



POLICIES, RULES & PROCEDURES

The Wellness Center Rules and Regulations (the "Rules") are implemented in the Watson Wellness Center at the Marysville site, the Associate Wellness Center at the Anna site, the Wellness Center at the East Liberty site, the Rec Center at the Raymond site, the Activity Center at the TMP-O site, and the Wellness Center at the Performance Manufacturing Center site (collectively, the "Centers"). Some of the Centers may have additional restrictions that will be provided or posted at the facility. These Rules apply to all members and guests of the Centers and have been expressly adopted into the Membership Application. If a Member abuses any terms of Membership or violates any of the below Rules, the Centers reserve the right to revoke the membership immediately along with ability to access any of the Centers in the future.

Membership & General :

- Honda Wellness Center (HWC) Memberships are for all active and retired Honda Associates, Honda affiliate companies as well as Contingent/Contractor Associates with "active" Honda badges.
- All active and retired Honda Associates are eligible to have a family membership. Honda Wellness Center family memberships follows the same dependent eligibility guidelines as your medical benefits. Honda dependents are eligible to be on your membership until they have reached their 26th birthday.
- Only HWC members, as defined in the Membership Application, and approved guests are eligible to use the Centers.
- All HWC Members are required to check in at the front desk before beginning their activity at all wellness centers.
- All HWC Members 16 and older should provide their Honda or Wellness Center badge at check in, each time they visit.
- If HWC badge is lost or stolen, a replacement card may be purchased for a small fee. Replacement badges can take up to two weeks to replace.
- Honda Associates visiting from other Honda locations/companies are eligible for memberships for a fee.
- All Members are subject to all terms and conditions expressed in the Honda Wellness Centers Membership Application, including the (1) Consent and Release and (2) Fitness, Sports and Recreational Activity Waiver, (3) Health Fitness All Inclusive waiver, if applicable.
- Children under the age of 16 must be accompanied by member who is 16 or older for the entirety of their visit.
- The Centers have the discretion to ask individuals, membership or not, to leave the premises if their behavior is not in line with the Rules or if they are being disruptive to others or the staff.
- It is the Member's responsibility to contact a health care provider prior to utilizing the Centers. Each Member that uses the Centers certifies that they are in good health and in proper physical condition to participate in exercise activities. If at any time using the Centers may be unsafe, the Member will immediately discontinue participation.
- Neither American Honda Motor Co., Inc. or Honda Development & Manufacturing of America, LLC nor Health Fitness Corporation are responsible for any injury or accident occurring in the facility or during use of the equipment, including use of the locker room and shower area.
- Appropriate attire must be worn at all times. *Appropriate attire includes full coverage shorts, athletic pants, t-shirts, full coverage tank tops, no clothing with inappropriate language or images, etc.. No plastic or rubber garments designed to retain heat and increase sweating are allowed due to increased health risk. Proper athletic shoes with non-marking outsoles are required in the fitness area, gymnasium, and group exercise studio.*
- Wellness Center equipment damaged, lost or not returned will be charged to the associate or family member responsible.
- Honda and Wellness Center Staff are not responsible for lost or stolen articles.
- Alcohol and tobacco products are not permitted in Honda Wellness Centers.
- The use of profane or offensive language in any form is strictly prohibited
- Absolutely **NO OUTSIDE SERVICES**. This includes, but not limited to: Personal Training, Physical Therapy, Massage Therapy and Private Swim Instruction, etc.
- Programs are intended for Honda Wellness Center members.
- Members should be registered by the registration deadline in order to participate fully in the program.
- Any associated fees must be submitted prior to participation in programs.
- Unless rented, lockers are daily use only, padlocks are encouraged to secure items.
- For the privacy of our members, use of cellular devices (phone, tablet, laptop etc) are strictly prohibited in Locker and Aquatics areas.
- **ALL WELLNESS CENTER STAFF DECISIONS ARE FINAL.**



