



FFE = Furnishings Fixtures and Equipment

One of the challenges for any project is to identify the FFE needed for a place holder in the initial construction budget predictions. FFE are the things needed to make a facility and program functional. The easiest way to explain FFE is if you turn the building (or room) upside down and shake it, FFE falls out. The best way to approach this budgetary challenge is to divide the facility/project into sections that have common needs then list what will be required. For this example, we are considering a multiple pool facility that has 3 (or more) pools and will offer programs addressing all 4 pillars of total aquatic programming which are:

- Learn to Swim
- Competitive & Recreation
- Aquatic Fitness
- Aquatic Rehab

Learn to Swim – Basic equipment (many of the “toy type” items can be purchased at discount stores like Big Lots – Dollar Tree – Wal-Mart)

- ✓ Inflatable swim rings
 - 12 smalls
 - 8 mediums
 - 6 larges
- ✓ Plastic water toys – as needed
- ✓ Dive rings or sticks – 12
- ✓ Small plastic buckets and sprinkling cans for water to pour out of
- ✓ Kick Boards – small - 24
- ✓ Goggles - 24
- ✓ Tot Dock platforms – 4 depending on size of pool and program

Competitive – Recreation – Basic equipment (The quantity will be affected by size or pool and size of team – number of swimmers using the pool(s) at the same time....)

- ✓ Kick Boards – 120
- ✓ Pull buoys – 120
- ✓ Vertex Fins – 6 pair each size

Aquatic Fitness – Basic equipment (The members should be encouraged to purchase their own equipment. This should be from the “in-house” sport shop. Personal equipment should never be stored in lockers because of mold and mildew. Basic equipment can be tried out by borrowing items from the Therapy equipment area.

Kickboards and Pull Buoys can be used from the team equipment area as long as it is returned by user.

REHAB or THERAPY EQUIPMENT *(Courtesy of Ruth Sova ATRI)*

- **Flotation Rings** - Provide security for patient flotation, for stretches and Bad Ragaz techniques. Great for added buoyancy and UE/shoulder comfort in water (especially vertical positioning in deep water). **Quantity 12 pair**
- **Flotation Belts** - Can be used around the waist in deep or shallow water. Belts provide flotation for vertical positioning but usually require the client to provide correct alignment. They are often used for core stability in trunk stabilization clients. With the client in the supine position the belt positions under and around the hips and can prevent excessive rotation. With the client in the prone position it positions under and around the pelvis and can prevent excessive lordotic curvature and rotation. **Quantity 4 each size**
- **Fillable Bar Bells** - Can be utilized for water resistance without water inside and for proprioceptive work with water inside. **Quantity 4 pair**
- **Buoyant Hand Bars** - Provide balance and stability for walking, upper body strength and abdominal work. Get long and short styles, and small and big buoyancy pods. Thirty-inch swim bars are good for sitting (on bar) exercises like bicycling for hamstring or quad isolation, trunk stabilization exercises, and for vertical stabilization exercises in the deep water. **Quantity 12 pair**
- **Buoyant and Resistant Ankle Cuffs** - Good challenge for those needing more than unchallenged LE movement in water. Might use with a higher-level stroke to induce LE control during exercise. Also used for lower body strength and abdominal conditioning. **Quantity 12 pair**
- **Ankle Weights** - Helps keep CVA client's leg down for relearning balance and stability. **Quantity 2 pair each size**
- **Short-tipped Vertex Fins/Flippers** - A must for ankle rehab as they can be used to provide resistance during most ankle motions. Used for gait training, ankle strengthening and flexibility, and strengthening tibialis anterior for dorsiflexion. **Quantity 2 pair each size**
- **Resistant Bands and Tubing** - Used for added resistance, strengthening and flexibility. **Quantity 4 each resistance grade**
- **Tire Inner Tube** - Used for abdominal exercises and as walking support. **Quantity 3 pair**
- **Resistant Hand Bells and Paddles** - Good for upper level strengthening, coordination challenges, proprioceptive challenges for LEs by UE workouts (i.e. one leg stance with alternating punches). **Quantity 4 pair**
- **Kickboards** - Good for trunk stabilization exercises, for isolation of LE exercise, and can serve as a balance board. (can be borrowed from competitive equipment if appropriate) **Quantity 6**
- **Mask and Snorkel** (with removable mouthpiece) - For neutral spine positioning during prone exercise and Bad Ragaz/PNF techniques. **Quantity 4 mask – for health and safety reasons each person should have their own snorkel**
- **Gloves** - Good for lower level resistance for UE injuries and conditioning. Neoprene are good for warmth. **Quantity 4 pair each size**
- **Noodles** - For LE conditioning, balance, and UE support. **Quantity 12**
- **Cervical Collars** - Provide neck comfort and support for any supine exercise as well as minimize water flow to the patient's ears. **Quantity 2 each size**

