

STRATEGIC PLANNING COMMITTEE MEETING
AGENDA FOR WEDNESDAY DECEMBER 11, 2024

We respectfully acknowledge that the land on which we gather and work is on the Unceded Traditional Territory of the K'ómoks First Nation, the traditional keepers of this land.

Meeting Location: Council Chambers, 1801B Beaufort Avenue, Comox

Call to Order: 5:00 PM

Adoption of the Agenda

1. STRATEGIC PRIORITIES REPORT:

- (2) a. [Strategic Plan Scorecard](#)

2. STAFF REPORTS:

- (7) a. [Community Centre Infrared Sauna Replacement Survey Results](#)

THAT Council approve replacement of the Community Centre infrared saunas at a cost of \$86,000 with the work to be completed as soon as feasible.

ADJOURNMENT



CORPORATE OFFICER

ORGANIZATIONAL EXCELLENCE	AREA OF FOCUS	PROJECTS AND INITIATIVES	TASKS	YEAR	* STATUS	
	Asset Management	Develop and implement an asset funding strategy to close the infrastructure deficit			2023	Council approved closing the financial infrastructure gap over a 10 year period. Asset reserve policies to be developed. Year 2 of 10 for increasing asset replacement fund will be included in 2024 tax notices
	Continue to consider electrification of the Town's fleet and equipment where practical and					
	Future proof infrastructure to prepare for climate change and events					
Staff Retention	Develop Standards of Conduct Policy to promote a positive workplace	Develop Policy		2023	Policy drafted. Will be brought to Council in tandem with policies below	
		Develop/Update accompanying policies - Respectful Workplace, Purchasing, Use of Technology		2023	In progress.	
		Council adoption of policies		2024	In progress. Expected in the fall	
	Pursue structural alignment through organizational Strategic Plan updates			2022-26	In progress	
	Bylaw Enforcement Officer Safety	Safety inventory and assessment		2024	Complete	
		Personal protective equipment		2024	Equipment has been ordered and partially received	
	TOP PROJECT: Streamline development application process**	Implement e-permitting for development applications		2024	Needs assessment & software scoping exercise complete	
		Implement outcomes of development application review process		2024	Forms for application process being developed. Once forms complete and In progress. Developer meeting held on March 12th Completed application flow charts	
	Cross-train casual employees in different departments	Community Centre casual trained in Corporate		2023	Complete	
		Corporate casual trained in Finance		2023	Complete	
	Digitize requests for information - looking at using online forms for submission of certain requests.	Banner Station - online application		2023	Complete	
		Bylaw Complaint - online application		2024	In progress - testing phase	
		Business Licence - online application		2024	Complete	
	Complete Climate Change Risk Assessment and Action Plan	Deliver Climate Change Risk Assessment and Action Plan		2024	Completed and Council to consider changes to Strategic Plan on September 11th	
	Council Policy Development and Renewals	Council Conference and Travel Policy		2024	Approved at Feb 21 RCM	
		Video Surveillance Policy		2024	In progress	
	Internal Processes	Accessibility Requirements	Establish Accessibility Committee		2024	Comox Valley Accessibility Committee established as a regional committee for all Comox Valley local governments. Staff to meet with Accessibility Committee to review draft plan in September
			Complete accessibility audit of Town facilities, services and communications		2024	Audit of Town infrastructure received on March 1st
			Develop an Accessibility Plan		2025	Draft Plan complete
	Legal Agreement Development and Renewals	Marine Service Building Leases		2024	In progress	
		Marina Food Vendor Lease Renewals		2024	In progress	
		Solid Waste Commercial Contract Renewal		2024	In progress	
		Facility Use Agreement Renewals		2024	In progress	
	Bylaw Development and Renewals	New Solid Waste Management Bylaw		2023	Complete	
		Updated Fees and Charges Bylaw				
		Adopt new Business Improvement Area Bylaw		2024	In progress	
	Filing System Review and Archive	Administration files review and archive		2024	In progress	
	Customer Service	Move toward macro-focussed customer service model		2024	In progress. Example requirement to shovel sidewalks, requirement to mow boulevards, decreased support for development application construction.	
		Develop an organizational growth plan		2024	Council approved 50% non-market growth in 2024 budget towards additional Parks seasonal. Council approved growth in Community Center revenue towards additional part time clerk and increased Ask-a-Trainer hours	

