

Hanscom AFB Fitness and Sports Center Statement of Understanding (SOU) of Rules

Name (please print) _____

Compliance with Rules

I understand and agree that my access to the Hanscom AFB Fitness Center is a special privilege which can be taken away immediately for a violation of rules. As an eligible user, I agree to abide by all Hanscom AFB (“HAFB”) Fitness Center (“Fitness Center”) rules contained herein, including unmanned hours rules, as well as any and all other Fitness Center rules posted at the Fitness Center as may be amended from time to time at the discretion of the Fitness Center Director.

PARAGRAPH 1. General Rules

- Any civilian or contractor who wishes to utilize the Fitness Center must complete the Fitness Center Release and Waiver of Liability Agreement before they can use the Fitness Center. Access to and use of the Fitness Center is conditioned on the voluntary acceptance of and agreement to those conditions.
- All verbal, posted, and written rules for the Fitness Center must be followed at all times.

PARAGRAPH 2. HAFB Fitness Center Rules During Unmanned Hours

- Only eligible users who have properly registered with the HAFB Fitness Center (referred to herein as “Users”) have access to the Fitness Center during unmanned hours. Eligible users are active-duty military (“AD”) and their dependents, retirees, DoD Civilians, Federally Funded Research and Development Centers Contractors (MIT Lincoln Labs and MITRE) and Guard and Reserve members who are over the age of 18 years old (AD can be age 17).
- Eligible users are authorized to sponsor dependents under the age of 18 with their DoD ID/entry card during unmanned hours. However, sponsor dependents must be supervised at all times as outlined in Attachment 1. Users are NOT allowed to drop off dependents under the age of 18.
- Any dependents who utilize the Fitness Center must also complete the Fitness Center Release and Waiver of Liability Agreement. Allowing dependents access to the Fitness Center during unmanned hours, without first completing the Fitness Center Release and Waiver of Liability Agreement, is a violation of HAFB rules and will subject the User to immediate revocation of Fitness Center privileges.
- Users may only enter the Fitness Center by swiping their entry card at the main entrance facing the parking lot. All other doors MUST remain closed at all times, absent an emergency.
- Each User must swipe his/her own card to gain access to the Fitness Center and is responsible to ensure that, after he/she enters or exits the facility, the door is securely closed before any other individual accesses the facility.
- Guests (non-dependents) are NOT allowed in the Fitness Center during unmanned hours. DoD ID and/or entry card sharing is strictly prohibited and will result in immediate loss of unmanned hours access privileges.
- There is no supervision or staff assistance during unmanned hours. Users are expected to behave in accordance with good standards of conduct.
- Cameras will closely monitor the Fitness Center during unmanned hours. Theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, nefarious behavior, and/or violation of rules will not be tolerated and violators may be prosecuted.
- Users must wear appropriate clothing that maintains a proper image in a military and family fitness facility. Attire must be conservative and modest in nature. Obscene/offensive language or graphics

are prohibited. Athletic attire and athletic-type shoes must be worn in all activity and equipment areas. *Military utility uniforms are authorized to be worn during workouts and members may remove their utility uniform coat (blouse); however, t-shirts must be worn. Boots are not authorized on treadmills or hardwood floors.* Casual slacks/shorts and jeans are considered non-exercise attire and are prohibited. Due to safety concerns (including the risk of dehydration and heat illness), garments made of plastic, rubber, nylon, etc. that are specifically designed to increase the amount of perspiration, are prohibited in any fitness facility at HAFB, including indoor and outdoor running tracks and fields.

- Areas that are not available for use will be locked or clearly marked as restricted.
- Locked and restricted areas include, but are not limited to: Bowling Alley, Admin Offices, Climbing Wall, Fitness Bubble, and the two Bowling Hallway's Locker Rooms.
- Accessible Areas available for use are: Cardiovascular Room, Main Gym, Upstairs Stretching Area, Upstairs Track, Upstairs Free Weight Room, the Warrior Fitness Aerobic Gym, Family Fitness Room and the Main Locker Rooms.
- All Users must pick-up after themselves and ensure all equipment is returned to the appropriate storage location.
- HAFB is not responsible for protection of personal property.
- Users must recognize that no staff will be on site to respond to a medical emergency, injury, or similar event. To foster a safer fitness workout environment, a "Wingman Fitness Program" is highly encouraged. Users should be accompanied by an eligible "Wingman" to help respond to any problems that arise related to personal safety or equipment malfunction.
- In case of an emergency or need for assistance, an emergency phone is available for use at the Front Desk of the HAFB Fitness Center. It also may be used to report any issues with the facility (HVAC, burned out lights, broken doors or windows, etc.) or other Users. An emergency phone listing is posted by the emergency phone.
- In the event of severe weather, Users must proceed to the alternate Shelter-in-Place location (either the Men's or Women's Restroom) until the severe weather has passed; use the "Wingman" concept to help each other during such events.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident, Users must follow the HAFB's published procedures.
- In the event of a power outage, the facility will close immediately and Users must gather their belongings and exit the building promptly; use the "Wingman" concept to help each other during such event.
- Violation of these rules or any other Fitness Center rules posted at the Fitness Center, as may be amended from time to time, will result in loss of privileges and potential criminal prosecution.

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

Orientation Date: _____

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

Print Name: _____ Unit: _____

Signature: _____ Date: _____

ATTACHMENT 1

Youth 16 years of age and over	Permitted in all areas of the Fitness and Sports Center without a qualified adult having line of site oversight. See note.
Youth 13 - 15 years of age	Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas, etc., only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. Permitted in other activity areas (i.e., basketball court, racquetball court, running track) only when a qualified adult is present in the facility at all times. Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event when a qualified adult is present in the facility at all times. For Fitness and Sports Center pools, use is permitted during instructional programs, or when a qualified adult is present in the facility at all times.
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, running track, locker room, parent and youth area) only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in or perform activity together at all times. Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event only under qualified adult interactive supervision. For Fitness and Sports Center pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.
Children under 6 years of age	Not permitted in Fitness and Sports Centers except as follows: Permitted in Fitness and Sports Center parent (legal guardian) and child areas for supervised play. Permitted to be a participant (participating in age appropriate programming) or spectator in a sports activity or special event under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. For Fitness and Sports Center pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.
<p>NOTES:</p> <p>1.</p> <p>A "qualified adult" is a parent, legal guardian, qualified family member program (FMP) staff member, qualified child and youth program personnel Fitness and Sports Center personnel conducting a program, or coach. AFI 34-144, <i>Child and Youth Programs</i>, provides further guidance.</p>	