



- ✓ General Information
- ✓ Frequently Asked Questions
- ✓ Facility Rules
- ✓ Registration Form
- ✓ Tivity Health Waiver & Assumption of Risk

WHO:

Medicare eligible members (usually persons 65 years of age & older)

WHAT:

In May of 2012, the Groveport Recreation Center joined the network of SilverSneakers Fitness Centers. This program is the leading program designed exclusively for older adults.

STEPS:

1. Pick up and complete a SilverSneakers Registration Form. Forms are available at the Groveport Recreation Center.
2. Return the completed Enrollment Packet to the front desk of the Groveport Recreation Center.
3. Our staff will verify your eligibility. This may take between 24 and 48 hours depending on when you returned your Registration Form.
4. Our staff will call you and let you know if you are eligible for the SilverSneakers program.
5. Read the SilverSneakers Fitness Program Orientation packet and sign the Acknowledgement Form.
6. Have your photo taken for your I.D. Card.
7. Start utilizing the facility.

THE FACILITY:

- Fitness center will easy to use state-of-the-art equipment
- 1/10 mile 3-lane elevated indoor track
- 2 Hardwood floor gymnasiums
- Group fitness studio
- Heated 145,000 gallon indoor pool
- Rock climbing wall
- Expansive lobby & meeting rooms
- Men's, women's & family locker rooms
- Senior center (attached to the facility)
- Safe, clean, family atmosphere
- Friendly & knowledgeable staff



7370 Groveport Road
Groveport, OH 43125
614-836-1000 / www.groveportrec.com

MORE INFORMATION:

To learn more about the facility, including hours, closures & more, please pick up a Groveport Recreation Center brochure.



FREQUENTLY ASKED QUESTIONS

What is SilverSneakers?

SilverSneakers Fitness Program is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental and social needs of Medicare-eligible members (usually 65-plus). Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. Providing a comprehensive yet easy-to-use fitness program is proving to be a viable solution for health plans, their members and participating locations. SilverSneakers members of a sponsoring health plan receive a no-cost basic membership that includes the opportunity to participate in the signature SilverSneakers group exercise classes.

I am currently an annual pass holder (formerly called member) of the Groveport Recreation Center. What happens to my current annual pass/membership?

Your current annual pass/membership will be put **on-hold** while you are enrolled in the SilverSneakers program. If the SilverSneakers program is terminated either by user, the Groveport Recreation Center or SilverSneakers, the hold on my pass/membership will be **lifted** and I will be obligated for the remaining months on my pass/membership and I will have full pass/membership privileges.

- If you paid with cash or credit card, you will NOT receive any type of refund.
- If you paid via Electronic Fund Transfer (EFT), our staff will not charge your account during the time in which you are enrolled in the SilverSneakers program at our facility. If the SilverSneakers program is terminated either by me, the COG or SilverSneakers, my account will be charged for the remaining months on my pass/membership and I will have full pass/membership privileges.

If I am eligible for the SilverSneakers program, does it mean that my spouse is also eligible?

No. Our staff will have to verify each of you individually.

Once it is verified that I am eligible for the SilverSneakers program, what do I need to do so I can utilize the facility?

1. After turning in your completed forms and after our staff has confirmed your eligibility, our staff will enter your information into our recreation management system.

2. Our staff will then schedule an orientation session for you. At the orientation, our staff will give you a tour of the facility and also provide you with information on how to use our fitness equipment.
3. After completing the orientation, our staff will take your photo and make you a Groveport Recreation Center I.D. Card. This card will enable you to use the facility.

NOTE: This entire process may take a week or so, depending on the forms submitted, eligibility confirmation, processing and orientation.

How long is my SilverSneakers program good for at the Groveport Recreation Center?

You will be eligible for the program as long as you remain eligible through your health insurance program.

When I come to the facility what do I need to provide for entry?

Our staff will issue you a Pass Card containing your name, photo and a bar code. After you enter the facility, walk to our check-in desk. Present your card to our staff. Our staff will then scan your card. Once we verify your scan, our staff will “welcome you in”.

If I use the locker rooms, am I required to bring a padlock to the facility?

We encourage all patrons to secure their belongings in a locked locker. Patrons are responsible for bring their own padlock to the facility. Items may not be kept in lockers overnight.

