

Gym/Physical Education

A variety of indoor and outdoor areas will be required to meet the physical education/health, athletic, and recreation needs of the students and the residents of the School District that will use these facilities.

Physical Education Goals: The goal of the physical education curricula is to ensure that all students will:

- Learn about the health issues that affect their lives
- Learn how to become more physically fit
- Have a greater understanding of the need for physical fitness and health
- Gain the skills to become more productive individuals through physical activity and training
- Learn team activities and sportsmanship
- Practice and/or maintain a healthy lifestyle
- Learn and practice methods of self-assessment

The pages that follow contain a list of spaces and drawings illustrating the relationship between various program areas, and the individual spaces within the program area. Additionally, a description of the activities, persons to accommodate, and items to be considered is included.

Gym / Physical Education Space Requirements

		-(- C-)- -		Note: Comp DE (0th late) 6-111-111 1-11-11-11-11-11-11-11-11-11-11-11-11-1
22,900			5	Physical Education Sub-Total
1,700	850	2	2	Health Classroom
200	200	; <u>à</u>		Laundry
200	100	2		PE Staff Toilets/Showers
800	400	2		PE Office/Conference
7,000	7,000	 		Auxiliary Gym
1,000	Varied	Multiple		Storage
		:		Seating included in above: 2000 seats
12,000	12,000	1-1	2	Gymnasium
Total	SF	Quantity	TS	
	ested	Suggested		Gymnasium / Physical Education

Note: Some PE/Athletic facilities will be located in main building. Others located near athletic fields

Locally Funded Initiative [without State support]	TS	Quantity	SF	Total
PE Shower/Locker Room		2	2,000	4,000
Multi-Purpose/Wrestling Room	1	1 1	2,500	2,500
Weight Room/Fitness Area	1	1	3,000	3,000
Athletics Shower/Locker Room		2	1,000	2,000
Training / Rehabilitation / Cardio Lab		1	500	500
Coaches Offices		2	300	600
Coaches Toilet/Shower		2	100	200
Concessions		1	300	300
Athletic Director's Storage		1	220	220
Athletic Director's Office		1	150	150
Athletic Field Storage		1	2,000	2,000
Public Restrooms		4	600	2,400
Concession		1	600	600
Locally Funded Initiative Physical Education Sub-total				18,470



Gymnasium Physical Education Space Descriptions:

GYMNASIUM		
ACTIVITIES	PERSONS	
Physical education	Students	
Sports – Basketball, Volleyball, Baseball	Faculty	
Fitness/Health presentations, workouts	Staff	
Large group activities	After-school community use	
Ticket sales		
GYMNASIUM		QTY
MECHANICAL	Quiet mechanicals or on outside of building	Yes
	Additional ventilation	Yes
DILIMBING	Recessed drinking fountains located in corridor directly outside the gym	Yes
. 10000100	Outside hose bib	Yes
The second secon	Floor outlets and data access	Υes
	Wiring for power scoreboards, bleachers, sound system, lighting, curtains, and outlets on perimeter walls	Yes
ELECTRICAL / LIGHTING	Drop down mat lamp for center stage type activities / shows	Yes
	Lighting which does not add heat to gym	Yes
	Cage over lights to avoid breakage	Yes
	All technology should be protected: wireless or recessed into wall	Yes
	Telephone/intercom/voicemail port	Yes
	Video and data ports	Yes
TECHNOLOGY	Quad outlet adjacent to each data port	Yes
	Wireless	Yes
	Audio enhancement system	Ύes
	Sound system	Yes



Physical Education Space Descriptions: Gymnasium

MINASTOM		VI.
	Adjustable baskets from celling	Yes
	Whiteboards	Yes
בווסאודדווסה / מסוודאאמאיד	Scoreboards	Yes
FORMET ONE / EQUATIONS	Two portable magnetic marker boards	Yes
	Safety wall mats behind baskets if close to wall	Yes
	Floor mats	Yes
	Door: large double doors to outside for equipment	Yes
	Garage door	Yes
DOORS & WINDOWS	Door: double door to storage area for moving equipment	Yes
	Unbreakable, translucent glass in windows	Yes
	Windows: cages to avoid breakage	Yes
	Must be able to isolate gym from the rest of the school for activities after hours	Yes
	Acoustics for activities other than basketball for community use, guest	Υ _P ς
SPECIAL CONSIDERATIONS	speaker, district in-service	-
	Retractable bleachers	Yes
	Glass basketball backboards	Yes
	Multi-purpose flooring	Yes



