

24/7 FITNESS ACCESS RULES

• OPEN TO CAC HOLDERS ONLY AT THIS TIME •



MASKS ✓

Masks MUST be worn at all times. No exceptions.



NO CROWDING ✗

Maintain a minimum of 6ft social distance.



SIGN IN ✓

Swipe card for entry. Guests are prohibited. Patrons may not swipe in or open the door for members without access. Doing so will result in loss of privileges.



- Patrons are expected to follow CDC guidelines.
- 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.
- Patrons who do not adhere to Fitness Center & CDC guidelines are subject to suspension from 24/7 access.



Members will bring their own mask, water bottle, and sweat towel

- Limit to 1 piece of equipment at a time (no supersets)
- Wipe sweat prior to disinfecting the entire machine & plates
- Disinfectant provided in the weight room MUST be used on equipment in the weight room only. Disinfectant wipes are provided in all other rooms.
- Wait 3min (after spray) to use a piece of equipment
- You MUST clean equipment BEFORE and AFTER use

YOU MUST PRE-REGISTER FOR 24/7 ACCESS.
VISIT [MACDILLFSS.COM/SHORT-FITNESS-CENTER](https://www.macdillfss.com/short-fitness-center)
OR STOP BY THE FRONT DESK TO REGISTER.

**SHORT
FITNESSCENTER**
MACDILL AFB FL

For More Info Call:
828-4496

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON
www.macdillfss.com