

Fairchild AFB Fitness Center Statement of Understanding (SOU) Compliance of Rules During Unstaffed Hours

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I understand and agree that my access to the Fitness Center during unstaffed hours is a special privilege which can be taken away for a violation of rules. Furthermore, I agree to abide by all rules stated in this SOU. This SOU may be amended from time to time at the sole discretion of the Fitness & Sports Manager.

Fairchild AFB Fitness Center Rules During Unstaffed Hours:

- Only authorized patrons, family members and guests as defined by AFI 34-101, *Services Programs & Use Eligibility*, age 18 and over (AD can be age 17) will have access to the Fitness Center during unstaffed hours. All authorized patrons must request access and be registered with the Fitness Center to obtain access.
- All patrons must follow age/area restrictions IAW AFI 34-266.
- Authorized personnel 18 years or older may sign-in up to three (3) guests age 16 years or older. Guests have the same priority as their sponsors who must arrive with, accompany, and be responsible for their conduct.
- Guests are required to leave the facility when the sponsor leaves. Individuals without a sponsor will not solicit a sponsor to gain entrance to the facility. Sponsor/guest(s) must carry their ID with them at all times.
- Patrons acknowledge that there will be no supervision or assistance during unstaffed hours and are expected to behave in accordance with good standards of conduct and discipline. Surveillance cameras will be recording activities within the Fitness Center during unstaffed hours. Actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, and violation of rules will not be tolerated and are subject to punishment under the Uniform Code of Military Justice (UCMJ). Active Duty patrons (Sponsors) will be held responsible for the conduct of their dependents.
- Authorized patrons/sponsors will swipe once for entry at the main entrance. Patrons who are working out when the facility closes must swipe in at the Service Desk terminal to continue with their workout.
- Patrons must swipe their own CAC when entering the facility. Using another member's CAC or providing your CAC to another member is prohibited and will be prosecuted IAW the UCMJ.
- For security, safety, and accountability, patrons must swipe their card before following another individual or group into the Fitness Center. Holding or propping the door open is strictly prohibited and will result in the loss of my privilege; I will ensure that the door closes securely following my entry. All doors must remain closed unless of an emergency.
- All areas are open for use other than those which are locked. Locked areas include and are not limited to Health Promotion, Aquatics Center and staff offices.
- Patrons acknowledge that there may not be anyone on site to respond to an emergency. However, in case of any emergency or need for assistance, an emergency phone is located at the Service Desk.
- It is highly encouraged that patrons utilize the Wingman Concept during unstaffed hours.
- Recommend the use of Cardiovascular and Selectorized equipment, versus free-weights and basketball courts, to mitigate user risks.
- A spotter is required when using free-weight bars. If a spotter is not available, a power cage **MUST** be used. Additionally, it is highly recommended not to perform max-bench attempts or to exercise above one's training limits and experience.
- Patrons acknowledge that Fairchild AFB is not responsible for protection of personal property.
- In the event of severe weather, patrons will Shelter-in-Place in the central hallway until severe weather has passed.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident I will follow the published procedures.
- In the event of a power outage, all patrons will gather their belongings and exit the building promptly.
- Violation of the rules will result in loss of privileges and are subject to the UCMJ.

I am / am not familiar with how to *safely* operate all fitness equipment available during unmanned hours. If not, an equipment orientation is required before using facility after-hours. Orientation Date: _____

An orientation is required for the Emergency/Safety Zone/Emergency procedures/information, Phone, Automated External Defibrillator (AED), first aid kit with instructions. Orientation Date: _____

I certify that I have read and understand the Rules During Unstaffed Hours in the Fairchild AFB Fitness Center, and I agree to abide by all of the terms of this statement of understanding.

Rank/Name: _____ Unit: _____

For Dependents, Sponsors Name/Unit: _____

Signature: _____ DoD#: _____ Date: _____

FSC Staff Member Signature: _____ Date: _____