

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, MAY 9, 2018 AT 9:30 A.M.
BOARD ROOM AT GATEWAY 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 APRIL 11, 2018 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Attendance Report for April 2018
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
10. NEW BUSINESS
 - a. Review Draft Changes to the Tice Creek Fitness Center Rules and Guidelines
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, June 13, 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, APRIL 11, 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, April 11, 2018, in the Fairway Room at Creekside 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 Geraldine Pyle, President, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; Julie Van Dusen, Fitness Manager; Javier Ramon, Sound and Lighting Technician; and twenty-one residents. Attendance

The report of the Committee's regular meeting of March 14, 2018, was approved as written. Report Approved

Chairman Tierney appointed a committee to rewrite the rules, regulations, and guidelines for the Tice Creek Fitness Center. The committee will be composed of Chairman Tierney, Julie Van Dusen, Virginia Lee Rapp, and Carol A. Green. Committee Created

Per Mr. Matheson, there was a total of 22,235 users of the fitness center going through the turnstiles during the period of March 6, 2018, through March 31, 2018. This represents an increase in users from the full month of March in 2017. The new key fobs have been ordered and should arrive in the next 2 to 3 weeks. Ms. Van Dusen reported the following: There are 82 classes currently being offered; there were 250 assessments in March; staff is booked for the next three weeks; and additional staff hours have been added to accommodate the demand. Staff Report

There were twenty-one residents present for the Residents' Forum. Eleven residents spoke on the topics of opening the fitness center earlier, waiver of guest fees for nonresident members of the two dance clubs, website suggestions, Pilates policy, and locker room issues. Residents' Forum

A PowerPoint presentation was given by Mr. Matheson and Ms. Van Dusen to review modifications to the Fitness Center website. It was noted that the schedule for aquatics was added. Presentation on Website

Discussion ensued regarding proposed policies for use of the Pilates Studio. Mr. Matheson distributed a handout of a draft policy proposal and safety check agreement. He then showed a short video of the use of the Pilates reformers. Draft Policy Proposal

A motion was made by Ms. Rapp, seconded by Ms. Howard and CARRIED, with three ayes and one nay, to approve the proposed policy for the use of the Pilates Studio without alternative options and to include the Safety Check Agreement and Release of Liability as attached. Approved Proposed Policy for Pilates Studio Policy

The Committee was asked to recommend that the GRF Board add several projects

for the Tice Creek Fitness Center. While several of adjustments have been made, some items require further consideration and have a cost impact that must be approved by the Board. The Committee discussed each item and decided to recommend all nine items to the Board, with the additional item of a glass door for the Pilates Studio to replace the solid wood door now used to access the Studio.

Ten Fitness Center Renovation Projects Recommended

A motion was made by Ms. Howard, seconded by Ms. Rapp, and CARRIED UNANIMOUSLY to recommend to the GRF Board that the ten items listed in the fitness center renovation project be approved for implementation.

The Committee considered a request to open the Tice Creek Fitness Center at 5:30 a.m. instead of 6:00 a.m. Per the summary report, the Board would need to increase the allocation for staff hours for the fitness center and pools or close the facility thirty minutes earlier each day to compensate.

Fitness Center Hours

A motion was made by Ms. Smith, seconded by Ms. Howard, and CARRIED, with four ayes and one nay, to deny the request to open the Tice Creek Fitness Center at 5:30a.m.

Discussion ensued regarding the recommendation to the Policy Committee to amend the guest use policy to exempt nonresident club members from the guest use fee. The Committee members considered that exempting nonresident club members from guest use fees would dilute the current policy of charging fees, although the collection of these fees has not yet been implemented. It was mentioned that the guest use fee was instituted as a revenue generating source. It was also noted that recommending the amendment would set a precedent, should the fees be applied to other areas of Rossmoor in addition to the fitness center.

Recommendation to Policy Committee re. Guest Use Policy

A motion was made by Ms. Rapp, seconded by Ms. Smith, and CARRIED, with three ayes and two abstentions, to recommend to the Policy Committee that the request to amend the guest use policy to exempt nonresident club members from the guest use fee be denied.

The Chairman adjourned the meeting at 12:45 p.m.

Adjournment/ Next Mtg.

The next regular meeting of the FCAC will be held on Wednesday, May 9, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.

5/9/18

Claudia Tierney, Chairman
Fitness Center Advisory Committee

Meeting Date: May 9, 2018

***SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE***

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Review draft changes to the Tice Creek Fitness Center Rules and guidelines

BACKGROUND:

At the May meeting of the FCAC, the Committee formed a subcommittee to review the Fitness Center Rules R102.0 and the guidelines. Part of the charter for the FCAC is to review the rules on a periodic basis. With the opening of the new facility the rules and guidelines were in need of updating.

