

JOINT BASE ANACOSTIA-BOLLING (JBAB)
FITNESS CENTER STATEMENT OF UNDERSTANDING (SOU)
& COMPLIANCE OF RULES DURING UNMANNED HOURS

I understand and agree that my access to the Fitness Center during unmanned hours is a special privilege which can be revoked for a rules violation. 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 JBAB Commander.

Joint Base Anacostia-Bolling Fitness Center Rules during Unmanned Hours:

- Current authorized patrons as defined by the JBAB Commander will have access to the Fitness Center during unmanned hours.
- All authorized patrons must request access and be registered, using this form, from the Fitness Center.
- Dependents must be 18 years of age to register.
- Guests of registered users are not permitted into the facility during unmanned hours.
- Patron acknowledges that there will be no supervision or emergency assistance on site during unmanned hours and are expected to behave in accordance with fitness center rules and within the standards of conduct and discipline.
- Surveillance cameras will record 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).
- Active Duty/ Reserve Component members (Sponsors) will be held responsible for the conduct of their dependents.
- Patrons who are working out when the facility closes must exit the facility and swipe back in to continue with their workout.
- All normal rules for proper dress, machine usage, and etiquette remain in effect.
- All patrons must follow any directions given by JBAB officials (fire, police, or fitness center staff) who may be present.
- CAC Card 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.
- For patron safety and security, patrons must ensure that the door closes securely following entry. Valid military ID cardholders will not allow any other person to access when they enter. One ID card is valid for only that person's entry. "Piggybacking," is prohibited and will result in the loss of privileges for both parties. All other doors MUST remain closed unless there is an emergency.
- The Cross-Fit area, attached cardio room, and free weight room are the only areas authorized for use. All other areas of the fitness center, including the restrooms and locker rooms, will be locked during unmanned hours.
- 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 desk of fitness center along with an AED.
- **Use of free weights utilizing lifting bars is prohibited.**
- **It is highly encouraged that patrons utilize the Buddy System Concept during unmanned hours.**
- Patrons acknowledge that JBAB is not responsible for protection of personal property.
- In the event of severe weather, patrons may Shelter-in-Place in the Fitness Center area until severe weather has passed.
- In the event of a power outage, all patrons will gather their belongings and exit the building promptly.
- Violation of the rules will result in loss of privileges and are subject to the UCMJ.

I certify that I have read and understand the rules during unmanned hours in the Joint Base Anacostia-Bolling Fitness Center and I agree to abide by all of the terms of this statement of understanding.

Rank/Name (PRINT) _____
Unit _____
or Dependents: _____
Sponsor's Name/Unit: _____
Email Address _____

DOD# _____
Expiration Date _____
Card Read# _____

Signature: _____

Date: _____ Phone: _____