

A G E N D A

AQUATICS ADVISORY COMMITTEE

REGULAR MEETING THURSDAY, FEBRUARY 9, 2017, AT 1:30 P.M. **BOARD ROOM – GATEWAY COMPLEX**

1. MEETING CALLED TO ORDER: Brian Stack, Chairman
2. ROLL CALL: Stack, Gorsuch, Jordan, Koch, Meehan, Morton, Reynolds, and Delpech, ex-officio member
3. APPROVAL OF REPORT OF JANUARY 12, 2017 (Attachment)
4. RESIDENTS' FORUM

AAC will follow Rossmoor custom and limit comments to 3 minutes.
5. CHAIRMAN'S REPORT
6. SUB-COMMITTEE REPORTS
 - a. Publicity
7. CORRESPONDENCE AND ANNOUNCEMENTS
8. ATTENDANCE REPORTS
 - a. January, 2017 attendance (Attachment)
9. UNFINISHED BUSINESS
 - a. Update of the Del Valle Renovation Project.
10. NEW BUSINESS
 - a. Discussion and possible recommendation regarding amendments to the Fitness Center and Pool Rules lowering the minimum age for guests to sixteen. (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Thursday, March 9, 2017, at 1:30 p.m. in the Board Room at Gateway Complex

BKS/kv
cc: GRF Board

AQUATICS ADVISORY COMMITTEE REPORT
 REGULAR MEETING
 THURSDAY, JANUARY 12, 2017, AT 1:30 P.M.

A regular meeting of the Aquatics Advisory Committee (AAC) was called to order by the Chairman, Brian K. Stack, at 1:30 p.m. on Thursday, January 12, 2017, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Judith L. Morton, Vice Chairman, Dale O. Reynolds, Secretary, Norman P. Gorsuch, Barbara S. Jordan, E.J. Koch, and Mary Lou Delpech, GRF Board representative and ex-officio member. Carol A. Meehan was excused. Also attending were Timothy O'Keefe, CEO; and Jeffrey P. Matheson, Director of Resident Services.

A motion was made, seconded, and CARRIED UNANIMOUSLY to approve the report of the Committee's regular meeting of November 10, 2016, as written. Report
Approved

Mr. Reynolds presented the pool numbers for December and year end. He stated that because there were issues with the exercise and Jacuzzi pools being partially closed, the numbers were down in December. Year-end numbers came in at 98,134, which was a 2.55% decline from year-end 2015. Pool
Numbers

Ms. Morton addressed, again, the need to consider using a UV Water Treatment system in the pools sooner than later. Mr. Matheson indicated that the work will be done as part of the Del Valle Complex Renovation Project. UV Water
Treatment
System

Mr. Reynolds and Ms. Jordan brought the Committee up to date regarding recognition for the Lifeguards aside from the GRF's traditional employees' holiday luncheon in December. Mr. Reynolds stated that he thought a gift card was more appropriate than a Starbuck's gift card. The Committee discussed whether or not it would be appropriate to do something for the Lifeguards. Mr. Matheson said that he would look into it and get back to Mr. Reynolds. Lifeguard
Recog-
nition

Mr. Matheson brought the Committee up to date regarding the Del Valle Complex Renovation Project. He said that bids have been requested from an unidentified group of general contractors who have worked on Rossmoor buildings or who have expertise with fitness centers. Bids are due by January 26th, but the deadline date may be moved to February 2nd. A bid may be awarded by the GRF Board of Directors on February 14th. Del Valle
Complex
Renovation
Project
Update

The Chairman presented correspondence from an individual who was complaining about the Del Valle pools being closed for repairs during December. Mr. Stack said that he would respond. Corres-
pondence

A presentation was made by Lisa Ward, Silver Bullets Coach, to implement a Swimming swimming lesson program for Rossmoor residents. She thought she could do this Lessons on Tuesdays and Thursdays between 1:30 p.m. and 2:30 pm. There would be a fee Presen- for this program. Mr. Matheson said that he will work with Ms. Ward regarding a tation contract and further details.