The subcommittee had one meeting to review the existing rules and guidelines. The subcommittee discussed moving some of the statements in the rules to the guidelines. The FCAC has authority over the guidelines, while the rules must go through the Policy Committee and ultimately must be approved by the Board. The Rules should reflect items that do not change significantly over time, while the guidelines reflect current use and operation of the facility and may change more frequently.

A redline version of the changes the Committee discussed is attached. The subcommittee is seeking any additional feedback before finalizing for consideration in June.

ATTACHMENTS:

Fitness Center Rules R102.0 with draft edits (redline version)
Guidelines with draft edits (redline)

Subject: Tice Creek Fitness Center Access and Use

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

The Golden Rain Foundation operates the Tice Creek a Fitness Center located at 1751 Tice Creek ~~Drive, that~~Drive, which provides professional fitness instruction, exercise equipment, and organized exercise programs for the exclusive use of Rossmoor residents and their accompanied guests.

The pools at Tice CreekDel Valle are subject to additional rules R105. The Fitness Center Advisory Committee will consult with the Aquatic Advisory Committee regarding any items of common interests.

Fitness Center Hours:

The Tice CreekDel 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 Rules and any special guidelines are posted at the Tice CreekDel 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

GRF may close the Fitness Center for other purposes not identified above. Any such closure will be posted in the Rossmoor News and the Fitness Center

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.~~

~~3.2.~~ Residents must check –in upon entry using the appropriate access device.

Guests and caregivers must register at the reception desk upon entry to the Fitness Center.

~~4.3.~~ Residents and their guests use of the Fitness Center facility, equipment, and programs is at their own risk. Residents and their guests must obey Fitness Center rules, guidelines, and staff instructions at all times.

~~5.4.~~ ~~Audio devices are not permitted without earphones which prevent external noise.~~

~~6.5.~~ 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.

~~7.6.~~ Bandages must cover any open cuts and wounds.

~~8.7.~~ Pets are not permitted, except for appropriately identified service animals.

~~9.8.~~ No one under 18 years old is allowed in the Fitness Center.

~~10.9.~~ Cell phone use is prohibited in locker rooms. Cell phone conversation is prohibited on the fitness center floor. Cell phones must be turned off during class time.

~~11.10.~~ ~~There is a 30 minute continuous time limit on use of all equipment.~~

~~12.11.~~ ~~Personal items must be stored in built in cubicles or day-use lockers in locker rooms.~~

~~13.12.~~ ~~User shall return any weights, barbells, benches, balls, etc. to their proper places.~~

~~14.13.~~ 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. 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:

1. Residents may bring guests to the Fitness Center in accordance with the Guest Use Policy 304.1.
2. Guests may be charged a facility use fee as prescribed by the GRF Board
3. Guests must be 18 years of age or older and provide identification upon request.
4. Guests must sign in when entering Fitness Center and wear identifying blue wristbands (received when checking in).
5. Residents are responsible for the conduct of their guests.
6. Priority is given to residents over guests for class enrollment.

Caregiver:

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.

Non-GRF Trainers:

1. The GRF does not permit outside trainers or fitness/health professionals to utilize GRF facilities or property to conduct or provide professional services to clients.

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.

FITNESS CENTER GUIDELINES

0a-6

1. **DO NOT BRING VALUABLES** to the Fitness Center. Personal items must be stored in day use lockers or cubbies.
2. **BRING A TOWEL** for personal hygiene on equipment and in the showers.
3. **WIPE DOWN ALL EQUIPMENT before and after** use with the provided wipes or personal towel.
4. **RETURN ALL EQUIPMENT** to proper location for next users.
5. **AVOID SCENTED PERSONAL CARE PRODUCTS** while in the Fitness Center.
6. **BRING A PERSONAL HEADSET**, to satisfy your music choice.
7. **WEAR ATHLETIC SHOES AND ATTIRE** in the fitness center, gymnasium, and studios (except the Serenity Room).
8. **NO SHOES IN SERENITY ROOM, ON PILATES EQUIPMENT, OR STRETCH TABLES**, wear socks with grip. No bare feet.
9. **REFRAIN FROM TALKING** with fellow exercisers **WHILE ON EQUIPMENT** (especially moving equipment such as treadmills) to prevent distraction & potential injury.
10. **DO NOT** visit the Fitness Center if you have cold or flu symptoms.
11. **CLASS CAPACITY** is based on room size and availability of equipment.
12. **RESPECT PAID TRAINING TIME**, when a resident is with a trainer please direct questions to the front desk.
13. **BE COURTEOUS & HAVE FUN!**

Enjoy your workout!
