

JBER 24/7 FITNESS ACCESS PROGRAM RULES

1. Only pre-registered users in the 24/7 Fitness Access system will have access to the Fitness Center during unstaffed hours.
2. Violation of the rules may result in loss of privileges and are subject to the UCMJ and/or any applicable laws or regulations.
3. JBER and the FC are not responsible for any personal property brought into the facility.
4. The facility is considered closed in the event your CAC/Fitness Access Card cannot be scanned or the reader is not functioning.
5. Surveillance cameras will record all activity areas of the Fitness Center.

Eligible users:

- Active Duty, Reserve, Guard (all current DoD)
- Retired Military Personnel
- DoD Civilians
- Dependents of Military/Retired Users (18+ years)

Guests:

- Each CAC/24/7 Fitness Access card-enabled patron may sponsor one guest
- Must have a base pass and be pre-registered in the 24/7 Fitness Access system
- Additional guests require approval of Fitness Center Director
- Guests must be accompanied by their sponsor during 24/7 Fitness Access registration
- The sponsor is accountable for their guest at all times

Patron Code of Conduct:

- Act responsibly
- Respect other patron's workouts
- Patrons are encouraged to workout with a partner
- Patrons should identify and assess potential risks before engaging in any activity
- A spotter is highly encouraged when using free-weights
(If a spotter is not available, a power cage should be used)
- Use equipment for its intended use only
- Re-rack/return all equipment
- Do not drop iron, dumbbells or kettlebells
(If you can't control the weight use a spotter or less weight)
- Wipe down equipment after each use
- Allow custodial staff to clean the facility and stay out of areas closed for cleaning
- Report any issues with the "Incident Book" at the front desk
(broken equipment, facility damage, etc.)

Facility Access during 24/7 Fitness Access:

- Scan once for entry at the designated entrance
- CAC/24/7 Fitness Access card sharing or piggy-backing is prohibited -- one person per scan per door
- Ensure door closes securely following entry and exit
(All other exits must remain shut unless there is an emergency)
- Patrons in the facility during transition from Staffed to 24/7 Fitness Access hours may have to scan in to continue their workout if they did not scan in upon initial entry

Emergency Procedures:

- Emergency telephones, telephone numbers, first aid kits and AEDs are located at the service counters
- Shelter in place in the locker rooms for severe weather or directed lockdown
- In the event of a power outage, all patrons will promptly gather their belongings and exit the building

Closed Areas During 24/7 Fitness Access include but may not be limited to:

- Spin/Rowing Rooms
- Aerobic Rooms
- Saunas/Steam Rooms
- Pools
- Racquetball Courts (BFC)
- Climbing Wall (BFC)
- Strength and Conditioning Room (BFC)
- Offices
- Service Counters
- Juice Bar

All open areas are subject to temporary closure for cleaning/maintenance IAW a published cleaning schedule.