

## **ROSSMOOR GENERAL POOL 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.
- All swimmers must wear a 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 nose blowing 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 Pool 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 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 GRF staff.
- Caregivers are encouraged to be in the water to assist their resident while using the pool.
- 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 while their resident is in the water or elsewhere at a pool facility.

### **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.

These rules adopted by the Aquatics Advisory Committee are in addition to and work in concert with the General Pool Rules R105 adopted by the Golden Rain Foundation.

### **DEL VALLE RULES:**

#### **SPA USE:**

- Spa safety rules are posted at the Spa.

#### **CELL PHONE USE:**

- No cell phone use in the Del Valle Pool Complex.
- Exception - Life Guards and other GRF staff/instructors.

## **DEL VALLE ENCLOSED POOL ENVIRONMENTAL CONTROL GUIDELINES:**

- Adopted by the Aquatics Advisory Committee May 2010. A copy of the guidelines can be obtained from the Aquatics Supervisor, Head Life Guard or Senior Life Guard.

## **EMERGENCY INFORMATION:**

- Use the phone in the lifeguard office and call 9~911 or Public Safety 9~988-0693.
- Lifeguard Station Telephone: (925) 988-7853.
- 

## **HILLSIDE POOL RULES**

### **LANE LINE USE:**

- Lane use will be determined by Aquatic Advisory Committee and Staff as needed.
- Lanes 1 & 2 are not designated as lap swimming lanes - the pool steps occupy the shallow water entry area.
- Lanes 3, 4, 5 and 6 are designated as lap lanes.

## **FAMILY SWIM RULES (APPLICABLE DURING FAMILY SWIM HOURS):**

- Residents may bring family members. Resident must remain with family members at all times.
- Non-swimmers must be within arms-reach of a responsible adult at all times.
- Children swimming independently or using deep water must be able to pass a swim test if asked by the lifeguard.
- Non-swimmers are not permitted to use arm band floats, or other flotation devices not approved by U.S. Coast Guard.
- Children are not allowed to use kick boards, aqua belts, and hand buoys.
- Children under 18 must leave the pool complex at the conclusion of family swim hours.

## **EMERGENCY INFORMATION:**

- Use the phone in the lifeguard office and call 911 or Public Safety (925) 988-0693.
- Lifeguard Station Telephone: (925) 934-4686.