

## RECREATIONAL SPORTS FACILITY (RSF) ENERGY SURVEY



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Building Contact: Bill Wyatt  
wtwyatt@berkeley.edu

### Introduction

The Recreational Sports Facility (RSF) is the University's largest fitness center and houses multiple weight rooms, basketball, and racquetball courts, an Olympic-sized swimming pool, and various types of equipment (i.e., treadmills, stationary bikes, etc.). This building also hosts numerous coaches, personal trainers, event management staff, and office staff, who use the building at different hours of the day.

### Past Projects

The RSF has done a great job at reducing their total energy consumption. By retrofitting their lights to fluorescent bulbs and installing motion detectors in activity areas, the RSF has reduced energy use by 250,000 kWh per year. Their level of energy consumption is remarkably 17% below their 1989 levels, saving them over \$25,000 each year!

Bill Wyatt, the Assistant Director for Recreational Sports, has championed the sustainability movement within the facilities. He has initiated a recycling program, replaced computer monitors with Energy Star models, and modeled energy-saving behaviors by turning off computers and lights at the end of the workday. Prior to the survey, Bill had placed stickers on lights and monitors to remind users to turn them off when not in use.

### Existing Practices

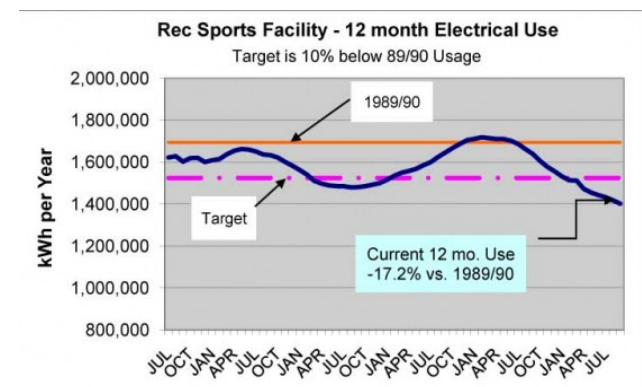
#### *Lighting*

As previously mentioned, motion sensors and fluorescent lights were installed in the RSF to reduce energy use. However, they have not been implemented on the 2<sup>nd</sup> & 3<sup>rd</sup> floor offices. As a result, overhead lighting in office common areas and hallways is left on for the majority of the workday. MyPower stickers were placed on light switches to remind occupants to turn lights off when they leave temporarily. In general, hallway lights are dimmed or turned off at night.

Most offices receive natural lighting through large windows, although some still use electric lighting. Additionally, task lighting is substituted for overhead lighting in some individual offices, but not all. Individual offices vary in their use of light.

#### *Heating & Ventilation*

Occupants surveyed stated that the general temperature of the building was very comfortable. Few personal heaters and fans were found in individual offices, and most were unplugged when not in use. Most users regulate temperature through manual operation of their windows; however, the general common area on each floor has a thermostat to control the temperature.



<http://recsports.berkeley.edu/rsf-energy-use-below-1989-levels/>

## *Kitchenette*

New Energy Star refrigerators have been installed on each floor in the past two years. However, numerous individual offices contain mini-fridges that could be consolidated by using the kitchenette refrigerator. Additionally, appliances within kitchenettes were plugged into power strips, but power strips were not turned off when appliances were not in use. Plugging all appliances except refrigerators into the power strip would allow users to turn off those appliances without turning off the refrigerator.

## *Office Appliances*

Each office floor has a large copy and printing machine and multiple Energy Star printers that are used for color or black and white printing. An attractive poster can be put above each printer or copier to remind users to use Energy Star settings. Although Energy Star printers are great products, they could be removed in favor of using the shared, multi-functional devices on each floor. Few individual offices have their own printers; however, these are used to print confidential documents and cannot be consolidated.

Many office occupants work remotely from home and therefore leave their computers on hibernate mode. Bill usually turns off other computers that are left on at the end of the workday. During the survey, computer monitors near the customer service desk were altered by reducing brightness and increasing contrast to reduce energy use. This method could be used for all computers within the offices as well. Additionally, many computer monitors were left on when users temporarily left their computers. Stickers were placed on these monitors to remind users to turn them off when not in use. On the other hand, all computers surveyed did not use screen savers, saving a large amount of energy.

## Recommendations

- Use power strips and remember to turn them off at the end of the day or when appliances are not in use
- Use natural lighting rather than overhead lighting when possible
- Consolidate printers and use energy saving modes
- Increase contrast and reduce brightness on computer screens
- Turn off appliances like shredders and monitors when not in use
- Remember to turn off lights at the end of the day

## Further Resources

- Become a Power Agent! Go to: [http://mypower.berkeley.edu/about/power\\_agents.html](http://mypower.berkeley.edu/about/power_agents.html)
- Learn more tips for saving energy in offices at: [mypower.berkeley.edu](http://mypower.berkeley.edu)
- Find out about other sustainable practices at the RSF at: <http://recsports.berkeley.edu/category/sustainability/>
- Track energy usage with the RSF's Pulse Dashboard: <https://us.pulseenergy.com/UniCalBerkeley/dashboard#/location/1686>

Recreational Sports Facility

252,597 ft<sup>2</sup>

● Actual