The Committee discussed the recommendation from the AAC and FCAC Joint Discussion Subcommittee regarding implementation of a new guest fee once the renovation to re. Guest Del Valle Complex is completed. The Subcommittee recommended that each Passes member be provided with 10 free guest passes each year. The guest passes would not roll over from year to year. A fee of \$10/visit would be charged for additional guest passes. Additional passes could be purchased in groups or on an individual basis.

A motion was made by Mr. Stack, seconded by Ms. Jordan, and CARRIED UNANIMOUSLY to recommend to the GRF Board that it accept the recommendation of the AAC and FCAC Joint Subcommittee regarding guest fees.

Recom-
mendation
to GRF
Board re.
Guest
Passes
Adjourn-
ment/
Next Mtg.
2/9/17

There being no further business, the meeting was adjourned at 2:35 p.m.

The next regular meeting of the ACC will be held on Thursday, February 9, 2017, at 1:30 p.m. in the Board Room at Gateway Complex.



Brian K. Stack, Chairman
Aquatics Advisory Committee

DOR/kv

ANNUAL POOL ATTENDANCE NUMBERS

DOLLAR POOL

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2011				1247	1326	1595	1751	1754	1883	1742		
2012				1241	1785	1824	2238	2190	1964	1559		
2013			780	1774	2033	2057	1627	1423	1661	1612	1043	
2014			1362	1771	2,180	2516	2,489	2,505	2,191	1916	1034	
2015			1532	1,572	1,252	2012	1,849	2,179	1,907	1,750	791	
2016			994	1,698	1,901	2436*	2,302	2,266	1,965	1,372	904	
2017												

Yr-Yr % change

HILLSIDE POOL

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2011				1042	1369	1975	2958	2431	2199	1403		
2012				1371	1762	2344	2719	2768	2895	1604		
2013			561	1734	2109	2645	2863	2803	2027	1593	539	
2014			1243	1855	2,290	2890	2,951	2,778	2,247	1885	922	
2015			1710	1,432	1,161	2497	2,855	2,869	1,833	2,008	487	
2016			960	1,795	2,024	3978*	4,531	3,927	2,897	1,023	887	
2017												

Yr-Yr % change

DEL VALLE POOL

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2011	5609	5135	6004	4591	3802	5142	5617	5301	4625	4480	5901	5305
2012	6160	6062	6418	5014	4921	5154	5863	6301	5431	5182	6191	5656
2013	6506	6021	6206	5545	4746	5367	6257	5934	5195	5166	5209	5708
2014	6681	6,306	5919	5339	5,323	4311	5,832	5,910	5,623	5541	5259	6209
2015	6818	6,615	5021	5,573	5,602	5708	5,861	6,272	5,666	5,161	5314	5,400
2016	6,245	6,215	4865	4,053	4,408	4902*	5,312	5,406	4,649	5,257	4621	4,386
2017	5,625											

Yr-Yr % change -9.93%

TOTAL FOR ALL POOLS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2011	5609	5135	6004	7102	6497	8712	10326	9486	8707	7625	5901	5305
2012	6160	6062	6418	7626	8468	9322	10820	11259	10290	8345	6191	5656
2013	6506	6021	7547	9053	8,888	10069	10747	10160	8883	8371	6791	5708
2014	6681	6306	8524	8,965	9,793	9717	11,272	11,193	10,061	9,342	7215	6209
2015	6818	6615	8,263	8,577	8,015	10,217	10,565	11,320	9,406	8,919	6592	5400
2016	6,245	6215	6,819	7,546	8,333	11,316	12,145	11,599	9,511	7,607	6412	4386
2017	5,625											

Yr-Yr % change -9.93%

2016 Cum to Mo	6,245	12,460	19,279	26825	35,158	46,474	58,619	70,218	79,729	87,336	93,748	98,134
2017 Cum to Mo	5,625											
% Incr/Decr	-9.93%											

