subtotal  | <u>\$198,000</u>        | <u>\$198,000</u>   |                  |
| <b>Construction</b>                               |                         |                    |                  |
| • Demolition                                      | \$150,000               | \$150,000          |                  |
| • E&S Controls                                    | \$50,000                | \$50,000           |                  |
| • Earthwork                                       | \$500,000               | \$500,000          |                  |
| • Ballfields                                      | \$700,000               | \$773,000          | \$73,000         |
| • Lighting  | \$745,000               | \$745,000          |                  |
| • Irrigation                                      | \$200,000               | \$200,000          |                  |
| • SWM   | \$410,000               | \$410,000          |                  |
| • Concrete  | \$100,000               | \$100,000          |                  |
| • Asphalt   | \$300,000               | \$300,000          |                  |
| • Landscaping                                     | \$125,000               | \$125,000          |                  |
| Subtotal  | <u>\$3,280,000</u>      | <u>\$3,353,000</u> | <u>\$73,000</u>  |
| <b>Utilities (New Water and Electric Service)</b> | \$265,000               | \$415,000          | \$150,000        |
| <b>Inspections &amp; Testing</b>                  | \$60,000                | \$60,000           |                  |
| <b>Contingency (5%)</b>                           | \$160,000               | \$160,000          |                  |
| <b>Administration (6%)</b>                        | <u>\$182,500</u>        | <u>\$182,500</u>   |                  |
| <b>Total Project Estimate</b>                     | <b>\$4,145,500</b>      | <b>\$4,368,500</b> | <b>\$223,000</b> |

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## **ACTION**

### Authorization to Advertise Notice and Hold a Public Hearing Regarding the Exchange of Langley Oaks Park for Langley Fork Park (Dranesville District)

#### ISSUE:

Authorization to advertise notice and hold a public hearing regarding the exchange of lands in the Dranesville District. The exchange involves Langley Oaks Park which is owned by the Park Authority and Langley Fork Park which is owned by the National Park Service.

#### RECOMMENDATION:

The Park Authority Director recommends authorization to hold a public hearing on the conveyance of the land exchange. The public hearing is tentatively scheduled for March 23, 2016, at 7:30 p.m. in the Herrity Building.

#### TIMING:

Board action is requested on January 27, 2016, in order to provide sufficient time to advertise the public hearing regarding the exchange of the properties to maintain the project schedule.

#### BACKGROUND:

Langley Fork Park is owned by the National Park Service (NPS), and is a portion of the larger Claude Moore Colonial Farm (Turkey Run Park), located on Georgetown Pike in the Dranesville Supervisory District (Attachment 1). Master planned in 1980 with facilities constructed in 1985, the Park Authority has improved the 52.85-acre site (all ADA accessible) with a 60 ft. diamond field, a 90 ft. diamond field, two rectangular fields, two multi-use courts, a fitness trail, and a 170-car parking lot (Attachment 1). Langley Fork Park is operated by the Fairfax County Park Authority under a Special Use Permit issued by the NPS.

The original Special Use Permit for Langley Fork Park was granted in 1981 with a term of 25 years that expired in 2006. NPS informed the Park Authority that it no longer granted long-term Special Use Permits when the permit expired in 2006. NPS agreed to grant an annual use permit to the Park Authority for operation of the park until a long term solution such as transfer of the property to Park Authority ownership could take place. NPS also informed staff that it would not entertain capital improvements to the

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existing facilities or development of additional facilities at the park under the annual use permit. The latest annual use permit was executed in November 5, 2015 and will expire in November 2016.

Staff continues to work with NPS to secure the transfer of the Langley Fork Park property to Park Authority ownership. The Park Authority Board approved execution of a non-binding Letter-of-Intent (LOI) with NPS in November 2010 that contemplated a land exchange between the Park Authority and NPS in order for the Park Authority to take ownership of Langley Fork Park. The land exchange process with NPS requires compensating the NPS for equal or greater value of the Langley Fork Park property pursuant to the Capper/Cramton Act which is the federal legislation under which NPS originally purchased the property. The Capper/Cramton Act provided funding for the acquisition of property to protect the Potomac watershed. This Act permits NPS to manage the acquisition and disposition of land along the Potomac without the need for any additional explicit Congressional approval. Park Authority staff along with NPS staff identified the Langley Oaks Park property owned by the Park Authority as an acceptable exchange property as part of the LOI.

Langley Oaks Park consists of three undeveloped parcels totaling 101.9 acres within the Potomac watershed that were developer-dedicated to the Park Authority. The northern and eastern boundaries of the park are adjacent to lands currently owned by the NPS. Langley Oaks Park is undeveloped with an informal network of social trails that connect with the trail network within the Claude Moore Colonial Farm. NPS has confirmed that the transfer of Langley Oaks Park in exchange for the Langley Forks Park would qualify for disposition under the scope of the Capper/Cramton Act.

In accordance with Park Authority Policy 210 - Disposal of Land or Facilities, The Authority may dispose of property under one or more of the following conditions:

- Where an exchange of property would better serve the needs of the citizens concerned.
- When land more suitable for the needs of the citizens who are being served by the property in question has been or can be acquired.
- When another governmental agency could more appropriately administer the property.
- When protective covenants could ensure the historic, scenic, conservation or other values that otherwise are protected by fee ownership.
- When the disposal serves to further the mission of the Park Authority.

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When any such instance occurs, citizens are guaranteed the opportunity to express their opinions in a public hearing and the Authority is bound to consider them in arriving at a decision.

In order to continue discussion with NPS on the land exchange a public hearing on the proposed land exchange is tentatively scheduled for Wednesday, March 23, 2016, per the draft Public Hearing Notice (Attachment 2).

FISCAL IMPACT:

No significant fiscal impact is anticipated from the approval to hold a public hearing for the property exchange.

ENCLOSED DOCUMENTS:

Attachment 1: GIS Location Map

Attachment 2: Draft Notice of Public Hearing

STAFF:

Kirk W. Kincannon, Director

Sara Baldwin, Deputy Director/COO

Aimee Vosper, Deputy Director/CBD

David Bowden, Director, Planning and Development Division

Todd Johnson, Director, Park Operations Division

Cindy Walsh, Director, Resource Management Division

Sandy Stallman, Manager, Park Planning Branch

Brian Williams, Manager, Real Estate Services



**LANGLEY FORK PARK**  
 6200 GEORGETOWN PIKE, MCLEAN, VIRGINIA





12055 Government Center Parkway, Suite 927 • Fairfax, VA 22035-5500  
703-324-8700 • Fax: 703-324-3974 • [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

## **PUBLIC HEARING - DRAFT**

### **Exchange of the Langley Fork Park Property** **Wednesday, March 23, 2016, at 7:30 p.m.** **Herrity Building Room 106/107**

The Fairfax County Park Authority will hold a public hearing to receive public comment on the exchange of property in the Dranesville District. The Fairfax County Park Authority proposes to exchange a 101.6 acre property that is identified on the Fairfax County Real Property Identification Map as Tax Map Nos. 22-3 ((2)) Parcel J, 22-3 ((02)) Parcel F, and 22-3 ((4)) Parcel A, hereinafter referred to as “Langley Oaks Park”, for approximately 52 acres of a 742 acre property that is owned by the National Park Service and is currently identified on the Fairfax County Real Property Identification Map as Tax Map No. 22-3 ((1)) Parcel 40, hereinafter referred to as “Langley Fork Park”. Langley Oaks Park is located to the east of the Langley Oaks Park subdivision near Ridge Drive, and Langley Fork Park is adjacent to Georgetown Pike just west of the intersection of Dolley Madison Boulevard and Georgetown Pike. Both properties are located in McLean, Virginia.

Langley Fork Park was master planned, developed and continuously managed by the Fairfax County Park Authority under Special Use Permits issued by the National Park Service. The original Special Use Permit for Langley Fork Park was granted in 1981, and contained a term of 25 years, ending in 2006. At the time of expiration, National Park Service informed the Fairfax County Park Authority that it no longer granted Special Use Permits over an extended period of time and would only be willing to grant additional Special Use Permits in one year increments moving forward. The current structure of the Special Use Permit process makes continuous improvement and ongoing management of Langley Fork Park difficult for both the Fairfax County Park Authority and the National Park Service.

The goal of the property exchange is for the Fairfax County Park Authority to become fee owner of Langley Fork Park by compensating the National Park Service with an equal exchange of property pursuant to the legislative authority of the National Park Service under the Capper-Cramton Act. The Capper Cramton Act provided the original authorization and funding for the acquisition, by the federal government, of property to protect the Potomac watershed.

Park Policy 210, Disposal of Land or Facilities, requires a public hearing be held prior to the Park Authority’s decision to dispose of land or facilities. The public hearing will be held at 7:30 p.m. on Wednesday, March 23, 2016, in Room 106/107 of the Herrity Building, at 12055 Government Center Parkway, Fairfax, Virginia. Those persons interested in this conveyance are urged to attend the public hearing or send a representative to the hearing to present their views. If you would like to speak at the public hearing or would like more information, please visit our website at <http://www.fairfaxcounty.gov/parks/plandev/TBD.htm>, or call Judy Pedersen, Public Information Officer at 703-324-8662 or send an email to [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov). For persons with hearing impairments, sign language interpreter services are available upon request. Please call 703-324-3988 TTY at least ten days before the meeting.

Written comments from the public on the exchange of the Langley Fork Park property will be received by the Fairfax County Park Authority for a period of 30 days, closing on March 22, 2016; the public hearing will be held on March 23, 2016. Written comments should be directed to David R. Bowden, Director of



Planning & Development Division, Fairfax County Park Authority, 12055 Government Center Parkway, Suite 406, Fairfax, Virginia 22035. Email comments should be sent to: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov).

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David R. Bowden, Director  
Planning & Development Division

---

Brian H. Williams, Manager  
Real Estate Services

Committee Agenda Item  
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**INFORMATION** (with presentation)

Outdoor Fitness Study Recommendations

Park staff launched a cross-agency staff study of outdoor fitness as a possible new facility type to meet the health and recreation needs of county residents in early 2015. The study also responds to community groups that have expressed an interest in seeing outdoor fitness facilities incorporated into parks including the Fairfax 50+ community. Outdoor fitness is an emerging trend that provides an opportunity to address health equity issues and improve parks and communities. Outdoor fitness equipment comparable to fitness equipment typically provided at indoor fitness facilities is a relatively new facility type that has emerged in the United States within just the last five years. Modern outdoor fitness facilities include updated and durable equipment that provides a broader range of exercise opportunities than the style of fitness trail equipment installed in many parks and communities in the 1970s and 80s.

The staff team conducted a thorough review of literature, vendors, equipment options, and existing installations in the DC area and in the United States. The team's work also included the development of site selection and site conditions criteria and GIS mapping analysis of the park system and Fairfax County demographics to identify the most suitable sites for outdoor fitness equipment installations. The team also conducted outreach to stakeholder groups including the Fairfax County Health Department, the Department of Neighborhood and Community Services, Area Agency on Aging, the Commission on Aging, and the Friends of Royal Lake.

The final team recommendations include equipment and exercise types, a typology of outdoor fitness areas, location selection criteria, site considerations, and a list of recommended parks and other county public facilities where installation of outdoor fitness is suitable (Attachment 1).

The staff team has also been working on parallel efforts to address the Park Authority's Strategic Plan initiative to install three new outdoor fitness parks by 2017 as well as to respond to interest in this facility type from community members. Staff work has included working with the Park Foundation to apply for grants, conducting site visits, and working with community groups.

ENCLOSED DOCUMENTS:

Attachment 1: Outdoor Fitness Study Team Recommendations December 2015

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January 13, 2016

STAFF:

Kirk W. Kincannon, Director

Aimee L. Vosper, Deputy Director/CBD

Sara Baldwin, Deputy Director/COO

David Bowden, Director, Planning and Development Division

Sandy Stallman, Manager, Park Planning Branch

Andrea L. Dorlester, Senior Park Planner, Park Planning Branch



**Outdoor Fitness Study  
Team Recommendations  
December 2015**



# ACKNOWLEDGEMENTS

## FAIRFAX COUNTY PARK AUTHORITY BOARD

William G. Bouie, Chairman, Hunter Mill District  
Ken Quincy, Vice Chairman, Providence District  
Harold L. Strickland, Treasurer, Sully District  
Walter Alcorn, At-Large Member  
Edward R. Batten, Sr., Lee District  
Mary Cortina, At-Large Member  
Linwood Gorham, Mount Vernon District  
Faisal Khan, At-Large Member  
Michael Thompson, Jr., Springfield District  
Frank S. Vajda, Mason District  
Anthony J. Vellucci, Braddock District  
Grace Han Wolf, Dranesville District

## SENIOR STAFF

Kirk W. Kincannon, CPRP, Director  
Sara Baldwin, Deputy Director/Chief Operating Officer  
Aimee Long Vosper, Deputy Director/Chief of Business Development  
David Bowden, Director, Planning & Development Division  
Barbara Nugent, Director, Park Services Division  
Cindy Walsh, Director, Resource Management Division  
Todd Johnson, Director, Park Operations Division  
Judith Pedersen, Public Information Officer

## PROJECT TEAM

Andrea L. Dorlester, Project Manager, Park Planning Branch  
Sandy Stallman, Manager, Park Planning Branch  
Jill Latham, Administrative Assistant  
Paul Ngo, Park Planner  
Todd Johnson, Park Operations Division  
Ed Richardson, Park Operations Division  
Monica Phillips, Park Services Division  
Chris Goldbecker, Park Services Division  
Todd Brown, Resource Management Division  
Evan Braff, Neighborhood & Community Services  
Jacquie Woodruff, Agency on Aging



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# BACKGROUND

In early 2015, the Fairfax County Park Authority launched a study of outdoor fitness as a possible new facility to meet the health and recreation needs of county residents and to respond to interest from neighborhood groups and the Fairfax 50+ community. Outdoor fitness is an emerging trend that also provides an opportunity to address health equity issues and to improve parks and communities. The interdisciplinary study team consisted of representatives from all divisions of the Park Authority as well as individuals from the Department of Neighborhood and Community Services (NCS) and the Fairfax Area Agency on Aging (AAA).

The work of the staff team included background research of literature, vendors and equipment, and existing installations in the DC area and in the United States. Team work also included the development of site selection and site conditions criteria and GIS mapping analysis of the park system and Fairfax County demographics to identify suitable sites for outdoor fitness equipment installations. The team also conducted outreach to some stakeholder groups including Health Department, Neighborhood and Community Services, Area Agency on Aging, the Commission on Aging, and the Friends of Royal Lake.

## WHAT IS AN OUTDOOR FITNESS AREA?

Outdoor fitness equipment is a relatively new facility type that has emerged in the United States within the last five years. An outdoor fitness area consists of a cluster of fitness equipment, similar to the type that might be found in an indoor gym that is designed to withstand the elements of the outdoors. Equipment is suitable for all fitness levels and can be used by all ages from teens to seniors. An outdoor fitness area is an easy-to-use outdoor gym that provides free access to high quality exercise and a new healthy activity option in public parks.



## HISTORY

The predecessor to outdoor fitness parks was the “Par course” or fitness trail, popular in the 1970s and 80s. Several of these can still be found in Fairfax County, including at Burke Lake, Royal Lake, Langley Fork, Nottoway, and Lincolnia Parks. Modern outdoor fitness areas include updated and durable equipment that provides for a broader range of exercise opportunities than old fitness trail equipment. This is a relatively new facility type, and there is currently only one public outdoor fitness area in the Washington, DC area, a Trust for Public Land sponsored Fitness Zone® at Anacostia Waterfront Park in the District of Columbia.



*Fitness trail feature at Royal Lake Park*

## BENEFITS

There are many potential benefits of outdoor fitness areas to individuals and communities. When located in a public park, the equipment is free to users and provides access to exercise for low-income individuals who may not be able to afford membership at indoor fitness clubs. Clustering the equipment together in a park that has other active recreation uses and amenities can help to foster social interaction in a community. A 2012 study by the RAND Corporation of outdoor Fitness Zones® in the Los Angeles area found that the availability of public outdoor fitness equipment resulted in increased park usage and increased exercise and activity levels by park visitors. Most outdoor fitness equipment is fun and easy to use and suitable for all fitness levels. Some vendors provide products that are adaptable for wheelchair-bound individuals.



# RECOMMENDATIONS

## EQUIPMENT AND EXERCISE TYPES

The team recommends that new outdoor fitness areas in Fairfax County include a combination of equipment that addresses the following four exercise types:

- Muscle Strength
- Flexibility & Balance
- Core Strength
- Cardio



## TPOLOGY OF OUTDOOR FITNESS AREAS

The team recommends three types of Outdoor Fitness Areas be provided in Fairfax County:

Multi-Age Outdoor Fitness Areas – These areas consist of a cluster of 8-10 pieces of equipment (more if space allows) that is targeted to a multi-generational audience of users of varying abilities. Proximity to public restrooms and water fountains is preferred, but not required. Natural shade or a shade structure is preferred. When possible, equipment adapted for use by wheelchair users should be included.

Senior Outdoor Fitness Areas – These areas consist of a cluster of 8-10 pieces of equipment (more if space allows) at senior centers and in parks where a significant proportion of the nearby population is over age 65. Proximity to public restrooms and water fountains is important, as is natural shade or a shade structure. All types of equipment should be included, with a greater emphasis on stretching and balance activities. A higher proportion of equipment adapted for wheelchair users should be included.

Fitness Trails – This is an updated version of the old “par course” fitness trail. Equipment may be clustered in groups of three or four in “fitness pockets” at key locations, including at trail head(s) and waysides that may provide other amenities (seating, trash cans, etc.). All types of equipment should be included, except cardio, as the trail itself provides for that function.

## LOCATION SELECTION CRITERIA

The team recommends that parks and other locations being considered for outdoor fitness installations meet the following criteria:

1. Countywide, District, and Local parks may be suitable locations. Avoid locating in Resource-based parks due to potential environmental conflicts. Avoid locating at RECenter parks w/indoor fitness due to potential duplication of services.
2. Ensure adequate parking is available onsite or on street nearby and that there is good access for vehicles and pedestrians to the site.
3. Consider locating at parks with existing active recreation uses (fields, courts, playgrounds).
4. Locate at parks in more densely populated areas, with high foot traffic, near major trails, and good onsite trail network to attract users on foot or bike.
5. Locate in areas of the county where populations are older, lower income, and/or in poorer health.
6. Consider locating at or near County Senior Centers, Community Centers, Libraries, and other public facilities, especially those adjacent to parkland.

## SITE CONSIDERATIONS

The team recommends that the site conditions within parks and other locations being considered for outdoor fitness installations meet the following criteria:

1. Do not locate in Chesapeake Bay Resource Protection Areas (RPA), planned park Resource Protection Zones (RPZ), or sensitive environmental or cultural resource areas.
2. Sites should have good visibility, level grading, and ADA accessibility, including direct access from available parking and an accessible trail network.
3. Shade is important – there should be mature trees onsite or the potential to install a shade structure (i.e. no overhead power lines).
4. Water source and public bathrooms nearby are preferred but not required.



## RECOMMENDED SITES IN FAIRFAX COUNTY

### County Parks

All parks in the Fairfax County park system were assessed according to the location siting criteria. GIS mapping analysis was used to select a list of parks that meet the locational criteria and to identify areas of the county where populations are older, lower income, and in poorer health. Variable weighting of criteria was also used, placing the heaviest emphasis on parks in more densely populated areas with older, lower income residents. Within these areas, parks with good access and available parking onsite or nearby were given highest priority.

About 80 parks that ranked the highest according to the weighted criteria were examined more closely using aerial orthophotographic imagery and GIS data layers including topography, hydrology, easements, and Resource Protection Areas. Some parks are built out according to their master plans so there is no room to add new facilities. Other parks might have room, but are constrained by steep grades, easements and/or RPAs. This examination enabled staff to narrow the list down to 33 top ranked parks with the potential to support outdoor fitness facilities. These parks are listed on Table 1.

Ultimately, not all of the parks on this list may end up with outdoor fitness facilities in them. The list is intended to guide staff, citizens, and officials in selecting good sites for installing fitness equipment as funds become available. The list also does not rule out the possibility of parks not on the list from having outdoor fitness equipment. As park plans are created and implemented, other parks may be deemed suitable locations for outdoor fitness equipment. However, any park that is to be considered for an outdoor fitness facility should be evaluated according to the criteria recommended by this study.

### Community Centers & Senior Centers

The Department of Neighborhood and Community Services has identified seven community centers and three senior centers where outdoor fitness parks would be appropriate and desirable. These sites are listed on Table 2.

### Other Public Facilities

The Fairfax County Employees Fitness Center has been asked to explore installing outdoor fitness equipment on the grounds of the Government Center property. This site is listed on Table 2.

### Other Sites

The Urban Parks Framework, part of the Park and Recreation element of the Countywide Policy Plan, mentions fitness stations as desirable recreational elements in new urban parks. Several private developments in Tysons and other growth areas of Fairfax County have already proffered to include outdoor fitness equipment within their onsite urban park spaces.