Physical Education Space Descriptions: Storage

STORAGE	
ACTIVITIES	PERSONS
Storing equipment used in the	
physical education/athletic areas	Staff

STORAGE		QTY
MECHANICAL	No special requirements	
PLUMBING	Floor drain	Yes
ELECTRICAL / LIGHTING	Duplex electrical outlets on each wall	
TECHNOLOGY	No special requirements	Yes
	Mat storage	Yes
	Equipment storage	Yes
FURNITURE / EQUIPMENT	Heavy duty adjustable shelving	Yes
	Layout to maximize storage of Physical Education equipment	Yes
	Lockable storage area for athletic teams' equipment and uniforms	Yes
	Doors: oversized that opens into gym	Yes
DOORS & WINDOWS	Windows; none	Yes
SPECIAL CONSIDERATIONS	Secure/lockable	Yes



Physical Education Space Descriptions: Auxiliary Gymnasium

AUXILIARY GYMNASIUM	
ACTIVITIES	PERSONS
Physical education	Students
Sports – Gymnastics, Volleyball,	Faculty
Fitness/Health presentations, workouts	Staff
Large group activities	After-school community use

AUXILIARY GYMNASIUM		γTQ
MECHANICAL	Quiet mechanicals or on outside of building	Yes
PIECHANICAL	Additional ventilation	Yes
DITIONIC	Recessed drinking fountains located in corridor directly outside the gym	Yes
PEOMOTING	Outside hose bib	Yes
	Floor outlets and data access	Yes
E ECTRICAL (I CUTING	Wiring for power scoreboards, bleachers, sound system, lighting, curtains, and outlets on	Yes
	Lighting which does not add heat to gym	Yes
	Cage over lights to avoid breakage: translucent, unbreakable glass	Yes
	Telephone/intercom/voicemail port	Yes
	Video and data ports	Yes
TECHNOLOGY	Quad outlet adjacent to each data port	Yes
	Audio enhancement system	Yes
	Sound system	Yes



Physical Education Space Descriptions: Auxiliary Gymnasium

AUXILIARY GYMNASIUM		ALD
	Adjustable baskets from ceiling	Yes
	Tack boards	Yes
	Scoreboards	Yes
FORNITOKE / EQUIPMENT	Two portable magnetic marker boards	Yes
	Safety wall mats	Yes
	Floor mats	Yes
	Door: large double doors to outside for equipment or garage door	Yes
DOORS & MINDOWS	Removable center posts	Yes
DOORU SE SELECTION SE	Door: double door to storage area for moving equipment	Yes
	Windows; cages to avoid breakage	Yes
	Must be able to isolate gym from the rest of the school for activities after hours	Yes
	Acoustics for activities other than basketball for community use, guest speaker, district in	Yes
CDECTAL CONSTDEDATIONS	service	
SPECIAL CONSTDENATIONS	Gym key control	Yes
	Glass basketball backboards	Yes
	Multi-purpose flooring	Yes



Physical Education Space Descriptions:

DE OFFICE / COMEEDENCE	PE Office / Conference	Physical guaration space pescriptions:
	Conferen	THOUSENED STATE
CONTRACTOR / CONTRACTOR NO.	Ce	Pace Desc
		alpuous.

PE OFFICE / CONFERENCE	
ACTIVITIES	PERSONS
Central place for coach and	Coaches
teacher administrative duties	
Storage of PE student portfolios	Athletic Trainer
Secure storage for:	Physical Education Teacher
vídeo cameras	Students
heart rate monitors	
DVDs	
music	
other equipment	

MECHANICAL PLUMBING ELECTRICAL / LIGHTING TECHNOLOGY FURNITURE / EQUIPMENT	No special requirements No special requirements Duplex outlets at each station Intercom Voice and data ports Outlets for charging batteries of portable sound system and for ball pumps Moveable furniture [desk, chair, filing cabinet]	Yes Yes Yes
PE OFFICE / CONFERENCE		711
PE OFFICE / CONFERENCE	1. 《《中》 · · · · · · · · · · · · · · · · · · ·	
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Physical Education Space Descriptions: PE Staff Toilets / Showers

