

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

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

____(Initial) I understand that during Fitness Access the facility is unmanned and therefore I am responsible for my own safety, the safety of those around me, and 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.

____(Initial) I know how to locate the AEDs, emergency telephones, SIP Kits, and can recognize and respond to automated emergency notifications appropriately.

____(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 I will engage with fitness staff at my next available opportunity to remedy.

____(Initial) I understand that I am responsible for any guest(s) that I sign in at the front desk. I am liable for any damages and will always be present with my guest(s) (**up to 3 at one time**). I also understand the age restrictions and will adhere to them when signing in my guests. I will not leave my guest(s) unattended and will leave the facility at the same time.

____(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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Fitness Access Statement of Understanding (SOU) and Assumption of Risk

- 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 will not allow anybody into Fitness Access unless under the guidelines prescribed by the Fitness Access terms of usage
- Guest access is limited to **3 individuals per authorized user** and must adhere to age restrictions and must be signed in by sponsor at the front desk upon entry of facility. Only unregistered authorized users of the fitness center may be brought into the facility as a guest.
- Each Fitness Access authorized user may sponsor their dependent youth into the facility during Fitness Access hours of operation. Sponsors must register dependents in the log located at the service counter upon entry into the facility. Dependent youth must be under the parent or guardians direct supervision at all times according to the below table.

	During Staffed Hours	During Fitness Access as guest of parent/guardian
Youth 16 years of age and over	Permitted in all areas of the Fitness Center without a qualified adult.	Permitted in all areas of the Fitness Center with qualified adult in the facility.
Youth 13-15 years of age and over	Permitted in cardiovascular areas, weight rooms, group exercise rooms, locker rooms, etc. only under qualified adult interactive supervision. Permitted in other activity areas (basketball courts, running track, racquetball courts) when a qualified adult is present in the facility. For Fitness and Sports Center pools, use is permitted during staffed hours only for instructional programs, or when a qualified adult is in the facility.	
Youth 0 – 12 years or age	Permitted in other activity areas (basketball courts, running track, racquetball courts, locker rooms) only under qualified adult interactive supervision. Not permitted in cardiovascular areas, weight rooms, or group exercise rooms. For Fitness and Sports Center pools, use is permitted during staffed hours only for instructional programs, or when under qualified adult interactive supervision.	

- 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: 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 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 locker rooms.
- 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.