

**GRF OPERATING RULES
Pools, Hot Pools and
Locker Rooms**



A. General

1. Residents and guests must sign in upon arrival at the facility.
 - a. Caregiver of an opposite gender than the resident must check in with staff to make accommodation for locker room access.
2. Swimming pools are open only when a staff lifeguard is on duty.
3. Appropriate swimming attire and accessories are required.
4. Eating and drinking while in the pool is prohibited.
5. Glass containers are prohibited.
6. Smoking and alcoholic beverages are prohibited.
7. Only service dogs trained to perform a task directly related to a person's disability are permitted. No other pet/animal is permitted.
8. Running is prohibited.
9. Floatation devices are not permitted unless specifically designed for exercise or therapeutic use.
 - a. Adults may use equipment such as pool noodles (including those with chair mesh), pull buoys, kickboards, masks, fins, snorkels and paddles; inflatables are not permitted.
10. Organized pool games may be played only if they do not interfere with other pool uses such as lap swimming.
11. Loitering on the pool/spa stairs or ramps and objects blocking safe access to the pool or spa are not permitted. The spa hot water outtake must remain clear.
12. Lockers may be used on a daily basis only. Residents and guests must supply their own locks to secure their belongings. Locks and personal items must be removed when the resident and guest leave the facility.
13. Showers are limited to 10 minutes per person per day.
14. No chairs or other GRF property may be moved into the locker room or shower stalls.
15. Shower before entering the pool or hot pool.
16. People with bandages, open sores, cuts or rashes may not use the pool or hot pool.
17. Lap swimmers swimming the length of the pool have the right of way with the exception of pools 4 and 6.
18. Locker rooms are open during operational pool hours.
19. All pools will be cleared of swimmers in the event of an emergency as well as inclement weather at the lifeguard's discretion.
 - a. Swimmers may not reenter the water until at least 30 minutes following the last sighting of lightning or sound of thunder.

20. Swimming pool hours of operation vary according to the time of year, holidays and scheduled or emergency maintenance. Check hours of operation at the clubhouses, the recreation office and the pools.
 21. Pool and hot pool temperatures are kept as close as possible to the following temperatures:
 - a. Pools 1, 5 and 6: Between 82 and 84 degrees
 - b. Pool 2: Between 80 and 82 degrees
 - c. Pool 4: Between 84 and 86 degrees
 - d. All hot pools: Between 102 and 104 degrees
 22. Each pool is renovated and/or undergoes preventive maintenance annually. The process takes approximately six to eight weeks per pool beginning in November and concluding by Memorial Day weekend. Pool 6 is closed October 1 until the Saturday of Memorial Day weekend. If a pool is undergoing major renovations, the six- to eight-week schedule may be prolonged as necessary.
 23. Amplified music on the pool deck is prohibited. Amplified music is permitted only during classes and must be approved by the Recreation and Special Events Department.
 24. The guard shack phone is for business use only; use by anyone other than an employee is prohibited.
 25. Lifeguards are not responsible for lost or stolen items. Contact the Security Services Department at 949-597-4435 to report lost or stolen items.
 26. Emeritus students may use the pool deck and locker rooms 15 minutes prior to the start of class and may enter the pool no more than five minutes prior. Students must leave the facility within 15 minutes of the end of the class.
 27. Open swim is closed during scheduled classes or programs (pool deck and hot pool remain open) except for Pool 5 where open swim is permitted during scheduled classes in designated area.
 28. Scheduled use is determined by the Recreation and Special Events Department and is subject to change. Use may be restricted due to scheduled maintenance, classes and events.
 29. The rules and regulations according to the California Code of Regulations and Orange County Health Care Agency apply to the use of all public pools.
- B. Guests
1. The maximum number of guests allowed per resident is five. The lifeguard on duty regulates the number of guests entering the pool. Residents must always accompany their guests.
- C. Hot Pool
1. The recommended time limit in a hot pool is 15 minutes. After an extended period, the lifeguard may request that users exit.
 2. Strenuous exercise in the hot pools is prohibited.
 3. Children under 16 years of age are not permitted in the hot pools.
- D. Children's Swim
1. Lifeguards have the authority to prohibit a child from entering the pool.

