



LOS ANGELES FIRE DEPARTMENT

RALPH M. TERRAZAS
FIRE CHIEF

October 29, 2020

BOARD OF FIRE COMMISSIONERS FILE NO. 20-097
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TO: Board of Fire Commissioners

FROM: *RMT* Ralph M. Terrazas, Fire Chief

SUBJECT: IN-KIND DONATION OF HEALTH AND WELLNESS EQUIPMENT FS 36

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 Withdrawn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 36 in San Pedro. 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 \$4,082.00.

Submitted in accordance with the Los Angeles Administrative Code, Article 12, Sections 5.111.3 and 5.111.4, which provides for the receipt of gifts and bequests of personal property to be utilized by the Fire Department, not exceeding \$5000.00 in market value shall be submitted to the Board of Fire Commissioners for acceptance or rejection.

RECOMMENDATION

That the Board:

Approve this report and accept the In-Kind Donation of wellness equipment from the LAFDF's Adopt-A-Fire-Station program valued at \$4,082.00 to the Los Angeles Fire Department.

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 directly to its fire stations by the Los Angeles Fire Department Foundation. The Los Angeles Fire Department acknowledges and thanks the LAFDF for this donation.

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

Attachment



LOS ANGELES
FIRE
DEPARTMENT
FOUNDATION

Grant Request Form

FOR FOUNDATION USE ONLY

Grant Number: _____

Approved _____

Denied _____

Date: 9-1-20

Amount Requested: _____

Applicant Name: Tom Rodriguez

Phone: 562-260-1346

Station/Unit & Shipping Address: FS 36 1005 N. Gaffey st. San Pedro Ca.

E-mail: TRodFS44@yahoo.com

Type of funding request (name of program or equipment): Rogue RML-3w Fold back wall mount Rack with stringer. Also a Rogue V2 Bumper stacker and plate set, we are also in need of a dumbbell set up to 90 lbs

Provide a brief description and the need for the program/equipment/service (include attachment):

Due to the fact that our Gym is small we need more space for Multiple members to occupy the Gym at one Time. The Fold back wall mount will provide us with the necessary Room. Also we need plates to utilize the equipment and we need dumbbells which we don't have above 50 lbs and the current ones

Is there a fiscal impact to approving this request? (Maintenance costs, monthly service cost, extra equipment or services etc.). Please describe: NO Fiscal Impact are falling apart.

Has this program/equipment/service previously been requested from Supply & Maintenance, GSD, or the city budget? NO as they don't supply us with Gym Equipment

If yes, list the most recent date of submission and the result:

If no, explain the reason why it was not submitted:

What objectives will be accomplished if the funding is granted? Members Health and strength will improve