If I shower at your facility, will I need to bring my own soap & towel?

The Groveport Recreation Center provides hand soap, but you will need to bring your own shampoo and towel.

Are there any facility rules that I need to be aware of?

Yes. Staff has developed a number of facility rules for each area of the facility, which are included in this packet.

What will I have access to at the Groveport Recreation Center?

You will have access to everything that a normal pass holder/member has access to on a daily basis, which includes: Fitness Center • 1/10 Mile 3-Lane Elevated Track • 2-Hardwood Floor Full Court Gyms • Heated 145,000 Gallon Indoor Pool • 30 ft. Rock Climbing Wall • Locker Rooms • General Areas

Does the SilverSneakers program allow me to utilize the Groveport Aquatic Center (Outdoor Water Park) and Groveport Senior Center?

No. The SilverSneakers program only reimburses the City of Groveport for your use of the Groveport Recreation Center. You are welcome to use the Groveport Aquatic Center and Groveport Senior Center as long as you pay the normal going rate at those facilities. Rate information is available at www.groveportrec.com or simply ask our front desk staff.

Can I bring a guest with me to the Groveport Recreation Center?

Yes. However, they must pay for a day pass.

I heard that Fitness Classes are FREE. Is that the case?

Classes noted as SilverSneakers are free for you and your fellow SilverSneaker friends. However, you will be charged the normal rate for any other programs and classes.

What are the hours of the Groveport Recreation Center?

Facility Hours and Schedule are noted in our most current brochure. This information can also be found on our website (www.groveportrec.com).

If I need to speak to someone directly representing the Tivity Health Silver Sneakers program, who do I contact?

Please call 1-866-456-3065.

If I need to speak to someone at the Groveport Recreation Center, what number do I call?

Please call 614-836-1000.

Groveport Recreation Center

Facility Rules & Pass Policies

(Effective 1-6-2021)

Rules are in place to set certain expectations and standards in attempt to keep everyone safe. Our staff believes that being up front with our patrons is the best policy and by doing so, problems may be avoided. Our staff revisits our rules annually based on patron conduct, facility issues, discussions with other facilities and their staff and standards set by outside regulatory agencies. The Groveport Recreation Center is owned and operated by the City of Groveport.

The City of Groveport reserves the right to modify hours of operation, facility schedules, occupancy limits, rules & pass policies, etc. at any time.

GENERAL RULES AND ADMISSION POLICIES

- It is your responsibility to read the rules and signs displayed throughout the facility. Persons that are directed to leave the premises for not following the rules are not eligible for any type of refund or pass. Depending on the nature of the offense, a patron may be indefinitely suspended.
- Day passes are non-refundable and non-transferable. A day pass is only valid for the day it is used.
- Group Day Passes are not linked to any person or household and can be distributed to multiple persons.
- Participants do not need an Annual Pass to enter the facility, take a class or partake in programs at the Groveport Recreation Center (hereinafter GRC). Guests are always welcome at the GRC at the regular daily admission fee. Our facility and programs are available for both residents and non-residents alike.
- Proper valid identification is required to gain access to the GRC. Patrons must check in at the front desk and provide a Pass I.D. Card, class confirmation pass or pay the daily rate for admittance. If asked by staff, patrons must be able to produce a day pass receipt or Pass I.D. Card.
- Non-Pass Holder adults are required to present a photo I.D. card (driver license, state ID or school ID) at the front desk and complete a Guest Registration Form. Date and time of entry will be tracked.
- Non-Pass Holder high school students are required to either present their driver license or leave their high school I.D. card at the front desk prior to using the facility. Date and time of entry will be tracked.
- Pass Holders who do not present their Pass I.D. Card will only be admitted if an alternate form of photo identification is provided.
- Resident I.D. Card holders must present their card each visit to receive the daily pass resident rate. Children are not required to have a Resident I.D. Card if accompanied by an adult with a Resident I.D. Card.
- I.D. Passes are not transferable and will be deemed void when in the hands of those other than the proper registrant.
- A \$5 fee will be charged for any Pass/Resident ID card that is reissued.
- When current Pass Holders renew their Pass, they must show proof of residency and complete a new Annual Pass Contract at the time of their renewal.
- Classes/Programs are not included in Pass fee.
- During City sponsored programs, spectators may be able to watch activities in the lobby, gymnasium and group fitness studio without paying a daily fee. Identification may be required.
- Children under 10 years of age must be accompanied by a responsible adult (18 or over) who shall directly supervise them during the entire visit. Children 5 years of age and under must have an adult with them in the facility at all times.
- Groups bringing children (12 years & under) to the GRC must have at least one adult per every 5 children.
- Organized groups (20 or more persons) must follow our Group Use Policies, must have 1 adult for every 5 children and must schedule their visit in advance.
- The City of Groveport reserves the right to rule on any matter not specifically covered in the rules and to make any decision it deems necessary for the best interest of the City of Groveport. In addition, the City reserves the right to add any rules as it deems necessary. Up to date rules & policies are available at the front desk.