COLOR CODES

- DOLLAR AND HILLSIDE CLOSED FOR
- HS and Dollar pools opened March 15,
- Dollar Pool closed for construction of Event Center 7/22-8/2/2013 & 8/19-8/2/2013
- HS closed Nov 15
- DV closed 6/23-29
- DV closed 3/23-3/27
- HS closed 9/17-9/22
- HS closed 7 days
- Began use of Keytag
- Exercise heater down

TOTAL

86409
96617
98744
105,278
100,707
98,134
5,625

*NUMBERS INCLUDE GUESTS AND CAREGIVERS

DEL VALLE POOL

2/3/2017

JANUARY 2017

	JAN	6:00	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	TOTALS	Last 30 min.
SUN	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
MON	2	23	17	12	21	15	29	22	17	20	20	16	8	21	6	1	248	2
TUE	3	11	13	23	20	6	7	11	9	9	19	15	7	10	4	1	165	5
WED	4	20	17	12	34	21	23	14	8	13	16	12	14	18	6	1	229	3
THU	5	CLOSED FOR CLEANING				34	5	8	6	19	20	23	9	6	4	0	134	1
FRI	6	26	19	12	25	17	16	12	5	10	21	14	11	19	1	1	209	1
SAT	7	15	7	7	25	6	6	27	11	6	20	17	6	0	0	0	153	15
SUN	8	14	6	6	6	5	4	2	9	10	9	12	2	0	0	0	85	2
MON	9	14	16	10	23	19	27	14	7	14	24	19	10	25	6	0	228	3
TUE	10	17	9	19	15	9	9	10	5	0	0	0	0	0	0	0	93	0
WED	11	20	20	13	35	17	25	13	7	13	15	12	13	25	5	1	234	1
THU	12	CLOSED FOR CLEANING				27	1	8	10	15	16	20	18	10	3	3	131	5
FRI	13	21	11	13	25	15	25	22	12	11	16	15	11	18	1	0	216	5
SAT	14	15	5	6	18	6	9	29	14	20	16	16	1	0	0	0	155	6
SUN	15	16	7	11	6	11	4	7	12	16	17	14	7	0	0	0	128	12
MON	16	19	24	13	34	14	30	13	20	25	14	24	10	19	1	0	260	3
TUE	17	18	7	30	20	6	5	5	16	12	14	17	15	2	1	1	169	1
WED	18	22	19	15	20	13	23	11	8	11	9	15	11	20	4	0	201	0
THU	19	CLOSED FOR CLEANING				32	4	7	10	13	17	26	11	5	3	0	128	3
FRI	20	17	12	11	7	12	14	18	14	9	20	18	11	14	2	1	180	2
SAT	21	16	4	11	20	15	10	22	13	17	17	17	5	0	0	0	167	7
SUN	22	13	6	9	6	11	9	11	11	17	14	15	8	0	0	0	130	20
MON	23	21	23	15	10	10	31	13	10	22	19	10	5	31	4	0	224	2
TUE	24	18	8	21	25	6	6	9	9	15	14	22	10	12	2	3	180	4
WED	25	15	20	9	9	11	25	10	4	14	18	12	8	30	7	0	192	1
THU	26	CLOSED FOR CLEANING				29	8	10	11	15	20	24	17	7	2	3	146	2
FRI	27	16	20	17	17	14	29	13	8	18	21	14	10	21	2	1	221	3
SAT	28	17	4	20	24	12	11	26	11	20	21	21	5	0	0	0	192	12
SUN	29	19	7	13	2	10	9	9	9	28	21	16	5	0	0	0	148	11
MON	30	20	20	9	29	22	26	18	12	14	24	19	16	31	5	1	266	7
TUE	31	14	14	24	16	10	6	7	8	16	23	27	6	8	7	1	187	2
TOTAL		457	335	361	492	435	436	401	306	442	515	502	270	352	76	19	5399	
GUESTS:		217		* POOL CLOSED FOR POWER OUTAGE 1/10 @ 1PM														
CAREGIVERS		9																