* Status Colours: Completed: On Hold: In Progress:
 ** Strategic initiative reworded

AREA OF FOCUS	PROJECTS AND INITIATIVES	TASKS	YEAR	*	STATUS
Recreation	Focus on providing equitable access to community recreation through the LEAP and TRIP programs.	Provide Council Report: make permanent LEAP Adults	2024		Council approved LEAP adults at RCM June 5, 2024.
	Deliver youth recreation opportunities and continue to support the Comox Youth Council.		2024		New programmer to liaise with CYC.
	Youth Recreation	Hire Programmer	2024		Complete
	TOP PROJECT: Further enhance youth recreation opportunities through the construction of a pump track and development of skate park plans.	Determine location for pump track	2023		Council provided direction to seek grant support for pump track. Site considerations will be included in Parks and Trails Master Plan process
		Seek and submit grant funding proposals	2024		Contractor hired to assist with search for grants.
	Update Recreation Marketing Plan	Add Council Strategic Plan vision, lenses and values to plan and create schedule of monthly communication tactics.	2024		Complete
	Build schedule of Community Centre capital replacement	Source quotes for replacement Gym floor and wall	2024		Quotes received and consideration for replacement timing taking place. Water issue in floor believed to be resolved.
Sport Field Strategy	Work with Courtenay and the CVRD to implement recommendations from the 2023 Comox Valley Sport Fields Strategy report	2024-25		In progress. Items to be completed: application policy, centralized booking, and fees for youth fields. The project is coordinated with City of Courtenay.	
Parks	Complete Brooklyn Creek greenway south of Noel Avenue.				In progress
	Acquire further parks and nature space within town boundaries.				In progress
	Complete an ocean front walkway connection west of Marina Park to Ellis Street.				In progress. Developer meeting held March 12, 2024
	Explore acquiring a bee friendly designation				
	TOP PROJECT: Develop a Parks Master Plan and Urban Forest Management Strategy to catalogue current needs and map future growth of the Town's parks systems.		2024		Parks and Trails Master Plan is in progress. Phase 2 community engagement is complete. A Draft Master Plan is expected for review by the end of November. The UFMS RFP went to tender in September, with the award currently being finalized.
Arts and Culture	Continue to support Nautical Days and Filberg Festival.	Renew management and maintenance agreement with Filberg Heritage Lodge and Park Association.	2024		In progress
		Develop Nautical Days Policy	2024		Complete
		Establish Nautical Days Advisory Committee	2024		Council Committee established, Terms of Reference on March 20 RCM, committee members appointed. Complete
		Dissolve Nautical Days Society	2025		Pending
	Provide support for community Halloween and Christmas Market events.		2024		Complete. Council resolved to provide funding to the BIA for these events.
	Continue to provide space for Pearl Ellis Art Gallery and Comox Archives and Museum		2024		Complete
	Construct Mack Laing viewing platform.		2024		Waiting on arch permits
Public Safety	Hold annual forums, such as an annual Economic Development and Tourism forum and a Developer's Forum, with key Stakeholders				
	Continue provision of health and safety support including smoke detectors, AED's, Fire Smart support and wildfire mitigation, extreme weather event centers, and supporting outreach during extreme weather events.	Direct communications and assistance with citizens on improving their fire safety.	All		Very successful and on-going projects. 50 AED's have been installed across Comox one of the highest per capita in Canada. Extreme weather event policy adopted by Council and Town staff committed to outreach support in conjunction with other valley municipalities during extreme weather events.
	Focus on life saving protection through the timely response to fire rescue and medical emergency situations.	Maintain good response times to emergencies.	All		Using a combination of career and paid on call staff service delivery times meet current needs. Current daytime response of less than 2 minutes out of the station. Becoming very challenging maintaining an active group of dedicated and trained paid on call firefighters. High turnover. Key issues are lack of decent jobs and affordable housing in our community
	Active participation in the Regional Emergency Management Program.	Maintain our partnership with other local governments to develop an effective role and response to local emergencies.	All		Career staff attend regular meetings of Comox Valley Emergency Planning group and participate in training and exercises. Regional pooling of funds for indigenous engagement has been approved
Increase public awareness of emergency evacuation routes					

