

## **Carmichael BIG IDEAS Survey**

### **Executive Summary**

The Carmichael BIG IDEAS survey was shared to more than 10,000 students, faculty, staff, alumni, and retirees for four weeks from October to November 2016. The goal of the survey was to gain feedback and suggestions from Carmichael users and non users on their experience at Carmichael and to gain ideas for the Carmichael Addition project. See below for survey results and feedback themes.

#### **Which best describes you?**

Undergraduate Student	68%	710
Graduate Student	7%	67
Non-Student Member (Faculty, Staff, Retiree, Alumni, Household Member, etc.)	14%	146
Faculty/Staff Non-Member	11%	119
Other	1%	7
Total	100%	1049

#### **Describe your current use of the Carmichael Gymnasium and Recreation Center.**

Regular User (two or more times per week)	70%	722
Occasional User (less than two times per week)	19%	195
Rare/Non-User (once per month or less)	12%	128
Total	100%	1045

**If you were improving/expanding Carmichael Gymnasium and Recreation Center, which of the following would be important to you? (Check all that apply)**

Additional stretching, core and functional training space	47%	490
Additional strength equipment (weights)	44%	460
Multi-purpose rooms (group fitness, mind/body, small group, etc.)	42%	440
Additional cardio equipment	38%	397
Climbing wall	33%	344
Teaching kitchen	30%	309
Combative room (heavy bags, speed bags, etc.)	27%	278
Wellness resources (career, emotional, financial, etc.)	25%	259
Lounge and social spaces	18%	183

**What's the worst thing about Carmichael right now?**

- Too crowded (68)
- Buildings not connected (59)
- Lack of parking (58)
- Need more studios (43)
- It smells bad (32)
- Old/boring indoor track (32)
- Difficult to navigate'/getting lost (31)
- Outdated climbing wall (16)

**Selected Quotes:**

"I don't like the climbing wall at all. It is hidden and hard to find. Plus the fake rock is not ideal for people who climb regularly and train at rock climbing."

"Trying to navigate the building, particularly to find the climbing wall, as a new student was confusing. Many parts of Carmichael appear old and undeveloped, especially the climbing wall and its system."

"No space to just hang out or take a break."

“The lack of equipment. If going between 5pm-7pm, it's almost impossible to get a bench or squat rack without waiting for at least 10 minutes.”

“The layout is confusing and I never know where anything is.”

“Having to go downstairs then back upstairs to get from Cates to group fitness.”

“ADA accessibility, parking, lighting and smell in some of the weight rooms.”

“The worst thing right now is that it is very difficult to find things. There needs to be maps placed throughout the building that shows a comprehensive list of resources, for example showing the location of the rock wall, combat room, squash courts, ping-pong tables, etc. I often hear rumors of a resource that the gym has, but cannot take advantage of it because I cannot find it easily.”

“I have gotten lost in Walmart several times. The first time I stepped in Carmichael, I had no idea where to go.”

“The dungeon weight rooms are depressing as is the indoor track. I think it would be super awesome if you connected the spaces by creating a non-mundane indoor track.”

“The worst thing about Carmichael right now is that there is no real entrance, you have to walk down a flight of stairs just to get in. This kind of entrance is not inviting to people who never work out. The key should be trying to attract as many people as possible to increase student well being, one can do this just by having an entrance that makes people want to come in.

### **What would make the project successful? What should be included in the new facility? (Top Responses)**

More weights (75)

Accessible (54)

Functional training equipment and open space (51)

Climbing wall (46)

Multi-purpose studios (44)

Yoga/Meditation/de-stress/wellness (42)

Teaching Kitchen (40)

Open floor plan (30)

Better indoor track (28)

Modern/state of the art facility design and layout (25)

Improved navigation/better signage (23)

Connect all buildings/one entrance (20)

More cardio (20)

## **Survey Themes - Modern Layout & Design**

“Heavy focus on intersectionality and making sure the facilities are welcoming and appropriate for all bodies”

“Having the entire gym interconnected. If possible a more open layout.”

“Connectivity and flow between all components of the gym, especially having a connection or at least covered walkway between the main gym and the recreation center.”

“A building that mirrors and complements the current student center would be a great "look" for the renovated Carmichael.”

“A welcome center would be nice and professional. I know we have the administrative building (that's separate) and we have the swipe desk but I'd like to see the open area after the main entrance swipe desk be utilized as a strong customer service area.”

