

# A G E N D A

## FITNESS CENTER ADVISORY COMMITTEE

### REGULAR MEETING

WEDNESDAY, APRIL 11, 2018 AT 9:30 A.M.  
FAIRWAY ROOM AT CREEKSIDE CLUBHOUSE

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Smith, Green, Howard, Rapp, and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF MARCH 14, 2018 (Attachment)
4. CHAIRMAN'S REPORT
  - a. Partial attendance report for last half of March
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
7. SUB-COMMITTEE REPORTS
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
  - a. Review of modifications made to website [www.ticefitnesscenter.com](http://www.ticefitnesscenter.com)
10. NEW BUSINESS
  - a. Consider proposed policies for use of Pilates studio at Tice Creek Fitness Center
  - b. Consider recommendation to the GRF Board to add several projects for the Tice Creek Fitness Center
  - c. Consider request to open the Tice Creek Fitness Center at 5:30 a.m.
  - d. Consider recommendation to the Policy Committee to amend the guest use policy to exempt nonresident club members from the guest use fee
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, May 9, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.

CT/dr  
cc: GRF Board

## FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING  
WEDNESDAY, MARCH 14, 2018, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, March 14, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Sherry S. Smith, Secretary, Carol A. Green, Charlotte A. Howard, Virginia Lee Rapp, and Melvin C. Fredlund, ex-officio member and GRB representative. Also attending were Jeffrey P. Matheson, Director of Resident Services; and Julie Van Dusen, Fitness Supervisor; Javier Ramon, Sound and Lighting Technician; and five residents.

Attendance

The report of the Committee's regular meeting of February 14, 2018, was approved with one amendment.

Report  
Approved

Ms. Smith read correspondence from a resident regarding use of the Pilates Reformers.

Resident  
Coores-  
pondence/

Ms. Van Dusen announced that all trainers are fully booked for three weeks out. Therefore, there have been no floor assignments. She expects this to change in about four weeks. Mr. Matheson announced that the turnstiles have started tracking entries into the fitness center.

Staff  
Report

Ms. Howard reported that there should be an article on the new resident for the Wall of Fame in next week's Rossmoor News. Ms. Green said that she has \$188.88 from a Committee no longer in existence and will reimburse Ms. Howard for personal money spent for the Wall of Fame. The remainder will be donated to the Golden Rain Foundation. Mr. Matheson said that this money will be used to offset further expenses associated with the Wall of Fame.

Wall of  
Fame

During the Residents' Forum, five residents and Board member Birdsall spoke on safety issues in the women's locker room and confusion regarding the use of the Pilates Reformers.

Residents'  
Forum

Per Mr. Matheson, the HVAC system and lighting adjustments remain a problem and are being addressed. He also announced that more than 3,500 residents have registered. The access control system should be operational by April.

HVAC,  
Lighting,  
and Access  
Control  
Update/

Ms. Van Dusen and Mr. Ramon distributed a handout on the Tice Creek Fitness Center website, which is still a work in progress. It should be available to the public by April 1. They reviewed a PowerPoint presentation on the website, a review of the MindBody app for the fitness center, a demonstration of the Matrix Console, and planned training opportunities. Ms. Van Dusen discussed class schedules, personal and small group training, assessments, and floor coverage. She said that there are currently eighty-three classes offered. They will be reassessed quarterly. She also said that there are plans for demonstrations on machines and functional equipment.

Presentation  
on Fitness  
Center  
Website

Per Ms. Van Dusen, the policy on the use of Pilates Reformers is still a work in progress. The use of them has been an ongoing issue.

Pilates  
Reformers  
Policy/  
Adjourn-  
ment/  
Next Mtg.  
4/11/18

The Chairman adjourned the meeting at 11:15 a.m.

The next regular meeting of the FCAC will be held on Wednesday, April 11, 2018, at 9:30 a.m. in the Fairway Room at Creekside Complex.

\_\_\_\_\_  
Claudia Tierney, Chairman  
Fitness Center Advisory Committee

SS/dr

DRAFT

Meeting Date: April 11, 2018

***SUMMARY REPORT  
FITNESS CENTER ADVISORY COMMITTEE***

**REPORT PREPARED BY:**

Jeff Matheson, Director of Resident Services

**REQUESTED ACTION/RECOMMENDATION:**

Consider proposed policies for use of Pilates studio at Tice Creek Fitness Center

**BACKGROUND:**

**Pilates:**

Pilates is a very specialized exercise program that has tremendous potential benefit if performed correctly (Attachment "A"). Pilates can involve the use of equipment specifically designed for the discipline. The use of Pilates tables (IQ, Reformer, Studio) requires training for safe and proper use. For a personal trainer to become certified in Pilates table instruction they must complete over 300 hours of course time, practical application, and pass an exam. The vast majority of fitness centers that have a Pilates studio require members to be with a trainer or in a supervised class in order to use Pilates exercise tables. The tables have many moving parts and adjustments that are critical to proper use and care of the equipment. Improper use can damage the equipment and produce unsafe conditions for the user or future users of the tables.

For more information and to view some videos on the range of adjustments and exercises please visit [www.Pilates.com](http://www.Pilates.com). The Tice Creek Fitness Center has the Studio reformers and the Allegro Reformers.

**History:**

Prior to the expansion of the fitness center into the Delta Room and the Sierra Room, there was one IQ reformer on the balcony outside the Shasta Room. This reformer was used by one of our trainers for appointments. It was also available, but rarely used by individual members. Classes in Mat Pilates were also offered by a GRF Trainer. After the expansion into the Delta Room, a second IQ reformer was acquired and both tables

were placed in the entry area to the Sierra Room. Again, this space was primarily used by one trainer for individual instruction. When the facility was closed, one of the reformers was moved to the modular and set up in the open fitness area where it could be observed by staff.

As the plans were developed for the new facility, there was interest in a Pilates studio and in developing a Pilates program. The new facility has a dedicated Pilates studio with four Balanced Body Studio Reformers. These are the top of the line reformers. In addition, four Balanced Body Allegro tables were purchased. The training staff now includes two certified Pilates instructors and another instructor who has completed the course work but, has not yet taken the certification test.

As the new facility opened, staff and our new management company have been working to develop a Pilates program, which includes individual training and small group training options. As noted above, the industry standard is that a member using a reformer in a one-on-one session, group training, or open session is always in a supervised setting.

Restricting access to the studio reformers has caused concern by many residents who have been practicing Pilates. In an attempt to alleviate this concern, two Allegro Reformers have been moved to the fitness floor. These Allegro Reformers have the same capabilities as the Studio Reformers and are a step above the IQ Reformers previously available to residents in the old facility. With the reformers on the fitness floor there is a visible line of sight to observe use of the equipment.

**Revenue:**

The fitness program generates revenue in two manners. The first is through fees charged for personal training and the second is fees charged to outside instructors for use of class space. The revenue generated from personal training helps offset the cost to operate the fitness center which is funded through the coupon. The goal of generating revenue is to help with the justification for hiring additional training staff without impacting the coupon. Additional professional staff is needed for floor coverage.

The training staff does receive a "training" rate of pay when they are conducting paid training sessions. The motivation behind controlling access to the Pilates studio is not driven by a desire to provide the training staff with more opportunities to conduct paid training. The motivation is to provide a safe structured program that brings the benefit of Pilates to more residents. By collecting fees, it also has the benefit of reducing the overall operating cost.

## **Proposed Policy:**

Our goal with the policy is to provide safe proper use of the studio equipment while developing a thriving Pilates program. This proposed policy is a compromise based on the feedback received from members who are experienced in use of Pilates tables.

1. The primary use of the Studio Reformers located in the Pilates Studio is for small group and individual training instruction.
2. The Studio Reformers are to only be used by members who are experienced with the proper and safe use of the equipment.
3. The studio will be open for drop in use by members who are experienced with proper use based on a posted schedule that may be updated on a quarterly basis. (Attachment "B")
4. Allegro Reformers will be available on the fitness floor for Members experienced in the proper and safe use of the equipment on a first come basis.
5. Members are encouraged to complete a series of classes or individual instruction prior to unsupervised use of equipment.

## **Alternative Options:**

1. Require a trainer to be present in the room during open use sessions. A minimal fee would be charged for the trainer, who would supervise proper use of the equipment and provide general instruction as requested by participants. It would be expected that the members participating in the drop-in sessions be proficient on use of the equipment.
2. Restrict access to the Pilates Studio to classes and individual training only.
3. Provide free unrestricted access to the Pilates Studio during all times when classes are not in session.

