

Great Island Homeowners Association
Rules and Regulations for
Indoor Pool / Fitness Building
EFFECTIVE JANUARY 1, 2010

Indoor Pool

DEFINITIONS:

- A. Resident – any lawful occupant of Great Island.
- B. Guest – a person 19 years or over, visiting or temporarily residing with a resident.
- C. Child and children – a person and persons under the age of 19.
- D. Adult – a resident 19 years or older.
- E. Fitness building – includes the pool, whirlpool, fitness center, changing facilities, showers and all Great Island property adjacent thereto.

HOURS

The Pool / Fitness Building will be open from 6:30 AM to 9:15 PM. To ensure a sanitary and safe water environment, chemicals are used and conditions are tested and documented on a regular basis. If unacceptable conditions occur, management reserves the right to close the pool at any time to preserve the health and well-being of members, guests and children until the conditions are acceptable. In addition, the pool area may be closed from time to time for pool maintenance, testing, repairs, or inspections. During these times, no one will be allowed in the pool.

USAGE

The pool will be used for three types of Swim: Family swim, Lap swim and Adult swim. Times have been established as follows:

Family Swim 2:00 pm to 4:00 pm

Lap Swim 6:30 am to 8:30 am

7:15 pm to 9:15 pm

Adult Swim all other times the pool is open

The pool may be reserved for classes during Adult Swim designated times during which time the pool shall not be available for general use. Classes may not be scheduled during the times allotted for Family Swim and Lap Swim. Classes shall be scheduled and attended by Residents only.

Persons of any age in diapers are not allowed in the pool.

When entering or leaving the pool area, it is essential that the door be securely closed behind you. If you are the last person to leave the pool area, it is essential that both doors as well as the locker room doors be securely closed and locked.

CAPACITY

No more than 25 people will be permitted in the pool at one time.

CHILDREN AND GUESTS

Children and Guests in diapers and those who are not toilet trained are not permitted in the pool at any time, however they are permitted in the deck areas of the pool under Adult supervision, as long as they do not disturb residents and guests.

Children must be supervised by an Adult at all times. Children and Guests, ages 4-18, may swim only during Family swim hours (2:00 pm to 4:00 pm).

Children and Guests of age must be accompanied at all times by a Resident.

Pool Pals, swim diapers, training pants, etc, are not permitted in the pool. There can be no exceptions to this rule.

Diaper changing is prohibited from any pool area other than in a changing room.

Children and Guests (19 or over) may swim during Lap Swim or Adult Swim provided they comply with all rules and regulations.

NOISE POLLUTION

Portable, audio and visual equipment is not allowed in the pool, but may be used with earphones, and only on the deck and lounge areas.

SHOWERS

Showers must be taken before entering the pool. If using sun oils or lotions, showers must be taken prior to each entry into the pool.

FOOD & BEVERAGES

Food is not allowed in the Fitness Center or Pool area. Water and non-alcoholic beverages are permitted provided they are in plastic non-breakable containers. No glass of any type is permitted in these areas. No alcoholic beverages are permitted in the Fitness Center or Pool area.

TRASH

All trash must be properly disposed of before leaving the pool area.

ATTIRE

Swimsuits are required. Cut-off jeans or other forms of street clothes are not permitted in the water. Street footwear is not permitted around the pool area other than the changing rooms. No footwear is permitted in the water.

SAFETY / LIABILITY

WARNING - NO LIFE GUARD ON DUTY AT ANY TIME. POOL USERS PROCEED AT YOUR OWN RISK. Life buoys and "shepherd's crooks" are available at poolside for emergency use only. The Homeowners Association and the Board of Directors do not assume responsibility for any accident or injury in the Fitness Building.

DIVING and JUMPING

No diving or Jumping is permitted in the pool. Spouting water or other unsanitary actions in the pool is not permitted. Throwing foreign objects or debris in the pool is not permitted. Use handrails and stairway to enter and exit the pool.

POOL TOYS

Floats, inner tubes, beach balls, or other recreational water toys are prohibited. Only noodles are allowed. Children in the pool, under the direct supervision of an Adult, may wear inflatable arm devices as a precautionary safety measure. Specific exemptions may be granted for participants of water aerobic programs and workout swimmers. If medical conditions warrant, exemptions may also be granted when the need is certified in writing by medical authority, approved by management and filed with the Life Style Director.

CONDUCT & RESPONSIBILITY

Good conduct is essential in the pool areas. Running, pushing, wrestling, rough play, cannon balling, depth charging, ball playing, abusive or profane language, and/or causing disturbances are not permitted. Any action constituting a reasonable danger to the safety of others is prohibited. Residents are responsible for their acts and the acts of their guests. No person shall use a pool or the Fitness Center so as to endanger their health and well being or that of another user. Running on the pool deck, loud noise, horseplay, or interference with the general use and enjoyment of the pool is prohibited. At no time may children use the pools in the absence of an Adult. The supervising Adult is responsible for the conduct and safety of the Child (Children) while in the pool area. Any damage to Homeowners Association property will be charged to

the resident who is responsible for the damage, or to the resident whose guest is responsible for the damage. Management and representatives of the Association reserve the right to ask someone to leave the pool area.

NO SMOKING

Smoking is prohibited in the Fitness Building.

LIGHTNING

If lightning is observed in the local area, residents and guests should vacate the pool until and adjacent deck areas until a safe environment is restored.

LANE DIVIDERS (if applicable)

Lane dividers, if available, are used as a safety measure to separate lap swimmers from other pool users, to properly guide the lap swimmer, and to preclude injury from interference outside the lanes. Disturbing the lane markers in any way is not permitted. Unless a group activity has been authorized, a minimum of two lanes will be separated by floating dividers and used for lap swimming. Lap lanes are not to be used for walking, or other non-swim activity. When both lanes are occupied, lanes will be shared, and individuals will swim to the right. If lap lanes are fully occupied, and individuals are waiting to swim, time of use will be limited to 45 minutes.

If a lap swimmer arrives at the pool and a lane divider is not in place in the pool, it is the responsibility of the lap swimmer to put the lane divider in its place in the pool. Upon leaving the pool, the lap swimmer may leave the lane divider in its place in the pool. If a lane divider is in the pool and no one is swimming laps, then the other pool users may remove the lane divider from the pool and put it away in its proper storage place if desired.

SIGN-IN and SIGN-OUT sheets

All Members must sign-in and sign-out on the sheet provided. This is mandated by the Department of Public Health. Everyone should be

prepared to show identification, if necessary. Any Guests accompanying a Resident must also be signed in and signed out by the Member and identified as a "guest of the Resident. Guests may remain in the pool and Fitness Building for only so long as the resident remains with them. Unaccompanied guests are not permitted to use the pools. A maximum of four guests are permitted to accompany a resident at any time.

DISEASE PREVENTION

No person shall enter the Fitness Center if suffering from diarrhea, vomiting, skin lesions, inflamed eyes, nasal or ear discharge, throat infection, infectious diseases or communicable diseases. Persons with open sores or bandages are not permitted to use the pools. Spitting and blowing one's nose in the pool is prohibited. No person with a communicable disease is allowed to use the pool or whirlpool.

PERSONAL PROPERTY

The Homeowners Association and the Board of Directors are not responsible for loss or damage to any personal property within the Fitness Building.

PETS

No pets are allowed in the pool area.

LOCKERS

Lockers are available on a first-come, first-serve basis. Personal items should not be left unattended or unsecured in the locker rooms, as safekeeping is the responsibility of the user. The Homeowners Association and the Board of Directors shall assume no responsibility for the loss or damage of any items left in the lockers and locker rooms. Locker rooms, bathrooms and showers are available for both women and men.

Lockers are for daily use only. Residents may bring a lock to secure a locker while that resident is using the pool area. The lock must be removed by the Resident along with all personal items when the Resident's use of the pool

has concluded for the day. The Homeowners Association reserves the right to remove a lock by any means and the contents of the locker if a lock is left on a locker for more than 24 hours after a Resident is done using the pool. The Homeowners Association and Board of Directors shall assume no responsibility for the loss or damage of any items left in the lockers and the lock itself. After use of the bathroom, it is essential that all surfaces (vanity, etc) are wiped dry. The bathroom doors must be closed at all times. Residents and guests are encouraged to wear appropriate footwear when entering the bathroom, locker rooms and shower facilities.