ATTIRE

- All clothing must be tasteful and non-offensive. All patrons must wear a minimum of shirt, shorts & shoes (depending on nature of activity) while utilizing the facility. Shorts must be worn on the hip and cover one's bottom and genitals.
- Bathing suits may NOT be worn outside of the locker rooms or indoor pool.
- Skateboards, in-line skates, roller shoes, Hover boards, scooters, bikes and cleated shoes are NOT permitted in the facility. Bikes may only be parked in the bike racks.

BEHAVIOR

- Patrons are expected to follow the rules and join the staff in promoting a pleasant environment. Patrons asked to use mature judgement in choosing actions, clothing and language. Patrons should respect the rights of others and are encouraged to display good sportsmanship. The behavior of a patron must not disrupt the experience of others. All problems should be reported immediately to the Manager On-Duty.
- Patrons shall not behave in a manner that jeopardizes the safety & health of themselves and others. The following are examples of behaviors that will result in disciplinary action and police reports when applicable: spitting, fighting, stealing, property damage, disorderly conduct, intimidation, bullying, sexual harassment, criminal damage, use of profane/vulgar language, verbal abuse of staff or patrons and not following posted rules and policies.
- No public display of affection.
- Music is only permitted to be broadcasted through one's own ear/head phones.
- Persons who appear to be under the influence of alcohol or drugs will be refused admittance or directed to leave.
- Persons found violating City or personal property will be prosecuted to the fullest extent of the law.

- Depending on the nature of the incident, staff will give a documented verbal warning for general problems the first time they occur. If a patron continues to violate rules or policies, the patron may be suspended from the facility. The suspension length depends on the infraction. For children (17 years of age & under), a parent will be contacted and made aware of the situation.

FACILITY

- Parking is only permitted in designated spots. If you have been issued a Groveport Senior Center Parking Permit Sticker, please do not utilize the reserved space while at the Groveport Recreation Center.
- By City Ordinance, the Groveport Recreation Center is a smoke & alcohol free facility. Smokeless tobacco and e-cigarettes are also NOT permitted.
- Eating and drinking are permitted in designated areas only.
- To respect the privacy of our patrons, persons may NOT take pictures in the locker rooms, group fitness studio or fitness center without prior written approval of the Recreation Director.
- No person shall sell or attempt to sell any article or service in the facility unless such sale is pursuant to a contract with the City of Groveport or has been approved in writing by either the Recreation Director or City Administrator.
- Any type of private lessons, instruction or coaching by persons (other than a family member) must be approved in writing by either Recreation Director or City Administrator.
- Parties, group outings and meetings must be scheduled through the Customer Service Coordinator (or designee) and may not take place in the lobby of the facility.
- Changes in recreation schedules may occur without notice. Staff will post schedule changes with as much advance notice as possible. Current schedules are available at the front desk and on our website. Patrons are encouraged to check the schedules (especially for drop-in activities) before arrival.
- There will be occasions when the facility or areas of the facility will be closed due to maintenance, repairs and/or special events. Such closings will not result in deductions from Pass costs. The City will attempt to post such closings in advance. In addition, the indoor pool will be closed for two to three weeks in the summer for annual maintenance.
- The City of Groveport is not responsible for lost or stolen items. It is strongly suggested that personal items be secured in a locker and locked during your visit. For security purposes, the City of Groveport reserves the right to search a patron's items if deemed necessary.
- As a general rule, the Groveport Recreation Department will not post flyers or informational bulletins from outside agencies at its facilities.