## **ATTACHMENTS:**

- Information on the Benefits of Pilates
- Proposed schedule for open studio time



# The Benefits of Pilates

**Pilates can really make a difference in your health without taking a toll on your body.**

## **A refreshing mind-body workout**

By emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body. You actually learn how to control its movement.

In Pilates the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly can reduce stress.

## **Develop a strong core - flat abdominals and a strong back**

Pilates exercises develop a strong "core," or center of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle.

## **Gain long, lean muscles and flexibility**

More conventional or traditional workouts are weight bearing and tend to build short, bulky muscles - the type most prone to injury. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

## **Create an evenly conditioned body, improve sports performance, and prevent injuries**

In the same vein, a lot of these same conventional workouts tend to work the same muscles. This leads weak muscles tend to get weaker and strong muscles tend to get stronger. The result is muscular imbalance - a primary cause of injury and chronic back pain.

Pilates conditions the whole body, even the ankles and feet. No muscle group is over trained or under trained. Your entire musculature is evenly balanced and conditioned, helping you enjoy daily activities and sports with greater ease, better performance and less chance of injury. That's why so many professional sports teams and elite athletes now use Pilates as a critical part of their training regimen.

## **Learn how to move efficiently**

Pilates exercises train several muscle groups at once in smooth, continuous movements. By developing proper technique, you can actually re-train your body to move in safer, more efficient patterns of motion - invaluable for injury recovery, sports performance, good posture and optimal health.

## **It's gentle...**

Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates is so safe, it is used in physical therapy facilities to rehabilitate injuries.

# 10a-5

## **But it's also challenging...**

Pilates is also an extremely flexible exercise system. Modifications to the exercises allow for a range of difficulty ranging from beginning to advanced. Get the workout that best suits you now, and increase the intensity as your body conditioning improves.

## **Try it!**

New to Pilates and wondering how to get started? Visit our [Personal Pilates](#) pages to learn more about the benefits of Pilates using mats or equipment, at a studio or at home. Plus great [Pilates products we recommend](#) to get you started. To find a studio, club, rehab facility or wellness center near you that offers Pilates, visit our [Pilates Studio Finder](#).

Balanced Body | 5909 88th Street | Sacramento, CA | 95828 | USA  
1-800-PILATES (800-745-2837) or 916-388-2838

## Pilates Studio Open Session Hours

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							

**Open use time**

Open session is for experienced members only

Meeting Date: April 11, 2018

**SUMMARY REPORT  
FITNESS CENTER ADVISORY COMMITTEE**

**REPORT PREPARED BY:**

Jeff Matheson, Director of Resident Services

**REQUESTED ACTION/RECOMMENDATION:**

Consider recommendation to the GRF Board to add several projects for the Tice Creek Fitness Center

**BACKGROUND:**

The Tice Creek Fitness Center opened to residents on January 24, 2018. Although the doors were open, the facility had a number of items that still needed to be completed by the General Contractor. The vast majority of those items have now been completed. As with any new building, a great deal is learned once the building is in use. This has been the case with the locker rooms as well as the main fitness center. Based on usage, a number of adjustments have been made. Some examples have included the addition of coat racks, signage, seating at vanity mirrors, floor mats, etc. Some items, however, require further consideration and have a cost impact that must be approved by the Board.

**Locker Rooms:**

1. **Additional lockers:** Requests have been made to add lockers in both the men's and women's locker rooms. During some peak times, the available lockers may become full. The women's locker room has available space on the open wall where some benches and hooks have been placed. A total of 18 additional double stack lockers can be placed at this location. Additionally, a bench would be added in front of the lockers. The bench would not be attached. The men's locker room has space between the changing room and the counter. This space can accommodate either 8 double stack lockers or 12 triple stack lockers. The cost to add these lockers is \$19,278.
2. **Move swim suit water extractor:** Several comments have been made regarding the location of the swim suit water extractor in the women's locker room. The concern with the current location is that members need to walk with a wet suit to the extractor and thus get the tile floor wet. The extractor can be moved to a

location between the last accessible shower and changing room (see attached diagram). This involves relocating the power and drain line. The cost to move the unit is \$6,809.

