



# LOS ANGELES FIRE DEPARTMENT

RALPH M. TERRAZAS  
FIRE CHIEF

October 19, 2020

BOARD OF FIRE COMMISSIONERS  
FILE NO. 20-096

TO: Board of Fire Commissioners

FROM:  Ralph M. Terrazas, Fire Chief

SUBJECT: IN-KIND DONATION OF HEALTH AND WELLNESS EQUIPMENT FS 4

FINAL ACTION:	<input type="checkbox"/> Approved	<input type="checkbox"/> Approved w/Corrections	<input type="checkbox"/> Withdrawn
	<input type="checkbox"/> Denied	<input type="checkbox"/> Received & Filed	<input type="checkbox"/> Other

## SUMMARY

The Los Angeles Fire Department Foundation (LAFDF), through its Adopt-A-Fire-Station program, has graciously donated health and wellness equipment to Fire Station 4 in Little Tokyo. The purpose of the equipment is to allow firefighters to maintain the necessary fitness levels to perform the often physically demanding fitness duties required in the course of their workday. Due to COVID-19, LAFD members have been unable to patronize private gyms on their off-days, so having proper fitness equipment at the fire station is of paramount importance for their health, wellness and readiness to perform their job functions. The value of this donation is estimated at \$5,358.39.

## RECOMMENDATIONS

That the Board:

1. Receive this report for the In-Kind Donation by the Los Angeles Fire Department Foundation for the items listed above, valued at \$5,358.39 to the Los Angeles Fire Department.
2. Request the Commission Executive Assistant to transmit this report to the Mayor's Office in accordance with Executive Directive No. 3 and to City Council in accordance with the Los Angeles Administrative Code, Ordinance 15514, Article 12, Section 5.111.4, for consideration and approval.

## FISCAL IMPACT

There is no fiscal impact to the Department's budget from the acceptance of this donation. Donations provide the necessary items meeting the needs of the respective fire stations or administration sections. Replacement or repair of items meeting City specifications and Fire Department business needs may be borne by General Fund, subject to budgetary constraints.

## CONCLUSION

The Los Angeles Fire Department benefits tremendously from gracious donations and support provided by the LAFD Foundation. The LAFD acknowledges the LAFDF for its generosity directly to our fire stations via its Adopt-A-Fire-Station program.

Board report prepared by Public Information Director Peter Sanders, Community Liaison Office.

Attachment



**LOS ANGELES  
FIRE  
DEPARTMENT  
FOUNDATION**

## Grant Request Form

FOR FOUNDATION USE ONLY  
Grant Number: \_\_\_\_\_

Approved\_\_ Denied  
\_\_\_\_\_

Date: 5.14.20 \_\_\_\_\_

Amount Requested: \_\_\_\_\_

Contact Name: Gayle Sonoda, Captain I

Phone: 714.473.9771

E-mail: Gayle.Sonoda@lacity.org

Station #: 4

Type of funding request (name of program or equipment):

Exercise/Wellness equipment

**Provide a brief description and the need for the program/equipment/service (use attachment if needed):**  
Fire Station 4 and Metropolitan Fire Communication firefighters share a gym. Approximately 50 members make use of the gym each day at different times of the day. Due to this high volume of use, the gym equipment has its normal wear and tear. The gym provides wellness and helps members stay physically fit and allow them to destress from the high stresses of the job. Due to the large amount of members assigned to this location, it gets used at a high rate.

**Is there a fiscal impact to approving this request? (Maintenance costs, monthly service cost, extra equipment or services etc.). Please describe:** This request will provide extra equipment for the gym and allow its members to obtain the necessary wellness and fitness to combat stress, increase strength, and decrease future injuries.

**Has this program/equipment/service previously been requested from Supply & Maintenance, GSD, or the city budget? If yes, list the most recent date of submission and the result:**

**If no, explain the reason why it was not submitted:** This has not been requested through other resources as the gym equipment is supplied by the members, for the members.

**What objectives will be accomplished if the funding is granted?**  
If the funding is granted, it will reduce members overall stress levels, increase in fitness and strength, and decrease the likelihood of injuries.

Fire Station Commander's Signature "A" Platoon

"B" Platoon

"C" Platoon

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please attach an itemized list for the expenses or a quote from the equipment manufacturer on the vendor's letterhead including model numbers and total units needed. Upon approval, the foundation will pay the vendor directly.

