

**COMMUNITY OPERATIONS****USE OF COMMUNITY FACILITIES****Pool Rules, Limitations and Etiquette**

The following rules are to be posted at the pool facilities:

1. The pool and shower facilities are for Golden Rain Foundation (GRF) members only;
2. The shower facilities are for members using the pool facilities only;
3. Members must shower before entering the swimming pool or hot pool;
4. Members must provide their own towel for drying their bodies and/or hair (paper towels may not be used for this purpose);
5. Flip flops or shower-type shoes must be worn in the shower facilities and locker area;
6. Coloring hair in any pool facility is prohibited;
7. Only waterproof sunscreen lotion may be applied when using the pool facilities;
8. Light snacks are permitted in the table area only;
9. Glassware is not permitted in the pool area;
10. Swimming caps are recommended for members with long hair;
11. No Diving allowed.
12. Members must observe hot pool time limit (15 minutes);
13. Running on pool deck is prohibited;
14. Seats may not be reserved;
15. Personal belongings are to be kept in a locker, but overnight storage of personal belongings is prohibited;
16. Approved swim fins are permitted between the hours of 11:00 am to 2:00 pm;
17. Approved flotation devices are permitted between the hours of 11:00 am to 4:00 pm; and

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18. The pool attendant is in charge of the pool area at all times.

#### **Pool Temperatures**

In conformity with the recommendations of the Medical Director of the Health Care Center on Golden Rain Road and the requirements of the GRF's liability insurance carrier, the following pool temperatures will be maintained:

1. Swimming Pool: 82° to 84°
2. Hot Pool: Not more than 104°

Anyone who has been consuming alcoholic drinks should not use the hot pool. Hot pool use is limited to 15 minutes.

#### **Hot Pool Information**

When your body, that has a normal temperature of 98.6°, is immersed in water with a temperature of 102°-104°, your body temperature increases and eventually becomes the same temperature as the water. As your body attempts to lower in temperature, the heart rate increases and capillary blood vessels dilate. This causes the blood pressure to drop and may cause fainting when you stand. The blood pressure can drop further as a result of perspiration from the heat.

Be aware that using the hot pool does or can cause the following:

1. Increase the workload of your heart.
2. Causes your blood pressure to drop, which may cause fainting when you stand and injury may occur from the resulting fall.
3. Can cause dehydration.

People have been hospitalized with hyperthermia after using the hot pool. The Health Care Center on Golden Rain Road makes 4 or 5 emergency calls a year to aid persons who have fainted after using the hot pool.

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When using the hot pool, alternate 5 minutes in the hot pool and the regular pool, but spend no more than a total of 15 minutes in the hot pool.

If you are being treated for high blood pressure or heart trouble, you must have your doctor's written permission to use the hot pool.

**Pool Rules of Etiquette**

To maintain an atmosphere in which all people feel comfortable, the GRF insists on certain standards of behavior.

1. The lap swimming area is designated by the parallel lane lines on the bottom of the pool.
2. Lap swimmers must swim parallel between lanes.
3. There are four swimming lanes available. The first swimmer in each lane has priority.
4. If more than four lap swimmers are present, no priority exists. Everyone must make room for additional swimmers.
5. People wading, exercising, or socializing should remain in the shallow area adjacent to the steps.
6. Backstroke swimming will not be permitted when the pool attendant deems conditions unsafe.

**Policy:**

Adopted: 22 Jul 14  
Amended: 13 Apr 17  
Amended: 22 May 18

**GOLDEN RAIN FOUNDATION**  
**Seal Beach, California**