3. **Add additional floor mats:** Several members have requested additional floor mats in the locker rooms. This request is based on a perception that the tile floor is slippery when wet and that it is difficult to change clothes and keep personal items dry when the tile floor is wet. Mats have been placed between the showers and the changing rooms and in front of the lockers. Requests for additional mats are focused on the changing rooms and the path to the swim suit water extractor. Adding mats is a cost factor in that each roll costs approximately \$2,000 and cleaning of mats adds approximately 30 minutes to the custodial staff nightly duties for cleaning the locker rooms. Mats must be removed and hosed down nightly and disinfected several times per week to avoid mold and buildup of hair and other debris. If additional mats are added, it is recommended that additional resources in the operating budget be considered for the custodial department.
4. **Remove one entry door to the women's locker room, install automatic opener and add privacy screen:** The women's locker room has two entry doors for access to/from the pool deck. This design was required due to the structural beams for the pool enclosure and code requirements. Residents have expressed concern that if both doors are open at the same time, pool users can see inside the locker room. The first door leading into the locker room can be removed by adding an external privacy screen in front of the entry on the pool deck (see attached diagram). The cost to add the privacy screen and eliminate the door is \$7,854.

Additionally a power assist system can be added to the second interior entry door from the pool deck. This requires the addition of power for the activation button and the door. The cost to add an automatic door opener for the interior door is \$12,097. An automatic door opener can also be added to the single door on the men's side for an additional \$12,097.

#### **Main Fitness Area:**

1. **Add roller shades to high windows facing street:** The original design was to add exterior louvers for the upper windows. The louvers have not provided the blocking from the sun that was anticipated. The louvers can be adjusted manually based on season; however, the light and view may be impacted. Alternatively, roller shades can be added to cut the glare. The cost for the roller shades and the addition of power to operate the shades is \$16,150.
2. **Cabinetry in frail area and Serenity Room:** Currently, wire rack shelving is being used in the Serenity Room for supplies and floor bins are used for

supplies in the frail area. The cost to add custom wood framed cabinetry in these areas is \$14,000. This cabinetry will help with maintaining equipment in the proper location and help with organization.

3. **Addition of two barres in the Aerobics Room:** The Ballet Club has requested an additional barre be added at a lower height to assist those that cannot extend to the regular height barre. The existing standards that are attached to the barre can accommodate a second barre. Additionally, a staff led class uses the existing two barres for a portion of the class. Based on the class size, additional barre space is needed. The class is requesting a third Barre be placed on the wall under the TRX rack. The cost to add these additional two barres is \$3,000.
4. **Equipment modifications:** Staff has been evaluating the equipment over the first several months of operation. It has been noted that some equipment, such as the Matrix Upright Bikes, are in high demand and some equipment in the free weight area may need modification based on difficult proper use. Over time, staff will make some modifications and may recommend some additional equipment. Prior to doing this, additional time is needed to further evaluate any changes that may be justified. For those members struggling to use equipment or find proper equipment based on their ability, it is strongly recommended to make an appointment with a trainer. A trainer can help identify alternate equipment and exercises that may meet the member's interests and abilities.