Table 1: Priority Parks for Outdoor Fitness

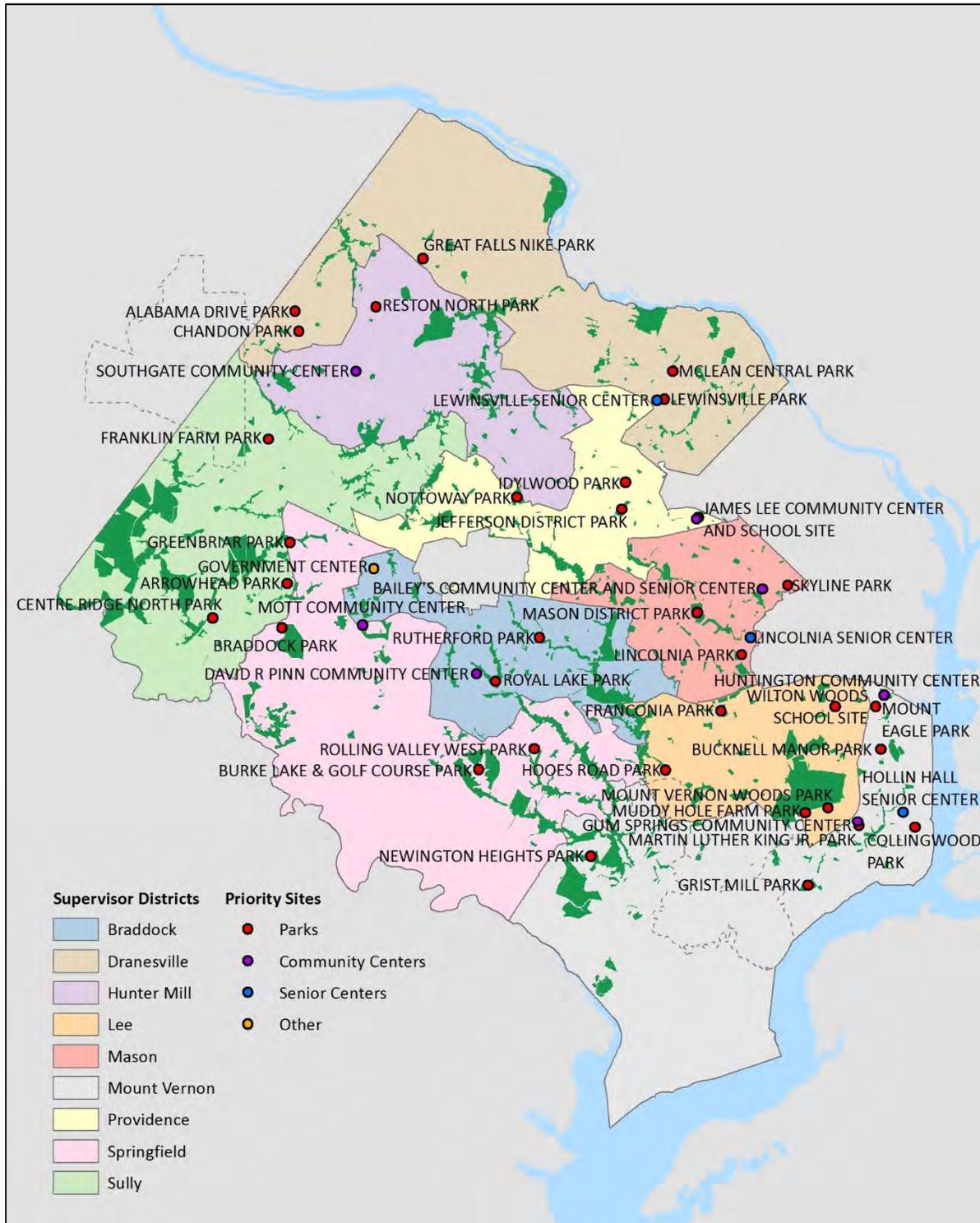
| SUPERVISORY DISTRICT | PARK NAME                |
|----------------------|--------------------------|
| BRADDOCK             | ROYAL LAKE               |
| BRADDOCK             | RUTHERFORD               |
| DRANESVILLE          | ALABAMA DRIVE            |
| DRANESVILLE          | CHANDON                  |
| DRANESVILLE          | GREAT FALLS NIKE         |
| DRANESVILLE          | LEWINSVILLE              |
| DRANESVILLE          | MCLEAN CENTRAL           |
| HUNTER MILL          | RESTON NORTH             |
| LEE                  | FRANCONIA                |
| LEE                  | HOOES ROAD               |
| LEE                  | MOUNT VERNON WOODS       |
| LEE                  | WILTON WOODS SCHOOL SITE |
| MASON                | LINCOLNIA                |
| MASON                | MASON DISTRICT           |
| MASON                | SKYLINE                  |
| MOUNT VERNON         | BUCKNELL MANOR           |
| MOUNT VERNON         | COLLINGWOOD              |
| MOUNT VERNON         | GRIST MILL               |
| MOUNT VERNON         | MARTIN LUTHER KING JR.   |
| MOUNT VERNON         | MOUNT EAGLE              |
| MOUNT VERNON         | MUDDY HOLE FARM          |
| MOUNT VERNON         | NEWINGTON HEIGHTS        |
| PROVIDENCE           | IDYLWOOD                 |
| PROVIDENCE           | JAMES LEE SCHOOL SITE    |
| PROVIDENCE           | JEFFERSON DISTRICT       |
| PROVIDENCE           | NOTTOWAY                 |
| SPRINGFIELD          | BRADDOCK                 |
| SPRINGFIELD          | BURKE LAKE & GOLF COURSE |
| SPRINGFIELD          | GREENBRIAR               |
| SPRINGFIELD          | ROLLING VALLEY WEST      |
| SULLY                | ARROWHEAD                |
| SULLY                | CENTRE RIDGE NORTH       |
| SULLY                | FRANKLIN FARM            |

Table 2: Other Priority County Sites for Outdoor Fitness

| SUPERVISORY DISTRICT | COUNTY PROPERTY                  |
|----------------------|----------------------------------|
| BRADDOCK             | FAIRFAX COUNTY GOVERNMENT CENTER |
| BRADDOCK             | PINN COMMUNITY CENTER            |
| DRANESVILLE          | LEWINSVILLE SENIOR CENTER        |
| HUNTER MILL          | SOUTHGATE COMMUNITY CENTER       |
| MASON                | BAILEY'S COMMUNITY CENTER        |
| MASON                | LINCOLNIA SENIOR CENTER          |
| MOUNT VERNON         | GUM SPRINGS COMMUNITY CENTER     |
| MOUNT VERNON         | HOLLIN HALL SENIOR CENTER        |
| MOUNT VERNON         | HUNTINGTON COMMUNITY CENTER      |
| PROVIDENCE           | JAMES LEE COMMUNITY CENTER       |
| SPRINGFIELD          | MOTT COMMUNITY CENTER            |



Figure 1: Map of Recommended Fairfax County Sites for Outdoor Fitness



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January 13, 2016  
Planning & Development Committee

# Outdoor Fitness Study



# STAFF TEAM

## FCPA

Andi Dorlester, P&D,  
Project Manager

Sandy Stallman, P&D

Jill Latham, P&D

Paul Ngo, P&D

Todd Johnson, POD

Ed Richardson, POD

Monica Phillips, PSD

Chris Goldbecker, PSD

Todd Brown, RMD

## HUMAN SERVICES

Evan Braff, NCS

Jacque Woodruff, AAA



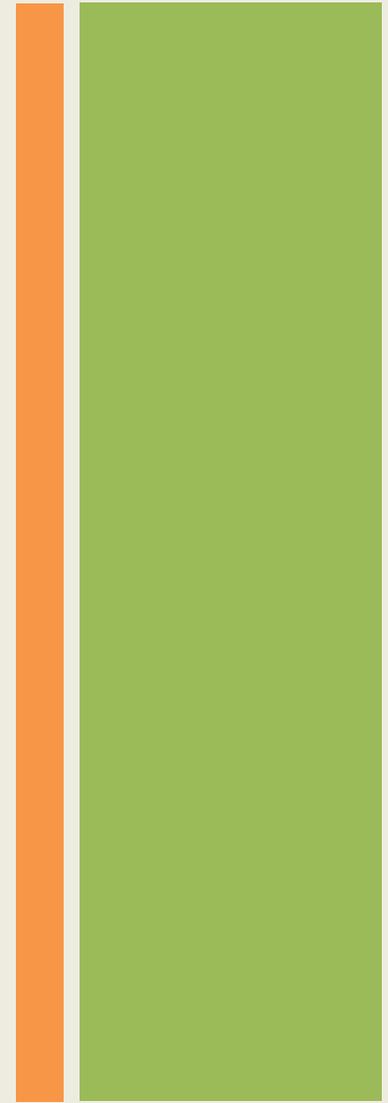
# Why Add Outdoor Fitness Facilities?

- Emerging facility type that is trending
- Interest from community groups
- Interest from the 50+ community
- Opportunity to address health equity issues
- Opportunity to improve parks and communities



# PROJECT TIMELINE





# Team Recommendations



# Equipment & Exercise Types

- Muscle Strength
- Flexibility & Balance
- Core Strength
- Cardio



**TEAM RECOMMENDATIONS**



# Typology of Outdoor Fitness Areas

- Multi-age Outdoor Fitness Areas (primary model)
- Senior Outdoor Fitness Areas (co-located w/Senior Centers)
- Fitness Trails/Trailhead Clusters (as appropriate)



**TEAM RECOMMENDATIONS**



# Location Selection Criteria

- Countywide, District, or Local parks
- Not Resource-based parks
- Not at RECenter parks that have indoor fitness
- Parks with available parking and good access
- Parks with other active recreation
- Parks in densely populated areas
- Areas of the County where populations are:
  - Older
  - Lower income
  - In poorer health
- County Senior & Community Centers and other County owned sites

**TEAM RECOMMENDATIONS**



# Site Conditions Criteria

- No RPA, RPZ or sensitive resource areas
- Good visibility
- Level grading and ADA accessibility
- Direct access from available parking
- Shade (mature trees or potential to install shade structure)
- Water source (preferred)
- Public bathrooms nearby (preferred)



