

Joint Base Elmendorf-Richardson
Fitness Access Statement of Understanding (SOU) and Assumption of Risk

I understand that my access to a JBER Fitness Center (FC) during unmanned hours is a privilege that can be revoked for not abiding by this SOU or posted Fitness Center rules.

____(Initial) 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: _____

____(Initial) An orientation is required for Emergency/Safety procedures [Locations of phone, Automated External Defibrillator (AED), first aid kit]. Orientation Date: _____

____(Initial) I understand that my access has an expiration date at the end of the 12th month following the date of issuance and that I will have to come back in to reactivate my access at that time. Expiration dates will not exceed projected PCS date, CAC/qualified ID card expiration or base pass expiration.

Users that fail to access the system for 6 months or more will have their access revoked and will need to re-register on the system.

____(Initial) I certify that I have read and understand this SOU and Assumption of Risk form and am fully aware of the published rules and procedures required to utilize the JBER Fitness Access Program. I agree to abide by these rules and will contact the FC for disenrollment and to return my Fitness Access Card if issued one if my access is no longer required.

Printed Rank, Last Name, First Name: _____

Unit: _____ Base: _____ Telephone: _____

E-mail Address: _____ TDY or Base Pass Dates: _____

Signature: _____ Date: _____

Sponsor Information (Guests only): _____ Date: _____

Staff use only:

FC Staff Member: _____ Date: _____

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- Each Fitness Access authorized user may sponsor one guest. Additional guests require approval of Fitness Center Director. Guests must have a base pass and be pre-registered in the Fitness Access system prior to use. Guests can register and be issued a temporary Fitness Access card during Fitness Center hours of operation. Guests must be accompanied by their sponsor during Fitness Access registration and whenever in the facility. The sponsor is 100% accountable for their guest at all times.
- Fitness Access authorized users may sponsor their dependents ages 13 to 17 into the facility during Fitness Access hours of operation. Sponsors must register dependents in log at service counter upon entry and provide direct interactive supervision at all times. All fitness center area specific age restrictions apply.
- Users are not allowed to drop off dependents under the age of 18.
- Dependents under 13 years of age are not allowed
- Authorized patrons will scan once for entry at the designated Fitness Access entrance.
- Personnel in the facility during transition from staffed to Fitness Access hours may be asked to scan in to continue their workout.
- CAC/Fitness Access card sharing is strictly prohibited and will result in loss of Fitness Access privileges.
- For patron safety and security, patrons must ensure the designated Fitness Access door closes securely following entry and/or exit. All other exit doors MUST remain closed unless there is an emergency.
- Areas closed during Fitness Access hours include but may not be limited to: Spin Rooms, Aerobic Rooms, Saunas, Steam Rooms, Pools, Racquetball Courts (BFC), Climbing Wall (BFC), Strength and Conditioning Room (BFC), Offices, Service Counters, and Juice Bar. All open areas are subject to temporary closure for cleaning/maintenance IAW a published cleaning schedule.
- I understand if I have a pre-existing medical condition it is my responsibility to consult and be cleared by my medical provider before I exercise.
- In the event of a weather or environmental emergency or lockdown patrons will Shelter-in-Place in the lockerrooms.
- In the event of a power outage, all patrons will promptly gather their belongings and exit the building.
- Violation of the rules may result in loss of privileges and are subject to the UCMJ and/or any applicable laws or regulations.
- JBER and the FC are not responsible for any personal property brought into the facility.
- The facility is considered closed in the event the CAC/Fitness Access Card cannot be scanned or the reader itself is not functioning properly.
- I will follow all existing FC rules, to include making sure I put away and/or clean the equipment I use and work out in appropriate fitness attire.