#### **Fitness Center Renovation Budget:**

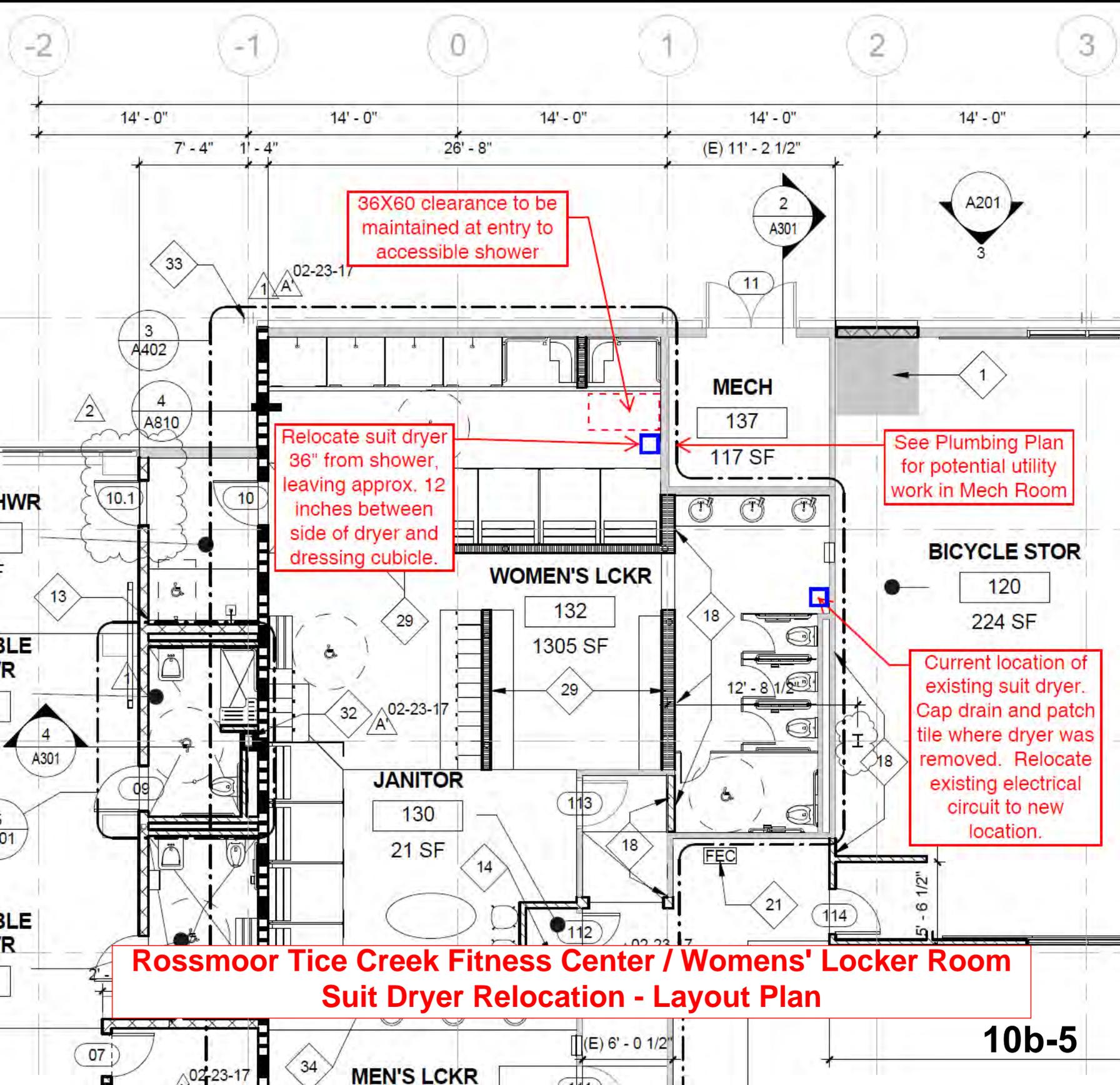
- The GRF Board of Directors approved a project scope for the renovation of \$10,000,000 inclusive of all project related expenses.
- The GRF Board specifically approved contracts and authorizations for expenditures totaling \$9,611,808.
- The estimated total project expenditures based on final completion is \$9,690,062. This is \$309,938 below the approved project scope of \$10 million.
- The total for the above listed options is:
 

1. Additional lockers	\$19,278
2. Move swim suit water extractor	\$6,809
3. Add additional floor mats	\$2,000*
4. Remove entry door to women's locker	\$7,854

5. Add power assist to second entry door	\$12,097
6. Add power assist to men's locker door	\$12,097
7. Add roller shades to high windows	\$16,150
8. Add cabinetry to frail area and Serenity Studio	\$14,000
9. Add additional barres in aerobics studio	<u>\$3,000</u>
Total:	\$93,285

**ATTACHMENTS:**

Diagrams of proposed changes.



36X60 clearance to be maintained at entry to accessible shower

Relocate suit dryer 36" from shower, leaving approx. 12 inches between side of dryer and dressing cubicle.

See Plumbing Plan for potential utility work in Mech Room

Current location of existing suit dryer. Cap drain and patch tile where dryer was removed. Relocate existing electrical circuit to new location.