* Status Colours:
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Completed:

On Hold:

In Progress:


ECONOMIC HEALTH	AREA OF FOCUS	PROJECTS AND INITIATIVES	TASKS	YEAR	*	STATUS	
	Downtown Vitality	TOP PROJECT: Complete a Downtown Action Plan to guide future development and balance the need for growth vs. desire to maintain a small-town feel.					Complete with Council consideration of projects on September 11th
		Support downtown beautification through flower beds and routine maintenance.					In progress
		Provide enhanced development approvals support for downtown projects.					In progress
		Explore and incentivize retail zoning in the downtown					
		Explore establishing a Town of Comox Tourism Commission					
	Balancing Vibrancy & Stability	Promote and support local commercial into residential areas.		Complete communities	2024		In Progress
				Rezoning application processing	2024		
				Update home occupation regulations	2025		
		Support the BIA in their renewal and potential boundary expansion process		Support the Renewal of the Downtown BIA	2025		Regular meetings with BIA initiated.
Examine the feasibility of expanding the BIA				2025		Complete. BIA has decided to not expand for their next term.	
TOP PROJECT: Complete an Economic Development Strategy and Downtown Enhancement Action Plan.					In progress		
Increase the Town's Employment Lands land base							
Comox Marina	Complete and provide occupancy to the Marine Services Building.		Building Complete July 2023	2023		Official opening Sep 7, 2023	
			Request for Proposals (RFP) for lease of Units 102 & 105, effective Aug 1, 2023	2023		Leases to Big Animal Encounters and Compass Adventure	
			Request for Proposals (RFP) for lease of Units 104 & 105, effective Feb 1, 2024	2024		Lease of both Units to Compass Adventure	
	Provide marina space to encourage tourism and commercial activities.		2024 Mobile Vendor Renewals	2024		Complete	
			Mobile Vendor RFP for 2025-26	2025		In Progress	
	Improve the pedestrian connection between the Marina and Comox Ave and explore mechanized alternatives						
	Install a floating platform off the breakwater						

* Status Colours:

** Strategic initiative reworded


Completed: 

On Hold: 


In Progress: 

GOOD GOVERNANCE	AREA OF FOCUS	PROJECTS AND INITIATIVES	TASKS	YEAR	*	STATUS	
	Community Participation	Develop a pre-application policy with community input requirements to support and broaden community participation. Further enhance online information regarding proposed developments. Continue Town's communication and social media growth to build knowledge and engagement on town projects and initiatives.		Develop Application Flow Charts with specific engagement requirements	2024	On Hold	Draft flow charts complete and presented to development community. New Provincial regulation changes will limit public participation in development
				Include development information on website	2024	Completed	Complete but opportunities for public engagement decreased through Provincial Regulation changes.
				Increase website readership	2023	Completed	Website views on top five pages (Homepage, Community Centre, Employment Opportunities, Program Registration, Recreation Guide) increased by 20% YTD in Jan 2024 compared to 2023
				Increase social media engagement	2023	Completed	Facebook followers up 11% over 2023, to 5200; Instagram followers up slightly to 1140, X followers 2,657 up over 2023 rates of 2,550.
				Promote ReCollect App for solid waste information	2023	Completed	Registered users up over 10% to 1987 users. Currently at 2050 (Nov. 2024)
	Relationships	Maintain high levels of support and coordination with other local governments and K'ómoks First Nation.		Consult with K'ómoks First Nations on projects of shared interest	2023	On Hold	Presentation made to K'ómoks Chief and Council
				Partner with other Comox Valley local governments in the Leisure for Everyone Accessibility Program (LEAP)	2023	Completed	Regional program established in April 2023
				Partner with other Comox Valley local governments in establishing a regional accessibility committee to meet legislative requirements	2023	Completed	Regional framework adopted November 2023
				Partner with City of Courtenay in regional sports field allocation and centralized booking strategy	2024	On Hold	Underway completion expected September 2025
Coordinate with City of Courtenay in public engagement strategy for new solid waste collection program				2023	Completed	Complete	
Decision Making	Improve ground level data collection and continue to modernize internal processes. Include full life cycle costs in all asset acquisition or expansion decisions.		Finance and Public Works Department is exploring Asset Management software to better track and improve coordination of asset management and replacement.	2024-25	On Hold	In Progress through Complete Communities project	
				2024	Completed	Full life cycle costing is included in all capital acquisition budgeting decisions	

