

Renee Walters

From: Thomas Bullock <tbullock@vrsa.us>
Sent: Tuesday, October 26, 2021 11:21 AM
To: Renee Walters
Cc: Douglas Smith; Larry Melvin
Subject: VRSA Grant Approval

Dear Sergeant Walters,

This e-mail serves as confirmation of approval of your Risk Management Grant application to purchase the item(s) listed below in your grant application. Please read the following carefully:

- If you have not already done so, please submit proof of purchase consistent with the options offered in the Risk Management Grant FAQ document, which can be referenced on our website at www.vrsa.us;
- Proof of purchase must arrive by January 24, 2022. If you find that you will have difficulty meeting the deadline, please contact me as soon as possible. Otherwise, any grant funding on hold will be released back to the general grant fund after the deadline.

Grant checks are processed approximately 30 days after receipts are received and are mailed to the attention of the grant applicant. Please call me at (804) 237-7365 or e-mail me at tbullock@vrsa.us with any questions. Thank you for allowing us to enhance your risk management program efforts through grant funding.

Regards,

Thomas C Bullock, III

Virginia Risk Sharing Association

Below is a brief summary of the recently submitted Grant Request. View the application on the VRSA website [here](#).

Member Info

Member Name: **City of Colonial Heights**

Member Number: **#242**

Applicant Info

Department requesting funds: **City of Colonial Heights**

Applicant name: **Renee Walters**

Applicant title: **Sergeant**

Applicant email: waltersr@colonialheightsva.gov

Applicant phone: **804-520-9306**

Mailing address:

201 James Avenue

Colonial Heights, VA 238349001

Request Details

Provide a brief description of this grant request: **Purchase an Integrity S Cross-Trainer**

How will this grant be used to help reduce the probability of claims and enhance your risk management effort? **This Cross-Trainer will be placed in the fitness/workout room at the Public Safety Building to be used by Police Officers, Firefighters, Emergency Communications Operators, and civilian personnel for those departments. The hours first responders work, the stress they experience, and the changes in sleep cycles take a toll on physical and mental health. Police Officers and Firefighters need to be in a good physical condition to perform their duties to protect individual and collective safety. Situations can arise where life literally depends on the fitness of the responding officer or firefighter. This cross-trainer will give city personnel the ability to exercise and complete cardiovascular trainings/workouts at the station, whether on duty or off duty. Regular exercise, adequate sleep, and a health diet lower stress, strengthen the heart, promotes emotional stability and may prolong life. Good physical fitness improves physical, emotional, and intellectual functioning, as well as maintaining energy and increasing stamina. An employee in good physical condition is less likely to contract disease. Therefore employees could avoid injuries and missing time from work, reduce stress and reasoning which could lower complaints, reduce liability as they are able to physically handle their duties, and to live longer to complete years of service for the city.**

Coverages: **General Liability, Workers' Compensation**

Requested Items / Services

Total Cost: \$3,887.61

Item / Service #1

Description: **INXS Integrity S Cross-Trainer with base and LED Console.**

Freight/Fuel/Installation

Estimated Cost: **\$3,887.61**

CAO Info

CAO name: **Douglas Smith**

CAO title: **City Manager**

CAO email: smithd@colonialheightsva.gov

CAO phone: **804-520-9265**

Please send an e-mail to grants@vrsa.us if you have any questions about the grant process. A VRSA representative will respond as soon as possible within the business hours of 8 a.m. to 4:30 p.m. Monday through Friday.

Thank you,

Your VRSA Service Team

www.vrsa.us

800-963-6800



Follow VRSA on:    

Thomas Bullock, ARM-E
Director of Education and Training

800-963-6800 (Toll Free)

804-237-7365 (Direct)

804-273-0560 (Fax)

www.vrsa.us