

## VI. HEALTH CLUB (*Revised On: 11-15-07, 2-21-08, 7-17-08 and 11-19-09*)

1. The following age based rules have been approved and adopted with the express authorization of both the DFEH and Legal Counsel, based on the manufacturer's recommendations:
  - A. Children (12 years old and younger) will not be allowed to use any CARDIOVASCULAR or WEIGHT TRAINING EQUIPMENT. To avoid possible injury, children must be kept at a safe distance when these pieces of equipment are in use.
  - B. Teenagers (13 thru 17 years of age) will not be allowed to use any WEIGHT TRAINING EQUIPMENT without adult supervision.)
2. Any person who has high blood pressure, a heart ailment, or other known physical or physiological impairment should utilize the Health Club with caution and embark upon an exercise program only with the approval of a physician.
3. WARNING: Everyone should inspect each piece of equipment before using it. All individuals using the Health Club do so at their own risk.
4. Food, beverages (other than those provided in the club), alcohol, and glass containers are not permitted in the Health Club.
5. No smoking is permitted in the Health Club.
6. Do not make cell phone calls. If you receive a call, leave the facility for your conversation.
7. Shirts and shorts or pants and appropriate footwear must be worn in the exercise room at all times. Socks only or open-toe shoes are not appropriate. **(ADD): Shirts must have over the shoulder fabric that creates an arm hole – no bandeau style crop tops/sports bras are allowed.**
8. All lockers and cubbies will be emptied at closing time. Items will be placed in Lost and Found.
9. Towels will be issued upon request. They must be returned to the Attendant upon departure from the Health Club.
10. Towels, clothing, bathing suits, or other articles shall not be put in the sauna to heat or dry.
11. Fitness Trainers may only give sessions for compensation to *residents* of Coronado Shores, *defined as those who qualify for a photo ID card*, and the Fitness Trainer must first register with the L&R Office, by entering into a Use Agreement, signing a Release of Liability Waiver, and providing Insurance.

## **X. BICYCLES, ETC. (*Revised On: 11-19-09*)**

1. Bicycles may be ridden on the roadways only. When on lawns, sidewalks or beach boardwalk, cyclists must walk their bicycles.
2. All relevant state and local laws and rules of safe bicycle use must be followed.
3. Racing or playing games using bicycles is prohibited.
4. All bicycles must be identified by stick-on permit tags, obtained from a building manager or doorman.
5. Bicycles should be secured at common area bike racks when unattended. Owners leave their bicycles unattended at their own risk.
- 6. (ADD): Common area bike racks are intended for secured parking of bicycles on a daily basis only. Bicycles cannot be stored in the common area bike racks overnight.**
7. EPAMDs (Electric Personal Assistive Mobility Devices, like Segways), roller skates, roller blades, skateboards, and razor scooters may not be used in Coronado Shores' common areas.

## XI. VEHICLES AND PARKING (*Revised On: 4-19-07, 5-17-07, 8-16-07, 9-20-07, 4-23-09 and 11-19-09*)

**Please note that certain rules and provisions may vary for the summer months (Memorial Day Holiday Weekend through Labor Day).**

1. Outdoor common area parking is restricted to passenger type automobiles, motorcycles, vans, or pickup trucks of such dimensions and configuration that the vehicle could be accommodated in any one of the indoor *garage* parking spaces.
2. The front gatehouse Kiosk must be informed in advance of guests arriving by automobile. *Access authorization will be made by the Resident calling the Doorperson and the Doorperson notifying the gate.* This way, the Gate Officer will know the call and authorization is coming from a verified legitimate resident of Coronado Shores.
3. Visitors and Guests will be issued a parking permit valid for up to 30-days maximum by the Gate Officer if access has been authorized by a Resident via the Doorperson. Unauthorized guests may be delayed at the front gatehouse Kiosk until entry authorization is obtained. If authorization cannot be obtained, your guests will be directed to public parking.
4. For an Open House:
  - A. The front gatehouse Kiosk will maintain a current list of units for sale or rent by address, with the information and updates being provided by the L&R Office.
  - B. Realtors arriving at the front gatehouse Kiosk will be asked to show a business card and give the address of a unit for sale or rent, which will be verified using the list.
  - C. Potential buyers/renters arriving at the front gatehouse Kiosk without a realtor will be asked to give the address of the open house, which will be verified using the list.
    - The potential buyer/renter will be issued a red open house 1-hr. parking pass showing the time of entry.
    - Security will place a tow/**boot** warning on the vehicle after 1 hour has expired. 1 hour after the tow/**boot** warning has been placed on the vehicle, Security **may** call the towing company and will have the vehicle towed. This allows the potential buyer at least two hours before the vehicle is towed.
  - D. Open House signs will not be allowed to be placed in the common areas, either within or outside the community.
5. Maximum speed at Coronado Shores is 15 m.p.h. The maximum speed on Ave. de las Arenas is 10 m.p.h.
6. Only head-in parking is authorized. Parking is limited to designated parking spaces only. No vehicles may obstruct garage ramp access. Vehicles parked in unauthorized areas will be booted – if an emergency move is not necessary - and/or towed – if an emergency move is necessary.
7. Common area parking is limited to (72) consecutive hours maximum in any one space before the vehicle must be moved. If the 72-hours period is exceeded, the vehicle is subject to being booted and/or towed. Should a resident need to leave a vehicle for a longer period, a written request defining the length of time desired and the reasons why must be submitted to and approved by the L&R General Manager and approved prior to parking and leaving the vehicle.