* Status Colours:

Completed: 

On Hold: 

In Progress: 

** Strategic initiative reworded


BALANCED COMMUNITY PLANNING	AREA OF FOCUS	PROJECTS AND INITIATIVES	TASKS	YEAR	*	STATUS
	Strategic Growth	Ensure appropriate amenity provisions in rezoning applications.		2024		Will be reconsidered through the DCC and ACC construction in preparation of OCP completion before 2025
		Develop an organization growth plan that supports and enhance the delivery of services as the community grows.	Work with Courtenay and the CVRD to implement recommendations from the 2023 Comox Valley Sport Fields Strategy report (staff report to Council, November 1, 2023).	2024-25		In progress
	Housing	TOP PROJECT: Update (Complete new) the OCP through community consultation to develop a vision for the future growth of Comox.		2024		Commenced Nov 2024
		Apply for and complete the Complete Community grant program to support future planning decision making.		2023		Complete. Grant obtained
		Apply for and complete the CMHC Housing Accelerator grant program to accelerate the Town's modernization process and secure funding for other community benefits.		2023		Complete. Grant obtained
		TOP PROJECT: Develop a Housing Strategy that creates conditions for a diversity of housing options		2025		Will be part of the OCP process Council received Housing Needs Assessment on Septmber 4th RCM
	Community Addition	Require greenway and connectivity networks in new developments.		2024		Parks and Trails Master Plan is In progress. Project awarded to Lanarc. Currently in phase 1. Public Open House planned for week of April 8-11. TBC. Completion target Nov. UFMS will go out to tender this Fall. Draft Urban Systems Permitting Software Needs Assessment and Software Evaluation received Feb 13/24. Staff comments provided Feb 27/24. Awaiting response.
		Complete a DCC review to ensure equity and fairness in cost allocation in new developments.		2024		Commenced Nov 2024
		Create a community amenity policy for developments.		2024		In progress and will be considered at completion of OCP and Complete Communities project
Increase required bike parking and EV charging capabilities in multifamily development				will be reviewed through OCP process		
Create a residential tree planting program						

* Status Colours:

** Strategic initiative reworded

Completed: 

On Hold: 

In Progress: 

TO: Mayor and Council	FILE: 0810-20-02, 1705-20
FROM: Ted Hagmeier, Recreation Director	DATE: Dec 4, 2024
SUBJECT: Community Centre Infrared Sauna Replacement Survey Results	

Prepared by:  Ted Hagmeier, Recreation Director	Financial Approved:  Edward Henly, Director of Finance	Report Approved:  Jordan Wall, CAO
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RECOMMENDATION(S) FROM THE CHIEF ADMINISTRATIVE OFFICER:

1. THAT Council approve replacement of the Community Centre infrared saunas for \$86,000 with the work to be completed as soon as feasible.

ALTERNATE RECOMMENDATION(S) FROM THE CHIEF ADMINISTRATIVE OFFICER:

1. THAT Council forwards a decision on this matter to the Capital and Special Projects budget.

PURPOSE

To provide information to Council.

STRATEGIC PLAN LINKAGE

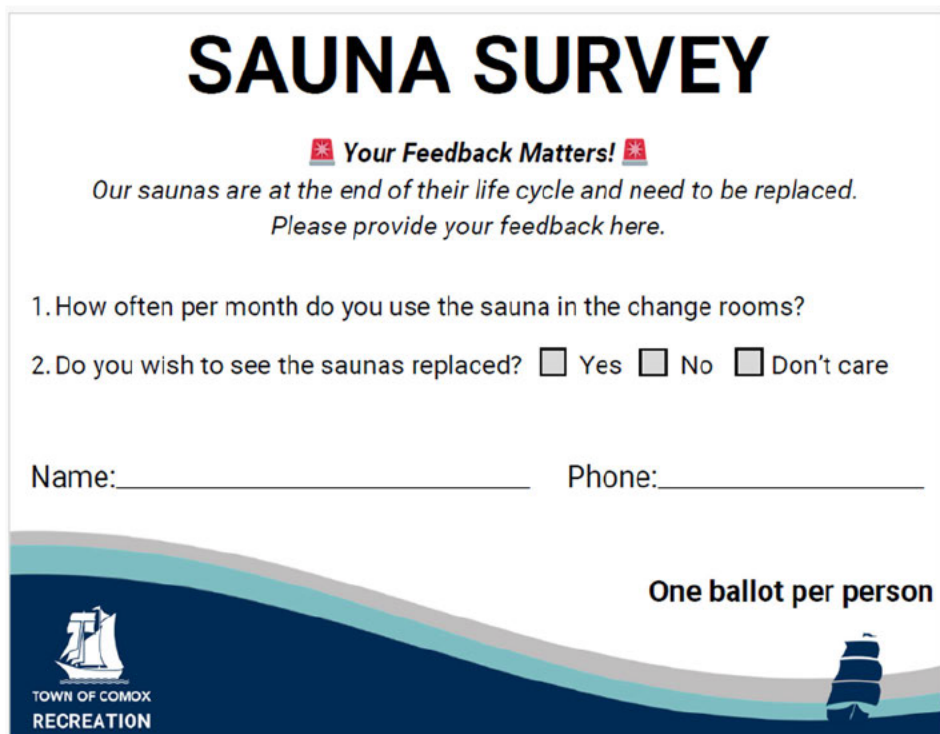
STRATEGIC PRIORITIES	AREAS OF FOCUS
Community Connection and Wellness	Recreation - We believe recreation is critical to community vibrancy, belonging, connection and health (safety) at all ages.

BACKGROUND

1. Survey Results

Recreation Administration presented a report to Council at Regular Council Meeting, November 20, 2024, recommending replacement of the Community Centre’s infrared saunas. From that meeting Council requested administration survey Community Centre users to determine the frequency of their use.

From Friday, November 22 to Tuesday, December 3, 2024, survey ballots were available in the lobby of the Community Centre. This survey method was specifically chosen to capture active and current Community Centre users.



The image shows a survey ballot titled "SAUNA SURVEY". It includes a header with the text "Your Feedback Matters!" and a message: "Our saunas are at the end of their life cycle and need to be replaced. Please provide your feedback here." The survey contains two questions: "1. How often per month do you use the sauna in the change rooms?" and "2. Do you wish to see the saunas replaced?" with radio button options for "Yes", "No", and "Don't care". Below the questions are fields for "Name:" and "Phone:". At the bottom, it says "One ballot per person" and features the "TOWN OF COMOX RECREATION" logo with a sailboat icon.

Survey Results:

Question 1: How often per month do you use the sauna in the change rooms?

Results	Number of Responses
0	17
1 – 5	68

6 -10	39
11 – 15	19
15 +	9
Written, not numeric, answer (i.e. "often", "always", etc.)	12
No answer	108
TOTAL RESPONSES	272

Question 1 Results Summary:

- 17 of 272 respondents do not use the infrared saunas – 6.25%.
- 147 of 272 respondents use the sauna at least once per month – 54.04%.
- 108 of 272 respondents did not provide an answer – 39.70%.

Question 2: Do you wish to see the saunas replaced?

Results	Number of Responses
Yes	241 - 88.6%
No	17 - 6.25%
Don't Care	14 - 5.14%
TOTAL RESPONSES	272

2. What Are Infrared Saunas?

Infrared saunas use light to make heat. In this way, the sauna 'treatment' occurs at lower temperature than a regular sauna. Regular or steam saunas run at higher temperatures with the possible detriments of mold and mildew caused from the steam condensing on walls and ceilings.

The benefits of saunas are not conclusive. The Mayo Clinic website states:

Many studies have looked at using infrared saunas in the treatment of long-lasting health problems and found some proof that saunas may help. Conditions studied include high blood pressure, heart failure, dementia and Alzheimer's disease, headache, type 2 diabetes, and arthritis. But larger and more-exact studies are needed to prove these results.

