JFCBS FITNESS CENTER

FACILITY RULES

All customers are encouraged to receive a medical clearance by their primary physician prior to starting any physical activity.

**AGE POLICY**

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| 18 years and over | Unrestricted use of the Fitness Center. |
| Youth 13-17 years of age | Full access when under direct qualified adult\* supervision. |
| Youth 6-12 years of age | Not permitted in cardiovascular, sauna, weight equipment rooms or group exercise rooms during scheduled adult exercise classes. Permitted in other activity areas (i.e., basketball court, racquetball courts, locker room\*\*, family room) only under qualified adult interactive\*\*\* supervision. |
| Children under 6 years of age | Permitted in Fitness Center family Room for supervised play. Permitted to be a participant (participating in age appropriate programing) or spectator in a sport or special event only under qualified adult interactive supervision. |
| \*A qualified adult is a parent, legal guardian, qualified child and youth program personnel, Fitness and Sports Center personnel conducting a program, or coach.  \*\*Children age 6 and over are not allowed in the opposite gender locker room or dressing areas. To protect all individuals’ privacy, taking photos, using social media, facetime/skype/video etc. in the locker rooms while in use by customers is prohibited.  \*\*\*Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. Permitted to be a participant (participating in age appropriate programing) or spectator in a sport or special event only under qualified adult interactive supervision. | |

**CUSTOMER ATTIRE**

Clean and appropriate clothing must be worn to maintain a proper image of a military and family fitness and sports facility.  Attire should be conservative and modest in nature without obscene and offensive language or graphics.  Athletic attire and athletic-type shoes will be worn in all activity and equipment areas.  Only court shoes with non-marking soles will be worn on hardwood floors; boots are not authorized on treadmills or hardwood floors.  Sauna clothing will be limited to clean and conservative athletic wear and/or towel. No footwear, bulk clothing, or “sweat suits” allowed in the sauna.

**EMERGENCY PROCEDURES**

All users must be familiar with the layout of the Fitness Center, and the location of all emergency exits, fire alarm points, fire hydrants, first aid points and telephones. In the event of a fire, medical incident, bomb threat or any other emergency situations call ext. 2000 or +31 45 526 2000 by a cell phone immediately. Outside of Normal Working Hours (ONWH), first aid response will be provided by the International Military Police (IMP).

**EMERGENCY FACILITY MAINTENANCE**

In the event of an emergency maintenance matter (i.e. burst water pipe, power outage, etc.) users are requested to action the following protocol:

* 1. Contact ext. 2000 or +31 45 526 2000 by a cell phone to report the maintenance issue and await instruction.
  2. If deemed necessary, evacuate all Fitness Center users.

**UNSERVICEABLE EQUIPMENT**

If an item of equipment is deemed to be unserviceable, customers are requested to action the following protocol:

* 1. During business hours, report the defective item/equipment to the Fitness Center staff at the earliest opportunity either in person or by calling the admin office at ext. 3170 or +31 45 526 3170 by cell phone.

1. During ONWH, place an out-of-order sign on the item/equipment deemed to be defective. The signs are located in each exercise area.

**24/7 FITNESS CENTER ACCESS**

ONWH provides customers with the opportunity to continue their exercise regime after normal facility business hours as well as during weekends, and holidays.  Due to the added safety concerns this service brings, all individuals must be extremely cautious and comply with all of the guidelines below and instructions/briefing provided by the Fitness Center staff:

* Individuals 18 years and older must register, and complete the Safety and Liability briefing & contract provided by the Fitness Center staff.
* An access key is mandatory for each person 18 years or older.
  + - For those under 18 years old, age policy and restrictions apply IAW Directive 05-30.
* Only one entry per key holder is permitted.
* Sauna usage is restricted to normal working hours only.

Patrons sharing access keys or holding the door open for any other personnel will result in loss of privileges.

* + 1st Offense: 30 day suspension of 24/7 Fitness Access
  + 2nd Offense: 90 day suspension of 24/7 Fitness Access
  + 3rd Offense:  Permanent loss of 24/7 Fitness Access.  Suspended members will still be able to use the Fitness Center during manned business hours.

At the discretion of the Morale & Welfare Operations Manager or MWA Branch Head, depending on the severity of an incident, listed or not listed above, the above sanctions may be bypassed, and a member’s access can be immediately revoked.

**REFERENCES & FURTHER INFORMATION:**

*JFCBS Directive 05-30, Morale & Welfare Activities*

*24/7 Fitness Access, Statement of Understanding, Waiver/Assumption of Risk Form*

*Contract, Outside of Normal Working Hours Use*