2. Guests 15 years of age or younger are considered children. Children are permitted to swim daily at a designated pool. Starting Saturday of Memorial Day weekend and continuing through September 30, Children's Swim time is from noon until 4 p.m. at pool 6. The remainder of the year, it is from 2 to 4 p.m. at pool 2.
 3. Children must vacate the pool area within 15 minutes of the end of Children's Swim.
 4. Children unable to swim must wear a Coast Guard-certified flotation device, including those built into swimsuits.
 5. Residents or their adult guest(s) must accompany and remain in the pool with their children who are novice swimmers.
 6. Permitted toys include dive toys and dive rings only. Rafts, kickboards, balls, water guns, inflatables, boogie boards and flotation devices are prohibited.
 7. Children may not run on the pool deck; make excessive noise; play rough, including pushing and splashing; ride on another person's back or shoulders; jump or dive into the shallow end of the pool; slide down or hang on railings and ladders; play on stairs; climb out of pool without using ladder or stairs; perform back dives; etc.
- E. Lap Swim Usage
1. Use of lap lane is limited to 60 minutes.
 2. Swimming across lap lanes is prohibited unless a swimmer is entering or exiting the pool from the side.
 3. Lap lanes are for lap swimming or aquatic exercise only (unless otherwise designated).
 4. If all lanes are taken, swimmers must share the lane (up to two swimmers per lane).
 5. Hanging on the lane dividers is not permitted.
 6. Diving or jumping into the shallow end is prohibited. Diving or jumping into the pool is allowed only in the five-foot or deeper area.
 7. No diving into crowded lanes.
- F. Lap Swim Schedule
1. The number of lane lines at pools 2 and 5 will be determined by the current pool schedule. Refer to the current pool schedule for lane line schedule details.
- G. Lap Lane Etiquette
1. Swim to the right of the lane at all times.
 2. When passing another swimmer, pass to that person's left, down the middle of the lane at full speed. Once you have finished passing, return to the right of the lane.
 3. When being passed, slow down until the overtaking swimmer has completely passed.
 4. If someone is at your heels when you reach the wall, pause to let that person pass.
 5. When swimming into the wall, keep to the right (not the middle or left) so that a person passing at the end of a lane has space to turn.
 6. When standing at the wall of a lane, stand to the left (when facing the wall) whenever possible to allow space for the incoming swimmers.
 7. To stretch or do other water exercises, move to the proper swim lane reserved for recreation/social swimming.
 8. Inform the lifeguard/clubhouse front desk staff if a problem should arise.

H. Online Advance Reservations – Pool 2

1. Lane lines may be reserved in advance via the online reservations system. The reserving party may determine the number of swimmers in the reserved lane.
2. Advance bookings are limited to residents only.
 - a. Swimmers are allowed three advance bookings per week.
 - b. Swimmers unable to keep their reservation must cancel their booking.
 - c. Swimmers with advance reservations must claim their assigned lane within 10 minutes of their start time or the reservation will be deemed canceled and the lane will then be available for open lap swim.
 - d. Swimmers found in violation will be subject to the following disciplinary actions:
 - i. Verbal warning
 - ii. Written notice
 - iii. Infraction is referred to the Security Services Department and Compliance Division to initiate the disciplinary process.

Note: The Recreation and Special Events Department reserves the right to review and adjust the operating rules to accommodate the needs of the community. All GRF policies and procedures apply to the use of the amenities. GRF is authorized to take disciplinary action against a member found in violation of the Operating Rules. Register a complaint by contacting the Security Services Department at 949-540-1400 or the Compliance Division at compliance@vmsinc.org or 949-268-CALL.