HEALTH & SAFETY

- Open wounds/bleeding must be covered to participate in any area of the facility. Clothing soiled with fluids must be changed.
- First-aid supplies (ice, band aids, gauze & gloves) are available to patrons to be self-administered.
- The GRC will call an ambulance upon request or at staff's discretion.
- All accidents/injuries requiring assistance will require a staff member to complete an Accident/Injury Report. Cooperation obtaining information is requested.
- Incidents should be reported to the front desk immediately.

LOCKER ROOMS

- Men's, Women's & Family Locker Rooms are available. Family restrooms also exist on the 2nd floor.
- Lockers are available on a first-come, first-served basis.
- Food is not permitted in locker rooms.
- The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in any locker room, restroom & changing facility.
- The City of Groveport assigns use of locker rooms, restrooms and changing facilities in its recreational settings strictly on the basis of anatomical or biological gender rather than on the basis of adopted gender.
- Whenever possible, adults with children should utilize the Family Locker Room. When it is not possible, children 5 years of age & under must be accompanied by a responsible adult. Children 6 years of age and older must use gender appropriate locker room or Family Locker Room.
- Personal belongings should not be left in public areas. Please secure and lock your goods in a locker.
- Locks must be removed after each use. Locks left on overnight will be removed and items will be bagged by GRC staff. The GRC is not responsible for items in the locker or replacing the lock.
- The City of Groveport is not responsible for safekeeping of personal property while using the facility or items left in the facility.

GYMNASIUM

- With the exception of water, food (including gum) & beverages are NOT permitted in the gyms.
- Proper attire is required. Persons are required to wear shirts. Only non-marking, soft-soled shoes may be worn.
- Any type of private/semi-private lesson (including instructing & coaching) are not permitted in our gyms. EXCEPTION: A parent may work with his/her own child. Our gyms are designed for drop-in play & programs administered through the Recreation Department and our contracted agencies.
- Cones, chairs and other obstacles are not permitted on the gym floors.
- Only the user group listed on the gym schedule during a particular period of time is permitted to utilize that portion of the gym. This rule ensures that all user groups have an opportunity to utilize the gym without fear of other user/age groups taking over the gyms. EXCEPTION: In the event that the scheduled user has less than (5) persons utilizing the gym, other user groups may jointly use the gym. However, once the minimum of (5) persons in the scheduled user group has been established, other user groups must vacate the gym.

YOUTH: 12 & under. A child's parent may also utilize the gym with the child during this time.

TEEN: 13 – 17 year olds. A child's parent may also utilize the gym with the child during this time.

ADULT: 18 years & over.

FAMILY: All ages. This time is meant for unstructured play. Games are not permitted during this time.

GENERAL / VOLLEYBALL / PICKLEBALL: All ages.

- The gyms have varied open gym times to accommodate a variety of athletic needs, including structured classes, programs, special events, leagues & tournaments. There may be times when both gyms are utilized for organized activities and not available for drop-in play.
- Hanging on the basketball rims/net and volleyball nets is NEVER permitted.
- Dunking is only permitted during official league play.
- Specific "Open Gym" rules may be posted and enforced.
- Soccer balls may be kicked, but the ball must remain on the floor. Balls may not be kicked against any window, door, bleacher, gym divider or onto the elevated track. Please use caution.
- Baseballs, softballs and footballs may only be thrown when there are no other persons in the gym. Balls may not be thrown against any window, door, bleacher or gym divider or onto the elevated track. Please use caution.
- Additional rules may be posted on the Gym Schedules.