## TEAM RECOMMENDATIONS

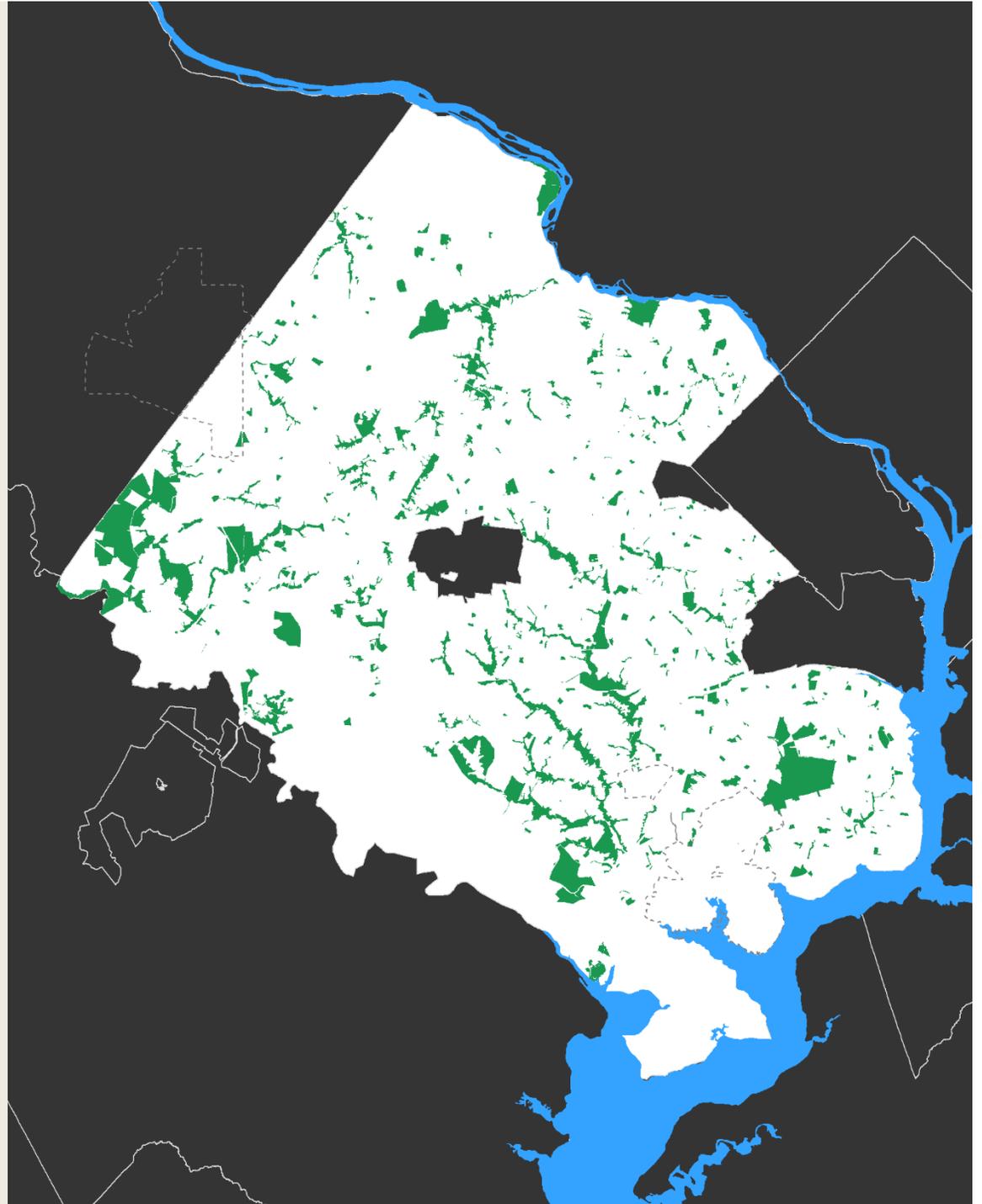




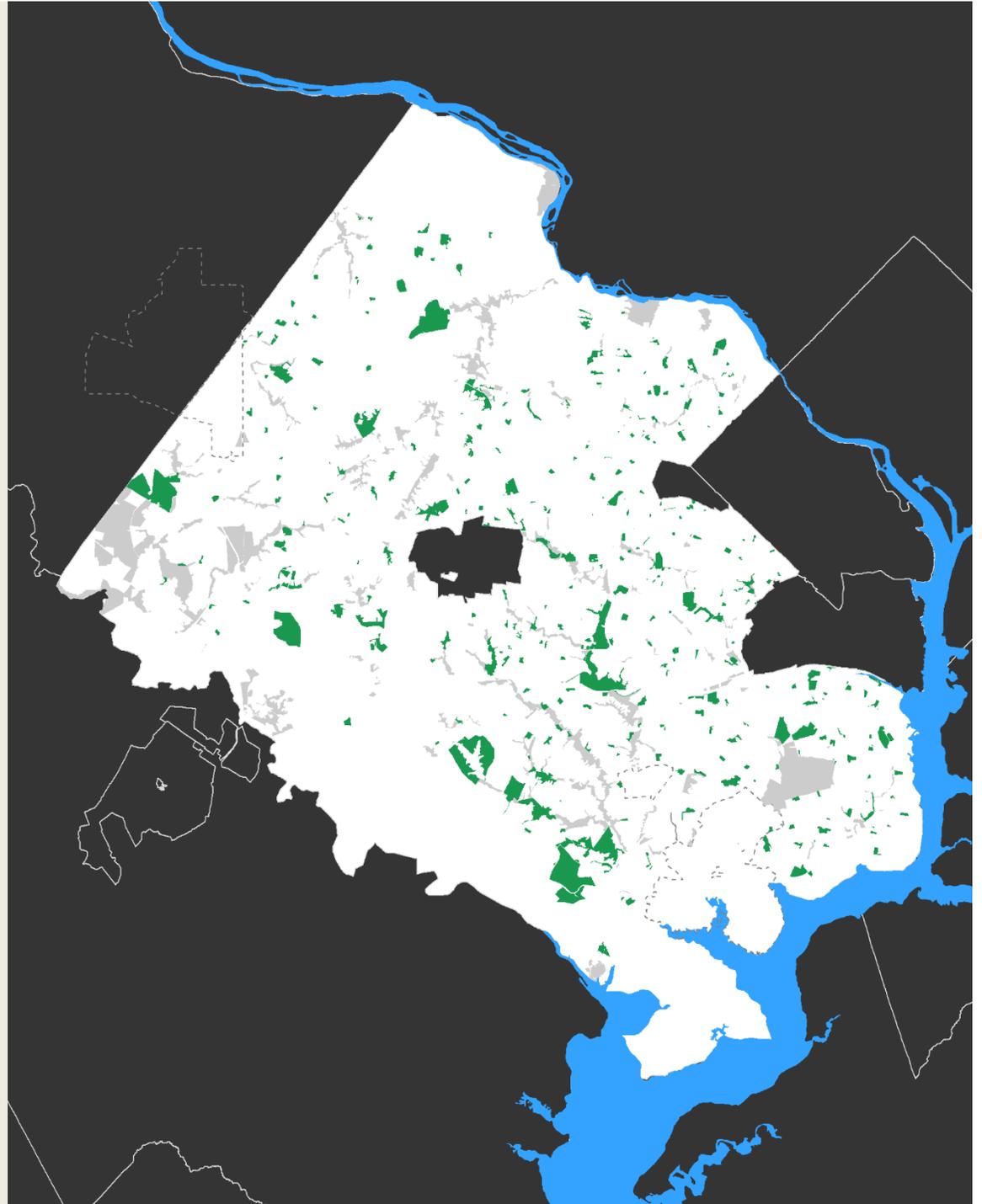
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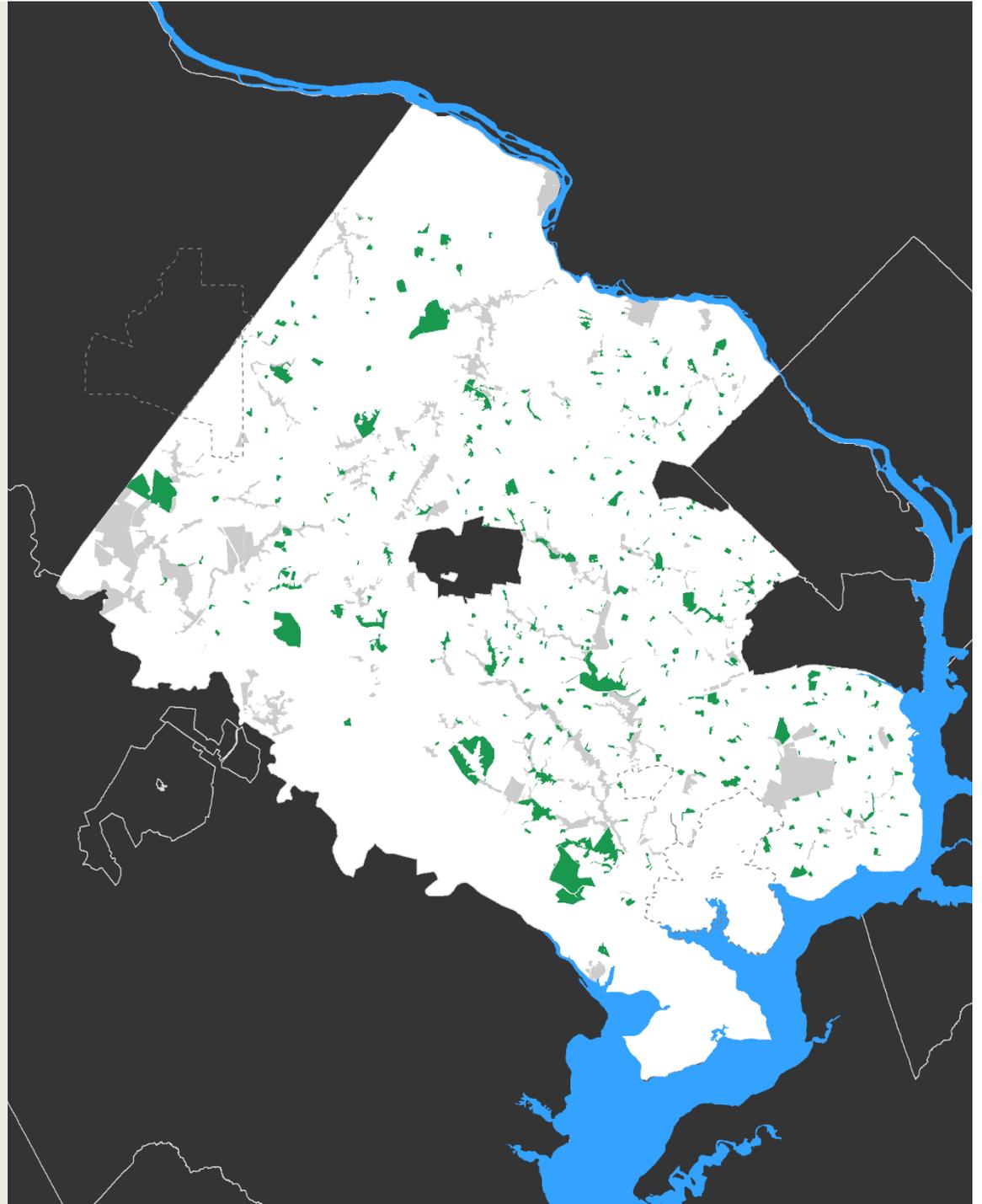
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- Eliminate Resource Parks
- Eliminate RECenters
- Locational Criteria:
  - 50+ Population Density
  - 65+ Population Density
  - Total Population Density
  - Household Income
  - Poor Health
  - Available Parking
  - Athletic Fields and Courts
- Final Weighted Score
- Parks with Space
- Additional Sites



