

Rec Sports Group Fitness Policies

1. All participants must be Recreational Sports members and have activated their BuckIDs for group fitness classes, which can be done online at recsports.osu.edu. A valid Ohio State University or Recreational Sports membership ID must be presented before attending each class.
2. Before beginning, it is strongly recommended that you have a physical examination to determine your fitness levels. **THE PROGRAMS MAY BE STRENUOUS.**
3. You must obtain and read the Getting Started in Group Fitness fact sheet before participating in a session. Copies are at all class locations and at recsports.osu.edu.
4. Participation is based on a first-come, first-served basis. The instructor reserves the right to determine class minimums and maximums based on equipment and facility space.
5. For safety reasons, it is strongly recommended that participants attend entire class sessions; furthermore, no participants will be allowed to enter class after 10 minutes from it starting.
6. Athletic footwear must be worn. Street shoes or turf shoes with waffle bottoms or protrusions from the soles and shoes suspected of marking the floors are prohibited.
7. Wear athletic attire and shoes with good support.
8. No personal items (unless being worn or being used) are permitted in the gyms or multipurpose rooms. A water bottle and towel are permitted and encouraged. However, **ALL** personal items **MUST** be placed in or above a cubby. **NO** exceptions. Take advantage of daily and quarterly locker facilities.
9. Refreshments, pop, snacks, gum or candy are not allowed in any gyms or multipurpose rooms.
10. Fitness services reserves the right to temporarily or permanently cancel any classes based on low attendance or other reasons not specified.
11. In the case of any incident or physical accident that may occur in a group fitness class, staff personnel is required to have participant(s) involved complete an Incident and/or Accident Report Form to be kept on file with the Department of Recreational Sports.
12. Participants must have activated their BuckID (including signing/accepting terms to the group fitness waiver) prior to attending a class.
13. Participants under 18 years of age wishing to take group fitness classes must have a group fitness waiver form signed at the RPAC Welcome Center. Those under 14 are not permitted to take group fitness classes.
14. Headphones and other disturbing behavior are not permitted during group fitness classes.