

# AGENDA

## AQUATICS ADVISORY COMMITTEE

REGULAR MEETING  
THURSDAY, MARCH 8, 2018, 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, Reynolds, Svoboda, and DiMaggio-Adams, ex-officio member
3. APPROVAL OF REPORT OF FEBRUARY 8, 2018 (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
  - a. Request from resident to lower the temperature of the exercise pool at Tice Creek. (Attachment)
8. ATTENDANCE REPORTS  
  
No report for February
9. UNFINISHED BUSINESS
  - a. Continued discussion regarding family swim at Hillside
10. NEW BUSINESS
  - a. Discussion regarding guest policy (Attachment)
  - b. Discussion regarding use of fragrance at the pools (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Thursday, April 12, 2018, at 1:30 p.m. in the Board Room at Gateway Complex

## AQUATICS ADVISORY COMMITTEE REPORT

REGULAR MEETING  
THURSDAY, FEBRUARY 8, 2018, 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, February 8, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Carol A. Meehan, Vice Chairman, Dale O. Reynolds, Secretary, Norman P. Gorsuch, E.J. Koch, Daryl A. Svoboda, and Sue DiMaggio Adams, GRF Board representative and ex-officio member. Barbara S. Jordan was excused. Also in attendance were Sue DiMaggio Adams and Leslie Birdsall, Directors, GRF; Timothy O'Keefe, CEO; and Jeffrey P. Matheson, Director of Resident Services.

Attendance

The report of the Committee's regular meeting held on January 11, 2018, was approved as written.

Report  
Approved

A discussion was held regarding the operating hours for the Hillside and Dollar pools for the month of March.

New  
Business

A motion was made by Mr. Stack, seconded by Ms. Meehan, and CARRIED UNANIMOUSLY to keep the Hillside and Dollar pools open from 6 a.m. until 4 p.m.

Motion  
re. Hillside  
and Dollar  
Pools/  
Announc-  
ement

Mr. Matheson announced to the Committee that the Tice Creek Fitness Center's Grand Opening and Ribbon Cutting Ceremony will be held on Thursday, February 15, at 1 p.m.

There being no further business to come before the Committee, the meeting was adjourned at 2:40 p.m.

Adjourn-  
ment

The next regular meeting of the AAC will be held on Thursday, March 8, 2018, at 1:30 p.m. in the Board Room at Gateway Complex.

Next Mtg.  
3/8/18

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Brian K. Stack, Chairman  
Aquatics Advisory Committee

DOR/dr

To: Mr. Madison -

please read & consider the following

Thank you **7a-1**  
Joel Roman  
933-6262

## Water Temperature Guidelines

The following has been excerpted from the Aquatic Exercise Association 2008 Standards and Guidelines.<sup>1</sup>

The Aquatic Exercise Association (AEA), the world's largest certifying organization for aquatic fitness programming, has set forth the following guidelines based on the current aquatic fitness research and knowledge of exercise physiology, biomechanics, kinesiology and the physical properties of water. These guidelines may help to minimize risk of injury and provide optimal benefit and enjoyment of fitness activities conducted in the aquatic environment.

- AEA acknowledges that Guidelines for aquatic fitness vary with different populations and programs. The following Guidelines apply to an average healthy adult without any known limitations or restrictions for engaging in an exercise program.
- AEA recommends that all individuals obtain physician approval prior to initiating exercise or when significantly altering an existing exercise program.
- AEA recognizes and promotes the American College of Sports Medicine (ACSM) Guidelines for Exercise.
- For additional information, AEA strongly urges you to consult the Aquatic Fitness Professional Manual, Fifth Edition.

### Water Temperature

Water varying from 83-86 degrees Fahrenheit is the most comfortable temperature for typical water fitness classes. This allows the body to react and respond normally to the onset of exercise and the accompanying increase in body temperature. Cooling benefits are still felt and there is little risk of overheating.

Program modifications will be required for water temperature outside the recommended range. Aquatic Fitness Professionals should know the water temperature and modify the program accordingly based upon the population and the program format.

### Recommended Water Temperatures

Competitive Swimming 77 – 82.4 F \*

Resistance Training 83 – 86 F

Therapy & Rehab 91 – 95 F \*\*

(Low function program – cooler temperatures may be more appropriate for higher intensity programs and specific populations)

Multiple Sclerosis 80 – 84 F

Pregnancy 83 – 85 F

Arthritis 84 – 88 F \*\*\*

(Minimum)

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 4<sup>th</sup>)
- 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.