From: [Masha Henzel](#)
 To: [Kim Von Striver](#)
 Subject: Jan 2017 H2O stats
 Date: Thursday, February 02, 2017 7:43:21 AM

AQUATICS CLASSES STATS

JANUARY 2017

Monday

*8:30am class	total = 72	avg = 17	
*10:00am class	total = 99	avg = 24	
11:00am class	total = 140	avg = 28	
12:00pm class	total = 68	avg = 14	
1:15pm class	total = 16	avg = 4	16 total JAN
7:00pm class	total = 111	avg = 22	

Tuesday

5:00pm class	total = 59	avg = 15	
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Wednesday

*8:30am class	total = 46	avg = 16	
*10:00am class	total = 71	avg = 24	
11:00am class	total = 101	avg = 25	
12:00pm class	total = 60	avg = 15	
1:30pm class	total = 10	avg = 3	10 total JAN
7:00pm class	total = 84	avg = 21	

Thursday

5:00pm class	total = 54	avg = 14	113 total JAN
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Friday

8:30am class	total = 68	avg = 18	186 total JAN
10:00am class	total = 80	avg = 27	250 total JAN
11:00am class	total = 85	avg = 21	326 total JAN
12:00pm class	total = 44	avg = 11	172 total JAN
7:00pm class	total = 78	avg = 20	273 total JAN

Saturday

1:00pm class	total = 77	avg = 19	77 total JAN
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TOTAL = 1,423

***436** are in classes taught by independent contractors

987 are in classes taught by fitness staff

Masha Henzel

Del Valle Aquatics, Sports & Fitness Complex

1751 Tice Creek Drive

Walnut Creek, CA 94595

925-988-7850 front desk

925-988-7851 office

Agenda Item: 10a
Subject: Age Limit
Meeting Date: February 9, 2017

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
AQUATICS ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Director of Resident Services

REQUESTED ACTION:

Discussion and possible recommendation regarding amendments to the Fitness Center and Pool Rules lowering the minimum age for guests to sixteen.

BACKGROUND:

The Fitness Center and Pool Rules list the minimum age for use of the facilities as 18 except during family swim hours at Hillside. During the January meeting of the FCAC, a request was received by the committee to consider lowering the age from 18 to 16. The Committee requested the item be brought back for further discussion during the February meeting. Since Del Valle will be considered one complex in the near future it is important that the rules for the pool at Del Valle and the rules for the Fitness Center are compatible. For this reason, consideration of the age limit is being brought to both Committees.

Attached to this report is the General Pool Rules as well as the Fitness Center Rules. Each set of pool rules would need to be amended should the Committees desire to change the age limit.

ALTERNATIVE OPTIONS:

The AAC and FCAC can form a joint subcommittee to further discuss the rules for Del Valle including the age limit.

ATTACHMENTS:

- 1) Pool Rules
- 2) Fitness Center Use Rules

Subject: General Pool Rules

Purpose: To Establish General Pool Rules for All Pool Complexes

POOL HOURS:

- Pool Hours are posted at each facility and are subject to consideration by the Aquatic Advisory Committee and approval of the GRF Board of Directors.

HOLIDAY HOURS:

- All pools will close at 4:00 p.m. on the following holidays: Thanksgiving Eve, Christmas Eve, New Years Eve and the 4th of July.
- All pools will be closed on the following holidays: Thanksgiving Day, Christmas Day and New Years Day

POOL TEMPERATURE:

- Standard pool temperature for each facility will vary however no temperature shall exceed 88 degrees.
- Temperature for the spa at Del Valle shall not exceed 103 degrees.

RULES:

For the purpose of these rules, a resident is defined as a member of the Golden Rain Foundation, a co-occupant, or an approved lessee or sub-lessee.

- Residents and guests of residents must sign-in when entering a pool complex.
- Residents must have their Rossmoor ID Card available to show GRF staff upon request.
- Use of private radios or other electronic devices is not permitted except with earphones.
- Smoking is not permitted.
- No glass or other breakable materials are permitted.
- No food or alcoholic beverages are permitted. (Exceptions for approved special events may be considered and must receive prior approval by the Aquatic Advisory Committee).
- Residents or guests with bandages or band aids shall not enter the pools/spa.
- All swimmers must shower before entering the pools/spa.

