

Ohio State University Wexner Medical Health & Fitness Center New Albany Member Guide

GETTING THE MOST FROM YOUR MEMBERSHIP

Congratulations! Everyone here at The Ohio State University Wexner Medical Center is committed to helping you get the most from your membership, so you can discover your best you.

GETTING STARTED

We encourage all new members to:

- Meet with a Fitness Specialist for an Exercise Prescription/Assessment and Technogym App.
- Use your quarterly exercise prescription updates with our Fitness Specialists.
- Modify your workout intensity to get the most from your sessions without injury.

ATTIRE & PERSONAL BELONGINGS

The Ohio State University Wexner Medical Center's Health and Fitness Center is not responsible for lost, stolen or damaged property.

- Members are encouraged to lock belongings in a day-use locker.
- Proper athletic attire must be always worn.
- Bare feet or open-toe or sandal-type shoes are permitted.
- No clothing allowing excessive exposure is permitted.
- For safety reasons, personal belongings, bags, and other items are to be stored in lockers and/or clothes hangers only.

LOCKER ROOMS

- Lockers are available for daily use only on a first-come, first-served basis. Please remove your belongings at the end of your visit.
- For hygiene purposes, please be sure to have a towel between your body and any bench, seat, or countertop in the locker room, including the steam room and sauna.
- Return towels to the towel bin in locker rooms or on the fitness floor.
- Please limit your time in the shower.
- Cell phone use is not permitted in the locker room.

FITNESS CENTER GUIDELINES & ETIQUETTE

- Members must comply with the Fitness Center staff and the enforcement of policies related to safety, programming, and exercise techniques.
- The fitness center follows the Ohio State University's Non-Discrimination, Harassment, and Sexual Misconduct Policy. Engaging in unwanted verbal or physical conduct based on protected class (e.g. race, sex/gender, religion, etc.), including any unwelcome sexual comments or conduct is not permitted.
- Be courteous to other members and refrain from foul language, inappropriate or offensive actions and/or conversations.
- No food is permitted in the Fitness Center.
- Water and/or sports drinks are permitted in the fitness center only in sealable containers.
- Use of outside personal trainers is not permitted.
- Tobacco products are not permitted anywhere in or around the Philip Heit Center for Healthy New Albany.

FITNESS CENTER EQUIPMENT CARE

- Please respect other members and limit your time on equipment when another member is waiting.
- All users are required to wipe equipment after each use with the wipes provided throughout the Fitness Center.
- Return all fitness equipment to its proper place of storage.
- Please report any unsafe exercise conditions or malfunctioning equipment immediately to a Center employee.

GROUP EXERCISE GUIDELINES

Members and guests are encouraged to modify workout intensity to their appropriate level. If you are new to any group exercise class format, we recommend that you arrive approximately 10 minutes early to meet with the instructor to ask any questions and learn about equipment and appropriate set up.

- All participants are to comply with the Fitness Center instructors and the enforcement of policies related to safety, programming, and exercise techniques.
- Personal music devices are not permitted in any group class.
- No food is permitted in the Group Exercise Studios.
- Members are strongly encouraged to report any unsafe exercise conditions or malfunctioning equipment immediately to a fitness center employee.
- Equipment cannot be removed from the studios during classes.
- Please ensure all equipment is returned neatly.

GROUP EXERCISE CLASS SIGN UP & SESSION TIMES

- Classes are 60 minutes long unless otherwise noted.
- Up to 26 hours before the class starts, register for classes using the Group Ex Pro App or contact the Front desk.
- Late arrival may result in loss of your place in class.
- The Center reserves the right to modify the Group Exercise Class schedule.
- No admittance is allowed after class has been in session for 5 minutes.
- All members are required to take a shower before entering the pool.
- When other swimmers are waiting, please split the lane and remain in your half of the lane.
- Swimmers may circle swim if there are more than two in a lane and if all parties agree. Stay to the right of the lane and yield to faster swimmers.
- Proper swimwear is required, swimsuits or t-shirts and swim trunks.

AQUATICS AREA GUIDELINES & POOL ETIQUETTE

- All members are required to take a shower before entering the pool.
- When other swimmers are waiting, please split the lane and remain in your half of the lane.
- Swimmers may circle swim if there are more than two in a lane and if all parties agree. Stay to the right of the lane and yield to faster swimmers.
- Proper swimwear is required, swimsuits or t-shirts and swim trunks.
- Aquatic shoes are strongly recommended and are the only footwear permitted in the pool.
- No food, chewing gum, or tobacco products are permitted in the pool area.
- Please remove all Band-Aids, tape and other easily removed items.
- Do not hang on the lane line.

- Please return all pool equipment to the correct storage area after use.
- Spitting, urinating, or defecating in the pool is prohibited. Any individual who suffers from incontinence must wear a swim diaper.

