

# WELCOME

At The Ohio State University Wexner Medical Center, we help you get the most from your membership.

## Getting started

- Meet with a fitness specialist to set your plan and install the OSU Wexner Health and Fitness app.
- Schedule a check-in every three months.
- Adjust your workout intensity to stay safe and get results.

## Clothing and belongings

- Wear proper athletic clothing that provides coverage.
- No bare feet, sandals, or open-toe shoes.
- Store bags and personal items in a day-use locker or on hangers. Lock your items.
- The center is not responsible for lost, stolen, or damaged items.

## Locker rooms

- Lockers are first come, first served. Empty them after each visit.
- Use a towel on benches, seats, and counters, and in the steam room and sauna.
- Put used towels in the bins.
- Keep showers brief.
- No cell phones in locker rooms.

## Fitness floor rules

- Follow staff directions.
- Follow university policies on non-discrimination and harassment.
- Be respectful — no foul language or inappropriate behavior.
- No food in fitness areas. Drinks must be in closed containers.
- No outside personal trainers.
- No tobacco anywhere on the property.

## Equipment etiquette

- Limit your time when others are waiting.
- Wipe down equipment after each use with the provided wipes.
- Return equipment to its storage spot.
- Tell staff about issues or unsafe conditions.

## Group exercise

- Choose the right intensity for you.
- New to class? Arrive 10 minutes early.
- Follow the instructor's directions.

- No personal music devices.
- No food in the studios.
- Return equipment neatly and leave it in the studio.
- Report problems to staff right away.

### **Class registration**

- Most classes last 60 minutes.
- Register up to 36 hours ahead in the OSU Wexner Health and Fitness app or by calling the front desk.
- Late arrivals may lose their spot. No entry more than 5 minutes after class starts.
- Schedule changes every quarter.

### **Pool rules**

Before you enter:

- Shower first.
- Wear proper swimwear. A swimsuit is required. A T-shirt with swim trunks is OK.
- Only wear aquatic shoes in the pool area.

While you swim:

- Share lanes. Split or circle swim as needed.
- Do not hang on lane lines.
- Return pool gear to its place.

Prohibited in the pool area:

- Spitting, urinating, or defecating.
- Horseplay or long breath-holds.
- Food, gum, or tobacco.
- Glass or metal containers.

Note: Swim diapers are required if you have incontinence.

### **Pool safety**

- No lifeguard on duty — swim at your own risk.
- Only U.S. Coast Guard-approved flotation devices are allowed.
- No running or diving.
- No alcohol. If you appear intoxicated, you must leave.
- Do not use the pool if you have a contagious condition or an open wound.

### **Basketball court**

- Closed Monday–Friday from 6 a.m. to 7 p.m.
- No dunking.

## **Risk and medical**

- Use the facility at your own risk.
- The center is not responsible for preexisting conditions or injuries.
- Talk to your doctor before you start any exercise program.

## **Age restrictions**

- Ages 14–17 may use the center with a parent or guardian or after completing Teen 101.
- Under 14 may not use the fitness floor.

## **Facility priority**

- Physical therapy and sports medicine have priority in designated areas (second-floor therapy space, throwing lane, basketball court).

## **Guest policy**

- Each membership includes two free guest passes per year.
- Extra guests pay a guest fee.
- Members must be at least 14 years old to use the facility and must be on a membership with a primary account holder who is 18 years of age or older.
- Guests must check in, be at least 18, and sign a waiver.
- Guests under 18 need a waiver signed by a parent or legal guardian.
- Only individuals 18 years of age or older may issue guest passes.

## **Kids' Club**

### Eligibility:

- Children must be 6 months or older.
- Staff-to-child ratio is 6:1.
- Children must be symptom-free for at least 24 hours.

### Guidelines:

- Parents must stay on-site and be reachable.
- Staff do not give medication.
- Only peanut-free snacks are allowed.
- Toys from home may be shared with other children.

### Reservations:

- Up to six children at a time.
- Reserve up to 24 hours in advance.
- The same parent or guardian must drop off and pick up.

### Behavior and time limits:

- The maximum stay is 2 hours.
- Pick up your child at least 10 minutes before the session ends.
- Repeated disruptive behavior may lead to suspension from Kids' Club.

### **Contact information**

- Main line: (614) 685-1820
- General manager: Jason Goggins — (614) 685-1822, [jason.goggins@osumc.edu](mailto:jason.goggins@osumc.edu)
- Membership services: (614) 685-1820, [membership@osumc.edu](mailto:membership@osumc.edu)
- Fitness services / group exercise: Imari Loggins — (614) 685-9535, [imari.loggins@osumc.edu](mailto:imari.loggins@osumc.edu)
- Kids' Club reservations: (614) 685-1820
- Emergency: Notify staff or call 51820 from a facility phone.

### **Hours of operation**

- Mon–Thu: 5 a.m.–9 p.m.; Fri: 5 a.m.–8 p.m.; Sat–Sun: 7 a.m.–5 p.m.
- Closed: Christmas Day
- Reduced hours: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve, and New Year's Eve

### **Membership enforcement**

- The center may revoke membership for rule violations or abusive behavior toward staff or members.