- **Various Therapeutic Waterwear** – Provides stability, flotation, warmth and/or simple on and off for clients. Examples include flotation suit, shoes, neoprene vest, or specialty suits. **Quantity 2 vest each size – Clients should supply their own suits & shoes.**

All of the above items should be stocked by the in-house sports shop and available for purchase by members and patients.

- **Platforms – Tot Docks Provide** comfort and stability for adults and children in standing, seated and horizontal positioning. **Quantity 2**
- **Storage Systems** These should not have doors or be closed in. Fresh air needs to be flowing across equipment, so it has a chance to drain and dry out. **Quantity as needed per design -**

In actuality – the pool is a WATER GYM.

A preliminary budget of \$5,000.00 can outfit the pool for most aquatic rehab needs along with some continuum needs. Things like underwater treadmills and in-water bicycles which can cost up to \$10,000 each can be replaced by a \$5 noodle and a \$30 float belt if necessary

A sample list of equipment would be:

(PT = Physical Therapist, DT = Developmental Therapist, Caregiver = assistance for a person not able to be in pool on their own, Members = Continuum)

<u>Equipment</u>	<u>Qty.</u>	<u>Program</u>
Wonder Board	2	PT
Recreational Kickboards	120	Team
Special design Kickboards	2	PT
Pull Buoys	120	Team
Vertex fins	12	
Snorkel		PT only
Diving Masks	2	PT only
Fun Noodle		members
<i>Large Diameter:</i>	6	
<i>Slender:</i>	48	
<i>1/2 :</i>	12	
Padded Reb Bar Float	3	PT, DT
Surgical Pull Tubing	Multi	
Aqua Sprinter Flotation Belt		PT, DT, members
<i>Small:</i>	2	
<i>Medium:</i>	2	
<i>Large:</i>	2	
Balance Rings		PT, DT, members
<i>Small:</i>	2 pr.	
<i>Medium:</i>	2 pr.	
<i>Large:</i>	2 pr.	
Sprint Water Wings	6 pr	DT
Exercise Yellow Paddles	6 p.	PT, members
Aquaflex Exercise System	1 pr.	PT
Hydro-tone Hydro Boots	4 pr.	PT, members
Hydro-tone Leg Cuffs	4 pr.	PT, members
Sprint Bells		PT, members

	<i>Maximum:</i>	4 pr.	
	<i>Medium:</i>	4 pr.	
	<i>Minimum:</i>	4 pr.	
Angled Adjustable Barbells	2		PT, DT, members
Ankle Weights	4 pr.		PT only
Sprint Buoyancy Cuffs	4 pr		PT only
HydroFlo Water Weights	4 pr.		PT,
Sprint Aerobic Steps Lg.	3		PT, MEMBERS
Cemented Steps	14		PT, MEMBERS
Bodyfit Yellow Collar	3		PT, DT, Caregiver
Sprint Blue Head Support	2		PT, DT, Caregiver
	1		PT, DT, Caregiver
Floatation Support System			
Light Blue Back Floatation	1		PT, DT
	<u>Equipment</u>	<u>Amt.</u>	<u>Program</u>
Square Float			PT, DT, Caregiver
	<i>Small:</i>	3	
	<i>Medium:</i>	1	
	<i>Large:</i>	1	
Wet Vest II			PT, MEMBERS, Caregiver
	<i>Small:</i>	1	
	<i>Medium:</i>	3	
Wet Vest Belt			PT only
	<i>Small:</i>	2	
	<i>Large:</i>	1	
Wet Vest Collar	10		PT, DT, Caregiver
Wet Vest Float-it	14 prs.		all members
Bodyfit Tether			
Wet Vest JR.			DT, Caregiver
	<i>X-small:</i>	2	
	<i>Medium:</i>	2	
Teeny Bobber			DT, Caregiver
	<i>Small:</i>	1	
	<i>Large:</i>	3	
Buoyancy Belts			all members
	<i>Basic:</i>	6	
	<i>Classic:</i>	2	
	<i>Fit:</i>	2	
	<i>Pro:</i>	1	
	<i>Junior:</i>	2	
Aqua Runners	3 pr		PT, MEMBERS, Caregiver
Delta Bells	2 pr.		PT, MEMBERS, Caregiver
Aquafit Barbells	2 pr.		PT, MEMBERS, Caregiver
	<u>Equipment</u>	<u>Amt.</u>	<u>Program</u>