CLIMBING WALL

- *Persons that are pregnant and persons with heart conditions or back/neck trouble are advised NOT to use the climbing wall.*
- A climber must be at least five years of age, weigh at least 40 lbs. and have sufficient height, strength & coordination to climb.
- Prior to using the wall, five year olds must meet with and be pre-approved by the Recreation Coordinator or designee.
- For the safety of participants & staff, GRC staff will not boost climbers.
- The City of Groveport reserves the right to dismiss any climber for unsafe practices or behavior.
- All climbers must wear furnished protective helmets & harnesses. GRC Staff must fit and apply safety equipment.
- All climbers must obey the instructions given by staff.
- All climbers must be secured/harnessed while climbing.
- No horseplay is permitted.
- No additional climbers are permitted in the climbing area 10 minutes prior to area scheduled closing.
- Climbers will be required to take turns if the climbing wall is busy.
- Non-climbers must stand at least 5 feet away from the wall at all times.
- When descending, the climber must face the wall, keep hands off the wall and not jump or sway from the wall.
- Climbers may not touch other climbers while climbing and may not cross belay ropes or cables.
- If a climber demonstrates unacceptable behavior (including but not limited to: horseplay, cursing, screaming), staff has the right to suspend/discontinue climbing privileges. In the event of extreme violations, climbing privileges may be suspended indefinitely.
- Section 1711.551 of the Ohio Revised Code requires that all riders must obey all warnings and directions regarding this ride and behave in a manner that will not cause or contribute to injury to themselves or others. Failure to comply is a misdemeanor.

GROUP FITNESS STUDIO

- Use of the studio is limited to Recreation Department programs and/or private rentals only.
- Children are permitted in the studio when they are accompanied by an adult who is taking a class (individual instructor discretion).
- Only soft-soled non-marking shoes may be worn.
- Appropriate attire must be worn at all times.

FITNESS CENTER

- 13 – 14 year old Annual Pass Holders must first complete an orientation and pass a written exam and may only utilize the fitness center when accompanied by their parent or guardian. The parent/guardian must be in the immediate vicinity within the Fitness Center. 13 – 14 year olds may not utilize Olympic Bench Press, Smith Machine and Hammer Strength Machines. 13 – 14 year old Non-Pass Holders are not permitted to utilize the fitness center. Persons under 13 years of age may not be in the fitness center.
- Persons 15 years of age and older may utilize all pieces of equipment in the fitness center.
- Patrons are asked to adhere to a 30-minute time limit for each piece of equipment, especially during peak evening hours.
- Patrons must wipe down equipment with cleaner after use. Do not spray cleaner directly onto the equipment. Instead, spray the towel and then wipe down the equipment.
- Patrons must return accessories to their designated area and re-rack free weight after use (includes Hammer Strength equipment).
- Only personal trainers that have a current contract with the City of Groveport are eligible to train members. Non-Pass Holders may NOT utilize our personal trainers.
- Equipment orientations are available and strongly suggested for all first-time users.
- Beverages on the floor must be closed/capped when not in use.
- Proper attire is required. Non-marking closed-toed shoes are required (no sandals or flip flops).
- Strollers/Baby Carriers are not permitted in the Fitness Center.
- For the safety of others, personal belongings must be kept in a locker or cubby. Bags are not permitted on floor & may not be hung from equipment.

TRACK

- An adult must accompany children 12 years and under.
- Walk or jog in the designated lanes, follow the posted directional signs and cautiously pass slower patrons. Sprinting is not permitted.
- Only non-marking, soft-soled shoes may be worn.

- Stretching and "cool downs" should take place off the track.
- Baby joggers, strollers, roller blades and skateboards are not permitted. However, baby carriers (backpack or sling) are permitted.
- Carefully enter and exit the track. Avoid sudden stops.
- The track is not to be used as an observation area for other facility activities or areas.
- Walking = Inside Lane, Passing = Middle Lane, Running = Outside Lane.

CHILD CARE

- Open to children 6 months - 6 years of age.
- Service is available for a maximum of 2 hours per child.
- Patrons shall be charged for full hour increments only. Partial hours will be rounded to the next hour.
- Parents must properly sign their child in and out of our Child Care Room. Only the person that signs their child in is able to sign their child out.
- A photo ID of the person signing the child in will be kept at the Child Care Room until the child is signed out by same person.
- Parents must remain inside the Groveport Recreation Center while their child is visiting the Child Care Room. Outside activity is not permitted.
- Children that are ill are not permitted in the Child Care Room.
- Staff cannot administer medications.
- "Sippy Cups" and Bottles are permitted. However staff will not individually "feed" children.
- Due to possible allergic reactions by other children, food is not permitted.
- Staff does not change soiled diapers. Staff will page patrons if they believe that the patron's child requires a diaper change.

