

**Blake Fitness Center Statement of Understanding (SOU)  
of Rules During Unmanned Hours  
(2230-0430 Mon-Fri, 1900-0800 Weekdays/Holidays)**

**I understand and agree that my access to the Fitness Center during unmanned hours is a special privilege which can be taken away immediately for a violation of rules.** I agree to abide by all Fitness Center rules and unmanned hours rules which will be posted at the Fitness Center and may be amended from time to time in the sole discretion of the 81st Force Support Squadron.

Blake Fitness Center Rules During Unmanned Hours:

- I will register my Common Access Card (CAC) and sign this SOU and Waiver/Assumption of Risk Form prior to participating in Fitness Access.
- All current authorized patrons as 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 Fitness Center during unmanned hours and are responsible to report any misuse, abuse, or violations to Security Forces or the Blake Fitness center staff.
- I am aware that if I become injured or have any other medical emergency or event, that there most likely will be no one on site to respond to my emergency. If assistance is required, **there is an emergency phone located on the front desk**, which will automatically connect you to the Security Forces Squadron and Fire Department. **First-aid kits and an AED will also be available in the main hallway.**
- I understand that it is highly encouraged to use the Wingman Concept during non-staffed times, especially if weight lifting (i.e. using a spotter if choosing to use free weights or assisting a fellow Airman who needs help).
- I will swipe my CAC for entry at the main entrance. I acknowledge that I must swipe in even though I may have started my workout prior to the unmanned hours. I am permitted to bring my dependents during unmanned hours; however, age rules are still applicable. See the fitness staff regarding age requirements. I am solely responsible for the safety and conduct of my dependents while in the facility. I will not permit any other guests to enter when I swipe my card to get access into the Fitness Center. I understand that I am not allowed to open the door for anyone waiting outside.
- I will ensure that upon gaining entry or exiting the facility, the door closes securely behind me. All other doors MUST remain closed except in the case of an emergency.
- I understand that CAC sharing is strictly prohibited and will result in immediate loss of privilege. CAC sharing is viewed by the Air Force as theft of services from Keesler AFB Fitness and Sports and will be prosecuted accordingly.
- I understand that the Security Forces Squadron will do random ID checks throughout the night to ensure only valid users are using the fitness center.
- I understand cameras will be closely monitoring what happens in the Fitness Center during unmanned hours and actions such as theft, defacement or intentional damage to government property, sexual assault, inappropriate sexual behavior, nefarious behavior, and violation of rules will not be tolerated and are subject to punishment.
- I understand that there will be no supervision or assistance during unmanned hours, and I am expected to behave in accordance with good standards of conduct.
- I will clean up after myself by putting equipment in the proper area, and wipe down equipment after use.
- I am aware that Blake Fitness Center is not responsible for protection of personal property.
- In the event of a power outage, the facility will close immediately and I will gather my belongings, exit the building promptly, and use the wingman concept to help each other out.
- Report all incidents (injuries, misuse of privileges) to the Blake Fitness Center staff or the Sustainment Flight Chief.
- I understand that my enrollment will automatically expire after 18 months. I will be required to re-enroll to continue using the facility during unmanned hours.

- I understand the risk associated with exercising at the Blake while it is unmanned, and I alone will be responsible for any personal or property damages. Neither the Blake Fitness Center staff, nor the 81st Force Support Squadron will be responsible for any mishaps that occur during unmanned hours.
- 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 the Emergency/Safety Zone/Emergency procedures/information, Phone, Automated External Defibrillator (AED), first aid kit with instructions. Orientation Date: \_\_\_\_\_

I, \_\_\_\_\_, in consideration of my use of the Blake Fitness Center during overnight, unmanned hours, hereby forever hold harmless the United States Government, the DoD, the United States Air Force, Keesler Air Force Base, 81 FSS, the Blake Fitness Center, and the agents, successors or assigns of the above "Government" from any liability resulting from injuries or death sustained by me or anyone under my supervision that may occur as a result of my use or attendance at the Blake Fitness Center, Keesler AFB, MS, whether they be a result of Government's negligence or my own actions. I assume all risk associated with the attendance during unmanned hours, and I further agree to indemnify Government for any claims arising from my use of the fitness center.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Squadron: \_\_\_\_\_