Aqua Trim Waist Belt		PT
<i>Medium:</i>	2	
<i>Large:</i>	2	
Hydro fit Hip Belts		
<i>Green:</i>	2	
<i>Black:</i>	2	
Hydro fit 3-Piece Belt Float	4	PT, MEMBERS, Caregiver
Black Hockey Pucks Wts.	12	
Gloves		PT, MEMBERS, Caregiver
<i>Webbed:</i>	4 prs	
<i>Webbed with Strap:</i>	2 prs.	
<i>H2O Wear:</i>	4 prs.	
<i>Wave Web Pro:</i>	4 prs.	
Blue/white UE Support	24	all members
Long white/yellow Barbells	6	
<u>Equipment</u>	<u>Amt.</u>	<u>Program</u>
Wet Wraps		
<i>Male Large:</i>	3	
<i>Male Medium:</i>	2	all members
<i>Female Medium:</i>	2	PT only
H2O Balls		
<i>8 1/2":</i>	4	
<i>8":</i>	4	
<i>7":</i>	4	
<i>5":</i>	8	
Gait Belt	3	
Stop Watch	2	
Pace Clocks	2	Therapist only
Aquatic Wheelchair	2	
Cane	2	
Walkers	2	
<i>Standard:</i>	1	
<i>Rolling:</i>	1	
Transfer Board - wheelchair	2	
Plastic Deck Chairs		
<i>Regular:</i>	16	
<i>Heavy Duty:</i>	8	
<i>Children's:</i>	4	
Plastic Bench style with back		
<i>Regular:</i>	8	
<i>Heavy Duty:</i>	4	
H2O Benches	2	
Tables		

<i>Small Circular:</i>	4	
<i>Large Circular with canopy:</i>	2	
<i>Large Rectangular:</i>	2	
Big Cabinet	2	
Storage Shelf	4	
Tree Towel Hanger	4	
Storage Baskets	10	
H2O Ball Storage Rack	2	
Basketballs	6	
Basketball Hoop	2	
Play features	As needed	

FFE - Other areas to consider

- Pool area
 - Safety and rescue equipment and wall hooks
 - Water testing equipment
 - Air & water temperature testing equipment
 - AED's
 - First aid station - cot
 - Fire Extinguishers
 - In pool ladders
 - Diving boards and stands
 - Diving equipment – spotting rigs – cameras – etc.
 - Railings – T304 or T316 stainless steel
 - Lifeguard chairs – portable
 - Pool automatic vacuum systems
 - Pool hand vacuum systems
 - Lane Lines with take up and storage reels
 - Starting blocks
 - Lap counters for distance races
 - Pace-clocks – Battery or digital – 4 for long course and 2 for short course
 - Warning handheld bells for each lane for distance races
 - Basketball goals - aquatic
 - Water Polo goals and equipment
 - Tot Docks
 - Backstroke poles with flags to go across pools
 - Bleachers and chairs and tables
 - Computer timing system with touchpads and storage carts
 - Computers
 - PA system – Sound system
 - Portable sound system and microphone for instructors
 - Aquatic Wheelchairs
 - Bulletin Boards and signage
 - Emergency lighting
 - Phones
 - Clocks
 - Trash cans
 - Equipment racks and storage shelves/hooks
- Pool filter room
 - Safety equipment
 - Eye wash stations
 - First aid station