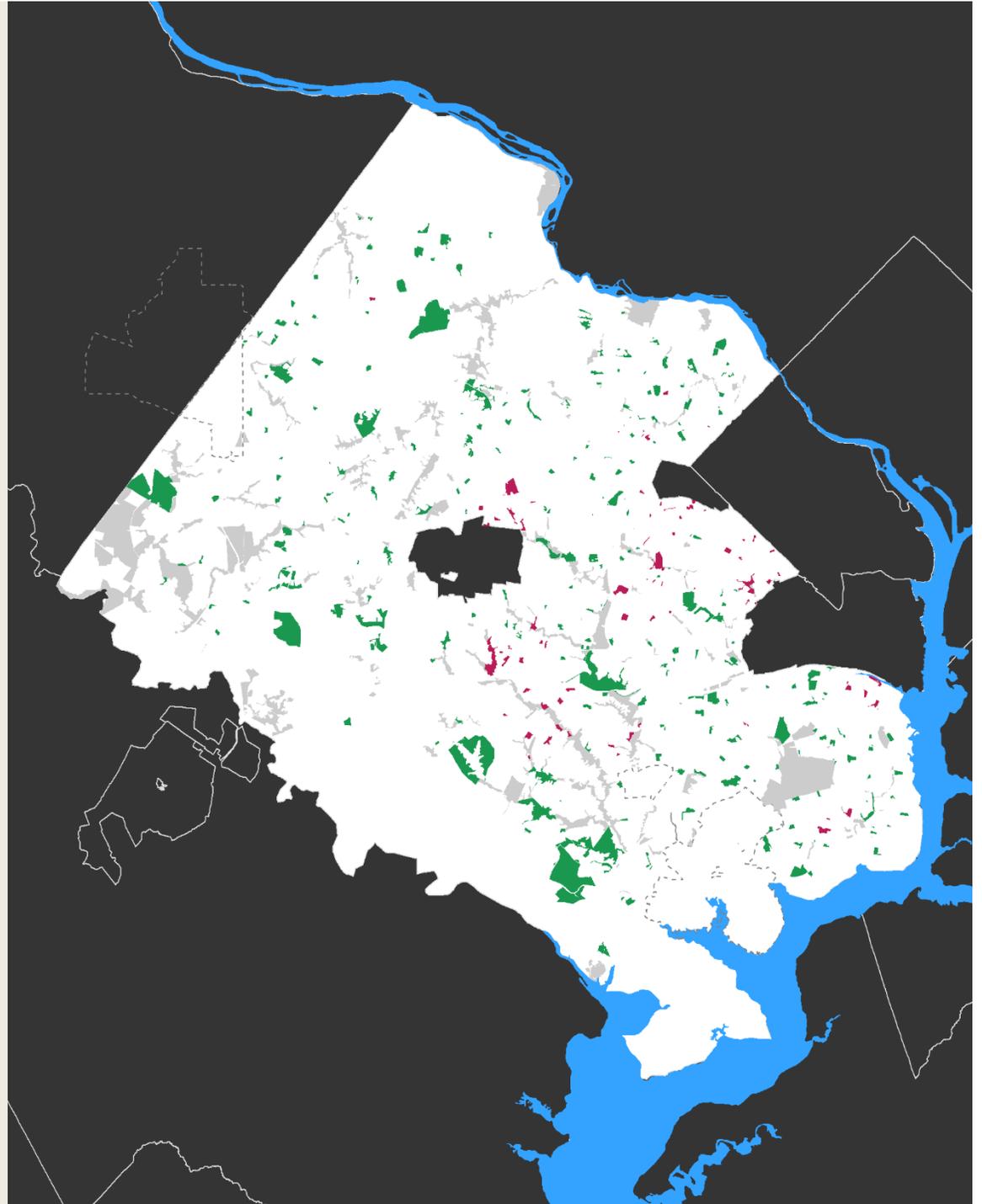
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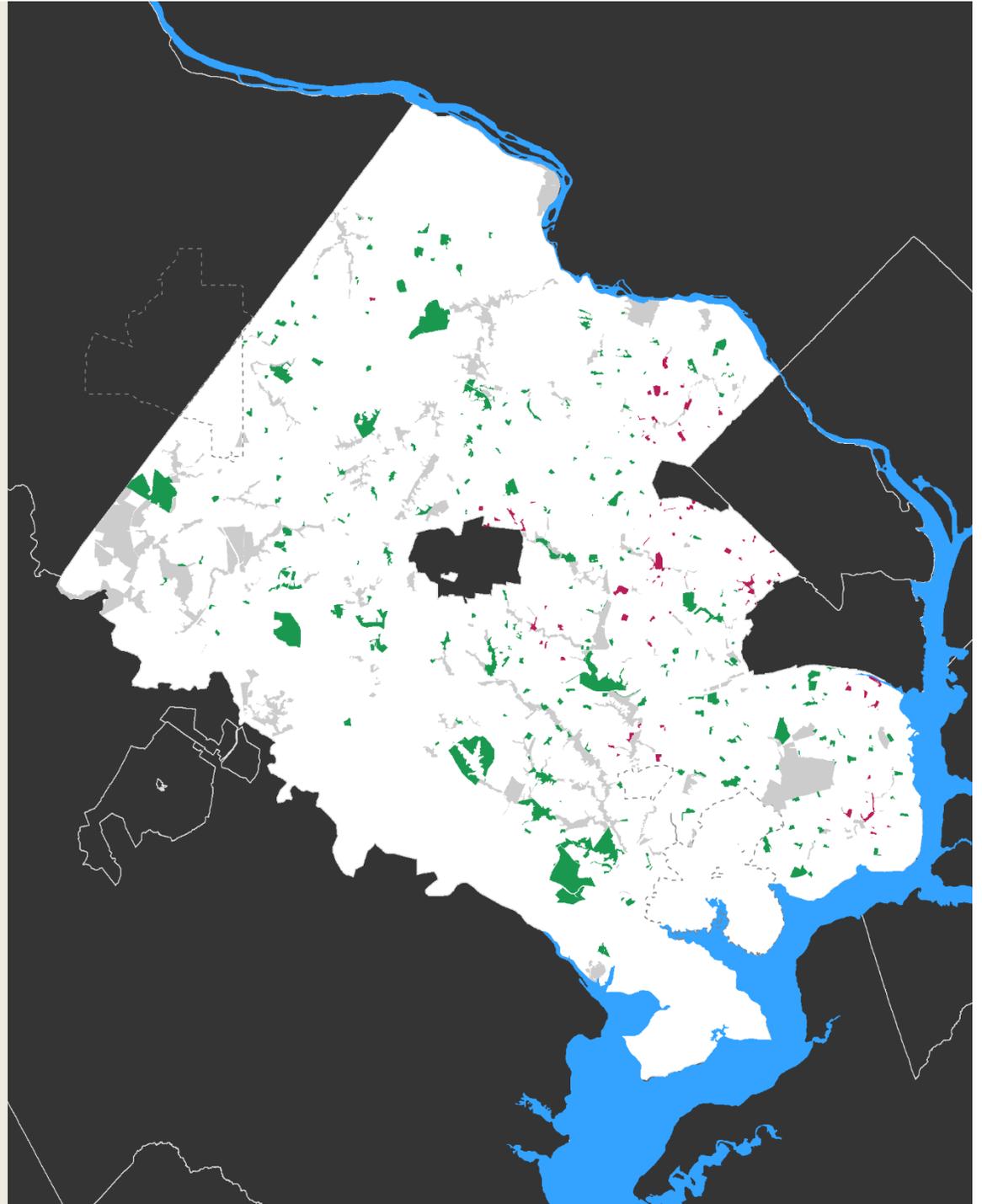
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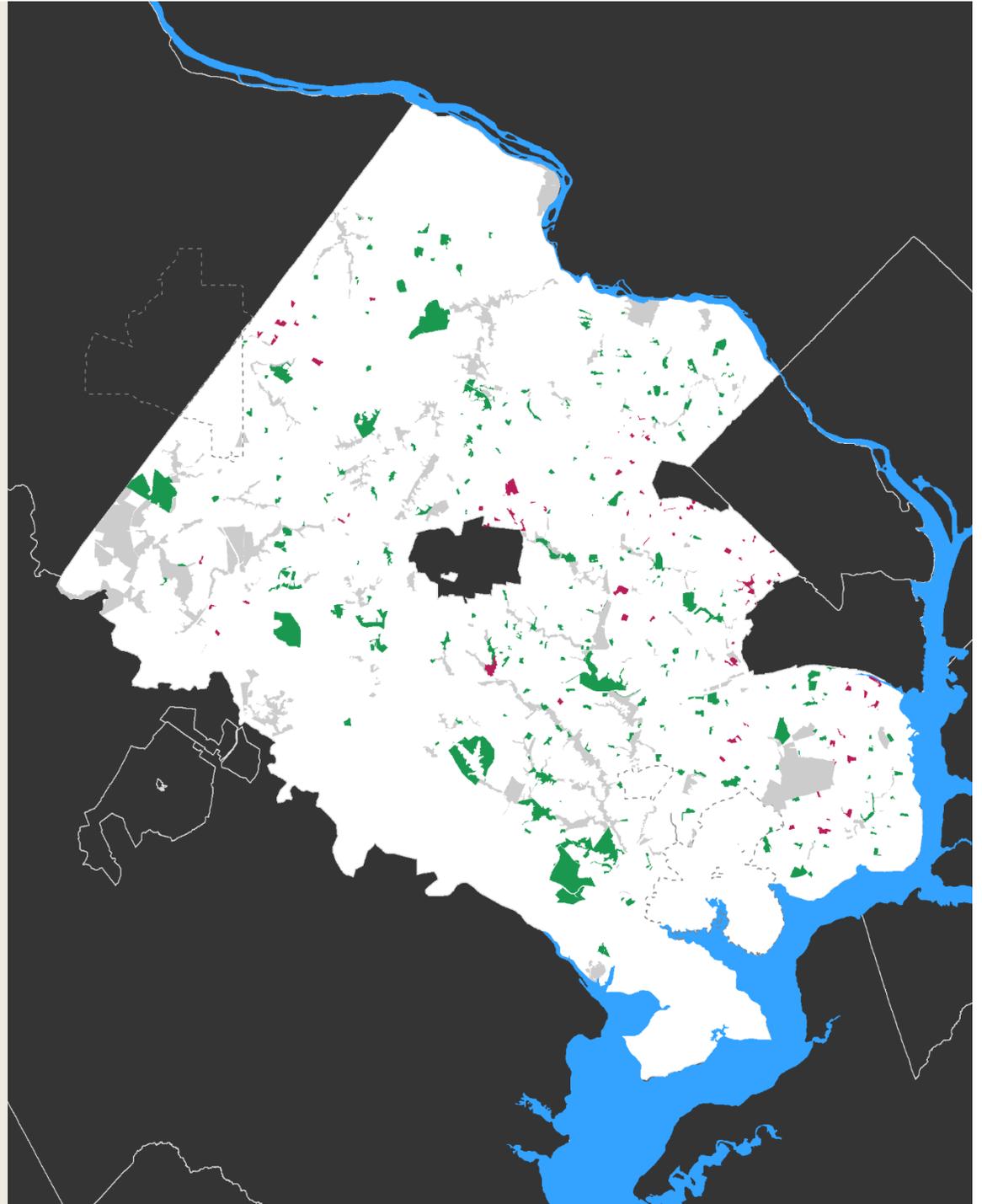
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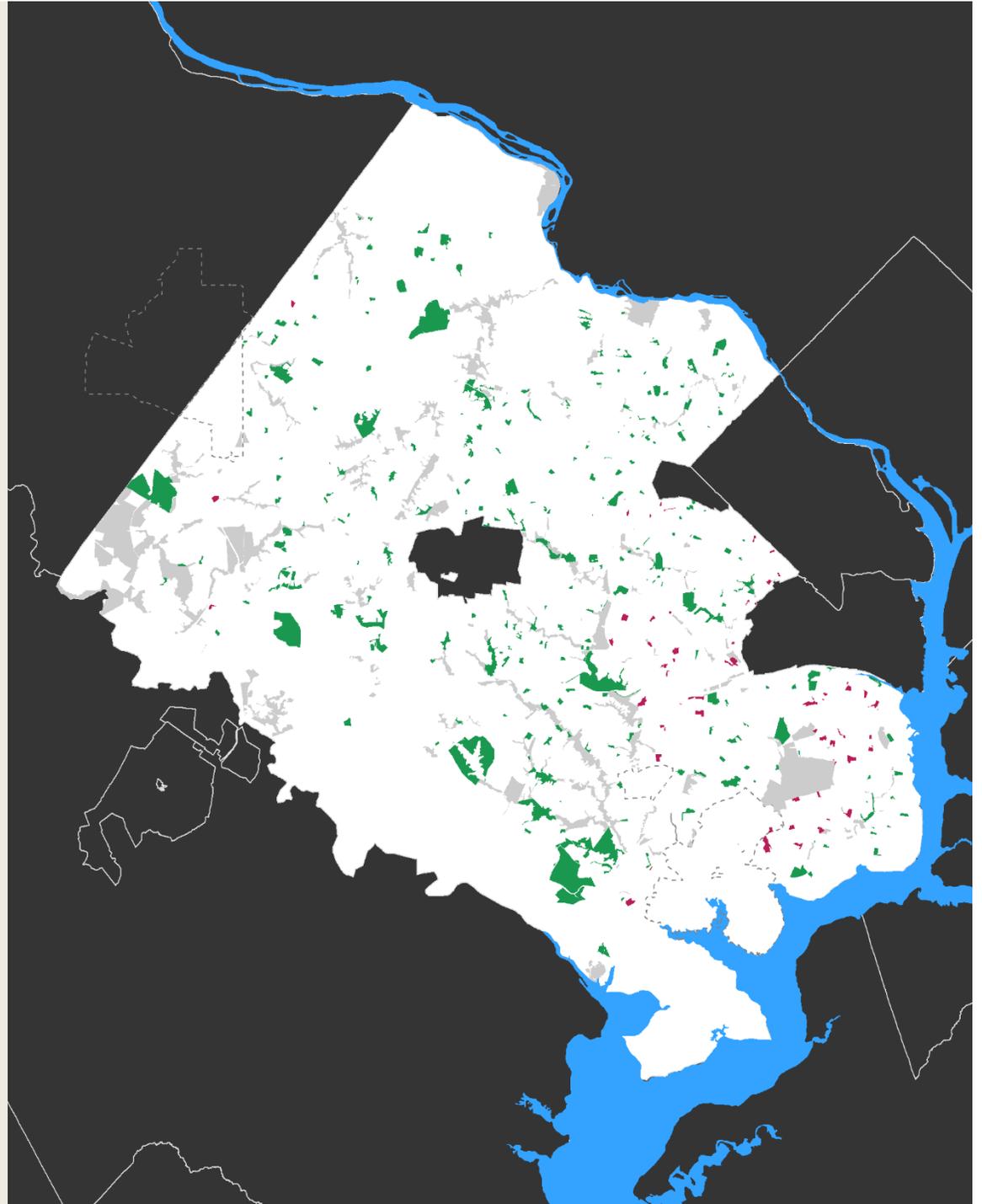