Fire Station Commander's Signature

"A" Platoon

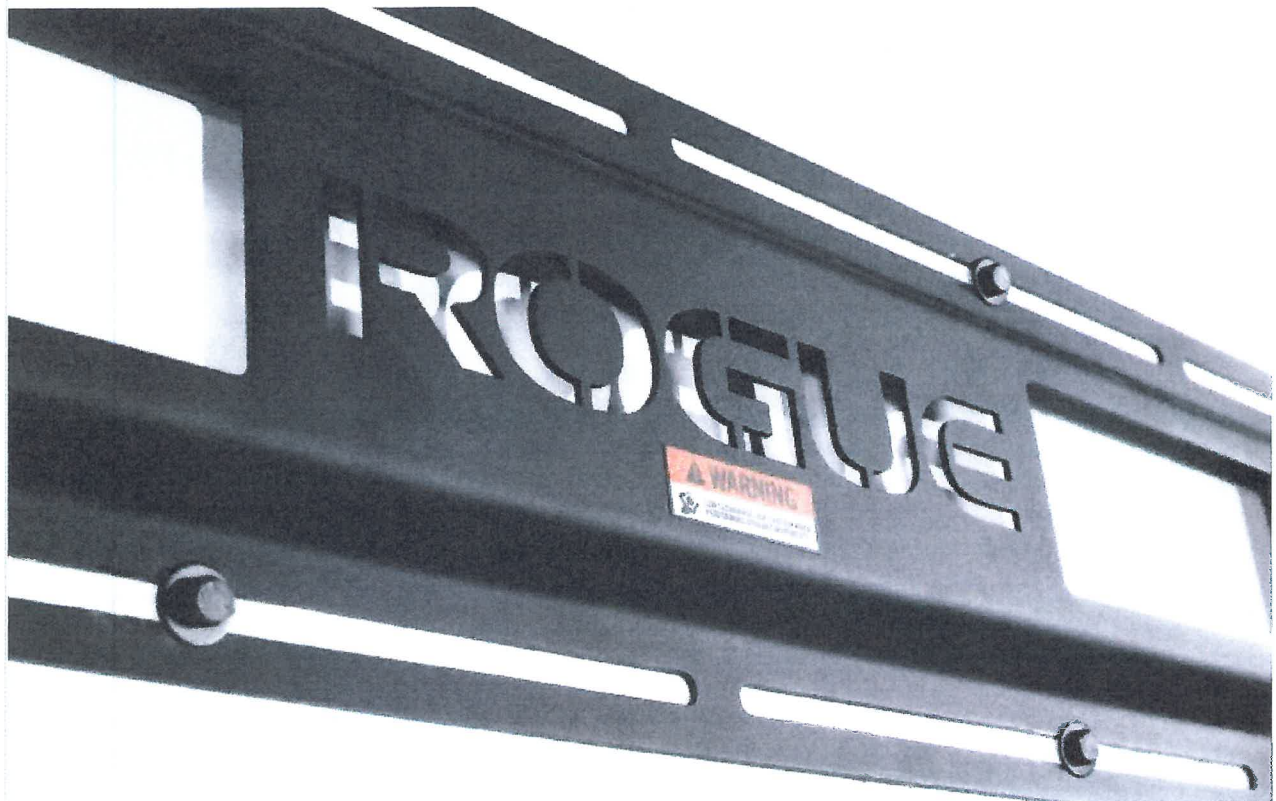
"B" Platoon

"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.



ROGUE FOLD BACK RACK STRINGER PAIR

★★★★★ 4.9 29 Reviews [Write a review](#)

\$65.00

QTY 1

[Add to Cart](#)

[+ Add to Wishlist](#)

ROGUE FOLD BACK RACK STRINGERS

Exclusively for use with Rogue's Fold Back Wall-Mounted Power Racks, these exclusive stringer pairs are highly recommended for ensuring the most stable, secure installation possible. Each stringer is made in the USA from laser-cut and formed 11-gauge laser cut and formed steel brackets, and measures 59" long x 10.125" tall, with a protrusion of

SHIPPING DELAY: 5-7 DAYS.

ONLINE ORDERS AND OPERATIONS ARE ACTIVE. RETAIL STORE IS CLOSED. | [COVID-19 STATUS](#)



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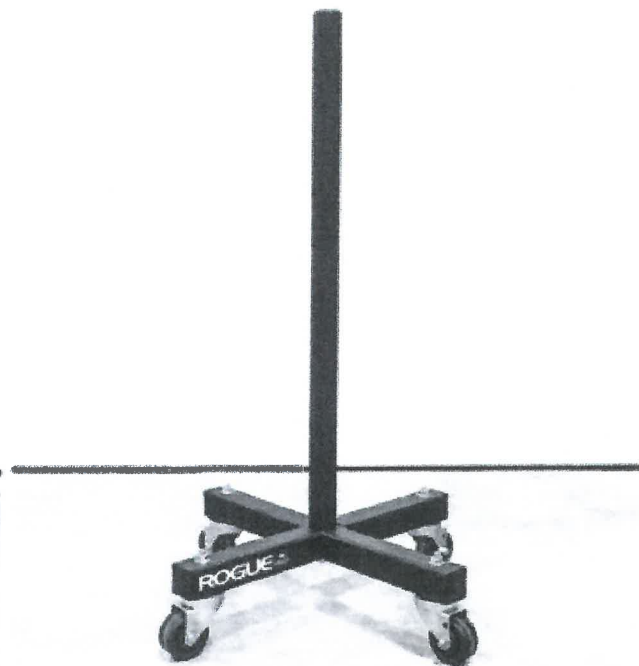
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ROGUE V2 BUMPER STACKER

[Write a review](#)

Rogue V2 Bumper Stacker **\$78.75** 0

Availability: Ships in 14-28 Business Days

Bolt-Together Bumper Stacker w/ Wheels **\$97.50** 0

Extra Set of Wheels **\$31.50**

Includes 4 wheels & hardware

[Notify Me](#)

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GET YOUR BUMPERS OFF THE GROUND!