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24 Hour Access Information:

- 24 hour facility access is permitted based on a current Wellness Center membership status. Expired members are not eligible to use the facility at any time.
- Members must be 18 years or older in order to access and use the facility during unstaffed hours. No Exceptions.
- Members must scan an Active Honda campus badge or Active Wellness Center issued badge at the main entrance door to enter facility, next members must scan their Active Honda campus badge or Active Wellness Center issued badge at the front desk for visit tracking.
- A member's badge will give access to that member only. Tailgating/Piggybacking will not be permitted. This includes dependents under the age of 18.
- Guests are not permitted during unstaffed hours.
- In case of emergency, DIAL 1000 from any phone.

Daily Guest:

- Each membership, family or single, will be permitted to bring FIVE (5) guests per visit. Fee: \$5 each guest, per day.
- A member must be at least 16 years of age in order to bring a guest.
- All guests must have a Guest Consent, Release and Authorization form, which will be valid for 12 months.
- Guests under the age of 18 must have Guest Consent, Release and Authorization form completed by a parent or legal guardian prior to entering the building. No written notes permitted.
- A Wellness Center member must always accompany their guest and are responsible for the guest's adherence to all Wellness Center Guidelines. When the member leaves the Wellness Center, the guest must also leave the facility.
- Guests may not be eligible to participate all Honda Wellness Center programming.

Weight Room:

- Proper workout attire must be worn at all times. Shirt and shoes must be worn. Open-toed sandals, dress shoes and work boots are not permitted to be worn in the weight room and/or while using aerobic equipment.
- Members under the age of 16 are not permitted in the weight room, unless they have completed the Youth Fitness Program – "FitStart". (Ask a staff member for more information.)
- Members are responsible for cleaning and replacing all equipment after each use.
- Weight belts are not permitted on some equipment, ask staff for details.
- Do not throw or drop weight room equipment including weights and dumbbells.
- After using any of the equipment, clean all machines using the spray bottle or cleaning wipes provided by the facility.
- Television channels, radio stations, and music selections are on an approved list set by management.
- All appointments are scheduled through a Honda Wellness Center staff member.

Gymnasium:

- All Equipment is to be set up or changed by the Wellness Center Staff only. Members are responsible for replacing all gymnasium equipment after each use.
- Street, work, dark soled gym or turf shoes are not permitted on the gymnasium floor. Steel toe shoes are prohibited!
- FOOD or DRINK (except water) are not permitted in gymnasium.
- Notice: The gymnasium is occasionally used for corporate events and will be closed during these times.

Virtual Participation:

- Virtual classes and programs are intended for Honda Wellness Center members only.
- Recording of virtual classes and events is strictly prohibited.



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Aquatic Facility (AWC & WWC only):

- Street shoes are not permitted in the pool area.
- Proper swimming attire must be worn at all times. T-shirts, cut-off shorts, and thongs are not considered swimming attire and are not permitted.
- Children under 16 must be accompanied by a member (16 or older).
- An adult must directly supervise the use of floatation devices. The lifeguard must approve all floatation devices, toys, ball, etc.
- No electrical devices of any kind are permitted.
- If a person displays the inability to swim in the deep end, the lifeguard reserves the right to give them a swim test.
- Children must be supervised at all times in the baby pool area.
- Parents must change diapers in the locker room (Health Department Regulations).
- The pool will be closed when no lifeguard is on duty.
- In the case of lightning or any unexpected situations, the pool area will be closed.

Indoor Cardio Track (TMP-O Activity Center only):

- Street, work, dark soled gym or turf shoes are not permitted on the walking track floor. Steel toe shoes are prohibited!
- Children under 16 must be accompanied by member 16 or older.
- Slower traffic must stay on the inside of the track, faster traffic use the outside of the track.
- Balls and other play equipment are not permitted on the track.
- There is no climbing or hanging on track railing.