**Short Fitness and Sports Center Statement of Understanding (SOU)**

**And**

**Waiver/Assumption of Risk Form**

**I understand and agree that my access to the Fitness Center during unmanned 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**.

Short Fitness and Sports Center (SFSC) Rules During Unmanned Hours:

* I will register my Common Access Card (CAC) and sign this SOU and Waiver/Assumption of Risk Form prior to participating in Fitness Access.
* All current authorized patrons as defined by AFI 34-101, Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility approved by the Installation Commander, and over the age 18 (Active Duty can be age 17) may have access to the Fitness Center during unmanned hours and are responsible to report any misuse, abuse, or violations to Security Forces or the SFSC staff.
* Guests are not permitted into the facility.
* Patrons acknowledge that there will be no supervision or assistance during unmanned 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 unmanned 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).
* Authorized patrons will swipe once for entry at the main entrance. Patrons who are working out when the facility closes must exit the facility and swipe back in to continue with their workout.
* CAC sharing is strictly prohibited and will result in the loss of privilege. CAC sharing is viewed as theft of services and will be prosecuted in accordance with the UCMJ.
* For patron safety and security, patrons must ensure that the door closes securely following entry. All other 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 the Group Exercise rooms, Gymnasium, 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 entry to the Free Weight Room.
* It is highly encouraged that patrons utilize the Wingman Concept during unmanned hours.
* Recommend the use of Cardiovascular and Selectorized equipment, versus free-weights 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 MacDill 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 a power outage, all patrons will gather their belongings and exit the building promptly.
* Patrons who do not adhere to CDC COVID-19 Guidelines are subject to **suspension** from 24/7 Access.
* Violation of the rules will result in loss of privileges and are subject to the UCMJ.
  + 1st offense – 30 day suspension from unmanned hours
  + 2nd offense – 90 day suspension from unmanned hours
  + 3rd offense – Permanent suspension from unmanned hours

**TURN OVER**

**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 the 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 and COVID-19 Guidelines during Unmanned Hours in the Short Fitness and Sports Center, and I agree to abide by all of the terms of this statement of understanding.**

**I have been briefed on the Fitness Center Operational and Emergency Procedures.**

Rank: \_\_\_\_\_\_\_\_\_\_\_ Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LAST FIRST MI

Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Dependent’s Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FSC Staff Member Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COVID-19 FSC STANDARDS:

* Patrons are expected to follow CDC Guidelines.
* A minimum of 6 feet social distance.
* Masks **MUST** be worn at all times unless doing cardiovascular exercises. (I.E. Treadmill, Spin Bikes, etc.)
* If you are feeling ill, or have been in contact with someone who has tested positive for COVID-19, please stay home and follow CDC Quarantine Guidelines.
* Please bring your own water bottles.
* Patrons who do not adhere to CDC Mask wear Guidelines are subject to **suspension** from 24/7 Access.
* Limit to 1 piece of equipment at a time (no supersets)
* You must wipe sweat off prior to disinfecting the entire machine and plates
* Use of disinfectant provided in the weight room MUST be used on equipment in the weight room only. Disinfectant wipes are provided in all other rooms.
* You must wait to use a piece of equipment a specified time after disinfecting (3 min w/spray)
* YOU MUST clean equipment BEFORE and AFTER use