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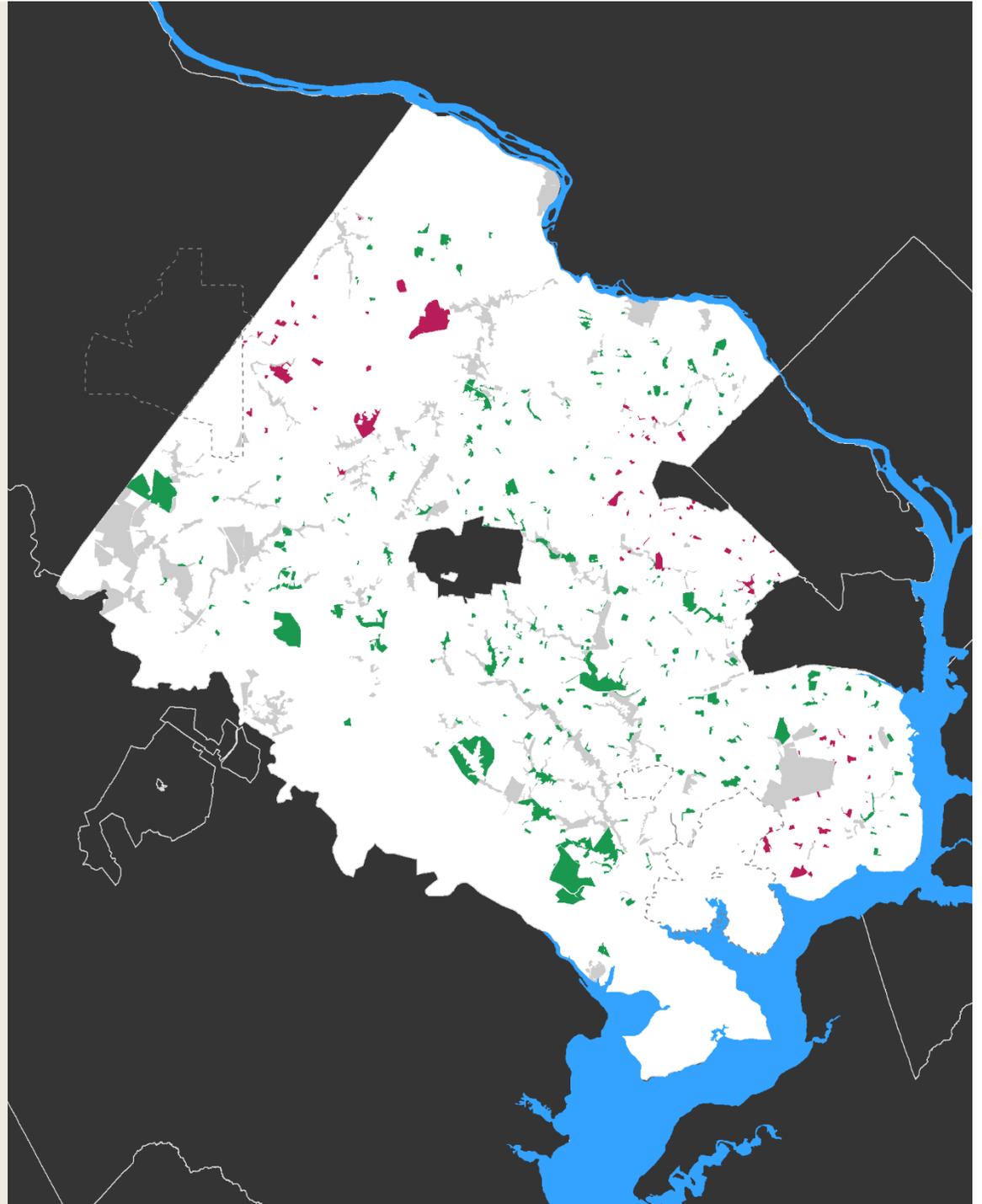
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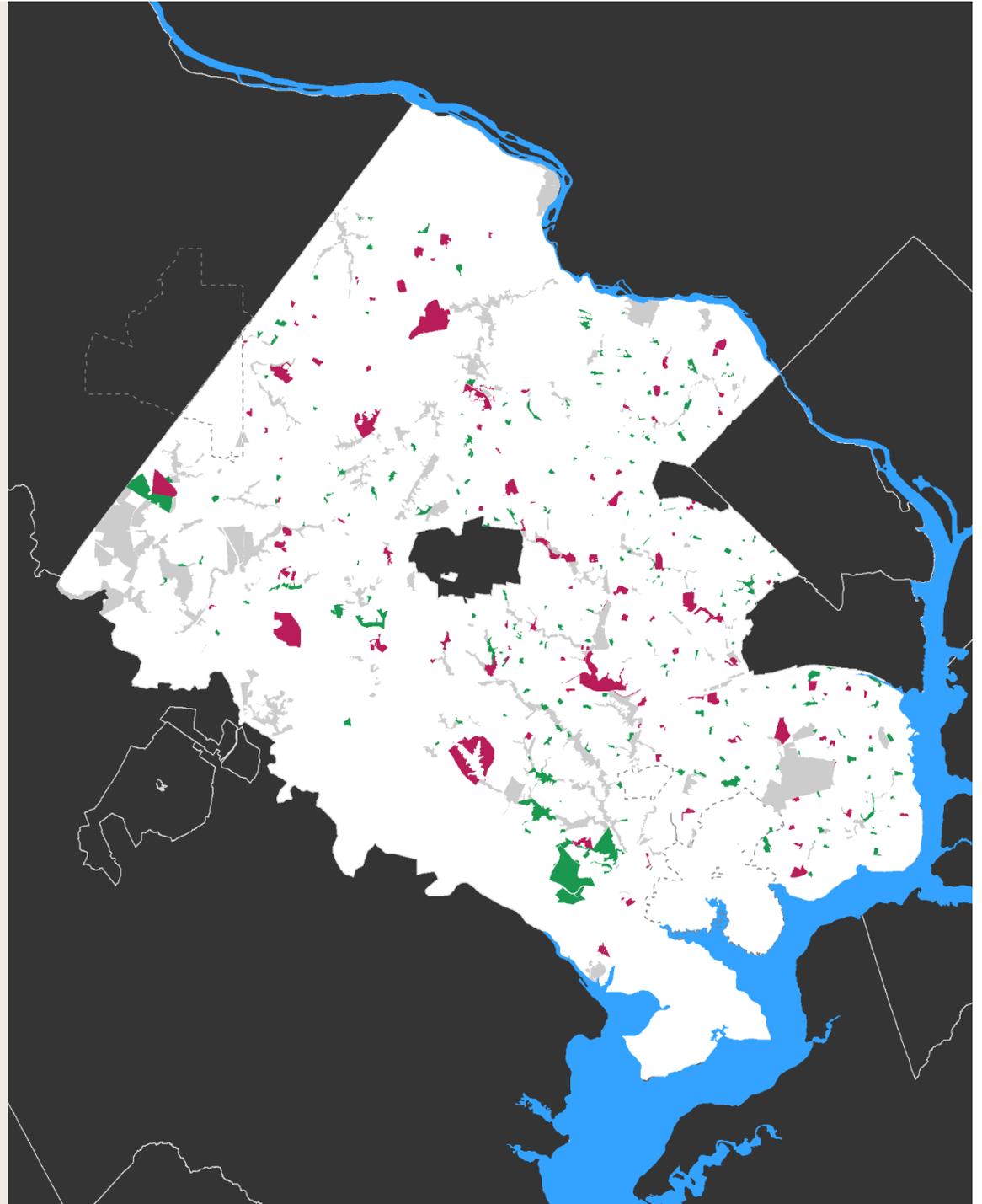
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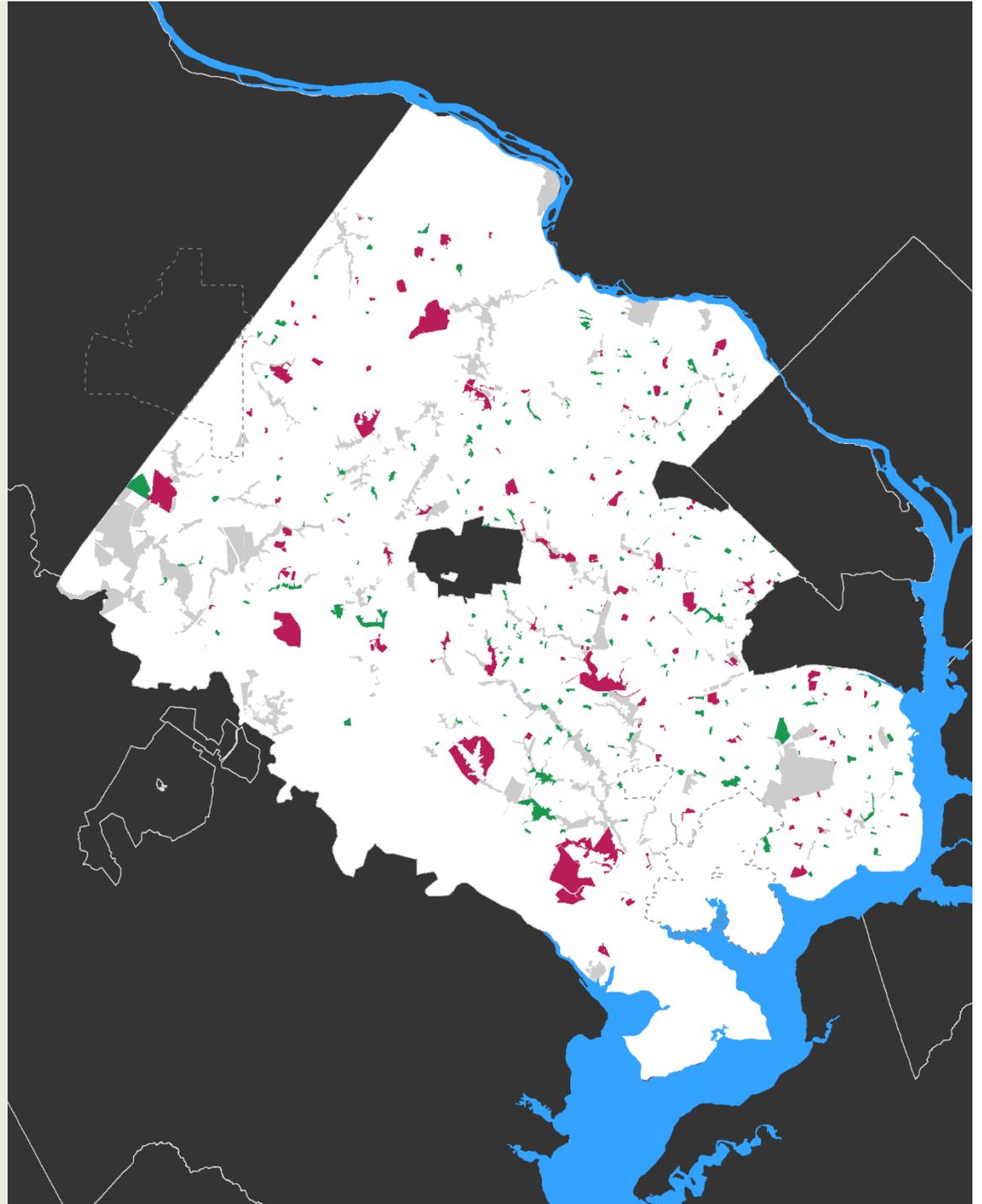
