

South Bay Community Association

Health and Fitness Committee

Draft Minutes

Call to Order: 3/12/20 Meeting called to order at 9:30am.

Quorum Present: Chair-Dean Rosenthal, Committee Members-
Chris Dean, Susan

Shadrick, Mac McCulloch (via Video), Mike
Mike Porter, and Barb Sweet
Guest: Ken Sandergard

Captain's Reports: With Manager's Input

Due to immediacy of other issues, no reports were made.

Old Business: Explained that Dr. Michael Haberpointner is delayed in his agreement with the SBCA due to time constraints and the necessity of him to consult with his attorney and insurance carrier in respect to malpractice liability while at the Bay Club.

New Business: 1. John Robertson not present to give his sauna proposal.

2. Chris Dean and Barb Sweet made a motion to purchase a rolling Yescom mesh pool storage bin netting organizer from Amazon, priced at \$39.95. Unanimous approval. A motion was also passed for Chris Dean to purchase large pool noodles and balls, not to exceed \$30. It was determined unnecessary to purchase a lockable unit for instructor material storage. Unanimous approval.

3. Barb Sweet presented her research on pool rules. We have a sign that presents the WA State pool rules which should remain however it must be completed by filling in the blanks for First Aid storage location and Emergency phone location. A sign in the pool should be removed that states, "Children 16 years

and younger must be supervised by an adult (18+) at all times". This contradicts the State rules.

Barb Sweet recommend a sign be place in the pool relating to Pool Etiquette. A motion was made by Barb and seconded by Mac:

1. Always be courteous to others in the pool.
2. When swimming laps, be courteous to others and stay in your lane.
3. Limit lap swim time to 30 minutes.

We will ask Mark to have a sign made for the pool.

A discussion ensued about children using the Spa. The WA State rules forbid children under 6 from entering a spa. It was felt by the majority that because this is a difficult rule to enforce by the Bay Club, it should be up to parents and grandparents to regulate usage of the spa by children.

4. We discussed a survey to determine the eligibility of SBCA members to utilize their Medicare supplemental insurance benefits for fitness; SilverSneakers and RenewActive. The draft edition of the letter was shortened to make it brief and to-the-point. A motion was made to present the letter to the SBCA Board for approval by Susan and seconded by Barb. It was approved unanimously. A copy will be given to the Communications Committee to send if receives Board approval.

5. It was agreed by all that a mirror in the stretching/floor exercise room would be a nice addition. Mike Porter is in charge of this duty and it was passed by the Facilities Committee.

6. It was discussed and recommended that the Health and Fitness Committee obtain a budget of \$10,000/ year to support Reserve, Capital Improvements, and

Consumable purchases for Fitness related expenditures now and the future.

7. The H&F Committee would like the coat hanger re-mounted in the Fitness Center hallway.

8. We briefly discussed the future locker room remodel. It became apparent that the needs of the women's locker room and the men's locker room differ. Members present felt that small lockers were acceptable and that tall lockers were not necessary. There was a concern that tall lockers would limit the number of lockers available for use. Women seem to be OK with their changing clothes space; they utilize the shower areas for privacy whilst the men want more space to change. Men do not find two sinks necessary whilst women do. It was decided that this topic needs more discussion and thought so it should be placed on a future agenda as a main topic. After that discussion we will see how necessary it is to do a survey of usage of the locker rooms.

9. It was noted that the computer system was hit-or-miss for sign-in, in regards to specifying intended activities. An important function of the software is so we can monitor Bay Club usage (especially the Fitness Center and Pool).

Some members would like to be able to call ahead prior to a workout to see how busy the Fitness Center and Pool are. Is the software capable of assisting with this?

10. We spent a great deal of time discussing how the Bay Club should respond to the Coronavirus outbreak. Susan and Mac were particularly interested in closure for a two week period of time. We agreed that that may be a prudent step for now. However there are big question marks as to the longevity of infectability and changes in the Bay Club's standards of practice for reducing chances of contagion. A big concern is how members can avoid infection.

What should the Bay Club do to mitigate this issue?

Dean has written up a statement paper on this to present to the Board.

11. The next Voice article is about how to encourage our members to exercise. It is in a 2-3 part series. Jenise Harper edited the information into a very coherent article.

Next Meeting:4/9/20 9:30am