



DEPARTMENT OF THE AIR FORCE
733D MISSION SUPPORT GROUP
JOINT BASE LANGLEY-EUSTIS VA

09 JUNE 2021

**Joint Base Langley-Eustis Fitness Center Statement of Understanding (SOU), Assumption of Risk,
and Compliance of Rules for After-Hours Access**

I understand and agree that my access to the Fitness Center during unmanned, after-hours access is a special privilege which can be taken away for any violation of the rules listed below. Furthermore, I agree to abide by all rules stated in this SOU. This SOU may be amended at the sole discretion of the Fitness Center Director.

Joint Base Langley-Eustis Fitness Center Rules for After-Hours Access:

- Current authorized patrons as defined by AFI 34-101, *Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility*, states Active Duty Military, Retired Military, Dependents and DOD Civilians age 18 and over will have access to the Fitness Center during After-Hours Access. All authorized patrons must request access and be registered with the Fitness Center to obtain After-Hours Access.
- Guests are NOT permitted during After-Hours Access. Everyone utilizing the facility during unmanned hours MUST scan in upon entry. Failure to comply will result in immediate 30-day suspension from After-Hours Access.
- Patrons acknowledge that there will be no supervision or assistance during After-Hours Access and are expected to behave in accordance with Fitness Center rules and standards. Surveillance cameras will be recording activities within the Fitness Center during After-Hours Access. Actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, and violation of any other rules will not be tolerated and are subject to punishment under the Uniform Code of Military Justice (UCMJ).
- Authorized patrons will scan once for entry at the main entrance. Patrons who are working out when the facility closes must exit the facility and scan back in to continue with their workout. You may NOT scan in for another person.
- CAC sharing is strictly prohibited and will result in the loss of privilege. CAC sharing is viewed as theft of services and may be prosecuted in accordance with the UCMJ. This applies to all card holders with entry to After-Hours Access.
- If you already have After-Hours Access, but your CAC fails to unlock the doors, regardless of the scanner lighting up green or making a beep sound, you are not permitted entry. The door must unlock for you to enter.
- For patron safety and security, patrons must ensure that the door closes securely following entry. All other facility doors MUST remain closed unless there is an emergency.
- Wingman or Battle Buddy concept is strongly recommended to be utilized during After-Hours Access. All individuals must have their own access to the facility. NO guests are allowed.
- Use of the Indoor Rock Climbing Wall and Saunas is prohibited during After-Hours Access. These areas will be CLOSED during After-Hours Access. Any attempt to gain access will result in an immediate 30-day suspension.
- Recommend the use of Cardiovascular and Selectorized equipment, versus free-weights, to mitigate user risks. If free-weights are used, it is highly recommended to use a spotter to prevent injuries from dropped weights. It is highly recommended not to perform max-bench attempts or to exercise above one's training limits and experience.
- Patrons are required to wipe down all equipment and re-rack all free weights after use.
- Patrons acknowledge that Joint Base Langley-Eustis is not responsible for protection of personal property.
- 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 front lobby, along with an AED.
- In the event of severe weather, patrons will Shelter-in-Place in the locker rooms until severe weather has passed.
- In the event of a power outage, all patrons will gather their belongings and exit the building promptly. Flashlights will be available at the front desk if needed.
- In the event of a fire, patrons should pull the fire alarm, call 878-4357, and evacuate the building immediately.
- Violation of any of the above rules will result in loss of privileges and are subject to UCMJ action.
- After-Hours Access MUST be renewed every 6 months by signing a new SOU. If you have to get a new CAC for any reason, you must re-register for After-Hours Access so that your new CAC can be activated.
- Patrons who are unvaccinated or not fully vaccinated with the COVID-19 Vaccine are required to wear a face covering, except while actively participating in physical activity, and must practice social distancing at all times.

Failure to comply with any of the above rules will result in immediate loss of privilege. First offense will result in an immediate 30-day suspension from After-Hours Access. After 30 days, the patron can regain access by returning to the Fitness Center and filling out another Statement of Understanding (SOU). A Second offense will result in permanent loss of privilege of After-Hours Access.

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People First... Aim High... Army Strong

I certify that I have read and understand the Joint Base Langley-Eustis Fitness Center Rules during After-Hours Access listed above. I fully acknowledge that if I break any of the above rules, I will immediately lose my After-Hours Access for 30 days.

I agree to comply with all rules and regulations, all safety policies, guidance and warnings incident to participation in activities during After-Hours Access. Facility management reserves the right to evict, revoke or terminate privileges of individuals that fail to keep or obey any such rules or regulations. I agree that it is my sole responsibility to be familiar with the equipment, the safety rules, and any physical limitations I may have in order to safely utilize during After-Hours Access.

I certify that I have read and understand this SOU, Assumption of Risk, and Compliance of Rules document and am fully aware of the published procedures required to utilize the JBLE Eustis, McClellan Fitness Center After-Hours Access. I agree to abide by all of the rules within this agreement and will renew my access every 6 months by signing a new SOU.

First and Last Name: _____ Rank: _____ Unit: _____
(Please Print)

Phone Number: _____ Email Address: _____

Signature _____ Date: _____

//DEPENDENTS ONLY//

Sponsor's First and Last Name: _____ Unit: _____

Fitness Center Staff Signature: _____ Date: _____

THE INFORMATION BELOW IS FOR FITNESS CENTER STAFF ONLY

An orientation is required for the Emergency Procedures/Safety Zone Information, Phone use, Automated External Defibrillator (AED), and first aid kit.

Orientation Date: _____ Fitness Center Staff initials: _____

After-Hours Access Input into the system by: _____ Date: _____

After-Hours Access Expires on: _____