Infrared saunas in the Community Centre change rooms predate the 2010 renovation and their date of installation is unknown. The saunas are end of life. A local contractor, consulted by Administration, determined there is no option to repair the existing equipment. Full replacement is only option if we wish to continue offering this service.

The contractor's estimate to install new infrared saunas in both change rooms is \$76,000. Administration estimate \$10,000 of additional work by Facilities staff and contractors for tiling and electrical. Total cost estimated at \$86,000.

The contractor provided an estimate of \$57,500 to install two traditional saunas (which also requires the extra \$10,000 of work) but Administration *do not recommend this option*. The potential for mold and mildew and the higher temperatures would be deleterious to the building. Total cost estimated at \$67,500.

FINANCIAL IMPLICATIONS

Replacement of the saunas are a capital expense and as such do not need to be taxed in the year of replacement but instead have a yearly capital amount set aside. The yearly capital amount of the two saunas is \$5,500 or .047% of taxes or \$0.78 per representative household.

Appendix 1 – Emails to Town Hall Re Sauna Replacement

From: Heather Maxwell Hall [REDACTED]
Sent: December 4, 2024 1:27 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Infrared sauna feedback

Hey there,

I heard you're looking for feedback on the infrared saunas at the Comox Community Centre?

I'd love to share my wishes for them to be repaired — it is a much more affordable and accessible way for locals to get health-boosting and stress-relieving benefits. I usually visit 2-3 times a week and deeply appreciated having access to it.

Many new scientific studies have shown that regular infrared sauna use significantly lowers all-cause mortality!

If there's anything I can do to give more feedback, please let me know.

Thanks so much!
Heather Maxwell Hall
Writer + Editor
[REDACTED]

From: norm reynolds [REDACTED]
Sent: December 4, 2024 12:05 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: comox sauna

Greeting Comox Town councilors,
I hope that Comox Town Council does not proceed with taking out saunas at Comox Rec Centre. In a town with so few public amenities (NO pool to the point), especially so few of general benefit to all citizens of Comox I would think it absurd to contemplate taking out such a prized and widely used community amenity.
Norm Reynolds –recently moved back to Comox

From: Rachel Sutton [REDACTED]
Sent: December 3, 2024 6:01 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Sauna!

Hi!

It means a lot to us to have the sauna at the Community Center.

Please consider keeping both for each gender. So so healing.

Warm regards,
Rachel Sutton

From: HEATHER JERRITT [REDACTED]
Sent: December 3, 2024 1:19 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Sauna at Comox Recreation

Hello,
I am emailing to express my wish for the Comox Rec Centre to continue to provide the Infrared Sauna as a service the public can enjoy both for recreation, social and mostly health benefits. I have been using the sauna for many years, and so appreciate it's affordability and many health benefits I cannot access anywhere else in the Valley.

Thank you for your consideration,
Heather Jerritt

From: Brenda McGowan [REDACTED]
Sent: December 3, 2024 11:38 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: Saunas Replacement

I'm out of town so can not drop by to fill in a ballot.

Please fill one in on my behalf to have these saunas replaced.

Thank you,
Brenda McGowan

From: Glenn Lawson [REDACTED]
Sent: December 1, 2024 10:44 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: Rec centre Infrared suana

I would like to express my support for spending some of my tax dollars on repairing the infrared saunas in the rec centre change rooms. After a workout it is great to relax in the sauna.

Glenn Lawson
[REDACTED]
[REDACTED]

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

From: Evelyn Nixon [REDACTED]

Sent: December 1, 2024 11:27 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: Sauna

Please replace the broken saunas with the new infra saunas.

Evelyn Nixon



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

From: Cheryl Taylor [REDACTED]
Sent: December 1, 2024 12:05 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Infrared Sauna

Hi there,

Putting this forward to support the fixing of the Comox Rec centres Infrared Sauna! It has health data support around its healing value and makes it affordable for Comox Citizens who want to avail themselves of it AND it builds COMMuNity! I have gone to the rec centre with friends specifically for the sauna!! Please keep it!!

Cheryl

From: Sherena Nyen [REDACTED]
Sent: December 1, 2024 4:48 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: infrared saunas

Please Fix.

