

**Joint Base Elmendorf-Richardson**  
**Hangar 5 Fitness Leader**  
**Fitness Access Statement of Understanding (SOU) and Assumption of Risk**

***I understand that my access to Hangar 5 to lead unit PT during unmanned hours is a privilege that can be revoked for not abiding by this SOU or posted Fitness Center rules. I understand that I am assuming a leadership roll for a JBER priority program and that by self-nominating I fully accept the responsibilities of Facility Caretaker when I am at Hangar 5. Under this role I acknowledge and commit to:***

\_\_\_\_\_(Initial) As a self-nominated Fitness Access PT leader for Hangar 5 Fitness Access, I agree to the increased responsibility of ensuring the physical security of the facility, emergency response, patron code of conduct, and authorized entry.

\_\_\_\_\_(Initial) As a self-nominated Fitness Access PT leader for Hangar 5 Fitness Access, I agree to the increased level of consequence I may face due to failure to uphold the responsibilities that I have accepted even if not committed by me directly.

\_\_\_\_\_(Initial) As a self-nominated Fitness Access PT leader for Hangar 5 Fitness Access, I understand that all increased responsibilities and consequences remain each time I use Fitness Access at Hangar 5 if I vouch for members of my unit or none.

\_\_\_\_\_(Initial) As a self-nominated Fitness Access PT leader for Hangar 5 Fitness Access, I understand that the privilege of vouching for my entire unit to have Fitness Access applies to Hangar 5 and Hangar 5 alone.

\_\_\_\_\_(Initial) As my unit's fitness leader (Command appointed), I understand that during Fitness Access the facility is unmanned and therefore I am responsible for my own safety, the safety of my unit, the safety of those around me, and that others may be reliant on me to respond to an emergency. Staff is not there to help or respond in any immediate way. I vouch for my own skill, capability, ability, and knowledge and agree to participate despite the risks. I will enforce all facility and fitness access rules with all users of the facility. I will report issues to the nearest helping agency (Security Forces, Force Support Squadron, base fitness center) and I will always have my command appointed fitness leader paperwork with me while using Fitness Access at Hangar 5 even when only for my own physical training.

\_\_\_\_\_(Initial) I know how to locate the AEDs, emergency telephones, SIP Kits, and can recognize and respond to automated emergency notifications appropriately. In the event of an emergency as a fitness leader I will help all users of the facility to ensure they have the proper response depending on the emergency.

\_\_\_\_\_(Initial) I understand that the only authorized access during Fitness Access is via successful scan-in. Failure of the scan-in system to recognize my credentials indicates the facility is closed to me and my unit and I will engage with fitness staff at my next available opportunity to remedy. I will not allow entry into Hangar 5 to anyone other than my unit at precoordinated PT sessions.

\_\_\_\_\_(Initial) I understand that I am responsible for the members that I admit to the facility. My unit and I are liable for any damages. I will always be present with my unit during our PT session. I will track all members entering the facility and have them sign in on a unit roster and leave that roster in the guest sign-in book. My unit is required to workout together to use this feature. I will communicate the rules for the facility and fitness access to my unit and ensure they follow those rules. I will communicate my PT schedule in advance with Elmendorf Fitness Center.

\_\_\_\_\_(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.

**Joint Base Elmendorf-Richardson**  
**Hangar 5 Fitness Leader**  
**Fitness Access Statement of Understanding (SOU) and Assumption of Risk**

- I understand that during Fitness Access the facility is unmanned and I am responsible for the physical security of the facility and equipment, my safety, the safety of those around me, and others may be reliant on me to respond to an emergency. Staff will not be present to help or respond.
- I understand that medical emergencies, including those resulting in serious injury or death (i.e.. heart attack, severed spinal cord, stroke, life threatening dehydration, loss of consciousness from fainting, falling, tripping, or slipping resulting in brain, or spinal cord injury, and crushed limbs) are all known risks of modern fitness routines.
- I understand that the facility is under 24-hr video surveillance, and that footage may be shared with law enforcement, command, or other necessary parties. I also understand that the Fitness Center will not share video footage with me unless law enforcement, legal, or command deems it necessary.
- I understand that the only authorized use during Fitness Access is via successful scan-in. Unsuccessful scans indicate that the facility is closed to me and I will engage with fitness staff to remedy the situation.
- I will not exit the facility through any other door than the front main entrance
- I understand I need to fill out a personal SOU if I plan to utilize Fitness Access for personal use to include bringing in dependents or guest authorized users.
- 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.
- HANGAR 5 Only –I am my unit's official Fitness Training Leader or PTL, I am allowed to grant entry to Hangar 5 for all members of my unit under the following provisions.
  1. I will track all members entering the facility and have them sign in on a unit roster and leave that roster in the guest sign in book.
  2. My unit is required to workout together to use this feature and I will be accountable for all users of the facility that have entered into the facility.
  3. I will ensure all members are aware of Fitness Access rules and will enforce these rules.
  4. I will communicate my unit's physical training schedule with Elmendorf Fitness Center in advance to any utilization.
  5. In the event of an emergency, I will help all users of the facility to ensure a proper response to the emergency.
- Areas closed during Fitness Access hours include but may not be limited to: Saunas, Steam Rooms, Pools, Racquetball Courts (BFC), Climbing Wall (BFC), Strength and Conditioning Room (BFC), Restrooms, Offices, Service Counters, and Juice Bar. All open areas are subject to temporary closure for cleaning/maintenance.
- I understand if I or a member of my units has a pre-existing medical condition it is my responsibility to ensure that I and they consult and be cleared by my medical provider before we 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.
- 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.

Printed Rank, Last Name, First Name:

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Unit: \_\_\_\_\_ Base: \_\_\_\_\_ Telephone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ TDY or Base Pass Dates: \_\_\_\_\_

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

Sponsor Information (Guests only): \_\_\_\_\_ Date: \_\_\_\_\_

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Staff use only:

FC Staff Member: \_\_\_\_\_ Date: \_\_\_\_\_