

Eglin Fitness Center Rules

1. Personnel utilizing the Eglin Fitness Center will be in appropriate athletic attire (gym shorts, shirts, and approved gym shoes) except for formal military training Plastic or rubber suits are not authorized in any fitness facility, including tracks and fields.
2. ALL Clothing, personal items, bags, and valuables must be secured in lockers. EFC will not be responsible for items in the dressing rooms or the Fitness Center.
3. Inappropriate language or graphics are prohibited.
4. Shirts must be worn by all personnel in all areas of the fitness center except the locker rooms.
5. Smoking, Food, glass bottles or canned beverages are prohibited in the Fitness Center.
6. Only court shoes (non marking) will be allowed on hard wood courts. No swimming attire or bare feet allowed in the Fitness Center.
7. In accordance with AFI-34-266, eye guards must be worn during racquetball.
8. Guest of authorized sponsors must sign in at the front counter. The sponsor is responsible for the actions of their guest.
9. Dunking or hanging on the basketball rims is not allowed. Anyone violating this will be ask to leave the facility. Damage caused by dunking or hanging on the rim will be paid for by the individual or their sponsor.
10. Please wipe down ALL exercise equipment after use.
11. Direct all questions, concerns and maintenance needs to the Fitness Staff on duty.
12. All Gym bags, book bags, large purses, etc. must be stored in the locker rooms.

13. AGE RESTRICTIONS

- **16 years of age and over** — Unrestricted use of all FC facilities and equipment. Need not be accompanied by a parent or legal guardian.
- **13 - 15 years of age** — All cardiovascular and weight equipment, group exercise rooms: Require interactive supervision* from an adult (parent, legal guardian, qualified fitness or youth program staff member, or coach) at all times. **Other activity areas (basketball court, racquetball courts, running track): Parent or legal guardian must be in facility.
- **6 – 12 years of age**-All cardiovascular and weight equipment, group exercise rooms: Access to these areas prohibited. *** Other activity areas (basketball court, racquetball courts, running track): Requires interactive supervision from an adult at all times.

Children 6 and above are not allowed in the Opposite gender locker room.

Effective March 2013