

Submitter: Lindsey Soule
On Behalf Of: Osborn Aquatic Center
Committee: Joint Committee On Ways and Means Subcommittee On
Capital Construction
Measure, Appointment or Topic: SB5531

Dear Committee Members,

My name is Lindsey and I am writing to you in support of SB 5531 and specifically for the funding for the Osborn Aquatic Center roof reconstruction project. I grew up in Corvallis and Osborn was and is truly a second home for me. Osborn is where I learned to swim as a participant in the lesson program, where I spent countless hours training and competing with the Corvallis Aquatic Team and Crescent Valley High School swim team, and where I worked my first job as a lifeguard and swim instructor. I have continued to work at Osborn and for the Corvallis Aquatic Team as an assistant coach periodically through my undergraduate and graduate schooling and I am always welcomed back to Osborn from other staff and guests with open arms. I am now working towards my Doctorate of Physical Therapy at Pacific University in Hillsboro and I wanted share what Osborn offers to it's community through my perspective as a community member, employee, and future physical therapist.

Drowning remains a leading cause of accidental death for children in this country, and swim lesson programs with an emphasis on water safety and drowning prevention are vital in preventing those deaths. I have seen firsthand how the things we teach in our swim lesson program at Osborn, to adults and children alike, can provide the skills needed to be confident and safe in the water while also understanding how to prevent accidents from occurring.

Recreational and competitive swimming are also incredible tools for holistic health and wellness. Competitive swimming has provided me a skill that I can use for fitness and exercise for the rest of my life. Swimming also provided me with a massive community of people all over the country, and lifelong friends. I would not have had these opportunities or community without Osborn.

From a physical therapy perspective, exercising in the water provides numerous benefits for people of all health statuses. The properties of water provide for a way to perform resistance exercise with minimized affects from gravity, allowing joints to decompress. These effects are great for everyone, but especially those with conditions such as multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS or Lou Gehrig's Disease), cerebral palsy, stroke, amputation, and many more. The warm water therapy pool offers additional benefits for conditions like arthritis as the temperature of the water helps to alleviate pain and stiffness. For people who have

these types of limitations, aquatic therapy may be the only option for physical activity and exercise.

Osborn is by far the most accessible pool for most Corvallis residents, as the Oregon State and Timberhill Athletic Club pools have an extreme financial barrier to entry. Osborn also provides a financial assistance program to low income community members, giving countless people access to health and wellness services that would otherwise have few resources. During this closure, thousands of Corvallis residents have been impacted, including those listed above and local businesses that have lost profits from cancelled events. Osborn is a vital resource to the Corvallis community, and I ask you to help save it by supporting this bill.

Thank you for your time and consideration,
Lindsey Soule