TOWELS

Towels are not provided and are the responsibility of the residents and guests.

SEATING & TABLES

Seating and tables may be held while people are swimming. When leaving the pool area, personal articles such as towels should be taken with you. The tables and chairs should be placed back where they were found and should never be taken outside of the pool area.

ACCIDENTS

All accidents involving injury to a person (s), or damage to property, shall be immediately reported to the Association and/or the Life Style Director.

Whirlpool

IN ADDITION TO THE RULES AND REGULATIONS ATTRIBUTABLE TO THE USE OF THE POOL, THE FOLLOWING RULES AND REGULATIONS APPLY TO THE USE OF THE WHIRLPOOL

SAFETY/LIABILITY

WARNING - NO LIFE GUARD ON DUTY AT ANY TIME. WHIRLPOOL USERS PROCEED AT YOUR OWN RISK.

The Homeowners Association and the Board of Directors do not assume responsibility for any accident or injury in these areas.

USAGE

Children and Guests under the age of nineteen (19) are not allowed in or near the spa.

Persons of any age in diapers are not allowed in the whirlpool.

TIME LIMIT -15 MINUTES

While the time limit for use of the spa may vary from one member to another, 15 minutes is generally considered to be sufficient for muscle relaxation and general enjoyment. When exiting the spa, do so very slowly, using the steps and handrails.

PHYSICIAN'S WAIVER

Individuals with hypertension, heart conditions, or those on medication for any reason should not use the whirlpool without first consulting with a physician. Please consult a doctor before using if you have high blood pressure, a heart condition, diabetes, are pregnant, are on medication or are immune compromised.

Fitness Center

IN ADDITION TO THE RULES AND REGULATIONS ATTRIBUTABLE TO THE USE OF THE POOL WHERE APPLICABLE, THE FOLLOWING RULES AND REGULATIONS APPLY TO THE USE OF THE FITNESS CENTER

USAGE

Only residents and guests over 19 years may enter and use the Fitness Center at their own risk.

EQUIPMENT AND TOWELS

When others are waiting to use equipment, use of cardio equipment is limited to thirty (30) minutes per person. Do not drop or bang weights. Residents and guests must wipe down equipment after use and use the sanitizing spray in the Fitness Center.

ATTIRE

Proper attire is required (shirt, shoes). Street shoes are not permitted. At no time is swimming attire considered proper dress for the Fitness Center.

PERSONAL TRAINERS

Individual personal trainers or fitness instructors are not allowed into the Fitness Center room as a Guest or otherwise. Contracted personal trainers and fitness instructors will be available through a professional, licensed, and screened fitness organization. No personal training other than by approved trainers is allowed in the Fitness Center or Overlook Clubhouse and Community Center general-purpose rooms. You may not train another person in the Fitness Center.

MEDICAL CLEARANCE / EXAM

All persons *must* be medically cleared in writing by a licensed medical professional **PRIOR** to beginning using any Overlook Clubhouse Community Center Fitness Building activities, classes, or prior to using equipment. Medical documentation must be presented to the Life Style Director stating you are in good physical condition to participate in any activity (or a portion there of). Medical documentation will remain on file for future reference as needed. To ensure medical privacy, *no* specific medical diagnosis, treatment, or prognosis information is necessary to be on the medical clearance form.

EQUIPMENT TRAINING

All residents will be required to be trained and certified in the use of personal equipment i.e.: treadmills, bikes, workstations before using such equipment.

EXERCISE EQUIPMENT

No exercise equipment (balls, bands, tubes, weights, etc.) may be removed from the Fitness Center room at anytime. All equipment used must be returned to the area in which it originally belongs.

**Management reserves the right to change the rules for
the Fitness Building from time to time at their own
discretion**