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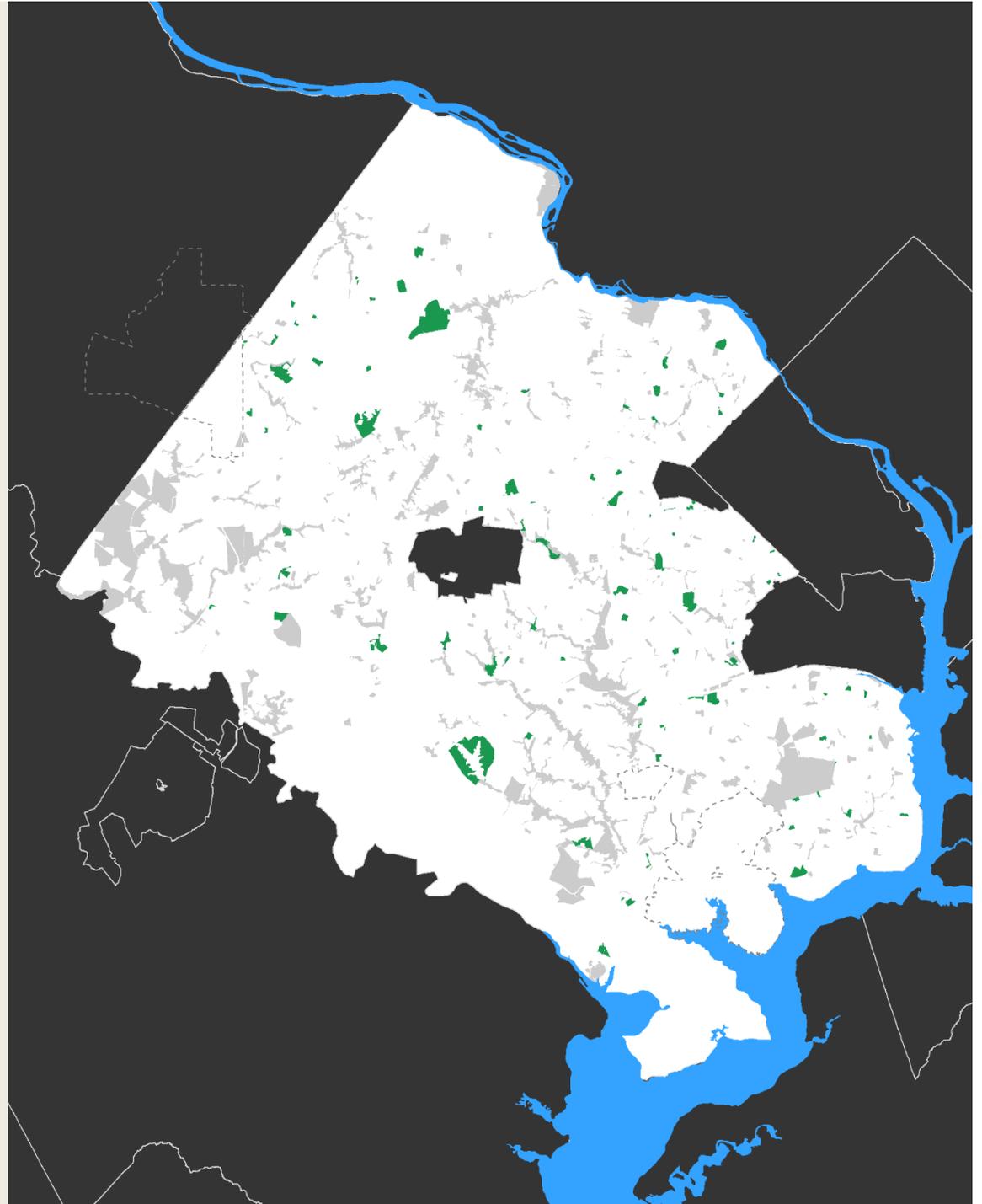
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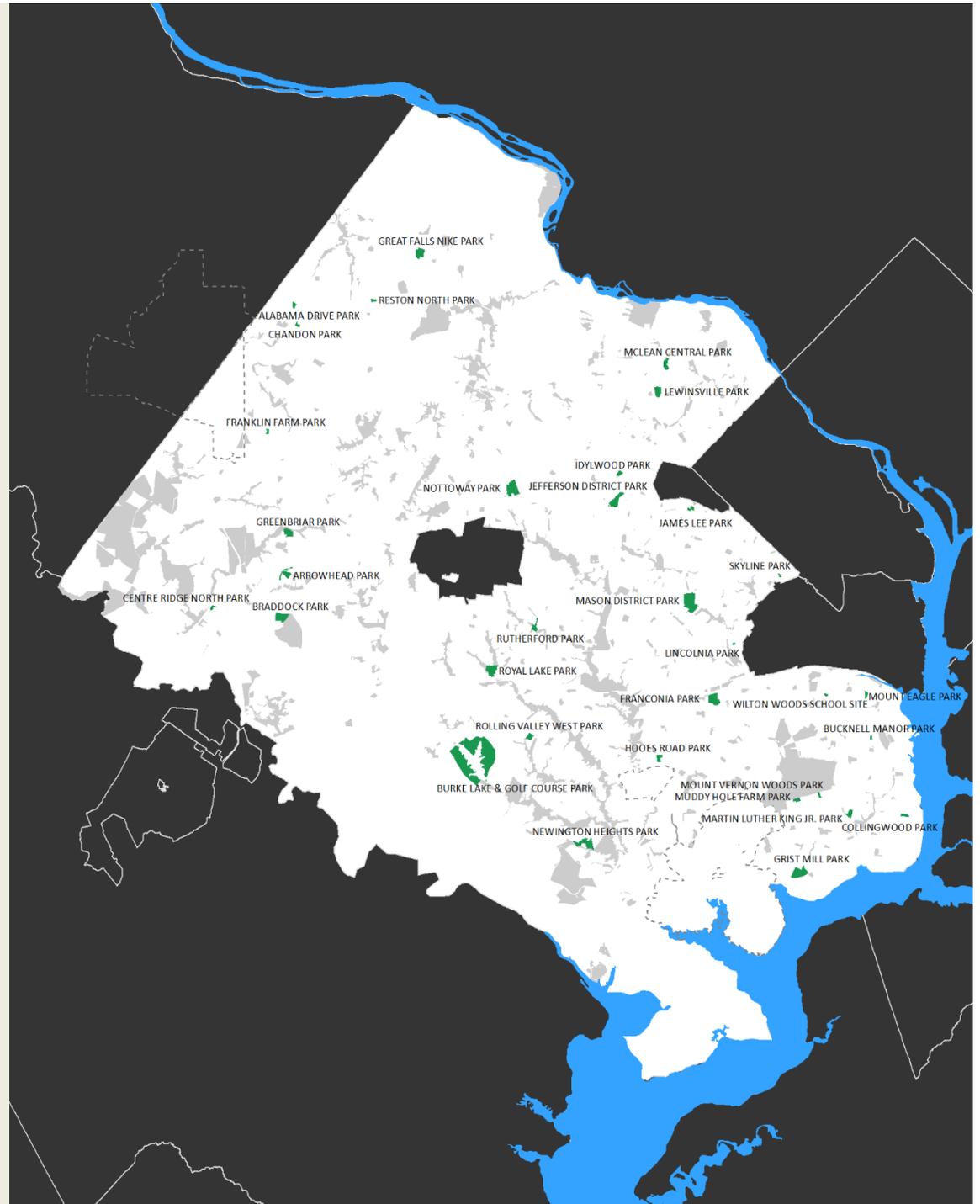
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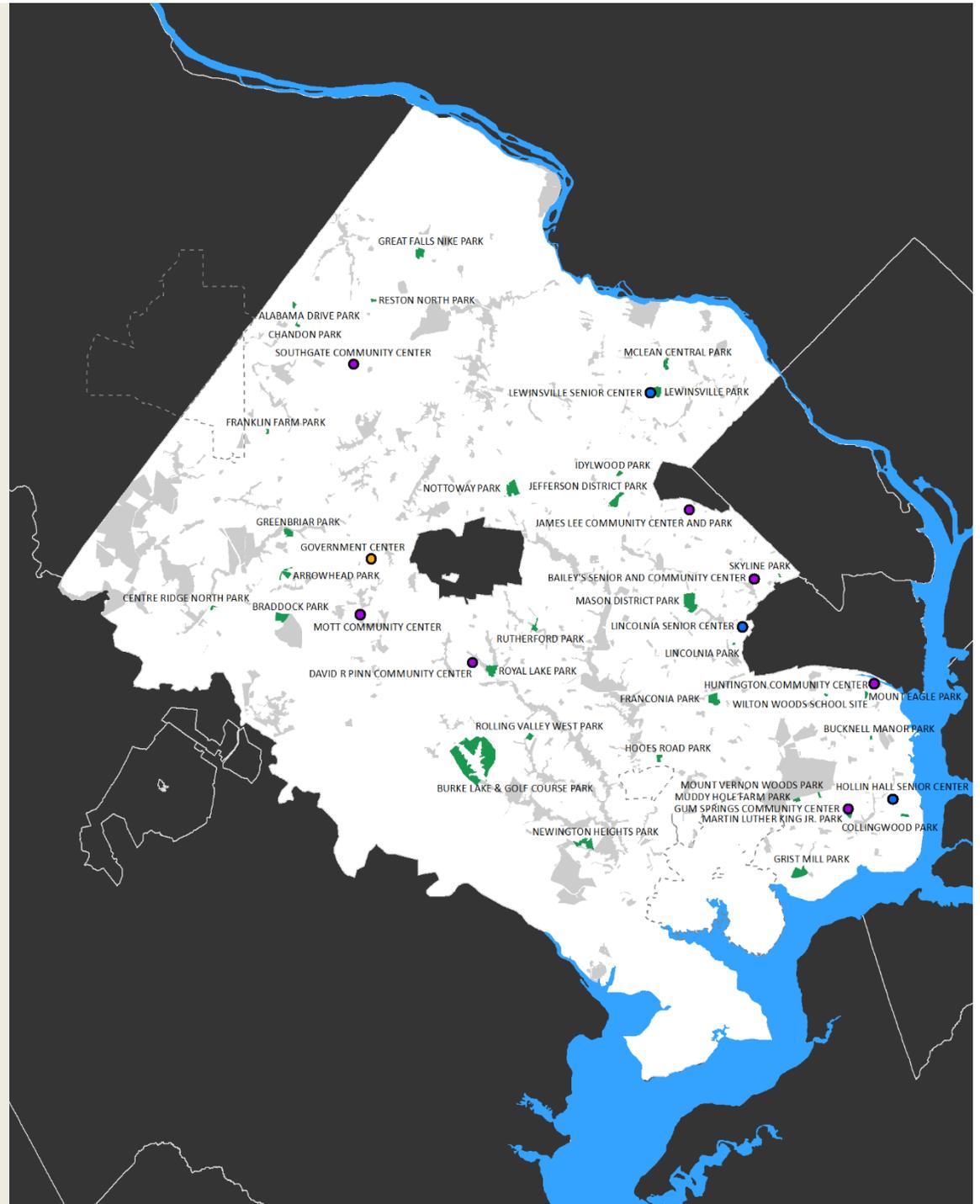
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# TOP 33 PARK SITES

