



JANUARY | FEBRUARY 2020 Vol. 44, No. 1

Starting Lines

10 How to ... health club. How to incorporate recovery into your

ONE ON ONE: A medical researcher explains the unique concerns for esports competitors.

PLUS: The Score

Voices

Legal Action

18 How a gap in a fence at a Little League field became a \$1.7 million liability.

The Owners Club

22 Chris discusses a strategy for making smarter business decisions.

Safety & Security

An expert explains why drowning prevention doesn't end with supervision.

NIRSA Rec Center

26 Why you should attend NIRSA's 2020 expo and conference.

Next Generation of Campus Rec

28 Contest winner Alexander Valladares on rec's role in his rise from poverty.

6 Online TOC 8 Letter from the Editor 16 New & Improved 90 Forward Progress 92 Products/Advertisers Directory 93 Professional Directory

Features

How to design for **optimal sound** in any size venue.

Can your equipment manufacturer help you plan and program the ideal **fitness space**?

44 Keeping **locker room** wet areas dry, inviting and safe.



The sixth annual **Aquatic Design Portfolio**.

Recap and highlights from AB Show 2019.

THE PILINGE AT FIT BELMONT PARK

94 Design Details



ATHLETIC BUSINESS

(ISSN 0747-315X) is published nine times annually; January/February, March, April, May, June, July/August, September, October, November/December and is distributed without charge to qualified athletic, recreation and fitness professionals by: 22 E. Mifflin St., Suite 910 Madison WI 53703

In order to ensure uninterrupted delivery of Athletic Business, notice of change should be made at least five weeks in advance. Direct all subscription mail to: ATHLETIC BUSINESS Plymouth, MN 55447 Call: (800) 869-6882 or Fax: (866) 658-6156.

For faster service, visit us online at athleticbusiness.com/subscribe. Single-copy price is \$8 Buyers Guide, \$50. Subscription price is \$55 for nine issues in the U.S.A., Canada. Periodicals postage paid at Madison, Wisconsin, and at additional mailing offices.

Send address changes to ATHLETIC BUSINESS P.O. Box 47705 Plymouth, MN 55447 Canadian Publications Agreement No. PM40063731. Email: athb@kmpsgroup.com Printed in U.S.A. © AB Media Inc. 2020 ALL RIGHTS RESERVED. Reproduction in whole or in part is prohibited is a trademark of AB Media Inc.

PRODUCT SPOTLIGHT

Cardio Equipment

Aviron Interactive

Aviron Interactive helps improve member experience and engagement with technologyenhanced rowing machines that promote competition, collaboration and connectivity - experiences that traditional facilities may lack. Aviron's Tough Series Rower is equipped with a 22-inch, high-definition touchscreen loaded with more than 100 workout options, including guided workout

programs, games, virtual destinations and live races with other rowers from around the world.

www.avironactive.com (437) 317-1199



Body-Solid

The Body-Solid Endurance R300 is a self-generating indoor rower that eliminates power requirements for peak energy efficiency. A



precision-engineered flywheel design minimizes noise, while the nickel-plated chain offers unmatched durability. The interactive console reports time, heart rate, calories, paddle width, stroke rate, distance rowed and watts. It's also Polar-compatible. The R300 can be paired with Body-Solid's Crossfit-oriented products, such as the FB300 Fan Bike, Power Racks and Half Racks.

www.bodysolid.com (800) 833-1227

See ad on page 21

American Athletic Inc.

AAI's G2N products are strong enough for adults, adaptable enough for children, and unique enough for ninjas. G2N's combination of equipment and curriculum engages members, while bringing a fun new revenue stream without taking up permanent space or requiring big investments.

www.americanathletic.com (800) 247-3978





Brigadoon Fitness

The M7e treadmill flexes its performance, durability and ease of use. A powerful 5.0 HP AC NextGEN III Eco Drive™ delivers the highest efficiency without compromising power. Speed and elevation paddle shifters allow the treadmills to reach speeds up to 16.2 miles per hour while inclining up to 18 percent. The 16-inch touchscreen boasts 20-plus programs, including Gerkin, Cooper and 10 forwardmotion scenery videos. The 60-by-22-inch lubricant-infused running belt with 1-inch reversible phenolic deck and Smooth Deck Absorption System reduces stress on joints and knees.

www.brigadoonfitness.com (800) 269-7130