Any questions regarding Foundation procedures can be directed to the Los Angeles Fire Department Foundation at (310) 552-4139.

You may submit your request by email to [request@supportlafd.org](mailto:request@supportlafd.org).



Quote No. 012045-R2  
June 16, 2020

Toll Free: 888-601-4350  
Fax: 866-274-3488

Eric Konz  
Principal / CFO  
ekonz@opti-fit.com  
Direct: 702-375-7098

This Quotation Was Prepared Exclusively For Buyer:

Lead Time:  
Terms: Net 30

Frame/Upholstery:  
P.O. Number:

**Ship to:**

**Los Angeles Fire Department**

Attn: Gayle Sonoda  
Office: 213-485-6204  
Cell: 323-553-0059  
gayle.sonoda@lacity.org  
450 E. Temple St.  
Los Angeles, California 90012

**Los Angeles Fire Department**

Attn: Gayle Sonoda  
Office: 213-485-6204  
Cell: 323-553-0059  
gayle.sonoda@lacity.org  
450 E. Temple St  
Los Angeles, California 90012

ITEM	DESCRIPTION	QTY	LIST PRICE	YOUR PRICE	TOTAL
XT-080RBR- HEX	Matrix - XULT 80 lb Rubber Hex Dumbbell (pair)	1	393.00	275.10	\$275.10
					
XT-090RBR- HEX	Matrix - XULT 90 lb Rubber Hex Dumbbell (pair)	1	442.00	309.40	\$309.40
					
XT-100RBR- HEX	Matrix - XULT 100 lb Rubber Hex Dumbbell (pair)	1	491.00	343.70	\$343.70
					
XT-110URE- MTI-P	Matrix - Xult 110 lb Premium Urethane Multi- sided Dumbbell (pair)	1	863.00	604.10	\$604.10

Quote No. 012045-R2 | Date: June 16, 2020



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ITEM	DESCRIPTION	QTY	LIST PRICE	YOUR PRICE	TOTAL
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XT-035RBR-SS- KB	Matrix - XULT 35 lb Rubber Kettlebell	1	168.00	117.60	\$117.60
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XT-055RBR-SS- KB	Matrix - XULT 55 lb Rubber Kettlebell	1	228.00	159.60	\$159.60
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XT-070RBR-SS- KB	Matrix - XULT 70 lb Rubber Kettlebell	1	274.00	191.80	\$191.80
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XT-20- SLAMBALL	Matrix - XULT 20 lb Slam Ball - 7.9-in Diameter	2	36.00	25.20	\$50.40
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USB-4322	Ultimate Sandbag - Strength Package (40-80	1	129.99	129.99	\$129.99
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ITEM	DESCRIPTION	QTY	LIST PRICE	YOUR PRICE	TOTAL
	Pounds) - Black				
					
USB-4333	Ultimate Sandbag - Burly Package (60-150 Pounds) - Black	1	159.99	159.99	\$159.99
					
5-104-001-00	AbMat - The Original AbMat	4	29.99	24.99	\$99.96
					
PV437CGH	Humane - Comfort Gym Wall Mounted Hanger (holds up to 10 mats)	1	60.00	42.00	\$42.00
					
OF-PV021BC	Humane - OPTI-FIT Gym Mat w/ Eyelets (55 in x 23.6 in x .6 in) - Black	6	80.00	52.00	\$312.00
					
XTTM4-PH	Torque - Tank M4 with Performance Handles	1	2,150.00	1,395.00	\$1,395.00

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ITEM	DESCRIPTION	QTY	LIST PRICE	YOUR PRICE	TOTAL
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XT-1.5x30-ROPE-S	Matrix - XULT 1.5-inch x 30 ft Battle Rope w/ Sleeve	1	163.00	114.10	\$114.10
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XT-JROPE-ADJ-BASIC	Matrix - XULT Adjustable Basic Speed Rope 6 -9 ft	6	7.00	4.90	\$29.40
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XT-STR-BAND-MO	Matrix - XULT X-Heavy Strength Band 1.8 inch - Orange	2	33.00	23.10	\$46.20
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XT-STR-BAND-LB	Matrix - XULT Heavy Strength Band 1.25 inch - Black	2	26.00	18.20	\$36.40
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XT-STR-BAND-XLP	Matrix - XULT Medium Strength Band 0.85 inch - Purple	2	17.00	11.90	\$23.80
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Net 30

Subtotal: \$4,440.54

EIN # 45-4551652

This Quotation is in effect for 30 day(s).  
Delivery Date: TBD from Buyer's placement of order.

