



MWR FITNESS
24-Hour Fitness Facilities Usage Agreement
During Unmanned Hours of Operations

I understand that my access to the 24/7 fitness facilities during unmanned hours of operation is a privilege. By my signature below, I express my understanding of, and agreement to abide by all of the terms and conditions listed below. I also understand that failure to comply with any of the following will result in revocation of access privileges during unmanned hours.

1. Sharing of CAC, Key, ID card, or FOB issued to me is prohibited.
2. Piggybacking, holding or propping the door open for others is prohibited. This will be seen as “theft of services” and you will lose your access over it.
3. Ensure door is properly closed when entering and exiting.
4. All other facility doors will remain closed unless needed for an emergency.
5. Upon entry, checking in using the facility iPad is required.
6. I am not permitted to have guests in the facility during unmanned hours.
7. A workout partner is highly recommended and encouraged. The use of a spotter is strongly recommended when using free weights or when appropriate.
8. I understand that my workout partner must be an adult age 18 or older when using the 24/7 facility.
9. I am familiar on how to safely operate all fitness equipment available.
10. The use of equipment safety devices must be used at all times.
11. All equipment, machinery, or devices will be used for the intended purpose.
12. All equipment used will be cleaned after use with the provided cleaning materials.
13. Equipment must remain inside the fitness facility and will not be taken outside of the facility under any circumstances.
14. Equipment identified as out of order will not be used.
15. Aquatic Center and saunas are not available.
16. Facility office spaces, storage areas, lighting, sound, and A/C controls are off limits.
17. Horseplay or other conduct that may jeopardize safety is prohibited.

18. I understand that the 24/7 fitness facilities do not provide supervision, instruction, or assistance for the use of the facilities and equipment during unmanned hours.
19. I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.
20. I agree to comply with all rules regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.
21. By accessing the 24/7 fitness facilities, I agree to report any misuse, abuse or violations of the fitness facility unmanned hours to the CFAC Security or the MWR fitness facility staff.
22. I understand and agree that MWR is not responsible for personal property that is lost, stolen, or damaged while in, on, or about the premises.
23. I understand that I may be subject to an investigation for items found damaged or missing during the unmanned hours at which I am present.
24. In case of emergency I will call 911 or 050-3363-5545 immediately.
25. I have been provided a facility tour along with an initial safety orientation brief by the MWR Fitness Staff.
26. I understand that losing the access key issued to me will result in loss of privileges to utilize the fitness facility during unmanned hours.

Name: _____

Sponsors Name: _____
(If different)

SIGNATURE: _____

Date: _____