INDOOR POOL

GENERAL

- Swimming is only permitted when lifeguards are on-duty.
- The GRC reserves the right to limit access due to safety concerns.
- The indoor pool will be closed two to three weeks each summer for scheduled maintenance and repair.
- The indoor pool has varied open swim times due to accommodating a variety of aquatic needs, including swim lessons, swim teams, water fitness programs, special swims, lifeguard training and rentals. Different amenities may not be available and/or lap lanes may be limited at times. Please check the monthly pool schedule closely to ensure your aquatic needs will be met.

ATTIRE

- According to the state of Ohio, the wearing of lined bathing suits is not required in public swimming pools. However, certain rules pertaining to attire are in effect at this facility. Patrons are always encouraged to wear a lined bathing suit.
- Males – suits/shorts must have a drawstring and must cover one's bottom and genitals. Suits/shorts must be worn on (not below) the waist. Underwear must not be visible. Soiled clothing, suits/shorts with holes/rips/tears, cut-offs, thongs and transparent fabric are not permitted.
- Females – swim wear needs to cover one's bottom, genitalia & breasts. If shorts are worn, they must have drawstring and cover one's bottom & genitalia. Underwear must not be visible. Soiled clothing, suits/shorts with holes/rips/tears, cut-offs, thongs and transparent fabric are not permitted. Bras (including sports bras) may only be worn if under a colored shirt.
- T-shirts may be worn by males & females, except when using the slides and diving boards. Only "Rash Guard" (tight) shirts may be worn in the slide and diving boards. Be aware that shirts can ride-up on you, cover your face and cause a danger of drowning.
- Infants who are not toilet trained and adults who are incontinent must wear a clean diaper or disposable swim diaper covered by separate rubber/vinyl pants, all of which must fit snugly around the legs, and then covered with a bathing suit. If the diaper becomes soiled, the person must exit the pool immediately and may not return until he/she has been given a soap shower and has been covered with a new diaper with clean rubber/vinyl pants.
- Diapers may not be changed on-deck.
- Street shoes may not be worn on the pool deck.

AGE & HEALTH RESTRICTIONS

- Monitoring your child/children remains your responsibility even if lifeguards are present.
- Only bottled water is permitted on the pool deck (no food or glass containers).
- Children under 10 years of age must be accompanied by a responsible adult (18 or over) who shall directly supervise them in the facility.
- Children under 5 years of age must have an adult (18 or over) within arm's reach of them at all times.
- Groups bringing children to the facility must have at least one adult per every 5 children and are responsible for the supervision of those children. Adults in swim attire must directly supervise children poolside.
- Persons having a communicable disease, skin disease, open (unhealed) sore, inflamed eyes, cold, nasal or ear discharge, or who is wearing any type of bandage or band aid is not permitted in the water.
- Persons that are bleeding or experiencing diarrhea are not permitted in the water. Persons with diarrhea should wait 2 weeks after symptoms end before returning to the pool. Pathogens of concern may still be shed up to 2-weeks following the end of symptoms.
- All injuries should be reported to the GRC staff.

EQUIPMENT AND TOYS

- Patrons may bring their own life vest for use at the facility. All life vests (including Puddle Jumpers) must be U.S. Coast Guard Approved. Water wings, baby seat floaters, suits with built-in flotation devices and water noodles provide a false sense of security and are not permitted. Floating enhancement devices never replace in-water supervision.
- Adults may use water noodles, kick boards, swim snorkels & other approved pieces of water exercise equipment during water exercise.
- Inflatable items, squirt guns, hard balls & snorkels (not used for training or swimming laps) are not permitted.
- Please do not sit, hang or play on ropes, lane lines and pool ladders.

SWIMMING LESSONS

- Only Recreation Department Staff are authorized to teach swimming lessons within our facilities. Group Swim Lessons are offered at the facility. Private/Semi-Private Lessons are offered when staff are available.

WEATHER AND ENVIRONMENTAL CONDITIONS

- When lightning has been seen, or when thunder has been heard, or when the Lightning Detection System states that lightning is within 0 – 8 miles, the lifeguards will adhere to the National Lightning Safety Institute recommendations. The pool will close and staff will evacuate patrons from the pool and deck. The pool will re-open provided that there has been no lightning/thunder detected for a minimum of 30 minutes.
- In the event that the pool water is “contaminated” or the pool water chemistry needs adjusting, the pool may be shut down for an indefinite period of time to allow staff to correct the problem(s).