AQUATICS AREA SAFETY

- No Lifeguard on Duty – Swim at your own risk.
- No inflatables are allowed except for Coast Guard approved lifejackets or puddle jumpers.
- No running on or diving from the pool deck.
- No glass bottles or aluminum cans are allowed in the pool area. Bottled water, sports drinks, or juice in an unbreakable self-contained container is permitted.
- Alcohol is not permitted. Anyone exhibiting signs of intoxication will be asked to leave the facility.
- Pushing, wrestling, dunking, splashing, or any other form of horseplay is not permitted.
- Extended breath-holding activities are not permitted.
- Any person having an infectious/communicable disease or open sores/wounds is prohibited from using the pool.

AQUATICS AREA AGE REQUIREMENTS

- Children under the age of 16 are permitted in the pool without adult supervision, unless as part of a Fitness Center or medical program.

KIDS' CLUB ELIGIBILITY

- Kids' Club will have a maximum child/staff ratio of 6:1 as mandated by The State of Ohio Bylaws.
- Children must be 6 months or older.
- Children must be 24-hours-free of sickness, fever, vomiting or diarrhea.

KIDS' CLUB GUIDELINES

- Parents and/or guardians must always remain in the Fitness Center when using Kids' Club.
- Parents may be notified, and must be available at any given time, to assist with their child for any given reason.
- No medications will be administered by staff.
- Please understand that toys and items from home may get used by other children.
- If you wish to bring a snack for your child, please keep in mind they must be peanut-free.

KIDS' CLUB RESERVATIONS

- Kids' club will permit a maximum of 6 children at any one time.
- Reservations are made, at most, 24 hours prior to desired drop-off time.
- Parents and/or guardians dropping off a child in Kids' Club must be the same parent/guardian picking up the child.

KIDS' CLUB EXPECTED BEHAVIOR

If a child continuously misbehaves in Kids' Club, the Center reserves the right to freeze or terminate usage at any time.

KIDS' CLUB TIME PARAMETERS

- Children may remain in Kids' Club for a maximum of 2-hours.

- Parents are asked to pick their child up at least 10 minutes before the 2-hour maximum time allotment to allow for a timely checkout.
- Parents are asked to pick their child up at least 10 minutes before any closing time of Kids' Club to allow for a timely checkout.

HEALTH AND FITNESS CENTER IMPORTANT INFORMATION

KEY CONTACTS

Everyone at the Health and Fitness Center is committed to providing the best possible member experience. Please visit us in person or call at your convenience.

Main Number (614) 685.1820
Jason Coggins, General Manager (614) 685.1822
Membership Services: Missy Petrovich (614) 685.6338
Fitness Services: Zöe Hopkins (614) 685.9533
Group Exercise: Lexi Patterson (614) 685.9529
Kids' Club Reservations: (614) 685.1820

Email us at membership@osumc.edu

IN CASE OF EMERGENCY

Immediately notify a staff member or activate the Emergency Response Plan by calling 51820 from a phone in the Center.

CENTER HOURS

Monday through Thursday: 5 a.m. – 9 p.m.
Friday: 5 a.m. – 8 p.m.
Saturday and Sunday: 7 a.m. – 5 p.m.

THE CENTER IS CLOSED: Christmas Day

THE CENTER IS OPEN REDUCED HOURS: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, and New Year's Eve

BASKETBALL COURT

- The basketball court is closed: Monday through Friday 6 a.m. – 7 p.m.
- When using the basketball court, there is NO dunking allowed.

RISK OF USE

All members and guests use The Ohio State University Wexner Medical Center's Health and Fitness Center at their own risk. The Center is not responsible for any preexisting conditions or injuries, or injuries sustained while using the facility. We strongly encourage participants to obtain physician clearance before beginning an exercise program.

AGE RESTRICTIONS

- Any person(s) aged 14 & 15 must be accompanied by a parent or legal guardian to use the Center unless they have completed our Teen 101 member onboarding.
- No one under the age of 14 is not permitted to be on the fitness floor unless they are participating in a program supervised by authorized medical staff personnel.

- No one under the age of 16 is permitted in the pool without adult supervision, unless as part of a Fitness Center or medical program.

PRIORITY USE OF SPECIFIC FACILITY SPACES

Physical therapy and sports medicine, located on the 2nd floor, have priority in the clinical space for their patients. This includes the throwing lane, basketball court and equipment in physical therapy area.

GUEST POLICY

- Each membership will include two (2) complimentary guest passes per twelve (12) month period. After these have been used, all guests are required to pay a guest fee and/or any other charges instituted from time to time.
- Each member will be responsible for all charges related to the guest's use of the Fitness Center. All guests are required to check in at the reception desk and must complete a Waiver of Claims and Assumption of Risk Form and be at least fourteen (14) years of age.
- Guests under the age of 18 must have their Guest Registration completed and signed by a parent or legal guardian over the age of 18. All guests must be at least 14 years old.

LOST MEMBERSHIP FOB

- First check at front desk to see if it was turned in by another guest.
- If you need a replacement, it can be purchased at the Front Desk.

The Ohio State University Wexner Medical Center's Health and Fitness Center reserves the right to refuse service to any member who violates any rule or regulation or engages in any verbal and/or physical abuse of staff or members.

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