**Rossmoor Tice Creek Fitness Center / Womens' Locker Room  
Suit Dryer Relocation - Layout Plan**

10b-6

OPEN SHWR

Existing clear dim = 54"  
42" minimum is required

MECH

Screen to start at vertical mullion next to double door

Verify width in field

ACCESSIBLE  
RR-SHWR

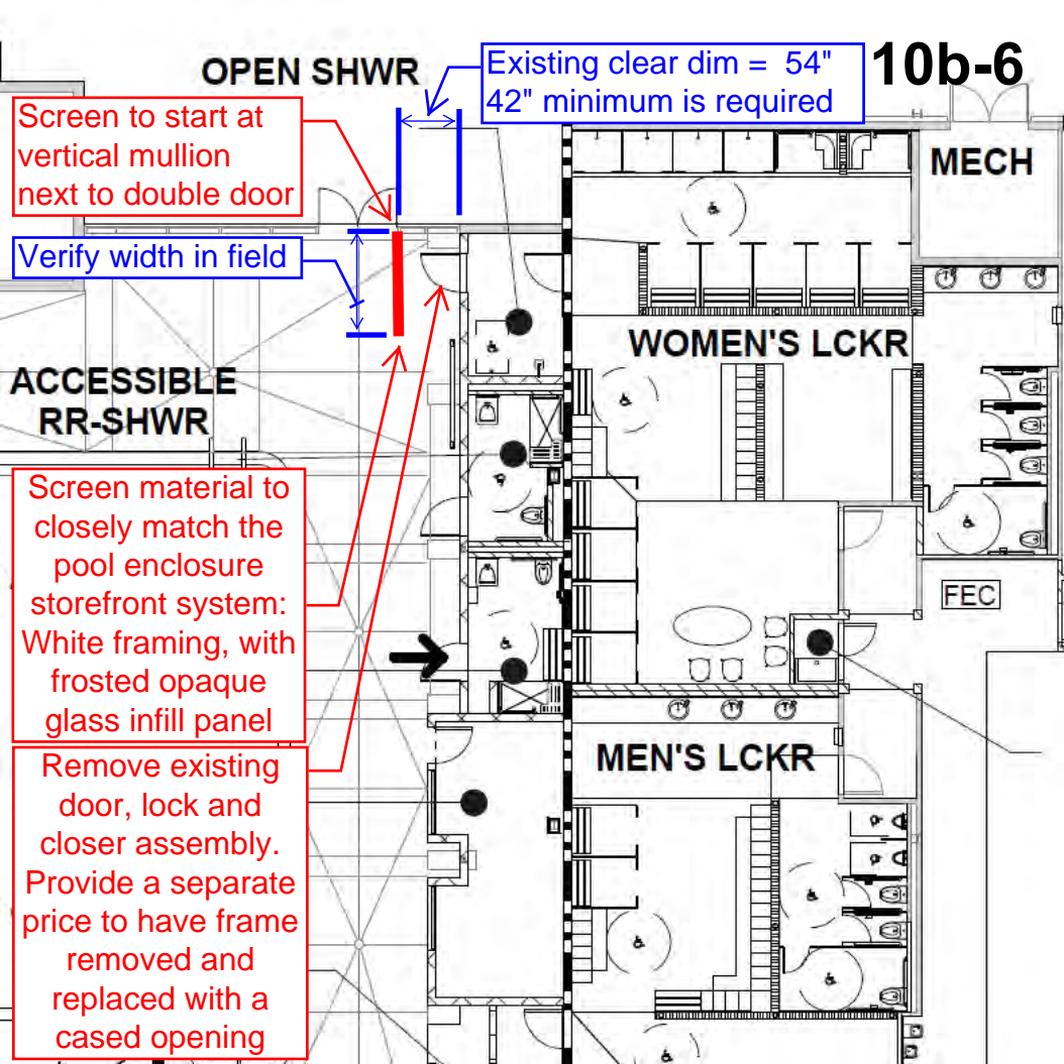
WOMEN'S LCKR

FEC

Screen material to closely match the pool enclosure storefront system: White framing, with frosted opaque glass infill panel

