

Subject: Fitness Center Access and Use

Purpose: To Establish Rules for Use of Tice Creek Fitness Center Fitness Center

Rossmoor Walnut Creek 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 Tice Creek Fitness Center pools (when utilized for fitness water classes and programs), restrooms/shower rooms/dressing/locker areas that are shared in common with the Tice Creek Fitness Center enclosed pool, and staff offices. (FCAC will consult with AAC regarding any common facilities).

Fitness Center Hours:

The Tice Creek 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 Tice Creek 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.

Violation of Rules:

Residents and their guests must obey Fitness Center rules at all times.

Violations of policies, procedures, or rules will be reviewed and acted upon consistent with Policy 100, which may be found on the myrossmoor.com website or upon request at the

administrative offices at Gateway Clubhouse.

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.

6/4/19 Housekeeping

1/4/23 Housekeeping

5/14/25 Housekeeping

1/29/26 Rev.