**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.

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 4<sup>th</sup> 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: Guest Usage Policy

Purpose: To Establish Guidelines for Use of Trust Facilities by Guests

For purposes of this Policy the term "Guest" refers to non-Members, not registered with GRF as either a Lessee (Policy 104.1.2), or Domestic Employee, as set forth below. The Golden Rain Foundation's programs, services and facilities are intended primarily for use by GRF Members as defined in the Bylaws, either individually or as members of Rossmoor clubs and organizations. The Foundation supports a policy of accommodating Guests accompanied by their Member host when their presence does not interfere with Members' use of facilities.

1. Guests must be accompanied by a Member host at all times, unless otherwise specifically provided for elsewhere by Policy, Rules, or Procedures.
2. At the discretion of GRF, Guests may be limited to a number of days or excluded for specific days or portions thereof, from any programs, services or facilities in order to ensure adequate access to Members. A list of such limitations, if any, will be available from Member Records and provided to Members upon request.
3. Guests must follow all policies, rules and procedures of the applicable program/facility. Members are responsible for making their Guests aware of the Foundation's policies, rules and procedures and for the acts of their Guests.
4. No Guest who is a client, patient, or customer of a Member may use Foundation facilities for professional purposes.
5. Subject to approval of the GRF Board, Guests may be charged a fee for use of, or access to, any program, service or facility on terms and conditions prescribed by the Board. A schedule of such charges will be maintained by Member Records and provided to Members upon request.
6. The term Domestic Employee refers to an employee of a Member or Lessee as either a care-giver or housekeeper or similar capacity, whether or not such employee lives with the Member or Lessee full-time. Domestic Employees must be registered with GRF as such, and will be considered to be Guests of the Member, for purposes of access only. Domestic Employees will not be permitted to make use of any amenities or facilities, and must be accompanied by the applicable Member at all times. Domestic Employees may be issued limited access devices subject to the fees and restrictions established by the Board, which are available from Member Records upon request.
7. Notwithstanding any of the above limitations, exceptions to this Policy may be made by express provisions contained in the applicable Rules for participation and use of any GRF program, service or facility approved by the GRF Board.

Authority: Policy

6/24/04

9/27/07 Rev.

2/24/11 Rev.

10/31/13 Rev.

7/27/17 Rev.

# FITNESS CENTER GUIDELINES

- 1) **WATER** is the only acceptable drink item allowed on the weight room floor or in the aerobics rooms. **Energy bars** are OK.
- 2) **ALWAYS BRING YOUR ID** with you and sign in. **Guests** wear a **BLUE** band and must be accompanied by a resident. Caregivers must show ID and wear **RED** wristbands.
- 3) **SEE A TRAINER** for proper individual programming and best possible results. It is recommended to change your workout routine every 3-6 months.
- 4) **BRING A TOWEL** for personal hygiene. **BRING A LOCK** to protect your valuables.
- 5) **WIPE DOWN** equipment before & after use with the provided wipes, towels and spray.
- 6) **BRING A PERSONAL HEADSET, WALKMAN, IPOD, or MP3** to satisfy your music choice.
- 7) **ALWAYS SIGN UP TO USE CARDIO EQUIPMENT**. Please read and follow the **Cardio Use Sign-Up Sheet Protocol** to avoid any potential conflicts.
- 8) **REFRAIN FROM VISITING** with fellow exercisers **WHILE ON MOVING EQUIPMENT** (especially treadmills) to prevent distraction & potential injury.
- 9) **AVOID PERFUME OR COLOGNE**. Medical studies have revealed an asthma like reaction in many people if exposed to perfumes or colognes while exercising. Be respectful of others' limitations and avoid wearing your perfume, cologne, or after-shave while in the Fitness Center.
- 10) **AVOID EXCESSIVE FAN USAGE**. Not everyone likes cool air blowing on them. Some of our residents have medical conditions that preclude cool air on perspiring skin, due to adverse physiological reactions. Peel layers, turn it down. Please read & follow the **Fan Usage Protocol** to avoid unnecessary conflicts.

**BE COURTEOUS & HAVE FUN!**

**SUPERVISOR: 925-988-7851**