Quote No. 012045-R2 | Date: June 16, 2020



Quote No. 012045-R2  
June 16, 2020

Toll Free: 888-601-4350  
Fax: 866-274-3488

Freight	496.00
Delivery & Installation	0.00
Tax:	421.85
<b>Total:</b>	<b>\$5,358.39</b>

Quote No. 012045-R2 | Date: June 16, 2020



Quote No. 012045-R2

June 16, 2020

Toll Free: 888-601-4350

Fax: 866-274-3488

### Terms and Conditions

**Terms:** 50% deposit required prior to ordering; balance due on delivery. Terms and Conditions of sale which appear on purchaser's document (including Purchase Orders) and which are inconsistent with these terms shall be voided. All other terms and credit lines are subject to credit approval. Invoice will be due and payable, based on the original requested installation date, unless notified in writing 60 days prior of the requested installation date. We accept cash, checks, money orders, wire transfers of funds, and credit cards. A late payment fee will be assessed at a rate of 1.5% (18% annual) per month on any unpaid balance remaining 30 days after the due date. Special Orders: A 100% prepayment is required for all customized products including but not limited to custom colors, sports flooring and products with logos such as plates, dumbbells and platforms. A 3% convenience fee will be applied to all credit card transactions.

**Return Policy:** Any returns require approval in writing by Opti-Fit Project Management. A minimum 20% restocking fee, plus freight, and any design/consulting work will be incurred for all non-custom products returned. Customized products are nonreturnable. All products with color choices are defined as custom products.

**Bolt Down Requirements:** Matrix, Hoist, Escape, Torque, TRX & Atlantis recommends that all strength training equipment be secured to the floor in order to prevent tipping, rocking or displacement which might occur in the event of unanticipated use of the equipment. Escape, Torque, TRX requires that certain strength training equipment (specifically the Motion Cage, Power Racks, Half Rack/Short Base, Xult Series Rigs, Xult Racks. In the case of Escape Storage Bays, Torque X-Create and TRX Studio Suspension Bays. the customer acknowledges:

- Customer has determined the proper placement of the equipment to be secured. **Customer Initial** \_\_\_\_\_
- Customer has identified and informed Opti-Fit of the location of any utility, service lines, including but not limited to post tension cables. It is the customer's responsibility to identify the locations of any cables or lines prior to installation unless floor scan is stated in proposal. **Customer Initial** \_\_\_\_\_
- Customer has confirmed that the subfloor consists of no less than 4.75 inches of concrete. **Customer Initial** \_\_\_\_\_
- Customer has obtained any and all consents to the drilling of holes in the flooring and subflooring. **Customer Initial** \_\_\_\_\_

If your order includes any of the equipment requiring bolting to the floor, initials are required above and an additional signed waiver will be required to place the order. Additional products may require bolting to the floor, wall or ceiling. Bolting is not included on these products unless otherwise noted on the quotation. Customer is responsible for bolting these products to meet the manufacturer's requirements. This includes TRX, Escape, Torque, Boxing mounts and other products that require bolting to the facility structure.

**Wall & Ceiling Attached Items:** The installation of any items such as TRX Multi Mounts., X Mounts, Wall Mat Racks, etc. that require bolting to walls or ceilings are not included in the proposal unless otherwise noted.

**Flooring Installation:** Refer to the product specifications to ensure that the sub floor meets the material installation requirements. Freight offloading, inside delivery, adhesive, moisture tests, moisture reducers, base boards, sub floor prep, sub floor cleaning, transition strips and existing floor removal and disposal are not included unless otherwise noted on the quotation.

**Storage:** We reserve the right to assess storage fees not to exceed 1.5% of total order cost per month, or fraction thereof and request payment in full on the related customer's invoice, when a customer's original requested delivery date is delayed by circumstances beyond our control.

**Taxes:** We collect sales or use taxes only in jurisdictions where we are licensed to do so. Customer agrees to accept sole liability and responsibility to pay for any and all uncollected sales or use tax liabilities, related penalties and interest that arise as a result of the purchase of products and/or services from our company.

**Security:** Until all products are paid in full, customer hereby grants to, and Opti-Fit shall retain, a security interest in and lien on all products sold to the customer.

I accept the terms and conditions of this proposal.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Customer Requested Install Date: \_\_\_\_\_

Quote No. 012045-R2 | Date: June 16, 2020



