

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, JUNE 13, 2018, AT 9:30 A.M.
BOARD ROOM AT GATEWAY CLUBHOUSE

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Green, Herdering, Howard, Leonard, Rapp, Smith and Pyle, ex-officio member
3. APPROVAL OF REPORT OF MAY 9, 2018 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Attendance Report for May 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
 - a. Consider recommending to the Policy Committee the approval of revised Rule R102.0 for the use of the Tice Creek Fitness Center (Attachments)
 - b. Update on approved list of additional projects for the Fitness Center
 - c. Review of TRX equipment utilization process
10. NEW BUSINESS
 - a. Review of proposed interior signage for the facility
11. ADJOURNMENT
12. NEXT MEETING: Please note that there will not be a regular meeting of the FCAC in July. The next regular meeting of the FCAC will be held on Wednesday, **August 8, 2018**, at 9:30 a.m. in the Board Room at Gateway Complex.

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING
WEDNESDAY, MAY 9, 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, May 9, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Carol A. Green, Virginia Lee Rapp, and Melvin C. Fredlund, ex-officio member and GRB representative. Sherry S. Smith, Secretary, and Charlotte A. Howard were excused. Also attending were Geraldine Pyle, President, GRF; Jeffrey P. Matheson, Director of Resident Services; Julie Van Dusen, Fitness Manager; and four residents.

Attendance

Ms. Green requested a correction to the report of the Committee's April 11, 2018. She asked that details be added to the report regarding the resident request to open the Tice Creek Fitness Center at 5:30 a.m. rather than 6:00 a.m., which was denied. Specifically, the request was for early opening only on days when the temperature was below 38 degrees, with an agreement that people allowed in would wait quietly inside the entrance until 6:00 a.m. before entering the gates. Denial was based on the reasoning that this would create extra responsibility for staff, who need the time to ready the facility for the day, and that despite the agreement, people could enter the gym unsupervised, creating safety and liability issues.

Denied
Request for
Correction
to Report

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

Report
Approved

The Chairman reported there were 24,885 visits to the Fitness Center in April. This number includes pool numbers as there is no way yet to separate pool from fitness visits. This will be possible once the access system is functioning, perhaps by June.

Chairman's
Report

There was no correspondence.

Ms. Van Dusen reported she has approved 26 waivers to use the Pilates equipment independently. Demonstrations on the new equipment are being given twice a week and averaging 26 residents. Classes to demonstrate the new website and app have begun, showing people how to register for fitness classes remotely. Eventually, there will also be laptops in the gym for registration. Residents have been complaining about the caps on numbers for popular classes, but this is necessary for safety with large numbers.

Staff
Reports

Mr. Matheson reported that all ten of the Fitness Center renovation projects recommended by FCAC, as well as the glass door for the Pilates studio, were approved by the GRF Board at its April meeting. Time needs to be allowed for these projects to be sent to bid, contractors selected, and the work to be done. There were no speakers for the Residents' Forum and no Unfinished Business.

Under New Business, a subcommittee reviewed the Fitness Center rules and guidelines and recommended updates appropriate for the new facility. It was suggested that Rule 16 regarding attire be added to Guideline 7 (which duplicates it), with the addition of "closed toe" to "athletic shoes." Guideline 8 should add trampoline to the list of equipment requiring socks with grip and no bare feet. As a safety consideration, Ms. Rapp suggested that a screening program for TRX be developed, just like the now implemented screening for the Pilates equipment.

Updates
re. Fitness
Center
Rules and
Guidelines

The Chairman adjourned the meeting at 10:05 a.m.

Adjourn-
ment/

The next regular meeting of the FCAC will be held on Wednesday, June 13, 2018, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.
6/13/18

Claudia Tierney, Chairman
Fitness Center Advisory Committee

CT/dr

DRAFT

Meeting Date: June 13, 2018

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

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Recommend to the Policy Committee the approval of revised Rule R102.0 for the use of the Tice Creek Fitness Center

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.

During the May meeting of the FCAC, the Committee reviewed the recommendations from the subcommittee. No additional changes were recommended. The rules must go to the Policy Committee and then the GRF Board for final approval.

ATTACHMENTS:

Fitness Center Rules R102.0 with draft edits (redline version)
Clean version of Rule R102.0 with recommended edits

Subject: Tice Creek Fitness Center Access and Use

Purpose: To Establish Rules for Use of Tice Creek~~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 Creek~~Del 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 Creek~~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 Rules and any special guidelines are posted at the Tice Creek~~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

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 ~~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: 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.

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5. Bandages must cover any open cuts and wounds.
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