8. All vehicles parked in the common areas shall display either a resident decal or a parking permit in clear view at all times.
  - A. Owners and tenants with a lease of one (1) year or longer are entitled to resident decals:
    - Up to three (3) resident decals will be issued per unit. Exceptions will be considered on a case by case basis by an Exceptions Committee.
    - Proof of vehicle registration in the resident's name and/or condo unit address and a proof of insurance certificate for that vehicle must be presented at the time the decal is issued.
    - A resident decal request form must be completed, and, signed by the Association Manager or designated Doorperson. Resident decals will be issued by the Association Manager or designated Doorperson when the completed and approved request form, proof of registration, and proof of insurance have been presented.
    - Resident decals will be purchased from the L&R General Manager.
    - New decals for residents will be issued every other year. Each decal will display the year of issue and an identification number for vehicle tracking purposes.
    - Vehicles do not have to have a decal if they are always parked inside a building's garage.
  - B. Tenants with a lease for more than one month but for less than one year will be issued a Parking Permit valid for the term of the lease.
    - Proof of vehicle registration in the Tenant's name and a proof of insurance certificate for that vehicle must be presented at the time the PERMIT is issued.
    - A Tenant Long Term Parking Permit request form must be completed, and, signed by the Association Manager or designated Doorperson. Tenant Long Term Parking Permits will be issued by the L&R Office.
  - C. Owners who do not qualify for a decal and Tenants with a lease for one month only will be issued a 30-Day Parking Permit:
    - Proof of vehicle registration in the resident's name and/or condo unit address and a proof of insurance certificate for that vehicle must be presented at the time the 30-Day Parking Permit is issued.
    - A 30-Day Parking Permit request form must be completed and signed by the Association Manager or designated Doorperson. 30-Day Parking Permits are issued by the L&R Office.
9. Car covers are allowed in the common areas only if the license plate AND decal OR license plate AND parking permit are visibly displayed.
10. Parking spaces may not be used for maintenance, repair, painting or washing of vehicles.
11. A car wash is available for resident use near the Roeder Pavilion. A key for the water source is available from your doorperson. Washing of vehicles in the common area for a fee is not permitted.
12. Vehicles parked in the common areas may not display "For Sale" signs.

13. Vehicles parked overnight in the common areas, including mopeds, may not display advertising signs.
14. No person may remain overnight in any parked vehicle.
15. No animal may be left in a parked vehicle for more than 30 minutes; during this time, a window must be left partially open.
16. Parking is prohibited in red zones, near fire hydrants, or if obstructing entrances, exits, or parking ramps.
17. Vehicles parked in violation of these parking rules and regulations may be towed/**booted** without notice and towed at the vehicle owner's expense.
18. Parking in the common area spaces is restricted to authorized persons, except as follows:
  - A. Emergency Service Providers (including but not limited to doctors, plumbers, and appliance repair persons). A parking permit valid for up to three (3) hours will be issued by the Gate Officer at the front gatehouse kiosk.
  - B. Non-Emergency Service Providers (including but not limited to Maids and Caregivers). A parking permit will be issued by the Gate Officer.

In the summer, parking for non-emergency service providers is not allowed in the outside common area parking spaces. Parking may be allowed in a building garage if arrangements are made with the Building Manager. The Gate Officer will not issue a parking permit if the vehicle is to be parked inside a building garage.