## COUNTY PARKS

| SUPERVISOR DISTRICT | PARK NAME              |
|---------------------|------------------------|
| BRADDOCK            | ROYAL LAKE             |
| BRADDOCK            | RUTHERFORD             |
| DRANESVILLE         | ALABAMA DRIVE          |
| DRANESVILLE         | CHANDON                |
| DRANESVILLE         | GREAT FALLS NIKE       |
| DRANESVILLE         | LEWINSVILLE            |
| DRANESVILLE         | MCLEAN CENTRAL         |
| HUNTER MILL         | RESTON NORTH           |
| LEE                 | FRANCONIA              |
| LEE                 | HOOES ROAD             |
| LEE                 | MOUNT VERNON WOODS     |
| LEE                 | WILTON WOODS           |
| MASON               | LINCOLNIA              |
| MASON               | MASON DISTRICT         |
| MASON               | SKYLINE                |
| MOUNT VERNON        | BUCKNELL MANOR         |
| MOUNT VERNON        | COLLINGWOOD            |
| MOUNT VERNON        | GRIST MILL             |
| MOUNT VERNON        | MARTIN LUTHER KING JR. |
| MOUNT VERNON        | MOUNT EAGLE            |
| MOUNT VERNON        | MUDDY HOLE FARM        |
| MOUNT VERNON        | NEWINGTON HEIGHTS      |

| SUPERVISOR DISTRICT | PARK NAME           |
|---------------------|---------------------|
| PROVIDENCE          | IDYLWOOD            |
| PROVIDENCE          | JAMES LEE           |
| PROVIDENCE          | JEFFERSON DISTRICT  |
| PROVIDENCE          | NOTTOWAY            |
| SPRINGFIELD         | BRADDOCK            |
| SPRINGFIELD         | BURKE LAKE          |
| SPRINGFIELD         | GREENBRIAR          |
| SPRINGFIELD         | ROLLING VALLEY WEST |
| SULLY               | ARROWHEAD           |
| SULLY               | CENTRE RIDGE NORTH  |
| SULLY               | FRANKLIN FARM       |

## TEAM RECOMMENDATIONS



# OTHER COUNTY FACILITIES

| SUPERVISOR DISTRICT | COUNTY FACILITY                  |
|---------------------|----------------------------------|
| BRADDOCK            | FAIRFAX COUNTY GOVERNMENT CENTER |
| BRADDOCK            | PINN COMMUNITY CENTER            |
| DRANESVILLE         | LEWINSVILLE SENIOR CENTER        |
| HUNTER MILL         | SOUTHGATE COMMUNITY CENTER       |
| MASON               | BAILEY'S COMMUNITY CENTER        |
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| MOUNT VERNON        | HUNTINGTON COMMUNITY CENTER      |
| PROVIDENCE          | JAMES LEE COMMUNITY CENTER       |
| SPRINGFIELD         | MOTT COMMUNITY CENTER            |

## OTHER POSSIBLE LOCATIONS to be explored

- Libraries
- Schools
- Public Housing

# TEAM RECOMMENDATIONS





# PARALLEL EFFORTS



# Parallel Efforts



- Greenfields Grant Opportunity
  - 50% match towards cost of equipment
  - Competitive application process
  - Targeted to “underserved” demographics
  - Awarded to Lincolnia Park and Gum Springs CC
  - Installation expected in Spring 2016
- Friends of Royal Lake Initiative
  - Existing 30-year old equipment – obsolete / in disrepair
  - FORL & FCPF are fundraising, seeking Mastenbrook match
  - Phased replacement of equipment as funding allows
  - FORL prefers GTFit (Gametime) equipment





NEXT STEPS



# Next Steps

- Facilitate Installations in Progress
- Conduct Additional Stakeholder Outreach
- Identify Funding
- Amend Park Master Plans as needed
- Install Equipment



Committee Agenda Item  
January 13, 2016

## **INFORMATION**

### Monthly Contract Activity Report

The Monthly Contract Activity Report lists all contract activities in support of the Capital Improvement Program (CIP) authorized during the month of December 2015 in value over \$100,000. The report lists professional services and construction activities to include awards made via competitive bidding as well as awards made through the use of open-ended contracts. An activity is reported when procurement begins and is listed on the report until a Notice to Proceed (NTP) is issued.

### ENCLOSED DOCUMENTS:

Attachment 1: Monthly Contract Activity Report

### STAFF:

Kirk W. Kincannon, Director

Sara Baldwin, Deputy Director/COO

Aimee L. Vosper, Deputy Director/CBD

David Bowden, Director, Planning and Development Division

John Lehman, Manager, Project Management Branch

Brian Williams, Project Coordinator, Land Acquisition and Management Branch

Monika Szczepaniec, Project Coordinator, Project Management Branch

Janet Burns, Senior Fiscal Administrator

Michael P. Baird, Manager, Capital and Fiscal Services

| <b>Construction Services:</b>                  |                       |                       |                           |                         |                       |   |            |                 |
|--|-----------------------|-----------------------|---------------------------|-------------------------|-----------------------|---|------------|-----------------|
| <b>Project Name</b>                            | <b>Company Name</b>   | <b>Contract Award</b> | <b>Total Construction</b> | <b>Type of Contract</b> | <b>Funding Source</b> | <b>Scope of Work</b>  | <b>NTP</b> | <b>Comments</b> |
| Audrey Moore RECenter - Playground Replacement |                       |                       |                           | PO                      | WBS/PR-000091-26      | Replacement the tot playground and provide an ADA accessible route from the RECenter  |            |                 |
| McNaughton Fields Park Renovation              | Scheibel Construction | \$3,353,000           |                           | CP                      | WBS/PR-000091-013     | Construction of four new natural surface diamond fields, lighting, irrigation, utilities, stormwater improvements, and parking. |            |                 |
|  |                       |                       |                           |                         |                       |   |            |                 |

| <b>Professional Services:</b>                |                        |               |                                      |  |            |
|--|------------------------|---------------|--------------------------------------|--|------------|
|  | <b>Firm Name</b>       | <b>Amount</b> | <b>Funding Source</b>                | <b>Scope of Services</b>   | <b>NTP</b> |
| Sully Woodlands Stewardship Education Center | Quinn Evans Architects | \$114,777.63  | WBS/PR-000012-013<br>Fund 300-C30400 | Public Outreach, Programming, and Site Selection for new Stewardship Education Center. |            |
|  |                        |               |                                      |  |            |
|  |                        |               |                                      |  |            |
|  |                        |               |                                      |  |            |