Rule R105.0

- All swimmers must wear swimming suit in the pools/spa.
- Swimmers identified as incontinent must not use the pool/spa.
- Swimmers experiencing upset stomach or diarrhea must not use the pools/spa.
- Swimmers with open wounds or communicable diseases must not use the pools/spa.
- Spitting or blowing nose in the pool/spa is not permitted.
- No pets are permitted with the exception of service animals.
- Aggressive behavior or horse play of any kind is not permitted.
- Diving is not permitted.
- Running is not permitted in any of the pool areas.
- Verbal abuse of lifeguard staff or fellow swimmers is not permitted
- Inappropriate or unwelcome physical contact or conversation is not permitted
- Obscene, harassing or sexually oriented language or gestures is not permitted.
- Removal of property belonging to GRF, residents, guests or others is not permitted.
- Inner tubes, animal floats, back floats, or floating play stations are not allowed in the pools.
- Privately owned equipment such as thermometers, clocks, furniture, exercise equipment, etc may not be permanently installed or stored at the pool facilities.

LANE LINE USE: (Applies to Hillside and Del Valle Lap Pool)

- Lane sharing is suggested when residents are waiting for lanes.
- When residents are waiting for a lane, there is a 1 hour work-out limit
- When residents are waiting for a lane, there is a 30 minute work-out limit for guests.

GUEST POLICY:

- Residents may bring guests. Resident must remain with their guest(s) at all times.
- Guests must be at least 18 years of age except during family swim hours.
- Guests must sign-in and wear a guest wrist band issued by the GRF staff. Wrist bands are not issued during family swim.
- Residents are responsible for the conduct of their guest(s).

CAREGIVER POLICY:

- Caregivers must sign-in and wear a guest wrist band issued by the GRF staff.
- Caregivers are encouraged to be in the water to assist their resident while using the pool.

Rule R105.0

- Caregivers are to watch their resident at all times while their resident is in the water or elsewhere in a pool facility.
- Caregivers shall not use the pool facilities for free swim or engage in other activities.

SPECIFIC POOL RULES:

In addition to these general pool rules, there are specific rules applicable to each of Rossmoor's three pool facilities which are promulgated and adopted by the Aquatics Advisory Committee, within the purview of the Committee as defined by its Charter. Said rules have the full force and effect of the general rules and shall be so enforced.

VIOLATION OF RULES:

Residents and their guests must obey pool rules and lifeguard instructions at all times.

- Violation of any pool rules may initiate the filing of an incident report. Repeated offenses may result in possible suspension of the use privileges of the aquatic facilities at the discretion of the CEO or his/her designee.

Authority: Rule

2/24/11

Subject: Fitness Center Access and Use

Purpose: To Establish Rules for Use of Del Valle Fitness Center

The Golden Rain Foundation operates a Fitness Center that provides professional fitness instruction, exercise equipment, and organized exercise programs for the exclusive use of Rossmoor residents and their accompanied guests.

As used herein, the Fitness Center generally is comprised of the entrance area, lobby, registration/information desk area, exercise equipment area, aerobics room, stretching room, Shasta Room, equipment storage areas (upstairs and downstairs), the Del Valle pools (when utilized for fitness water classes and programs), restrooms/shower rooms/dressing/locker areas that are shared in common with the Del Valle enclosed pool, and staff offices. (FCAC will consult with AAC regarding any common facilities).

Fitness Center Hours:

The Del Valle Fitness Center is open year-round from 6:00 a.m. to 9:00 p.m. Monday through Friday, and 6:00 a.m. to 6:00 p.m. Saturday and Sunday, with the exceptions noted below. The GENERAL GUIDELINES and any special rules are posted at the Del Valle Fitness Center.

Special Fitness Center Hours

Early closure @ 4:00 p.m.

