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.

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.

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.

Mr. Reynolds and Ms. Jordan brought the Committee up to date regarding Lifeguard recognition for the Lifeguards aside from the GRF's traditional employees' holiday Recognition luncheon in December. Mr. Reynolds stated that he thought a gift card was more appropriate than a Starbucks' 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.

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.

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.
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 Presentation for this program. Mr. Matheson said that he will work with Ms. Ward regarding a 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 Del Valle Complex is completed. The Subcommittee recommended that each 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.

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

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**ANNUAL POOL ATTENDANCE NUMBERS**

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**COLOR CODES**

- **DOLLAR AND HILLSIDE CLOSED FOR HS and Dollar pools opened March 15, 2013**
- DV closed 6/23-29
- DV closed 3/23-3/27
- DV closed 9/17-9/22
- HS closed 7 days
- Began use of Keytag
- Exercise heater down

*NUMBERS INCLUDE GUESTS AND CAREGIVERS*
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<td>12</td>
<td>11</td>
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<td>29</td>
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<td>16</td>
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<td>6</td>
<td>187</td>
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</tbody>
</table>

**TOTAL** | 457 | 335 | 361 | 492 | 435 | 436 | 401 | 5399

**GUESTS:** 217

*POOL CLOSED FOR POWER OUTAGE 1/10 @ 1PM*

**CAREGIVERS:** 9
**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

**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

**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

**TOTAL = 1,423**
- *436* are in classes taught by independent contractors
- *987* are in classes taught by fitness staff
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
Rule R105.0

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 devises 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.
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.
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.
Rule R102.0

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.