

## 24/7 Fitness Access Statement of Understanding & Waiver/Assumption of Risk Form

### *Hardstand Fitness Center*

**I understand and agree that my access to the RAF Mildenhall Fitness & Sports Center (FSC) during unmanned hours is a privilege which can be retracted for not abiding by this SOU. (Please initial beside each block, for each item.)**

	I will register my Common Access Card (CAC) and sign this form prior to participating in Fitness Access.
	All current authorized patrons defined by AFI 34-101, <i>Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility</i> , approved by the installation Commander, and over the age 18 (AD can be age 17) may have <b>unsupervised</b> access to the FSC during unmanned hours.
	I am only permitted to have dependents/guests 17 years and under in the facility during unmanned hours as long as I registered them on the separate 'underage members' registration form. All other underage visitors, not registered, may be granted access through the reservation process for short events such as one-day passes, sports clinics, etc.
	I am responsible for reporting any misuse/abuse of the equipment/facility and any violations of this SOU or violations of any other facility, local, Air Force, or Department of Defense regulation to SFS or the FSC staff.
	There will be no supervision or assistance during unmanned hours and I am expected to behave in accordance with military rules and standards. Surveillance cameras will record activities within the FSC during unmanned hours. Violations will not be tolerated. If I have dependents, I understand I will be held liable for their conduct as the sponsor.
	I will be required to swipe my CAC/Fitness Access card for entry. Holding or propping the door open for other patrons is strictly prohibited and will result in the loss of my privilege. ( <b>EXCEPTION:</b> I am only allowed to hold the door open for underage members whom I have registered.) I will ensure that the door closes securely following my entry. Sharing my CAC/Fitness Access card is considered theft of services and will be prosecuted IAW the UCMJ. All other doors <b>WILL</b> remain closed unless needed for an emergency.
	I must scan my FSC Card/DoD CAC when entering the FSC during unmanned hours, unless approved by FSC staff.
	Areas that are not available for use will be locked or clearly marked as restricted.
	In case of emergency or need of assistance, an emergency phone is located at the front counter area and will be used to report any issues with the facility (HVAC, burned out lights, broken doors or windows, etc.).
	I will identify and assess potential risks before engaging in any activity and will try to exercise with someone or use cardiovascular and selectorized equipment to mitigate risk of injury.
	A spotter is required when using free-weight bars. If a spotter is not available, I will not perform free-weight bar exercises. Additionally, I understand it is highly recommended not to exercise above my training limits and experience.
	RAF Mildenhall Fitness Centers are not responsible for my personal property and I will safeguard my own belongings.
	In the event of a Natural Disaster, Major Accident, and Chemical, Biological, Radiological, Nuclear and Explosive weapons (CBRNE) incident, I will follow the published procedures.
	The first offense or violation of this SOU and Waiver/Assumption of Risk Form may result in loss of my privileges; and at which time, the sponsor's First Sergeant will be notified. Any offense thereafter may result in further disciplinary action, permanent revocation of privileges, and my chain of command being involved beyond the First Sergeant.
	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 the facility after-hours.
	I acknowledge I received the required orientation for emergency procedures/information, phone procedures, Automated External Defibrillator (AED) familiarization, and first aid kit with instructions (at the time of registration).
<b>Operations and Emergency Procedure Checklist</b>	
	<b>Telephone locations:</b> Selectorized Room   Cardio Room   Locker Rooms   Lobby
	<b>Emergency contacts:</b> Security Forces/Ambulance/Fire Dept: 999   CE Customer Service After Hours: 226-2255
	<b>Authorized areas:</b> Weight/Cardio Rm   Courts   Aerobics Rm/Track   Lobby   Locker Rms (age restrictions apply, see Table 3.1)
	<b>I certify that I understand and agree to adhere to these requirements to utilize the RAF Mildenhall Fitness &amp; Sports Center, 24/7 (after hours) Fitness Access program. I agree to abide by these statements by signing below.</b>

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Rank: \_\_\_\_\_ Unit: \_\_\_\_\_ DEROS: \_\_\_\_\_ Registration Date: \_\_\_\_\_

**AFI 34-101, Air Force Morale, Welfare, and Recreation (MWR) Programs and Use Eligibility, Attachment 2. General MWR Program Eligibility and Use**

Priority	Category	Authorized Group
1	Uniform Service members and their family members	<ul style="list-style-type: none"> <li>Member on active duty (Army, Navy, Air Force, Marine Corps, Coast Guard).</li> <li>Members of the Reserve Components (Ready Reserve, National Guard; Reservists in training).</li> <li>Cadets of Service Academies and U.S. Merchant Marine Cadets.</li> <li>AD Members of the Commissioned Corps of the Public Health Service and the Commissioned Corps of the National Oceanic and Atmospheric Administration</li> <li>Scholarship/Contract Reserve Officer Training Corp cadets.</li> <li>Delayed Entry Personnel and their family members: officers and enlisted personnel who join the Armed Services that elect to delay entry into active duty.</li> </ul>
2 - 3	Service retirees and their family members	<ul style="list-style-type: none"> <li>Retired from active duty.</li> <li>Members of the Retired Reserve, and retired without pay (gray area including those who have qualified for retired pay at age 60 but have not yet reached age 60), and their family members.</li> </ul>
4 - 5	Others separated from the Armed Forces and their family members	<ul style="list-style-type: none"> <li>Honorably discharged veterans with 100 percent service-connected disability and involuntarily separated service.</li> <li>Members under the Transition Assistance Management Program. Personnel separated under the Voluntary Separation Incentive and Special Separation Benefit programs for two years after separation</li> <li>Medal of Honor recipients.</li> </ul>
6 - 8	Former and/or surviving spouses and family members	<ul style="list-style-type: none"> <li>Un-remarried surviving spouses of personnel who died while on active duty or while in retired status.</li> <li>Un-remarried former spouses who were married to military members for at least 20 years while the military member was on active duty in the Armed Forces.</li> <li>Orphans of military members, when not adopted by new parents, and under 21 years old (can be over 21 if they are incapable of supporting themselves, or up to 23 years old if full-time study).</li> </ul>
9	United States DoD and Coast Guard civilians (including NAF employees) and their family members	<ul style="list-style-type: none"> <li>When stationed outside the United States.</li> </ul>
10 - 14	Other supporters of DoD	<ul style="list-style-type: none"> <li>US Federal employees when assigned in areas outside the United States.</li> <li>Medical personnel under contract to the military DoD Component during periods when they are residing on the installation.</li> <li>Military personnel of foreign nations and their family members when on orders from the United States Armed Forces.</li> <li>Paid members of the American Red Cross, Young Men's Christian Association, United Services Organization and other Type 1 private organizations identified in DoDI 1000.15 when assigned with United States Armed Forces outside the United States.</li> <li>United States employees of firms under contract to the DoD working on an installation when assigned in areas outside the United States.</li> </ul>