- Independence Day (July 4th)
- Thanksgiving Eve
- Christmas Eve
- New Year’s Eve

Closed All Day

- Thanksgiving Day
- Christmas Day
- New Year’s Day

Resident and guest use of the Fitness Center is subject to the following rules and regulations:

1. Rossmoor residents are required to fill out and sign a Waiver of Liability Form and PAR-Q Form (fitness and health information) prior to using the Fitness Center equipment and programs. Any resident using the services of staff for individual or group training or for orientation on any strength training equipment must fill out/sign a Health History Form and Physician’s Release Form.

Rule R102.0

2. Residents, guests and caregivers must sign in upon entry to the Fitness Center.
3. Residents are provided a Rossmoor ID card and must show the Rossmoor picture ID or a Rossmoor ID without a picture accompanied by a government issued picture ID upon entry. This assures that unauthorized non-residents do not utilize Fitness Center facilities to the detriment of residents and their guests.
4. Residents and their guests use the Fitness Center facility, equipment, and programs at their own risk. Residents and their guests must obey Fitness Center rules, Use Guidelines and staff instructions at all times.
5. MP3 players, radios and tape players are not permitted without earphones which prevent external noise.
6. Replenishment drinks, water and energy bars are permitted. No other food, drink, chewing gum, tobacco products, breakable containers or alcoholic beverages are allowed in the Fitness Center or locker/restroom areas.
7. Bandages must cover any open cuts and wounds.
8. Pets are not permitted, except for service animals.
9. No one under 18 years old is allowed in the Fitness Center.
10. Cell phone use is prohibited in locker rooms and due to safety issues, cell phone use is prohibited while exercising on fitness equipment. Class instructors may request that cell phones be turned off during class time.
11. There is a 30 minute continuous time limit on use of "cardio" equipment, e.g., treadmills, elliptical machines, bikes, etc., due to high demand
12. Personal items must be stored in built in cubicles or day-use lockers in locker rooms to avoid tripping hazards from items on the floor.
13. User shall return any weights, barbells, benches, balls, etc. to proper place to avoid safety hazards and conflicts with other users when using equipment.
14. Staff may ask users to relinquish strength training equipment after reasonable period of use during peak usage times.

15. The following actions are never acceptable:

- Aggressive, inappropriate or unwelcome physical behavior, contact or conversation of any kind.
- Direct or indirect verbal abuse, foul, obscene, harassing or sexually oriented language or gestures
- Intentional behavior that results in damage to property belonging to other residents, guests, caregivers, staff or to the Golden Rain Foundation
- Theft or removal without permission of any property belonging to the Golden Rain Foundation, residents, guests, caregivers or staff.

16. To use fitness equipment and to perform activities residents and guests must be appropriately attired at all times, including flat-soled, closed-toed shoes. Swimsuits are only permitted in the locker rooms and pool areas.

Guest Policy:

1. Residents may bring guests to the Fitness Center. Guests must sign in with just one host resident per visit and must leave with the same host resident. Resident host must remain on premises at all times.
2. Guests must be 18 years of age or older and provide identification upon request.
3. Guests must sign in when entering Fitness Center and wear identifying blue wristbands (received when checking in).
4. Residents are responsible for the conduct of their guests.

Caregiver Policy:

1. Caregivers must sign in upon entering the Fitness Center and must wear identifying red wristbands (received when checking in).
2. Residents are responsible for the conduct of their caregivers.
3. Caregivers are not permitted to use Fitness Center equipment or participate in other Fitness Center activities unless in direct assistance to their resident employer/host.

Violation of Rules:

Residents and their guests must obey Fitness Center rules at all times.

Violation of any rules may initiate the filing of an incident report. Repeated offenses may result in possible suspension of the use privileges of the Fitness Center facilities at the discretion of the CEO or his/her designee.

Authority: Rule
9/28/95
7/25/96 Rev.
3/28/02 Rev.
6/24/04 Rev.
8/30/07 Rev.
8/26/10 Rev.
5/26/11 Rev.
7/25/13 Rev.