



Fairchild AFB Fitness Center Code of Conduct - Unstaffed Hours



- All authorized patrons must be registered with the Fitness Center to obtain access.
- Unsupervised youth under the age of 18 (excluding all Active Duty) are prohibited from using unstaffed facilities.
- Patrons acknowledge that there will be no supervision or assistance during unstaffed hours and are expected to behave in accordance with good standards of conduct and discipline.
- Compliance is strictly enforced via surveillance cameras.
- Use of disparaging language is considered as a form of unlawful discrimination. Such language is prohibited.
- Music, lectures and podcasts must be kept to oneself. The use of a Bluetooth device is highly recommended for private listening.
- Appropriate clothing must be worn to maintain a proper image in a military and family fitness facility.
- Attire should be conservative, modest in nature, and without obscene and offensive language or graphics.
- 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 (shirt); however, t-shirts are worn.
- Only court shoes with non-marking soles will be worn on hardwood floors; boots are not authorized on treadmills or hardwood floors.
- Casual slacks, shorts and jeans are considered non-exercise attire.
- Garments made of plastic, rubber, nylon, etc., that are specifically designed to increase the amount of perspiration, are not authorized, including to include outdoor running tracks and fields.
- All areas are accessible for use other than those which are locked, blocked, or tagged as off-limits. Restricted areas include but not limited to the Health Promotion/Fitness Center staff offices/front desk.
- Patrons must scan their own CAC to enter the facility. Guests/or shared access is prohibited. Using another member's CAC or providing your CAC to another member is prohibited and will be prosecuted IAW the UCMJ.
- 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 UCMJ.
- Individuals gaining access must ensure that the door closes securely following entry. Holding or propping the door open is prohibited. All doors must remain locked and closed unless of an emergency.
- Patrons utilizing any equipment or accessory hardware must wipe down after use or sanitize items before returning them.
- An emergency phone and first-Aid kit is located at the Service Desk.
- It is highly encouraged that patrons utilize the Wingman Concept during unstaffed hours.
- Recommend the use of Cardiovascular and Selectorized equipment, versus free-weights and basketball courts, to mitigate user risks.
- A spotter is required when using free-weight bars. If a spotter is not available, a power cage MUST be used.
- Do not to perform max-bench attempts or to exercise above one's training limits and experience.

- Patrons acknowledge that the Fitness Center is not responsible for protection of individual property.
- In the event of severe weather, patrons will Shelter-in-Place in the central hallway until severe weather has passed.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incidents, all patrons are expected to follow all published and training procedures.
- 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.