

# AGE RESTRICTIONS | IAW DAFI 34-114

## DURING UNSTAFFED HOURS:

- Unsupervised youth under the age of 18 (excluding all Active Duty) are prohibited from using unstaffed facilities.
- The participation of supervised youth is limited based on the appropriateness of available equipment to their size, weight, and experience level.

## DURING STAFFED HOURS:

### Youth 16 years of age and over:

- During staffed hours of operation, permitted in all areas of the Fitness and Sports Center without a qualified adult.

### Youth 13 - 15 years of age:

- Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas, etc., only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times.
- Permitted in other activity areas (i.e., basketball court, racquetball court, running track) only when a qualified adult is present in the facility at all times.
- Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event when a qualified adult is present in the facility at all times.
- For Fitness and Sports Center pools, use is permitted during instructional programs, or when a qualified adult is present in the facility at all times.

### Youth 6 - 12 years of age:

- Not permitted in cardiovascular, sauna, weight equipment rooms, or group exercise rooms during scheduled adult exercise classes.
- Permitted in other activity areas (i.e., basketball court, racquetball courts, running track, locker room, parent and youth area) only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in or perform activity together at all times.
- Permitted to be a participant (participating in age-appropriate programming) or spectator in a sport or special event only under qualified adult interactive supervision.
- For Fitness and Sports Center pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.

### Children under 6 years of age:

- Not permitted in Fitness and Sports Centers except as follows: Permitted in Fitness and Sports Center parent (legal guardian) and child areas for supervised play.
- Permitted to be a participant (participating in age-appropriate programming) or spectator in a sports activity or special event under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times.
- For Fitness and Sports Center pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.