Thank you,

Sherena

From: Helena Spears [REDACTED]
Sent: December 1, 2024 6:02 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Infrared sauna

I would like to email my support of the repair or replacement if the sauna at the rec center. I have many health issues and the infrared sauna is so helpful. Please invest the money needed to keep this piece of equipment working

Helena Spears

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

From: Linda Bartholme [REDACTED]
Sent: December 1, 2024 6:14 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Infrared sauna

Hello,

I heard that you are currently debating whether or not to repair the infra red sauna at the rec centre and I would love to see it repaired please. I would appreciate if this feedback would be taken into account even though I wasn't able to fill out the ballot in person. I believe you can give feedback before Dec 3rd, and I would also like to say that I appreciate the option to be able to give feedback. Thank you!!!

Thank you in advance,
Sincerely

Linda

Sent from my iPhone

From: Marie-Clo [REDACTED]
Sent: December 1, 2024 7:43 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Sauna

Hi,

Id like to discuss the sauna repair situation. The sauna is the only reason I go to the gym. I do a short workout but the reason I commit to a membership is for the sauna and its infinite health benefits. It's where I support my chronic illnesses and it gives me a good quality of life. So many of us enjoy it, please strongly consider fixing them both at the comox rec center. We need them. Thank you,

Marie-Clo

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

From: Frank Carter [REDACTED]
Sent: December 2, 2024 9:57 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: Saunas

Dear Sir,

The Comox Rec saunas are used almost continuously.....when they are working, as the heat relaxes the muscles and relieves sore muscles. I hope that you will continue to have the saunas for us many users in the future.

Sincerely

Frank Carter
Sent from my iPad

From: Amanda Shortt [REDACTED]
Sent: December 2, 2024 9:58 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: In support of repairing the Comox Valley Recreation Centre Saunas

Hello,

I have recently voted in favour of repairing the saunas at the Comox Valley Recreation Centre and I strongly urge you to consider keeping this amenity as a part of the centre. The benefits of using a sauna are numerous for not only physical but also mental health as supported by this article from UCLA Health: [Benefits of sauna bathing for heart health](#).

The Comox Valley Recreation Centre has an opportunity to place itself on the map as being a unique and desirable fitness centre for public membership. I am a yearly pass holder and would pay more for my membership to have the saunas repaired and in working order. They are worth it and I really hope for a favourable outcome from the board.

Sincerely,
Amanda Shortt

From: Margaret Simon [REDACTED]
Sent: December 2, 2024 4:35 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Infrared saunas at the rec center

Hello,

Is it true the council is seeking opinions of local property tax payers regarding fixing 2 broken saunas at the rec center?

If so, we vote “NO” to fixing it unless there are well-done **scientific** studies to back up any health benefit claims.

Thanks.

Margaret Simon
Kent Sharkey
[REDACTED]

From: Natalie Fisher [REDACTED]
Sent: December 2, 2024 6:10 PM
To: Town of Comox – Administration <town@comox.ca>
Subject: Sauna at rec center

Hello,

I would like to weigh in on the saunas at the Comox Rec center. I think that if these units are repairable for a reasonable cost, then the town should repair them. However if the cost is more than the units are worth then perhaps the town could compromise by purchasing a new single units that is co-ed. I have used the sauna many times and they are invaluable when recovering from surgery, injury or just to promote well being. The town should couple the repair or replacement with a real promotion campaign to increase usership especially after extended service interruption.

Community input on FB shows support for repair/replacement

Cheers

Natalie Fisher
[REDACTED]

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

From: [REDACTED]
Sent: December 3, 2024 5:36 AM
To: Town of Comox – Administration <town@comox.ca>
Subject: Support for Sauna Repair/Replacement

Good Morning,

I am reaching out to add my support for Sauna repair/replacement. I currently attend classes at the Recreation Centre, but given the opportunity to use these saunas would be invaluable. There is no where else in the valley that provides this service, that I'm aware of, so promoting it as such would increase its value to the community. I, for one, would sign up for membership based on this service alone. Please consider this as a yes from me.

Kind Regards,
Jackie Beacom

Sent from my iPhone