

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING AUGUST 10, 2016, AT 9:30 A.M. **BOARD ROOM AT GATEWAY COMPLEX**

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Smith, Green, Howard, Leonard, Rapp and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF JULY 13, 2016 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for July 2016 (Hand-out at meeting)
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Equipment repair and maintenance.
7. SUB-COMMITTEE REPORTS
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
 - a. Update regarding the status of the Del Valle Renovation project.
 - b. Report from Subcommittee regarding Fitness Center Rules R102.0. (Attachment)
10. NEW BUSINESS
11. ADJOURNMENT
12. NEXT MEETING: To be determined

CT/kv
cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, JULY 13, 2016, 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, July 13, 2016, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Sherry S. Smith, Secretary, Catherine S. Herdering, Carol A. Green, and Virginia Lee Rapp. Charlotte A. Howard was excused. Also attending were Leslie Birdsall, President, Mary Lou Delpech, Secretary, and Geraldine Pyle, Director, GRF; Timothy O'Keefe, CEO; Masha Henzel, Fitness Supervisor; and three residents. Attendance

The report of the Committee's regular meeting of June 8, 2016, was approved as presented. Report Approved

Ms. Herdering was elected Vice Chairman and Ms. Smith was re-elected Secretary of the FCAC. Officers Elected

The Chairman announced that Charlotte A. Howard has been appointed to the Committee. Announcements

The Chairman reported that there were 19,505 visits to the Del Valle Complex in June, representing combined numbers for fitness and pool users. Chairman's Report

Ms. Henzel reported that Treadmill #7 is not working at this time. She also said that there will be adequate coverage of the front desk during the two weeks of Mary Hardy's absence. Staff Report

Ms. Rapp and Ms. Green reported that the subcommittee to review the Fitness Center rules met on June 17, 2016, and will schedule another meeting as soon as possible. Subcommittee Report

Mr. O'Keefe presented an update on the Del Valle Complex Renovation Project. The Committee members reviewed handouts showing the proposed updated plans and listing the four options that have been eliminated from consideration at this time, as well as additional alternates that may be considered by the GRF Board. He stressed that the options eliminated for now may be added back, depending on the outcome of the estimated costs of the project. Discussion ensued, and Mr. O'Keefe addressed concerns and answered questions. Update on Del Valle Complex Renovation Project

Regarding the budget for 2017, Ms. Henzel recommended minimal changes over this year's budget. A detailed Budget Narrative was available for the Committee's consideration. 2017 Budget Discussion

Fitness Center Advisory Committee
Regular Meeting

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The Chairman adjourned the meeting at 10:37 a.m.

Adjourn-
ment/

The next regular meeting of the FCAC will be held on Wednesday, August 10, 2016, at 9:30 a.m. in the Board Room at Gateway Complex.

Next Mtg.
8/10/16



Claudia Tierney, Chairman (P)
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics

Agenda Item: 9b
Subject: Fitness Center Rules
Meeting Date: August 10, 2016

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

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Report from subcommittee regarding Fitness Center Rules R102.0.

BACKGROUND:

The Subcommittee appointed to review the Fitness Center Rules R102.0 has met twice. Attached to this report is a copy of the proposed revisions based on the Subcommittee's discussions. The Subcommittee is seeking feedback from the full FCAC. Once the Subcommittee receives feedback, it will meet once more to finalize its recommendations for updates to the rules. The final recommendation will be presented to the full FCAC at the September meeting. The FCAC will be asked to consider a recommendation to the Policy Committee, who will review the rules prior to consideration by the full GRF Board.

ALTERNATIVES AND OPTIONS:

The Subcommittee is seeking feedback at this time.

SUBSEQUENT ACTIONS:

The Subcommittee will meet to consider any additional recommendations from the full FCAC. A final report will be on the FCAC's September agenda for consideration.

ATTACHMENTS:

Fitness Center Rules R102.0 with initial changes from the Subcommittee.

Subject: Fitness Center Access and Use

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

The Golden Rain Foundation 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 Del Valle pools (when utilized for fitness water classes and programs), restrooms/shower rooms/dressing/locker areas that are shared in common with the Del Valle enclosed pool, and staff offices. (FCAC will consult with AAC regarding any common facilities).

Fitness Center Hours:

The 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 GENERAL GUIDELINES and any special rules are posted at the 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

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.

Rule R102.0

2. Residents must check –in upon entry using the appropriate access device. ~~Guests and caregivers must register at the reception desk 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.~~3. 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.~~4. MP3 players, radios and tape players 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 service animals which must be appropriately identified.
- ~~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 and due to safety issues, cell phone use is prohibited while exercising on fitness equipment. ~~Class instructors may request that~~ Cell phones must be turned off during class time.
- ~~11.~~10. There is a 30 minute continuous time limit on use of “cardio” equipment all equipment, e.g., treadmills, elliptical machines, bikes, etc., due to high demand
- ~~12.~~11. 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.~~12. 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.~~

~~15-13.~~ 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. 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.
- ~~4-5.~~ Priority is given to Residents over guests for class enrollment.

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.

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.