Fully redesigned for maximum efficiency, the Rogue V2 Bumper Stacker features a new X-shaped base for simple assembly and reduced shipping costs. Weight capacities range from 300-800LB depending on what style of bumper plate you stack. The Bumper Stacker's pair of 2x2" 11-gauge steel legs measure 24" in length, creating a compact footprint ideal for a vertical plate storage unit. Load-bearing rubber feet come standard for added stability, but an upgrade with wheels is available for added mobility.

Specifications:

- Made in Columbus, OH, USA
- Footprint: 24" x 24"
- Base: Two 2x2" 11-gauge steel tubes
- Hardware included
- Optional wheels available for order
- 36.5" Loadable Post Length
- Total Height: 39.75" (without wheels) / 42.75" (with wheels)

GEAR SPECS

Brand	Rogue Fitness
Made In USA	Yes
Color	Black
Length	24"
Width	24"
Height	39.75" (without wheels) / 42.75" (with wheels)
Steel Notes	2x2" 11 gauge steel
Foot Print	24" x 24"

[+ Add to Registry](#)



YORK DUMBBELL SETS

[Write a review](#)

York Rubber Hex **\$660.00**
Dumbbell Set: 5 -
50LB

The standard set for all gyms.
Pairs of dumbbells up to 50lbs.

[Notify Me](#)

York Rubber Hex **\$1,860.00**
Dumbbell Set: 55 -
100LB

The perfect complement to the 5-50 set.
Pairs of dumbbells from 55lbs to 100lbs.



**LOS ANGELES
FIRE
DEPARTMENT
FOUNDATION**

Grant Request Form

FOR FOUNDATION USE ONLY

Grant Number: _____

Approved _____

Denied _____

Date: 6-16-20

Amount Requested: \$2695.00

Applicant Name: FALO TIUMALU

Phone: (310) 548-2836 or (310) 930-2836

Station/Unit & Shipping Address: FS36 1005 NORTH GAFNEY ST. SAN PEDRO
90731

E-mail: FALO.TIUMALU@LACITY.ORG

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

LAT/LOW ROW COMBO MACHINE

Provide a brief description and the need for the program/equipment/service (include attachment):

EXERCISE MACHINE

Is there a fiscal impact to approving this request? (Maintenance costs, monthly service cost, extra equipment or services etc.). Please describe:

NONE

Has this program/equipment/service previously been requested from Supply & Maintenance, GSD, or the city budget?

NO

If yes, list the most recent date of submission and the result:

If no, explain the reason why it was not submitted: NOT AVAILABLE

What objectives will be accomplished if the funding is granted?

WORKOUT/EXERCISE

Fire Station Commander's Signature

"A" Platoon

"B" Platoon

"C" Platoon

Steve Mitchel FS36-A
Chuck Ray 36-B
Matty Manney FS36-C

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.

LAT/LOW ROW COMBO MACHINE

(1 customer review)