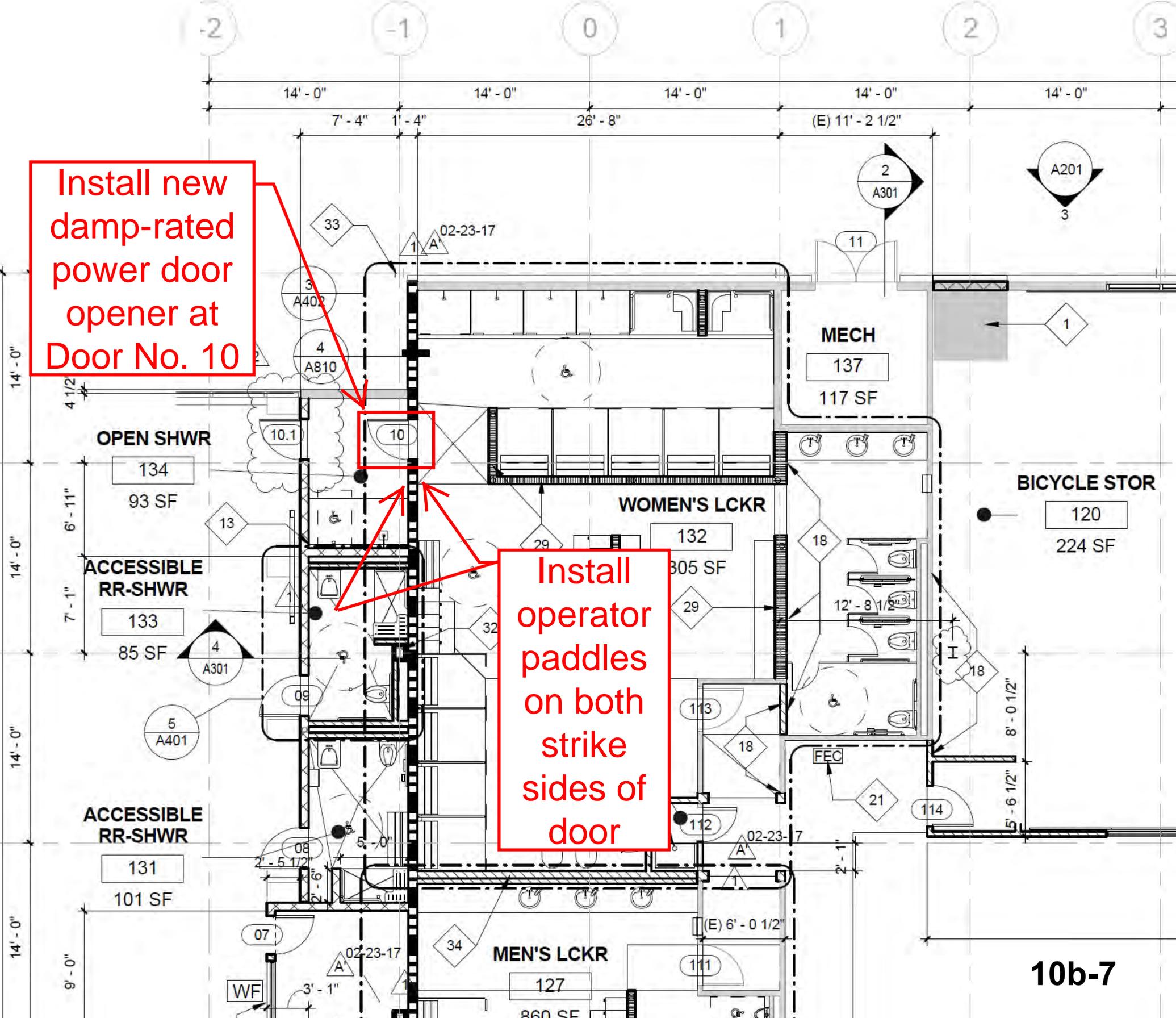
Remove existing door, lock and closer assembly. Provide a separate price to have frame removed and replaced with a cased opening

MEN'S LCKR



Install new damp-rated power door opener at Door No. 10

Install operator paddles on both strike sides of door



10b-7

Meeting Date: April 11, 2018

**SUMMARY REPORT  
FITNESS CENTER ADVISORY COMMITTEE**

**REPORT PREPARED BY:**

Jeff Matheson, Director of Resident Services

**REQUESTED ACTION/RECOMMENDATION:**

Consider request to open the Tice Creek Fitness Center at 5:30 a.m.

**BACKGROUND:**

A request has been received by the Committee to consider a recommendation to the Board that the staff unlock the fitness center at 5:30 a.m. to allow members to enter early. According to the letter several members meet at the fitness center at 5:30 a.m. several times per week. The group would like for staff to let them inside the facility so they can wait in the reception area on cold days. Currently, the fitness center opens at 6:00 a.m.

