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HANGAR 5 UNIT PHYSICAL TRAINING FACILITY

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This publication compliments the Air Force Instruction (AFI) 34-266, *Air Force Fitness and Sports Program*. It defines local operating policies and procedures for the Hangar 5 Unit Physical Training Facility (UPTF). This instruction applies to all Regular Air Force (RegAF), Air National Guard (ANG), and Air Force Reserve (AFR) members, assigned to Joint Base Elmendorf-Richardson (JBER), except where noted otherwise. Submit requests for waivers through the chain of command to the publication office of primary responsibility (OPR) for non-tiered compliance items. This instruction cannot be supplemented or further extended. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with AFMAN 33-363, *Management of Records*, and disposed of in accordance with the Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using the AF Form 847, *Recommendation for Change of Publication*. The use of the name or mark of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

1. General:.....	2
2. Authorized Patrons:.....	2
3. Patron Code of Conduct for General Use:.....	3
4. Emergency Phone/Automated External Defibrillator (AED):.....	4
5. Fire Evacuation Procedures:.....	4

6. Accident Procedures and Reporting:.....	4
7. Force Protection Conditions (FPCON):.....	5
8. Hangar 5 Operations:.....	5
9. Locker Policy:.....	5
10. Aerobic Equipment Policies:.....	5
11. Free Weight Policies:.....	6
12. Wingman System:.....	6
13. Attachment 1: Glossary.....	7

1. **General:** The Hangar 5 UPTF is operated to give maximum support to all eligible personnel desiring to participate in physical fitness activities.

2. **Authorized Patrons:** Active duty military and their dependents, reserve components, retired military and others as specified in AFI 34-101, *Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility*.

2.1. Dependents ages 16 and over, will have unrestricted use of all Hangar 5 areas and equipment. Dependents 13 to 15 years of age must be accompanied into the facility by a parent or guardian. They are allowed in all areas, but require interactive supervision from a parent or guardian in those areas. Dependents 12 years of age and under are prohibited from using the cardiovascular and cross training equipment. Other areas of the facility require interactive supervision from a parent or legal guardian. Children under the age of 6 are not allowed in the facility, with the following exceptions: Children in strollers on the running track, and children participating in the youth gymnastics program. Participants in youth gymnastics who are under the age of 6 will not leave the designated gymnastics area to enter any other portion of the facility.

2.2. Guests:

2.2.1. No one under the age of 18 may sponsor a guest.

2.2.2. Authorized users at least 18 years of age may sponsor a maximum of 2 guests.

2.2.3. Sponsors of guests will be responsible for their guests' conduct at all times.

2.2.4. All individuals entering the facility should be using it for its intended purpose.

2.2.5. Individuals considered to be "loitering" in activity areas will be asked to leave the facility immediately.

2.3. Suspension of Privileges: The privilege to use the Hangar 5 UPTF may be suspended, terminated, or denied if the 673 MSG/CC determines it to be in the best interest of the facility, installation, and/or the Army/Air Force. The 673 MSG/CC and the unit chain-of-command have the authority and discretion to determine when and how such privileges will be affected. Abuses for which privileges may be suspended or terminated include, but are not limited to, the following:

2.3.1. Stealing assets or personal property of others.

2.3.2. Personally profiting from the use of merchandise or services when not approved through a valid contract.

2.3.3. Damaging equipment of the facility in an intentional effort to deface the equipment or facility.

2.3.4. Failure to abide by policies and directives as outlined in this OI.

2.3.5. Facilitating entry of an unauthorized user.

2.3.6. Any other violations of law, policy, or good order and respectful interaction with others.

3. Patron Code of Conduct for General Use:

3.1. Act responsibly.

3.2. Respect other patron's workouts.

3.3. Use equipment properly.

3.4. Return equipment to where it belongs.

3.5. Control weight plates, dumbbells, and/or barbells at all times.

3.6. Use a spotter and/or use collars on all bars while lifting.

3.7. Refrain from foul/abusive language or obscene gestures.

3.8. Wipe down equipment after each use.

3.9. Report broken or malfunctioning equipment to Elmendorf Fitness Center.

3.10. Leave your pets at home.

3.11. Use the outside two lanes for walking/slower running.

- 3.12. Use non-spiked athletic shoes only.
- 3.13. Wear appropriate workout attire at all times.
- 3.14. Clean up after yourself.
- 3.15. Leave the facility how you would want to find it.