- C. Home Improvement Contractors working in a living unit will be allowed to park one vehicle. A temporary parking permit will be issued. All other contractor vehicles for that unit will be directed to park outside of the community or will be allowed to park inside the building garage if arrangements are made with the building manager. No parking permit will be issued by the Gate Officer to a vehicle to be parked inside the building garage.

In the summer, each contractor working in a living unit will be allowed to park inside the building garages only, if arrangements are made with the Building Manager. No parking permit will be issued by the Gate Officer if the vehicle is to be parked inside the building garage. No parking is permitted in the outside common area parking spaces and all contractors must park outside of the community.

- D. Non-resident participants in Coronado Shores' activities (including Fitness, Yoga, Tennis, Cards, etc.) will not be allowed to park within the common areas. These individuals must park outside the community.
- E. Authorized non-resident guests invited to private parties will be allowed to park within the common areas only if an alphabetized Guest List has been provided to the L&R Office in advance of the private party in sufficient time to relay it to the front gatehouse kiosk.) However, parking will not be reserved. Parking spaces will be filled on a first come first served basis.

19. Coronado Shores' Employees are not allowed to use the common area parking spaces during the summer period. Parking for employees may be permitted in the building garage through arrangements with the Building Manager. No parking permits will be issued by the Gate Officer or Building Managers for employee vehicles that will be parked in the building garages.

A decal of a different color than the one issued to residents will be issued to Coronado Shores' employees by the building Managers. These decals will be made available to the building Managers by the L&R General Manager.

20. ***(ELIMINATE): Doorpersons can issue parking permits to owners, renters, and visitors / guests for up to (3) days only. If a resident requests a parking permit for a longer period of time, a request form must be completed by the resident and approved by the Association Manager or Authorized Doorperson. The completed and approved request form will be processed by and a parking permit may be issued by the L&R General Manager.***

***This section can be eliminated now that Easy Lobby is available to Doorpersons, who can submit a name for issuance of a parking pass for between one day and 30 days.***

*(THIS "POLICY" WAS MODIFIED AND APPROVED AND ADOPTED BY THE L&R COMMITTEE ON MARCH 17, 2011 AND IS IN EFFECT AT THIS TIME.)*

## TENNIS BALL MACHINE and MOWER

Coronado Shores has a tennis ball machine and mower for use on Tennis Court #1 after 11:00am each day. It is available to Coronado Shores' residents who have been instructed on its use and who have signed a liability waiver. As a courtesy, each use of the machine and mower should not exceed a one-and-one-half-hour time period. While there is no charge for the use of this equipment, residents are expected to donate a can of new tennis balls for Tennis Interest Group activities.

### PROCEDURE

1. FOR SAFETY REASONS, PLAYERS WHO WANT TO USE THE BALL MACHINE MUST ATTEND A SHORT TRAINING SESSION IN ORDER TO BECOME FAMILIAR WITH ITS OPERATION. UPON SUCCESSFUL COMPLETION OF THIS SESSION, USERS MUST SIGN A LIABILITY WAIVER BEFORE THEIR NAME WILL BE ADDED TO THE "QUALIFIED USERS LIST". TO ARRANGE FOR A TRAINING SESSION, CONTACT MIKE BRENNAN AT 619/ 522-0042.
2. ON THE DAY PRIOR TO THE DAY OF USE, QUALIFIED RESIDENTS MAY RESERVE TENNIS COURT #1 AND THE BALL MACHINE AND MOWER BY CALLING THE HEALTH CLUB ATTENDANT AT 619/ 435-2533 DURING NORMAL BUSINESS HOURS.
3. **THE BALL MACHINE AND MOWER IS LOCATED IN A LOCKED SHED ON TENNIS COURT #1. TO OPEN THE SHED, YOU CAN PICK UP THE KEY AT THE HEALTH CLUB JUST PRIOR TO YOUR RESERVATION TIME. AFTER USE, RETURN THE MACHINE AND MOWER TO THE SHED, FOLLOWING THE POSTED CHECKOUT PROCEDURE, AND LOCK THE DOOR. YOU MUST RETURN THE KEY TO THE HEALTH CLUB IMMEDIATELY FOLLOWING YOUR RESERVATION.**
4. FAILURE TO FOLLOW THESE PROCEDURES OR MISUSE OF THE MACHINE OR MOWER MAY RESULT IN REVOCATION OF THE QUALIFICATION CARD AND REIMBURSEMENT FOR ANY AND ALL DAMAGES FROM MISUSE.