BEHAVIOR

- Patrons shall not behave in a manner that jeopardizes the safety & health of themselves and others. Running, rough play, pushing, snapping of towels, use of squirt guns, acrobatics, dunking or holding persons underwater, excessive noise, wrestling, fighting and use of abusive/profane language is not permitted.
- Spitting, spouting of water, blowing nose, urinating and defecating in the pool is not permitted.
- Socializing with or distracting lifeguards from their duties is not permitted. Refer all questions to Head Lifeguard or Aquatics Manager.
- Prolonged underwater swimming or “breath holding” is not permitted.
- Diving is not permitted from the pool deck or from the side of the pool. In addition, back dives, flips, can-openers, cartwheels or forcing others into the water from any side of the pool are also not permitted.
- Only lifeguards are permitted on the lifeguard stands.

FROG SLIDE

- Slide feet first only and one rider at a time.
- Wait to slide until the landing area is clear.
- An adult must supervise children under 6 years of age.
- No running on or around the slide.
- Do not climb on the frog or nets.
- Designed for children 10 years of age & under.

LAZY RIVER

- Use of lazy river is restricted to persons 42 inches and taller. Persons must also be able to swim unassisted to the exit.
- One rider per tube.
- Certain times will be designated for walking and inner tube use.

DIVING BOARD

- *Persons that are pregnant and persons with heart conditions or back/neck trouble are advised NOT to use the diving board.*
- Diving is not permitted from the sides of the pool.
- Only one person at a time is permitted on the board and ladder.
- Divers must dive straight off of the diving board.
- Only one bounce per dive is permitted.
- Divers must wait until the person in front of him/her has reached the side of the pool before diving.
- Divers must swim directly over to the nearest ladder after diving.
- When the diving board is in use, non-divers may not be in the diving area of the pool.
- Swimming under the diving board or hanging from the board is not permitted.

LANE AREAS

- The roped off area is for continuous lap swimming.
- Persons wishing to swim in the lap lanes must be able to swim a full length of the pool without assistance and without stopping. Holding on to a fellow swimmer, lane line or wall is not permitted.
- Swimmers may be required to share lanes.
- Swimmers shall swim in a single file fashion.
- If sharing a lane, swim in a counter-clockwise circle direction.
- Swimmers may not sit on the lane markers. Swimmers may only swim under the lane markers to enter or exit a lane.

- Stopping in the lanes is only permitted on the end walls. Breaks should be kept short. Please do not interfere with other swimmers attempting to turn in the pool.
- Starting blocks are for swim team use only and must remain covered when not in use.

**GROVEPORT RECREATION CENTER
LIABILITY RELEASE AND INDEMNIFICATION AGREEMENT continued...**

kind which would restrict me from participating. I agree to make COG staff aware of any special accommodations that may be needed at the time of registration and I agree to note such special accommodations on said form. Despite these dangers, and in consideration of the COG accepting my registration, I agree to hold harmless and release the COG, its board and council, officers, officials, employees, volunteers and other representatives from all claims for liability or legal responsibility for any damage or loss of any kind, including personal property or death, property damage, and economic loss, arising from my participation in and/or use of the GRC and/or any other COG facility, activity or program. I further agree to protect, indemnify and hold harmless the COG and the listed persons and entities for any and all cost, liability, expense and claim arising from any act or omission committed by myself related to the COG's facilities, activities and programs, and/or other activities or programs sponsored by or affiliated with the COG. I further agree to follow all facility, activity or program rules and regulations, and realize that my right to participate may be terminated by the COG at any point in time for not adhering to said rules and regulations.

I understand that if I am currently a Groveport Recreation Center Pass Holder/Member, my pass/membership will be put **on-hold** while I am enrolled in the SilverSneakers program. If the SilverSneakers program is terminated either by me, the COG or SilverSneakers, the hold on my pass/membership will be **lifted** and I will be obligated for the remaining months on my pass/membership and I will have full pass/membership privileges. I understand that if I paid with cash, check or credit card, I will not receive a refund for any unused portion or my current pass/membership. I understand that if I paid via Electronic Fund Transfer (EFT), my account will not be charged during the time in which I am enrolled in the SilverSneakers program. If the SilverSneakers program is terminated either by me, the COG or SilverSneakers, my account will be charged for the remaining months on my pass/membership and I will have full pass/membership privileges.