- Fire extinguishers
- Paper towel dispenser
- Water testing equipment
- Air & water temperature testing equipment
- Tables and benches
- Storage area shelves and racks
- Tool cabinets and wall storage
- Emergency lighting
- Clocks
- Trash cans
- Phones
- Emergency call button

- Locker rooms – changing areas – Bathrooms (restrooms)
 - Lockers
 - Soap dispensers – showers and sinks
 - Paper towel dispensers
 - Hand dryers
 - Hair dryers
 - Suit dryers - spinners
 - Grab rails
 - Hooks for towels and robes
 - Benches and chairs
 - Coat racks
 - Sharps disposal containers
 - Mirrors
 - Air fresheners
 - Baby changing stations
 - Suit dryers
 - Emergency call buttons and emergency lighting
 - Clocks
 - Trash cans
 - Bulletin boards and signage

- Exercise areas – Land –
 - Desk and chairs
 - TV's and mounting brackets
 - Mirrors
 - Racks for equipment
 - Exercise equipment and machines
 - Clocks
 - Sound systems
 - PA system
 - Literature racks
 - Air fresheners
 - Bulletin boards and signage
 - Trash Cans
 - AED's
 - First aid station - cot
 - Fire Extinguishers
 - Computers
 - Wall hooks
 - Coat racks
 - Emergency call button
 - Emergency lighting
 - Phones

- Offices

- Desk & chairs
 - Tables
 - Phones
 - Table and floor lamps
 - Planters
 - Filing cabinets & storage
 - Major office equipment
 - Fax
 - Copier/Printer
 - Laminator
 - Postage meter
 - TV
 - Emergency radio (weather)
 - Daily use office equipment – staplers - pens - desk caddies etc.
 - Storage and bookshelves
 - Pictures and wall hangings
 - Bulletin boards
 - Clock
 - Trash cans
 - Coat racks
 - Computers
- Storage & staff areas
 - Wet dry vac
 - Vacuum cleaners
 - Laundry with Washer and Dryer
 - Laundry area storage
 - Paper towel dispensers
 - Refrigerator
 - Microwave
 - Sink - cabinets
 - Towels and robes storage shelves
 - Staff lockers and storage shelves
 - Staff workstations – computers
 - TV - DVR
 - Coat racks
 - Shelves and cabinets
 - Chemical storage (cleaning chemicals and MSDS info)
 - Wash basin with wet mop and bucket basin
 - Mops and buckets and brooms
 - Cleaning supplies and storage
 - Eye wash station
 - Phone
 - Clocks
 - Trash cans
 - Table and floor lamps
 - Bulletin boards
- Concessions & public areas
 - Vending machines
 - Tables and chairs
 - Table and floor lamps
 - Mirrors
 - Coat racks
 - Coffee maker
 - Microwave
 - TV – DVD player

- Computer with internet access
- Children's toy storage and play area
- Clocks
- Trash cans
- Plants and planters
- Bulletin Boards

- Conference and meeting rooms
 - 2' x 8' folding tables = quantity depends on size of room
 - Folding chairs
 - Table and floor lamps
 - Mirrors
 - Coat racks
 - Coffee maker
 - Microwave
 - Small kitchen area and appropriate equipment
 - Refrigerator
 - TV – DVD player
 - Computer with internet access
 - Clocks
 - Trash cans
 - Plants and planters
 - Bulletin Boards

- Other – misc.
 - Closed circuit video surveillance for public areas
 - Floor mats for winter in entrances and high traffic areas
 - Outdoor benches and trash receptacles
 - Umbrella racks – coat and boot racks
 - Pictures and décor
 - PA system
 - Computer room
 - Routers and wireless equipment
 - TV equipment
 - HVAC monitoring equipment
 - Phone
 - Desk / workstation
 - Tool storage and cabinets
 - Back up equipment storage and shelves