PE STAFF TOILETS / SHOWERS	
ACTIVITIES	PERSONS
Changing clothes, showering, and personal hygiene	Coaches
	Athletic Trainer
	Physical Education teacher
	Game officials

PE STAFF TOILETS / SHOWERS MECHANICAL PLUMBING	No special requirements Hot and cold water for sink & shower	QTY Yes
ELECTRICAL / LIGHTING	No special requirements	
TECHNOLOGY	No special requirements	
	Shower with adjacent private changing wall	Yes
	Floor drain	Yes
	Lockers	Yes
FURNITURE / EQUIPMENT	Mirror above counter	Yes
	Paper towel holder	Yes
	Soap dispenser	Yes
	Hand dryer	Yes
DOORS & WINDOWS	Door to Office	Yes
	Adjacent to team locker rooms	Yes
SPECIAL CONSIDERATIONS	Adjacent to gymnasium	Yes
	Connected to coach's office	Yes



Physical Education Space Descriptions: Laundry

	Aides	Aides Staff
Wash uniforms and student clothing Teachers	7	Teachers Aides Staff
		Aides Staff

LAUNDRY		QTY
MECHANICAL	No special requirements	
	Hot and cold water for washer and sink	Yes
PLUMBING	Drain for washer	Yes
	Floor drain	Yes
ELECTRICAL / LIGHTING	Appropriate power for washer and dryer	Yes
TECHNOLOGY	No special requirements	
	Commercial grade washer and dryer	Yes
ENBNITTIDE / EQUIDMENT	Base cabinets	Yes
	Wall cabinets	Yes
	Tables [folding]	Yes
DOORS & WINDOWS	No special requirements	
SPECIAL CONSIDERATIONS	No special requirements	



Physical Education Space Descriptions: Health Classroom

ACTIVITIES Individual, small, and large group activities Storage of materials Project-based learning Demonstrations Computer-based instruction Persons Students Students Students Students Students	HEALTH CLASSROOM	
large group	ACTIVITIES	PERSONS
action	Individual, small, and large group	Physical Education/ Health teacher
action	activities	
Project-based learning Demonstrations Computer-based instruction	Storage of materials	Students
Demonstrations Computer-based instruction	Project-based learning	
Computer-based instruction	Demonstrations	
	Computer-based instruction	

HEALTH CLASSROOM		γTQ
MECHANICAL	Quiet air conditioning	Yes
PLUMBING	Sink with hot and cold water	Yes
	Duplex electrical outlets on each wall	Yes
ELECTRICAL / ICUTING	Overhead lighting	Yes
ELECTATOR / LIGHTING	Room darkening capability	Yes
	Abundant day lighting	Yes
	Access to voice, video, data ports, and electrical outlets	Yes
TECHNOLOGY	Teacher data port separate from student data ports	Yes
	Interactive whiteboard with integral computer projector	Yes



Physical Education Space Descriptions: Health Classroom

SPECIAL CONSIDERATIONS No	DOORS & WINDOWS WI		Ta	Fle	1M	Int	Ad	Fle	Re		FURNITURE / EQUIPMENT All	Loc	Sh	Bu	Ma	OV	Co	Co	Stu	HEALTH CLASSROOM
No special requirements	Windows: with blinds	Door: view panel	Tack boards and tack walls	Flexible furniture: can be used as individual desks or fit together to make tables	White boards	Interactive whiteboard	Adjustable, lockable, and mobile storage cabinets and shelving	Flexible or multiple display surfaces	Retractable projection screen	Mobile bookcases, 3' long	All in One Computer Device	ocking storage cabinet	Shelving	Bulletin board	Magnetic marker board	Overhead cabinets	Countertop over base cabinets	Comfortable ergonomic student chairs that allow movement	Student work tables, 2 students each	
	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	1	2		47.9	24 LF	24 LF	16 LF	4 15	4 LF	36	18	QTY

Physical Education Space Descriptions: PE Shower / Locker Room Locally Funded Initiative [without State support]

Students [after-hours]	
Sports teams	Personal hygiene
Try John Foregoing I Designed	using gym or fitness area
Physical Education students	Storage of personal items while
PERSONS	ACTIVITIES
	PE SHOWER / LOCKER ROOM

