

**Hanscom AFB Fitness and Sports Center Statement of Understanding
(SOU) of Rules during Unmanned Hours**

Rank/Name/Sq (please print) _____

Compliance with Rules

I understand and agree that my access to the Hanscom AFB Fitness Center during unmanned hours 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 Fitness Center rules and unmanned hours rules which will be posted at the Fitness Center and may be amended from time to time at the discretion of the Fitness Center Director.

Hanscom AFB Fitness Center Rules during Unmanned Hours:

- Only eligible users will have access to the Fitness Center during unmanned hours and they must register their DoD ID at the Fitness Center to have access. Only authorized patrons are active duty military and their dependents, DoD Civilians, Guard and Reserve members, over the age of 18 years old (AD can be age 17).
- As an eligible user, you will swipe once for your entry at the main entrance facing the “Shoppette” parking lot.
- No guests can attend with you when you swipe your card to get access into the Fitness Center.
- You will ensure that upon gaining entry or exiting the facility, the door closes securely behind you. All other doors MUST remain closed unless there is an emergency situation.
- DoD ID sharing is strictly prohibited and will result in immediate loss of privilege. DoD ID sharing is viewed by the Air Force as theft of services from Hanscom AFB Fitness and Sports and will be prosecuted IAW the UCMJ and Title 12.
- You understand that there will be no supervision or assistance during unmanned hours, and you are expected to behave in accordance with good standards of conduct.
- You understand cameras will be closely monitoring what happens in the Fitness Center during unmanned hours and actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, nefarious behavior, and violation of rules will not be tolerated and are subject to punishment under the UCMJ and Title 12.
- Appropriate clothing must be worn to maintain 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 will 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 not to be worn. Due to safety concerns (including an increased risk of dehydration and heat illness), garments made of plastic, rubber, nylon, etc. that are specifically designed to increase the amount of perspiration, are not authorized in any fitness facility, to include indoor & 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 and are not limited to; Upstairs Free Weight Room, Warrior Fitness Aerobic Gym, Bowling Alley, Admin Offices, Family Fitness Room, Climbing Wall, Tennis Bubble, and the Main Locker Rooms.
 - Accessible Areas are; Cardiovascular Room, Main Gym, Upstairs Stretching Area, Upstairs Track, and the two Bowling Hallway’s Locker Rooms.
- You must pick-up after yourself and ensure all equipment used goes back to the appropriate storage location.
- You are aware Hanscom AFB is not responsible for protection of personal property.
- You are aware that if you become injured or have any other medical emergency or event, that there most

likely will be no one on site to respond to your emergency. To foster a safe fitness workout environment, a “Wingman Fitness Program” is highly encouraged. Authorized members should be accompanied by a “Wingman” to ensure a timely and adequate response is given concerning any instances of personal safety or equipment malfunction. A “Wingman” must be an authorized user as stated in the above definition statement.

- I will identify and assess potential risks before engaging in any activity. It is highly recommended I should exercise with my “Wingman”. Using my “Wingman” as a workout partner along with using the available cardiovascular and selectorized weight equipment will mitigate risk of injury.
- However, in case of any emergency or need for assistance, an emergency phone is located at the Front Desk of Bldg. 1548 and will be used to report any issues with the facility (HVAC, burned out lights, broken doors or windows, etc.) or other customers. An emergency phone listing will be posted by the emergency phone.
- In the event of severe weather, you will proceed to the alternate Shelter-in-Place location (either the Men’s or Women’s Restroom) until the severe weather has passed and use the wingman concept to help each other out.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident I will follow the Hanscom AFB’s published procedures.
- In the event of a power outage, the facility will close immediately and you are to gather your belongings, exit the building promptly, and use the “Wingman” concept to help each other out.
- I hereby acknowledge and agree that the Department of Defense, the United States Air Force, HAFB and the Fitness Center or its staff, are not responsible for member’s safety during unmanned hours and the member assumes all risks associated with using the Fitness Center during those times.
- Violation of the rules will result in loss of privileges and you are subject to the UCMJ.

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 do / do not have current first aid or Self-Aid and Buddy Care training. If not, 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 during Unmanned Hours in the Hanscom AFB Fitness and Sports Center, and I agree to abide by all of the terms of this statement of understanding.

Print Rank/Name: _____

Squadron: _____

Signature: _____

Date: _____