

APPENDIX 04 - WELLNESS ROOM GUIDELINES

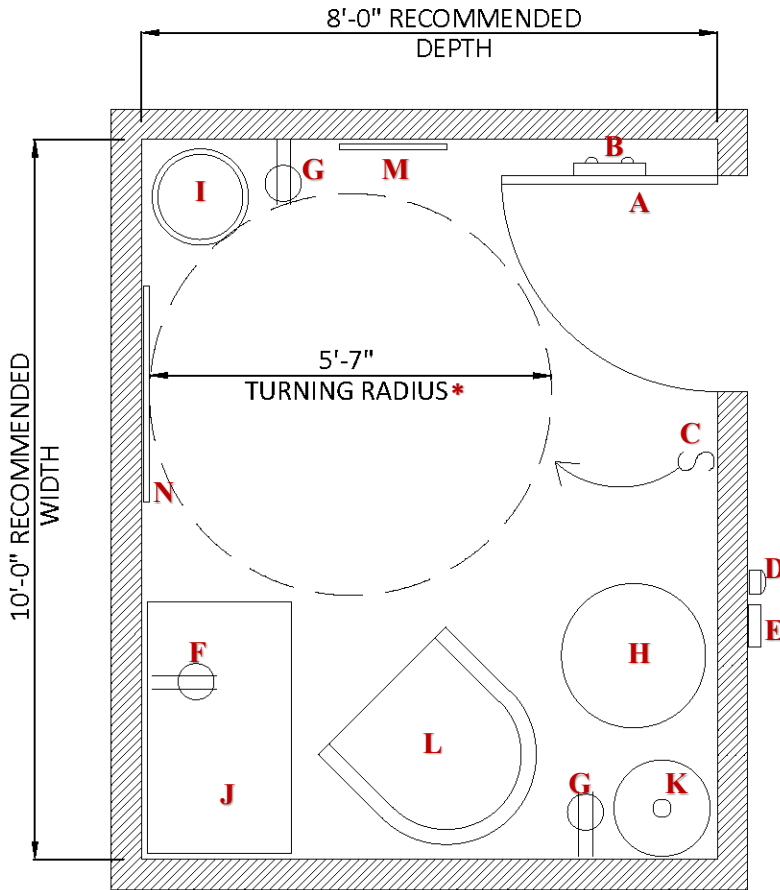
A. Design Considerations:

1. Accessibility codes and guidelines shall be met for all the features of wellness rooms.
2. All aspects of wellness rooms are to comply with the applicable University Design Standards.
3. All wellness room finishes, furniture, and equipment materials should be easy to clean/sanitize.
4. When possible, wellness rooms should be located in low noise level areas.
5. If the wellness room has an exterior window, provide proper window treatments.

B. Wellness Room Guidelines:

1. Wellness rooms should provide, at a minimum, the following:
 - a. All walls shall be full height with no clear or translucent panels unless treated with vision blocking material. All walls to maintain a sound transmission rating of 50 STC or greater. If needed, provided sound dampening materials to minimize sound transmission.
 - b. Adequate HVAC service, adequate lighting, and well-placed electrical outlets. *(See Figure 1 for suggested outlet locations.)*
 - c. A lockable door equipped with occupancy indicator privacy hardware. *(See Rutgers door hardware standards for selections.)* The door shall not any transparent vision panels unless treated with vision blocking material.
 - d. A work surface and chair. The chair should be comfortable and easily moveable.
 - e. Nearby access to running water that can be used for cleaning breast pump equipment. *(A sink other than a restroom sink is preferred.)*
 - f. See Figure 1 – Suggested Wellness Room Layout for additional requirements.
2. Additional Wellness Room recommendations:
 - a. Paper towel dispenser or storage.
 - b. Storage for cleaning supplies.
 - c. Location for future refrigerator.
 - d. A fixed mirror. *(Full-length preferred.)*
 - e. If possible, a small utility-type sink in the room.

FIGURE 1: SUGGESTED WELLNESS ROOM LAYOUT



- A** 36" opaque door with privacy indicator door lock
- B** Coat hook
- C** Light switch to ceiling fixture (*dimming optional*)
- D** Card access control device, per IAM (*optional*)
- E** Room reservation system/display, per Rutgers (*optional*)
- F** Standard duplex receptacle at height above work surface
- G** Standard duplex receptacle at standard height
- H** Non-fixed side table¹
- I** Non-fixed wastebasket²
- J** Non-fixed 36" or 42" x 24" counter or adjustable height table on casters
- K** Non-fixed floor lamp³
- L** Non-fixed recliner chair⁴
- M** Wall mounted mirror
- N** Wall mounted tack board

WELLNESS ROOM PLAN

Scale: 3/8" = 1'-0"

*For projects prior to adoption of A117.1-2017 – 60"

Notes:

- ¹Confirm size and features of side table with Interiors Group.
- ²Confirm size and type of wastebasket with Environmental Services.
- ³Confirm style and features of floor lamp with Interiors Group.
- ⁴Large desk chair on casters optional if space is an issue.

Wellness Room Furniture

Photos and models are for reference. "Or equal" selection based on size of room, in- room amenities and current availability of furniture and accessories.



- Glider or recliner** - Global Coast **Patient Chair** - OFS Serony (motion back)
- General performance specifications for Chairs:
- Reclines or glides
 - Glides for hard floor or carpet as required
 - PFOS free vinyl or Silica based material, anti-microbial



Lounge Chair - Dauphin 4+



- Side Table** - OFS Wyre
- Lightweight (16" dia x 22" H)
 - Laminate or Solid Surface top
 - Metal base



- Full Length Mirror**
- Full height with frame
 - Secured to wall



- Floor Lamp**
- Dimmable
 - LED Bulb (warm white)



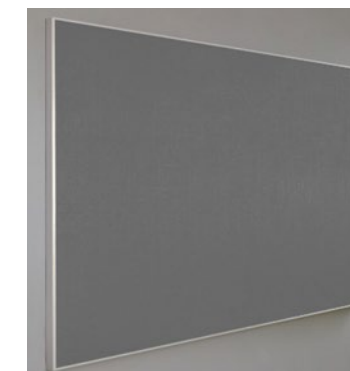
- Ottoman** - Global PrimaCare
- General performance specifications for Ottomans:
- Integral or separate footrest for purpose of elevating legs (max" – min" H)
 - Glides or felt for hard floor or carpet glides, as required
 - PFOS free vinyl or Silica based material, anti-microbial



Ottoman - OFS Saven



- Rolling Table**
- 24"D x 36" or 42"W
 - On casters
 - Counter or adjustable height



- Tack Board**
- 24"H x 36"W
 - Cork or other tackable surface



- Coat Hook**
- Mounted behind the door or as needed
 - 2 prong minimum
 - Metal