4. **Emergency Phone/Automated External Defibrillator (AED):** Both the emergency phone and the AED are located on the west wall of Hangar 5. The emergency phone has a clear sign next to it, including directions to dial 911 for emergencies, and the appropriate agencies for non-emergencies. The non-emergency numbers are as follows:

- 4.1. Security Forces Law Enforcement Desk- 907-552-3421
- 4.2. Fire Dispatch- 907-552-2801
- 4.3. Facility/equipment issues (EFC)- 907-552-3622

5. **Fire Evacuation Procedures:**

5.1. The following actions will be taken in the event of a fire of any size. Evacuate the facility using the evacuation plan.

5.1.1. Close all doors and windows; **DO NOT LOCK THEM.**

5.1.2. Turn off all equipment, time permitting.

5.1.3. Call the fire department by dialing 911 and give the following information: building 7309, person reporting the fire, type of fire (trash, building, chemical), and state if someone is trapped in the building.

5.1.4. Have a user stand by the outside of the facility to direct the fire department upon their arrival to the scene.

6. **Accident Procedures and Reporting:**

6.1. In the event of minor injuries such as cuts, bruises, strains, etc., personnel must exercise good judgment in giving emergency care. Under all circumstances, advise the individual to go to the hospital.

6.2. In the event of major medical emergencies (such as serious bleeding, fractures, heart attack, etc.), every effort will be directed to protect the individual from further injury. Users should call 911, state the nature and location of the accident (bldg. 7309), type of first aid rendered, and request an ambulance. Be sure the information is clearly stated and understood by the person

receiving the call. Clear all personnel from the area where victim is being treated. If emergencies involve hospital response, notify the person next in your chain-of-command.

7. Force Protection Conditions (FPCON): All users are responsible for reading and familiarizing themselves with these conditions.

8. Hangar 5 Operations: Users will be responsible for daily checks of Hangar 5.

8.1. If users notice a problem with the facility including but not limited to broken/dirty equipment, temperature, humidity, or unauthorized users, report the problem to 552-3622.

8.2. Personal Trainers: Personal trainers that are not contracted through a Non Appropriated Fund Instrumentality (NAFI) contract are prohibited from holding training sessions for profit in Hangar 5. Workout sessions with a trained leader are authorized if everyone is in agreement that there are no costs associated with the session.

8.3. Military Fitness Assessments have priority on the running track, sit-up and push-up areas. Official testing takes priority over any other group or individual activity in the facility. The testing administrators will use signs and clear instructions to ensure users understand restrictions during testing times.

8.3.1. Priority 1: The AF Fitness Assessment Cell (FAC) has first priority use of the facility for official Air Force Fitness Assessment testing.

8.3.2 Priority 2: AF Unit Commander Fitness Assessment testing has second priority.

8.3.3. Priority 3: Army Fitness Testing has third priority use of the facility for official Army Fitness Assessment Testing.

9. Locker Policy:

9.1. Per AFI 34-266 all lockers are 100% daily use.

9.2. No food or beverages, except for re-sealable beverage containers, are permitted in the locker rooms. Children over the age of 6 must use their gender's locker room. Parents must be with their children at all times.

10. Aerobic Equipment Policies: Aerobic equipment includes treadmills, cross-trainers, and elliptical machines. No food or beverages, except for re-sealable beverage containers. Proper athletic attire is required. Children ages 6-12 are prohibited from using aerobic equipment. Children 13-15 require interactive supervision from an adult. Users must use the provided wipes to sanitize equipment prior to moving to another piece of equipment or prior to leaving the area.

11. **Free Weight Policies:** A spotter is recommended when using free-weight bars. Additionally, it is highly recommended not to perform max-bench attempts, or to exercise above one's training limits and experience. Children under 16 are prohibited from using weight equipment.

12. **Wingman System:** Users of the facility are highly encouraged to exercise the wingman/buddy system to ensure the safe arrival and departure of all users of the facility.

JOHN T. CARANTA III
Colonel, USAF
Commander

Attachment 1**GLOSSRY OF REFERENCES AND SUPPORTING INFORMATION****References**

AFI 34-266, *Air Force Fitness and Sports Program*

AFI 34-101, *Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility.*

Adopted Forms

AF Form 847, *Recommendation for Change of Publication.*

Abbreviations and Acronyms

AED - Automated External Defibrillator

AFRC – Air Force Reserve Command.

ANG – Air National Guard.

FAC – Fitness Assessment Cell.

FSVS – Fitness and Sports Section.

JBER – Joint Base Elmendorf-Richardson.

OPR – Office Of Primary Responsibility.

UPTF – Unit Physical Training Facility

UTA – Unit Training Assembly.