

TFH Community Initiatives Action Plan: Accomplishments

Community Conversations

Monday, October 18, 2024

Assessment and Planning

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| Goal 1: Create a TFH Steering Committee of stakeholders | Completed November 2023. Each year a new steering committee will be formed to continue the dialogue and implement initiatives. |
| Goal 2: Partner with Institutional Assessment to implement formal assessments and analyze data and to determine the ongoing need, frequency, and type of assessments. Conduct surveys, targeted demographics, focus groups, etc. (TFH, Coordinators, Score, Open forum, etc.) | <p>A formal assessment is in progress.</p> <p>Informal surveys and feedback are solicited continuously with students, student staff and with the steering committee and are ongoing.</p> |
| Goal 3: Strategize, discuss, and implement an action plan to address the results from the assessment. | Forthcoming with the formal assessment. Other goals and initiatives from informal surveys and feedback are underway. |

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Programming and Training

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| Goal 1: Use data collected from the January 2023 TFH All-Staff training and implement a plan to address the concerns. | Completed strategic plan in the Spring of 2023 and have been in the implementation/assessment phase since that time. |
| Goal 2: Strategically and intentionally align programming to needs assessments, see bullet point #1 above. | <p>Offered peer to peer learning opportunities, StepUp Bystander Intervention training, and distress events to prospective students.</p> <p>Remove barriers to participation by offering fitness equipment orientations.</p> <p>Offered free lifeguard recertification courses to current staff and reduced fees for new certifications.</p> <p>Created a larger variety of fitness programming including hip-hop dance, Bollywood and henna, tai chi, and self-defense classes, etc.</p> <p>Created greater awareness by increasing marketing efforts and hiring 2 additional student staff.</p> |

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| | <p>Increased visibility and offered fitness, health and wellness opportunities outside of TFH; yoga on the lawn and res halls, Be Well Fridays, etc.</p> <p>Partnered with ARS for Study Jam and SAS for Snack to increase visibility and remove barriers via social engagement.</p> <p>Proposed a learn to swim program, currently pending approval.</p> |
| Goal 3: Incorporate initiatives into TFH training and programming. | <p>Begin each training with community agreements and general guidelines for language.</p> <p>Contracted with Jessica Martinez for a workshop to understand and practice responding to conflicts and offensive language in January 2024.</p> <p>TFH professional staff engaged student staff in a “Recognizing Personal Biases” workshop also in the spring of 2024.</p> <p>Future speakers may include topics such as culture and self-care, health equity, and accessibility at the gym.</p> |

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| Goal 4: Identify partners in Student Affairs, the consortia, or external speakers to build skills through engagement and training. Potential partners include SCORE, IDEA, ARS, QRC, Chaplains, SDRC and faculty representatives. | <p>Solicited speakers through SCORE and IDEA.</p> <p>Partnership with ARS for study jam and future workshops on accessibility related to TFH.</p> |
| Goal 5: Remove barriers for students to gain leadership experience and opportunities through peer-to-peer engagement and programming around fitness, health, and wellness. | <p>In addition to the opportunities identified above, offering students opportunities to become American Red Cross Instructors for CPR, Lifeguarding and Water Safety.</p> <p>We currently employ a student group fitness instructor and would train more students if there is sufficient interest.</p> <p>Future offerings may include personal training and health coaching opportunities, these are still in progress.</p> |
| Goal 6: Remove barriers (real or perceived) to accessing TFH, its programs and services. | <p>We have intentionally offered more programs outside of TFH, including Bowling Green lawn, in common spaces such as the res halls, CMC campus and at the library.</p> <p>Supplemental programming that is purely social in nature provides students the opportunity to “get comfortable” in Tiernan thus removing the gym stigma or barrier.</p> |

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| | <p>TFH hosts its semi-annual Flick and Float with OSE, partners with CMS athletics and recreation to host teams, clubs and intramural practices and some competitions. Through the Health and Wellness programs students engage in fun, social, and stress-reducing activities with the peer health educators.</p> <p>TFH extended its semester or year- long memberships to Pomona and Pitzer students in January of 2023.</p> |
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Personnel

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| Goal 1: Collaborate with Human Resources to identify diverse applicant pools and local partnerships in the fitness, health, and wellness fields. | Target local colleges and universities to ensure a wide variety of applicants, postings often include: <ul style="list-style-type: none">a. Cal State Fullerton, San Bernardino, Cal Poly Pomonab. Cal Baptist, Azusa Pacificc. Chaffey College Engage students, when possible, in the search process. |
| Goal 2: Continue to recruit student staff that are representative of the Scripps student demographic. | Market at a variety of locations where students are likely to see the posting and materials. |

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Facility

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| Goal 1: Identify new artwork for TFH that represents our community and the TFH mission and values. | <p>Review feedback and discuss trends from the Spring 2024 student survey.</p> <p>Identify potential artwork from Scripps archives and from Elizabeth Turk's ('83) <i>LookUp</i> Project.</p> |
| Goal 2: Identify physical barriers to access and if they can be modified, specifically, access to pool, additional accessible fitness equipment, and gender inclusive locker room / family locker room. | <p>A new ADA gate was completed in the fall 2024, giving students more autonomy in accessing the pool.</p> <p>TFH will explore accessible fitness equipment, including cardio, strength and functional.</p> <p>Discuss the possibility and idea of a family locker room.</p> |

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Communication

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| Goal 1: Within the TFH Steering Committee, Create of Community Statement that is representative of our vision of our fitness, health and wellness facility. | <p>The mission of the Sallie Tiernan Field House is to provide resources and support to enrich the holistic wellness of the Scripps college community. Through a student-centered staff, exceptional programming, and a state-of-the-art facility, the Field House implements a wide variety of initiatives to promote, educate, and create awareness around personal and community health and wellness. The Field House is committed to providing an environment where students, staff, and faculty can develop healthy behaviors that contribute to academic and professional success as well as a lifetime of well-being.</p> <p>TFH was recognized in the spring 2024 IDEA survey as being a key location for students to have a sense of belonging.</p> |
| Goal 2: Highlight areas of concern that have been addressed historically, those that are in progress, and the plan moving forward, including things we do well and opportunities for the future. | <p>The TFH internal and external websites and portal are complete, however they will require continual updating to stay current with our programming and services.</p> |

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Resources

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| Goal 1: Identify the resources needed to support the above initiatives and prepare for the upcoming budget cycle 2024-25 requests. | TFH is engaging in conversations to seek funding and resources for our initiatives. |
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