

**Misawa AB Fitness & Sports Center Statement of Understanding
(SOU) and Waiver/Assumption of Risk Form**

I understand and agree that my access to the Fitness & Sports Center (FSC) during unmanned hours is a privilege which can be retracted for not abiding by this SOU.

I understand:

- I will register my name under a *Fitness Access Card*, provided by the Potter Fitness Staff and sign this SOU and Waiver/Assumption of Risk Form prior to participating in 24/7 Fitness Access.
- **All current authorized patrons defined by AFI 34-101, *Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility*, approved by the installation Commander, and over the age 18 (Active Duty can be age 17) may have access to the FSC during unmanned hours and are responsible to report any misuse, abuse or violations to Security Forces or the FSC staff.**
- I am not permitted to have guests in the facility during unmanned hours. All patrons must have Access Cards to enter building.
- There will be no supervision or assistance during unmanned hours and I am expected to behave in accordance with military rules and standards. Surveillance cameras will record activities within the FSC during unmanned hours. Violations will not be tolerated. As the sponsor, I am responsible for the conduct of my dependents.
- I will be required to swipe my Fitness Access card for entry. *If I am already in the facility when it closes, I will depart the facility and swipe my card for re-entry for accountability.*
- Holding or propping the door open is strictly prohibited and will result in the loss of my privilege; I will ensure that the door closes securely following my entry. Sharing my Fitness Access card is considered theft of services and will be prosecuted IAW the UCMJ. All other doors WILL remain closed unless needed for an emergency.
- 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 sauna, steam room, storage closet, office space, and janitor closet. There may not be anyone on site to respond to an emergency situation. However, in case of any emergency or need for assistance, an emergency phone is located at front desk foyer, and will be used to report any issues with the facility (HVAC, burned out lights, broken doors or windows, etc.) or other customers.
- I will identify and assess potential risks before engaging in any activity and will try to exercise with someone or use cardiovascular and selectorized equipment to mitigate risk of injury.
- A spotter is required when using free-weight bars. If a spotter is not available, a power cage WILL be used. Additionally, I understand it is highly recommended not to exercise above my training limits and experience.
- Misawa AB is not responsible for my personal property.
- In the event of Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident I will follow the published procedures.
- Violation of this SOU and Assumption of Risk could result in loss of my privileges and subject me to further discipline.

I am / am not familiar with how to *safely* operate all fitness equipment available during unmanned hours. If not, an equipment orientation is required before using facility after-hours.

Orientation Date:

An orientation is required for emergency procedures/information, phone, Automated External Defibrillator (AED), and first aid kit.

Orientation Date:

I certify that I have read and understand this SOU and Assumption of Risk form and am fully aware of the

published procedures required to utilize the Potter Fitness Center and/or Iron hand Community Fitness after hours Fitness Access program. I agree that I will return this 24/7 access card as part of my out-processing when departing from Misawa. I have been briefed on the Fitness & Sports Center Operational and Emergency Procedures.

Rank/Name: _____ Unit: _____

Telephone Number: _____ DEROS: _____

Email: _____

For Dependents, Sponsor's Name/Unit: _____

- Iron Hand is unmanned 24/7. The AED is located on the wall next to the office door. The first aid kit is next to the AED.

- Violations will not be tolerated. The following are the disciplinary actions:
 - First violation: Lose 24/7 access for 2 weeks and notify the sponsor's Shirt
 - Second violation: Lose 24/7 access for 1 month and notify sponsor's CC
 - Third violation: Lose 24/7 access for 1 year and notify the sponsor's CC

- Local procedures to ensure Fitness Access members are able to respond to Natural Disaster, Major Accident, and CBRNE incident without the benefit of facility management:
 - Call respective Unit Control Center for further guidance
 - In the event of a power outage, the facility will close immediately. Members must gather their belongings and exit the building promptly unless dangerous conditions exist outside that makes exit unsafe
 - Shelter in place locations will be the racquetball court. Kits are located upon counter during unmanned hours.
 - AED is located in the Free Weight room, and First Aid Kits are located on front counter during unmanned hours.
 - During adverse weather take shelter until area has been declared clear by command post 226-9899.
 - Wingman concept "highly encouraged"

Signature: _____

Card Control Number: _____

FSC Staff Member Signature: _____

Date:

Date: