



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS 316TH WING (AFDW)
JOINT BASE ANDREWS, MARYLAND 20762**

**Joint Base Andrews Tactical Fitness Center Statement of Understanding (SOU)
of Rules during Unmanned Hours**

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

Joint Base Andrews Fitness Center Rules during Unmanned Hours:

- Current authorized patrons, as defined by AFI 34-262, *Services Programs & Use Eligibility*, age 18 and over (Active Duty can be age 17) will have access to the Fitness Center during unmanned hours. Dependents ages 16 and 17 years old will be authorized use if registered and accompanied by their sponsor who is over 18 years old. All authorized patrons must request access during unmanned hours and be registered with the Fitness Center to obtain such access.
- Guests are not permitted into the facility during unmanned hours.
- Patrons acknowledge that there will be no supervision or assistance during unmanned hours and are expected to behave in accordance with fitness center rules and good standards of conduct and discipline. Surveillance cameras will be recording activities within the Fitness Center during unmanned hours. Actions such as theft, defacement, intentional damage to government property, sexual assault, inappropriate sexual behavior, and other violations of rules or laws will not be tolerated and are subject to punishment under the Uniform Code of Military Justice (UCMJ) or other applicable laws. Sponsors will be held responsible for their dependents' conduct.
- Authorized patrons will swipe once for entry at the Tactical entrance with their registered identification card. Patrons working out when the facility closes must exit the facility and swipe back in to continue with their workout.
- Identification card (CAC, proxy, etc.) sharing is strictly prohibited and will result in the loss of privileges. Identification card (CAC, proxy, etc.) sharing is viewed as theft of services and may be prosecuted in accordance with the UCMJ or other applicable laws.
- For safety and security, patrons must ensure the door closes securely following entry. All other doors **MUST** remain closed unless there is an emergency.
- **The Tactical area and locker rooms** are the only areas authorized for use. All other areas will be locked during unmanned hours, to include the weight room, spin room, aerobic room, racquetball courts, basketball court, parent child area, and offices.
- Patrons acknowledge that there may not be anyone on site to respond to an emergency. However, in case of any need for assistance, an emergency phone is located in the tactical area, along with an Automated External Defibrillator (AED).
- The following behaviors are highly recommended:
 - Utilize the Wingman Concept during unmanned hours and exercise with a partner.
 - Use cardiovascular and selectorized equipment, versus free-weights, to mitigate user risks
 - If free-weights are used, use a spotter to prevent injuries from dropped weights.
 - Do not perform max-bench attempts or exercise above one's training limits and experience.

- Patrons acknowledge that Joint Base Andrews is not responsible for protection of personal property.
- In the event of severe weather, patrons will Shelter-in-Place in the tactical fitness area until severe weather passes.
- In the event of a power outage, all patrons will gather their belongings and promptly exit the building.

I certify that I have read and understand the Rules during Unmanned Hours in the Joint Base Andrews 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: _____ Date: _____

Phone Number: _____

Email Address: _____

America's Airmen