PE SHOWER / LOCKER ROOM		YTG
MECHANICAL	Additional ventilation	Yes
	Drinking fountains	Yes
	Sinks	Yes
FLOMBING	Showers	Yes
	Restrooms	Yes
	Overhead lighting	Ϋ́es
ELECIRICAE / LIGHTING	Duplex outlets	Yes
TECHNOLOGY	No special requirements	Yes
	Benches	Yes
FURNITURE / EQUIPMENT	Small lockers [based on school enrollment divided	Yes
	Large lockers [based on number of students]	Yes
DOODS & MINDOWS	Door: solid door with no window	Yes
DOOKS & WINDOWS	Windows: No windows	Yes
	Handicap accessible	Yes
	Non-slip flooring	Yes
SPECIAL CONSIDERATIONS	Privacy and security	Yes
	Layout to optimize locker arrangements	Yes
	Layout should avoid congestion	Ύes



Locally Funded Initiative [without State support] Physical Education Space Descriptions: Multi-Purpose / Wrestling Room

MULTI-PURPOSE WRESTLING ROOM	MOOM
ACTIVATIES	PERSONS
Dance Class	Instructor
Fitness Program	Students
Fitness Training	Community
Wrestling	
Aerobics Classes	

MULTI-PURPOSE WRESTLING ROOM	MOO	QTY
MECHANICAL	Additional ventilation	Yes
PLUMBING	Recessed drinking fountains	Yes
ELECTRICAL / LIGHTING	Lighting which does not add heat Uniform lighting	Yes Yes
	Telephone/intercom/voicemail port	Yes
TECHNOLOGY	Video port and data ports Ouad outlet adjacent to each data port	Yes
	Audio enhancement system	Yes
	Sound system	Yes
	Sound system	Yes
FURNITURE / EQUIPMENT	Mats = 42' x 56'	Yes
	Floor to ceiling mirrors on one long wall	Yes
DOORS & WINDOWS	Large doors for moving mats with view panel	Yes
COOKS & WINDOWS	No windows	Yes
	Low ceiling with storage room above	¥es
SPECIAL CONSIDERATIONS	Padded walls	Yes
	Rubberized flooring	Yes



Locally Funded Initiative [without State support] Physical Education Space Descriptions:

Weight Room / Fitness Area

ACTIVITIESPERSONSPhysical fitnessStudentsAerobicsFacultyCardiovascular TrainingStaffPhysical EducationAfter-school community useTeam TrainingRehabilitationRehabilitationPhysical Education	WEIGHT ROOM / FITNESS AREA	
lar Training Ication Ing	ACTIVITIES	PERSONS
ilar Training Ication Ing	Physical fitness	Students
llar Training ucation ing	Aerobics	Faculty
ication ing on	Cardiovascular Training	Staff
Team Training Rehabilitation Plyometrics	Physical Education	After-school community use
Rehabilitation Plyometrics	Team Training	
Plyometrics	Rehabilitation	
	Plyometrics	

WEIGHT ROOM / FITNESS AREA		QTY
MECHANICAL	Additional ventilation	Yes
PLUMBING	Recessed drinking fountains	Yes
	li jahtina which does not add heat	Yes
ELECTRICAL / LIGHTING		Yes
	All technology should be protected: wireless or recessed into wall	Yes
		Yes
	Video port and monitor/flatscreen	Yes
	Data ports	Yes
TECHNOLOGY	t adjacent to each data port	Yes
	Media plaver	Yes
	Audio enhancement system	Yes
	Sound system	řes



Locally Funded Initiative [without State support]

Weight Roor	Physical Edu
n / Fitness Ar	Education Space
Area	e Descriptions:



Locally Funded Initiative [without State support]
Physical Education Space Descriptions:
Athletics Shower / Locker Room

ATHLETICS SHOWER / LOCKER ROOM	ROOM
ACTIVITIES	PERSONS
Storage of personal items while	Students
using gym or fitness area	
	Sports teams
	After-school community use