I do hereby grant and give the COG and groups affiliated with the COG the right to use my photographic image with or without my name, both single and in conjunction with other persons or objects for any and all purposes.

The COG reserves the right to rule on any matter not specifically covered in the SilverSneakers Program Registration, and to change policies as necessary. In the event that applicant falsifies the information on the Registration Form, the COG reserves the right to collect any monies due to falsification and/or terminate the program immediately without compensation to the applicant. I understand that any information provided may be subject to disclosure under Ohio Records Law.

I have received a copy of the Facility Rules. Refusal to sign will prevent processing.

*Program Registrant's Signature required

*Date

**Program Registrant's Signature is also required on the
Tivity Health SilverSneakers Fitness Waiver & Assumption or Risk Form**

FOR OFFICE USE ONLY:

Residency: Groveport Resident
 All Others/Non-Resident

Status: Currently a GRC Pass Holder
 New to System

Staff Processing: _____

Please verify address on County Auditor's website. Attaching proof of residency is NOT required. Information will be used for statistical purposes only.

Date pass/membership put ON-HOLD: _____

Remaining months/days remaining on pass/membership: _____



WAIVER AND ASSUMPTION OF RISK

Please consult with your physician before beginning any exercise program.

I acknowledge that I have voluntarily chosen to participate in one or more physical exercise or fitness activity or sport programs (the "Programs"). I acknowledge (i) the nature of risks of the particular Programs for which I have chosen to participate, and (ii) the strenuous nature of those Programs. I understand, for example, the risks associated with physical injury, abnormal blood pressure, heart attack or even death; as well as the risks associated with the negligence of Tivity Health SilverSneakers participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health SilverSneakers Program member (including without limitation the owners, officers, directors, employees, and representatives or any type of the foregoing).

By signing this document, I expressly assume all risk for my health and well-being and expressly assume the other risks associated with participating in the Programs, including, but not limited to, the negligence of a SilverSneakers participating location and any other organization or individual participating or involved in providing or promoting any classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health SilverSneakers Program member (including without limitation the owners, officers, directors, employees, and representatives of the foregoing). I also hereby release, waive, discharge and covenant not to sue any class instructor, any Tivity Health SilverSneakers participating location, any sponsoring organization, Tivity Health SilverSneakers or any of their subsidiaries or any other organization or individual providing or promoting classes, functions, Programs, testing, or other activities that I participate in as a Tivity Health SilverSneakers Program member (including without limitation to the owners, officers, directors, employees, and representatives of any of the foregoing) at any time hereafter, from any and all demands, liabilities, losses, or damages (including death, bodily injury or damage to property) caused or alleged to be caused in whole or in part by the negligence of any of the foregoing people or entities.

I have read and understand this waiver and express assumption of risk. I have also read, understand, and will adhere to all guidelines and policies in regard to this benefit. This waiver and release shall survive the term of any agreement with a SilverSneakers participating location or individual.

In the event that my physician has recommended any limitations to my physical activity or I have experienced any of the following conditions, I hereby attest that I have informed my physician of the condition(s) and have obtained express consent from my physician to participate in the Programs.

- Chest pains while at rest and/or during exertion, previous heart attacked or high blood pressure
- Any heart or circulatory conditions, such as vascular disease, stroke, chest pain, congestive heart failure, poor circulation to the legs, valvular heart disease, blood clots
- Frequent fast, irregular heartbeats OR very slow heartbeats
- Diabetes
- Previous hip or spinal fracture (as an adult)
- Lung disease or shortness of breath after mild exertion, at rest, or in beg
- Open cuts on my feet that do not seem to heal
- An unexplained weight loss of ten (10) pounds or more in the past six (6) months
- More than two falls in the past year (no matter what the reason)
- More than one year since I last engaged in regular physical activity

Member's Printed Name

Member's Signature

Date

Emergency Contact Name

Contact Phone Number