Staff recommends this request be denied. The new fitness center has plenty of capacity to accommodate members at 6:00 a.m. If members do not wish to wait outside they simply do not need to show up until the doors open at 6:00 a.m. Staff arrives at the facility between 5:30-6:00 a.m. to prepare for the day. This time is needed to complete a number of administrative tasks. If the doors are open at 5:30 a.m. then staff will need to supervise the facility including providing lifeguard coverage on the pool deck. This additional level of staffing is not included in the approved operating budget.

The group has stated that they will remain in the lobby; however, staff cannot restrict entry once the doors are unlocked and inevitably attention would need to be given to provide service to the members.

If the FCAC is supportive of opening the doors early, then the Board would need to increase the allocation for staff hours for the fitness center and the pools or close the facility 30 minutes earlier each day to compensate.

**ATTACHMENTS:**

None

Meeting Date: April 11, 2018

**SUMMARY REPORT  
FITNESS CENTER ADVISORY COMMITTEE**

**REPORT PREPARED BY:**

Jeff Matheson, Director of Resident Services

**REQUESTED ACTION/RECOMMENDATION:**

Consider recommendation to the Policy Committee to amend the guest use policy to exempt nonresident club members from the guest use fee

**BACKGROUND:**

The GRF Board approved a new guest fee for use of the Tice Creek Fitness Center. The new fee schedule provides each resident with 10 free guest passes annually, with a \$10/visit fee applying after the initial 10 passes are used. Members of the two Tap Dance Clubs, that use studio space at Tice Creek, have requested the Board to modify the policy to allow for non-resident members of the clubs to attend the class with no fee. A copy of the request letter is attached.

Several of the clubs that hold classes at Tice Creek have non-resident members. The Board voted to grandfather existing non-resident members for each club and exempt them from the guest use fees and referred the matter back to the FCAC and AAC for further discussion. These non-resident club members would still need to be signed in with a sponsoring member and would not be permitted to use the fitness center except for attending the club sponsored class. If the non-resident chooses to use the facility beyond the class then the fee would apply.

The FCAC and AAC can recommend non-resident members of clubs be exempt from guest use fees or recommend that guest use fees apply to all non-resident users of the Tice Creek Fitness Center.

**ATTACHMENTS:**

Request letter from Tap Dance Clubs

Guest Use Policy

February 25, 2018

RECEIVED

FEB 28 2018

Tim O'Keefe, CEO  
Golden Rain Foundation  
3410 Golden Rain Road  
Walnut Creek, CA 94595

GRF BOARD OFFICE

Dear Mr. O'Keefe:

We are writing to you on behalf of Rossmoor's two tap-dancing clubs, the Happy Hoofers and the Hot Flashers, known collectively as the Rossmoor Rhythm Revue. These clubs have a proud 32-year history of providing quality entertainment within Rossmoor and also for residents in retirement communities and residential homes and for clubs and other organizations in nearby East Bay locations. Each week the Hoofers attend a two-hour instructional class on Mondays and the Flashers attend a two-hour class on Tuesdays. On Thursdays the Flashers rehearse for two hours to prepare for upcoming performances.

Between our two clubs, we have 31 members, six of whom are non-residents. These dedicated and talented individuals have been with us for many years and contribute greatly to the quality of our community and performance activities. Prior to the Fitness Center renovation and new electronic entry system, our non-residents gained entry to the Fitness Center by way of a Reception Desk manual sign-in and wrist-banding protocol before being escorted to the tap classroom by a resident club member. We emphasize that they do not, at any time, access any GRF facilities other than the Dance Studio. Additionally, it's important for you to know that no new non-residents have been accepted into our clubs since the non-resident participation guidelines were tightened a couple of years ago.

We've been informed that the new guest policy will be enforced without exception. Unless we offer our collective supply of 250 guest passes to our non-residents – not a likely scenario – after four weeks of classes/rehearsals, they each will have to pay upwards of \$80/month to remain in our clubs. This is not reasonable or acceptable. We ask the Golden Rain Foundation to consider creating an exception to the GRF Guest Policy so that our non-residents can continue as members of the Rossmoor Rhythm Revue to entertain and inspire senior audiences within and beyond Rossmoor.

Sincerely,



Daryl Svoboda  
3270 Terra Granada Drive #1  
925-979-1676  
dasvoboda@gmail.com



Judie Huse  
1641 Canyonwood Court #8  
925-287-1502  
judihuse@yahoo.com

CC: JEFF MATHEISON

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.