ATHLETICS SHOWER / LOCKER ROOM		YTG
MECHANICAL	Additional ventilation	Yes
	Drinking fountains	Yes
	Sinks	Yes
FLOMBING	Showers	Yes
	Restrooms	Ύes
	Overhead lighting	Yes
ELECIRICAL / LIGHTING	Duplex outlets	Yes
TECHNOLOGY	No special requirements	Yes
	Benches	Yes
	Lockers	Yes
FORMLIONE / EQUIPMENT	Informational boards	Yes
	Storage cabinets	Yes
DODG WINDOWS	Door: solid door with no window	Yes
DOORS & WINDOWS	Windows: No windows	Yes
	Handicap accessible	Yes
CONCIL CONCIDED ATTOMS	Porcelain or ceramic tile flooring	Yes
SPECIAL CONSIDERATIONS	Hair dryers	Yes
	Vending machines	Ύes



Locally Funded Initiative [without State support]
Physical Education Space Descriptions:
Training / Rehab / Cardio Lab

TRAINING / REHAB / CARDIO LAB	AB
ACTIVITIES	PERSONS
Injury rehabilitation	Athletic Trainer
Injury prevention	Physical Education Teachers
Injury management	Students
Treatments such as hydrotherapy,	
stretching, and taping	Coaches

TRAINING / REHAB / CARDIO LAB	AB TO THE TOTAL PROPERTY OF THE PROPERTY OF TH	YTG
MECHANICAL	No special requirements	Yes
	Sink	Yes
PLUMBING	Floor drain	Yes
	Portable whirlpool tubs	Yes
ELECTRICAL / LIGHTING	No special requirements	Yes
TECHNOLOGY	Voice, video, and data ports	Yes
I ECHNOLOGI	Intercom	Yes
	Trainer workstation	Yes
	Trainer tables	Yes
FURNITURE / EQUIPMENT	Lockable medicine cabinets	Yes
	Portable modesty screens/ceiling divider curtains	Yes
	Portable chairs	Yes
DOORS & WINDOWS	View panel	Yes
SPECIAL CONSIDERATIONS Ceramic, non-slip tile flooring	Ceramic, non-slip tile flooring	Yes



Locally Funded Initiative [without State support] Physical Education Space Descriptions: Coaches Offices

COACHES OFFICES	
ACTIVITIES	PERSONS
Central place for coach and teacher administrative duties	Coaches
Storage of PE student portfolios	Athletic Trainer
Secure storage for:	Physical Education Teacher
video cameras	Students
heart rate monitors	
DVDs	
music	
other equipment	

COACHES OFFICES		QTY
MECHANICAL	No special requirements	
PLUMBING	No special requirements	Ш
ELECTRICAL / LIGHTING	Duplex outlets at each station	Ύes
	Intercom	Yes
TECHNOLOGY	Voice and data ports	Yes
	Outlets for charging batteries of portable sound system and for ball pumps	Yes
	Moveable furniture [desk, chair, filing cabinet]	Yes
FORNITORE / EQUIPMENT	Dry board/ tack board	Yes
	Door: no special requirements	Yes
DOORS & WINDOWS	Window: ½ windows to adjacent corridors or gymnasium	Yes
SPECIAL CONSIDERATIONS	No special requirements	



Locally Funded Initiative [without State support]
Physical Education Space Descriptions: Coaches Toilet / Shower

COACHES TOILETS / SHOWERS	
ACTIVITIES	PERSONS
Changing clothes, showering, and personal hygiene	Coaches
	Athletic Trainer
	Physical Education teacher
	Game officials

COACHES TOILETS / SHOWERS		QT)
MECHANICAL	No special requirements	
PLUMBING	Hot and cold water for sink & shower	Yes
ELECTRICAL / LIGHTING	No special requirements	
TECHNOLOGY	No special requirements	
	Shower with adjacent private changing wall	Yes
	Floor drain	Yes
	Lockers	Yes
FURNITURE / EQUIPMENT	Mirror above counter	Yes
	Paper towel holder	Yes
	Soap dispenser	Yes
	Hand dryer	Yes
DOORS & WINDOWS	Door to Coach's Office	Yes
	Adjacent to team locker rooms	Yes
SPECIAL CONSIDERATIONS	Adjacent to gymnasium	Yes
	Connected to coach's office	Yes



Concessions **Physical Education Space Descriptions:** Locally Funded Initiative [without State support]