\$2,695.00

Muscle D Fitness Lat Low Row Combo



MDD-1004

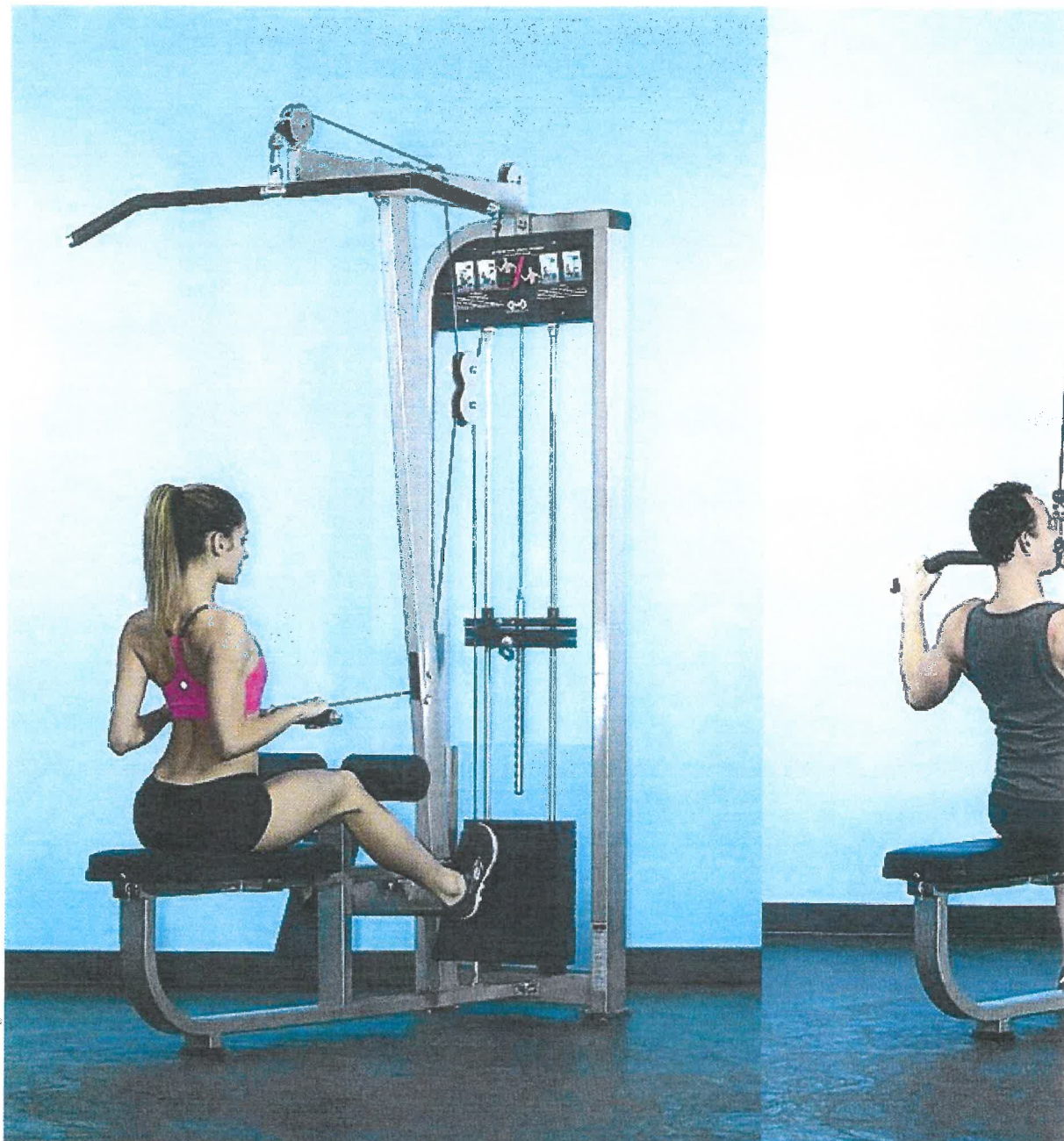
- Great combo machine provides dual back exercises
- No cable adjustment for lat pulldowns to low rows
- Thigh hold-down rollers are fully adjustable
- Convenient. Paint protector bar & handle holders
- Extra long bench for tall users
- Solid steel guide rods
- 200 lb (90 kg) weight stack
- 64" l x 28" w x 87" h. Total weight = 500 lb
- 163 cm x 71 cm x 221 cm, total weight = 223 kg

ADD TO CART

- 1 +



ADD TO WISHLIST ([HTTPS://MUSCLEDFITNESS.COM/SHOP/DUAL-FUNCTION-MACHINES/LATROW-COMBO-MACHINE?PAGE&PRODUCT_CAT=DUAL-FUNCTION-MACHINES&PRODUCT=LATROW-COMBO-MACHINE&POST_TYPE=PRODUCT&NAME=LATROW-COMBO-MACHINE&ADD_TO_WISHLIST=66775](https://muscledfitness.com/shop/dual-function-machines/latrow-combo-machine?PAGE&PRODUCT_CAT=DUAL-FUNCTION-MACHINES&PRODUCT=LATROW-COMBO-MACHINE&POST_TYPE=PRODUCT&NAME=LATROW-COMBO-MACHINE&ADD_TO_WISHLIST=66775))



(<https://muscledfitness.com/wp-content/uploads/2016/03/MDD-1004-Lat-Pulldown-Low-Row-2.jpg>) (<https://muscledfitness.com/wp-content/uploads/2016/03/MDD-1004-Lat-Pulldown-Low-Row-1.jpg>)