“Create a layout that is orderly so that there is a way for people to feel comfortable with finding their way around. Signs are very important so after the construction has taken place, it would be beneficial to make room names, and directions clear. More light and eco-friendly. What would be really cool and helpful is to have the fitness equipment somehow contribute to the power of the building or at least put solar panels up. More windows too.”

“Right now it looks like a hodgepodge of rooms that were put together and used for what was needed of them instead of strategically designed for comfort, convenience, and ease of flow.”

“A SAFE SPACE to exercise in peace without worrying if everyone is judging you.”

“Being inclusive of all identities and abilities....especially students in wheelchairs or students who are new to fitness. Once the project is complete, I'd like to see a bigger focus on cultural competency and accessible places. The building will be most functional for me if it includes smaller areas that are less intimidating than the Playground.”

“A map or some sort of easier navigation system. Please. This will help emotional wellness.”

## **Survey Themes - Fitness Space Design**

“Definitely an emphasis on the stretching/core aspect of fitness. I think the practice kitchen is also a good idea, but it should be separate from the recreation area. I love cooking, but I wouldn't want to cook next door to a weight room.”

“More functional space, better indoor track, indoor turf area with a indoor turf hill/incline, a crossfit/Olympic lifting box, more power racks, better selection of dumbbells, personal training

studios, cardio equipment with individual televisions, strong man training space, ninja warrior course (modified for safety), more outdoor functional equipment.”

“An indoor "playground" such as the one on miller field should be included because sometimes miller field is closer or it's too cold to use it.”

“An additional free weight room is essential to spread out the overcrowding in other areas of the gym. More boxes for box jumps, and a wall bungee for sprint training, and other cross-fit equipment would also be a great addition for the new weight room to add variety as well as functional training options. A room with heavy bags and speed bags would also be great for de-stressing and getting in a great cardio workout as well.”

“I would like to see a few small rooms where 1-4 people could play a workout dvd and work out with a little more privacy (since I know you're probably interested in putting in a lot of windows). “As a lady with some heft, the option of working out with a bit of privacy is preferable to being in a room with a bunch of guys. Also, more clocks! It's easy to lose track of time and be late to class!”

### **Survey Themes - New Space Elements**

“Healthy cooking and nutrition lessons would be great. We work out and still don't get healthy because we don't know what we are eating.”

“Free access to dietitians and other wellness professions to give support on exercise form, personal nutrition, emotional support, and anything else that can be added.”

“A new climbing wall should be included in the new facility, with movable holds rather than a wall of fixed, natural features. It should be located in a place more visible to gym attendees, to encourage higher use of the resource.”

“A new/additional climbing wall would be awesome and a big attraction to NC State. Having more routes to climb and bigger routes to climb would be fantastic and is a fun way for anyone to exercise.”

“A Wellness Suite would be great! At Kent State University, we had a Wellness Suite with a receptionist who provided information and scheduled appointments. The Wellness Suite included an exam room for measuring BMI, etc., a massage room, and a variety of wellness resources (i.e. books, brochures, etc.) available for members and participants.”

“I would like to see a true combat room. Preferably a cage and actual sparing spaces. That is the one thing that I really see Carmichael needing.”

“Relaxing space with white noise/ rain forest/ or-so sound with set schedule for the day, when what is playing (nice soft floor for laying down.”

“A meditational, eco-friendly room that has real trees with benches, maybe a fountain. A nice place that has to have silence and allows people to meditate or relax and be isolated in a good environment. Also, it would be important to have a skylight over this space, so that natural light can filter in and less of the fluorescents.”

### **Unique & Interesting Comments**

“Mascot puppy to play with to relieve stress and more studios and classes for special sports like fencing and archery.”

“Salt water pool, bowling alley, immersive game room.”

“An archery range.”

“Spa”

“The campus needs a dog center. A place where local animal shelters bring dogs, multiple times per week, so that students that are away from home and without their family pets can go and hang out with animals a few days a week...This would be relaxing during stressful exam weeks, but also great for the animals.”

“Jumping pillow”

“A trampoline and foam pit for jumping into. These would make very effective stress reduction.”

“Something more unique and fresh such as a skate park could give students and staff another opportunity to enjoy the sport in a controlled and purposeful environment (as opposed to using the campus stairs, railing, curbs, etc possibly damaging them).”