CONCESSAOIS	
ACTIVITIES	PERSONS
Sales	Volunteers
	Students

		l
CONCESSIONS		210
	Ventilation	Yes
MECHANICAL	Heating and Cooling	Yes
PLUMBING	Sinks	Yes
	Outlets for refrigerator, grill, crock pots	Ύes
ELECTRICAL / LIGHTING	Duplex electrical outlets on each wall	Yes
TECHNOLOGY	PA system from gymnasium	Yes
	Shelving	Yes
	Ice Machine	Yes
FURNITURE / #QUITMENT	Locked storage areas	Yes
	Cashier areas	Yes
	Door	Yes
DOORS & WINDOWS	Roll-up ½ door for serving area	Yes
	Concession window	Yes
	Good proximity to gymnasium and athletic events	Ύes
SPECIAL CONSIDERALIONS	Sufficient corridor area for groups of people to stand in line and mingle	Yes



Locally Funded Initiative [without State support] Physical Education Space Descriptions: **Athletic Director's Storage**

ATHLETIC DIRECTOR'S STORAGE	
ACTIVITIES	PERSONS
Storing equipment used in the	
physical education/athletic areas	Staff

Staff	
ATHLETIC DIRECTOR'S STORAGE	QΤY
No special requirements	
No special requirements	Yes
Duplex electrical outlets on each wall	
No special requirements	Yes
Equipment storage Heavy duty adjustable shelving	Yes
Layout to maximize storage of Physical Education equipment Lockable storage area for athletic teams' equipment and uniforms	Yes Yes
Doors: oversized that opens into gym Windows: none	Yes Yes
Secure/lockable	Yes
	Staff No special requirements No special requirements Duplex electrical outlets on each wall No special requirements Equipment storage Heavy duty adjustable shelving Layout to maximize storage of Physical Education educkable storage area for athletic teams' equipment Doors: oversized that opens into gym Windows: none Secure/lockable



Physical Education Space Descriptions: Athletic Director's Office Locally Funded Initiative [without State support]

ATHLETIC DIRECTOR'S OFFICE		
ACTIVITIES	PERSONS	
Administration of Athletics	Athletic Director	
	Athletic Trainer	
	Physical Education/ Health teacher	
	Coaches	
	Students	
ATHLETIC DIRECTOR'S OFFICE		QTY
MECHANICAL	No special requirements	
PLUMBING	No special requirements	
ELECTRICAL / LIGHTING	Duplex electrical outlets on each wall	Yes
TECHNOLOGY	Access to voice, video, data ports, and electrical outlets	Yes
	Desk	Yes
FURNITURE / EQUIPMENT	Desk chair	Yes



SPECIAL CONSIDERATIONS **DOORS & WINDOWS**

Doors with windows

Yes
Yes
Yes
Yes

No special requirements

Locally Funded Initiative [without State support]
Physical Education Space Descriptions:
Athletic Field Storage

ATHLETIC FIELD STORAGE	
ACHIVITIES	PERSONS
Storing equipment used in the outdoor	
physical education/athletic areas	Staff

	-
	QTY
No special requirements	
Floor drain	Yes
Duplex electrical outlets on each wall	
No special requirements	Yes
	Yes
Equipment storage	Yes
Heavy duty adjustable shelving	Yes
Layout to maximize storage of Physical Education equipment	Yes
Lockable storage area for athletic teams' equipment and uniforms	Yes
Solid doors - either double without center bar or garage doors	Yes
Windows: none	Yes
Secure/lockable	Yes
	rements I outlets on each wall rements rements istable shelving nize storage of Physical Educate area for athletic teams' equenter banker double without center banker



Locally Funded Initiative [without State support]
Physical Education Space Descriptions:
Public Restrooms

PUBLIC RESTROOMS	
ACTIVITIES	PERSONS
Personal hygiene Co	Community

PUBLIC RESTROOMS		QTY
MECHANICAL	No special requirements	
PLUMBING	Appropriate for public toilets and sinks	Yes
ELECTRICAL / LIGHTING	Duplex electrical outlets on each wall	
TECHNOLOGY	No special requirements	Yes
FURNITURE / EQUIPMENT	Storage cabinet for restroom supplies	Yes
	Solid exterior doors	Yes
DOORS & WINDOWS	Windows: none	Yes
SPECIAL CONSIDERATIONS	SPECIAL CONSIDERATIONS Secure/lockable when not in use for activity	Yes

